

# The Forgiveness Road Spring 2018



Kathleen Mary Willis  
in co-creation with the Higher Realms

# Gratitude

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My Infinite and Eternal Gratitude

to the Mother/Father One

the Mighty Ones

Yeshua

Lao Tzu

St. Germaine, Keeper of the Violet Flame

Sanat Kumara, Planetary Logos, Keeper of Universal Law

Linda Dillon, Channel for the Council of Love

Gaia

My Circle

My Guidance

M y F a m i l y

in the Higher Realms

a n d h e r e o n E a r t h

Thank You to each of you

for all the support

all the Love

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# The Forgiveness Road

## Introduction

1. Questions to Self
2. I Hate
3. Eliminating Judgement
4. Asking for Divine Help with Apologies
5. Apologies and Humility
6. War Within and Without
7. Rejuvenation and Apologies in Perro
8. Peace is Fearlessness
9. Forgiveness of Everything Creates Peace
10. Understanding Hatred
11. Everything is in Divine Order
12. We Are Our Own Guru
13. Facing into Pain
14. Apologies to Self
15. Kindness is Wealth
16. Generosity to Self
17. Loving All Aspects of Self
18. I Am Love
19. Lovingkindness
20. Transforming our Shame
21. Facing our Shame

## Conclusion

# Introduction

February 2, 2015, Archangel Michael, through Linda Dillon, channel for the Council of Love, gave us a meditation called, Plea for Peace Now.

In it he asked us to co-create with him Peace on Earth, saying we can do this, all of us, together by Valentine's Day.

He didn't say which Valentine's Day but the invitation stands.

Peace on Earth  
Valentine's Day



January 24, 2018, I began a series of posts, 21 Days of Forgiveness, for World Peace, Valentine's 2018, highlighting some of the inner work I had been doing since Archangel Michael's powerful meditation in 2015, [Plea for Peace Now](#).

Following 21 Days of Forgiveness came more written posts, these ones called, The Forgiveness Road.

The 21 posts here are more steps to greater peace within that I have discerned from a practise of sitting still (meditation) and heart listening.

As within so without.

## My Suggested Daily Practise

Sitting in [St. Germain's Violet Bonfire](#) or bringing his [Torch of the Violet Flame](#) into the heart space, observing, listening for inspiration, the 'how to' steps, keys to forgiveness, compassion, gratitude, peace, Love, joy.



Peace within creates peace without, as within,  
so without, the Universal Law of Balance,  
how things work in the higher realms.

### Daily Invocation

I invoke Sanat Kumara and the  
Universal Laws of Sacred Purpose, Intention,  
Balance, Change, Unification, Unity, Transmutation,  
Instantaneous Transmission, Dispensation,  
Attraction and Repulsion, Elimination  
and Completion and Continuity,  
forgiveness of everything  
compassion, gratitude,  
peace, Love, joy  
on Earth.

# Posting the Mighty Ones Daily

When we post the archangels, we are making a healing/creation chamber around us, around our living space, that helps us raise our vibrations, (Divine understandings) and frequency (Divine knowing) by bringing the balance of the higher realms into the here and now.

## Posting the Archangels – Daily Healing/Creation Chamber

Post Archangel Michael with his Blue Flame of Truth at the door to your house, apartment, room, and see him walk along to stand at the first corner, colouring the entire wall saffire blue for protection, change, trust, hope, FORGIVENESS, peace, serenity.

Beside Michael post Archangel Raphael with his Emerald Flame. See him walk along the entire second wall, colouring it emerald green, to stand at the second corner.

Emerald green is charity, COMPASSION, Love, Who We Are.

Beside Raphael post Archangel Uriel with his gentle Silver Flame and see him walk along the third wall to the corner, colouring the entire wall shiny silver. Silver is truth, beauty, abundance, FORGIVENESS, connectedness; the future is Now.

Beside Uriel post Archangel Jophiel and see him colouring the fourth wall magenta, and then to stand at the fourth corner. Magenta is beautiful, the perfect balance of red and blue, COMPASSION, beauty, wisdom.

Post Archangel Gabrielle with her burnished golden trumpet in the middle of the chamber.

Her trumpet is the power of golden truth, worthiness, healing, GRATITUDE, joy conscious awareness of our wholeness.

The power of FORGIVENESS, COMPASSION, GRATITUDE, peace, Love, joy, are pathways to heart consciousness, Divine Alignment, knowing sacred purpose.

# 1. Questions to Self

Events, in the news, in our communities, with family or friends, can be catalysts for us to feel triggered.

Something outside of us has activated, triggered uncomfortable feelings within us.

Where did these feelings come from? How were they created?

This planet has a history of violence, inequality, suffering that can begin upon birth here.

We have created these feelings, that are not of love, with our human behaviour.

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What to do?

I have been guided to question myself when triggered by something external to me.

Questioning the self helps get to the root of why we are **triggered** and bring us back to balance in the heart.

Here are some of the questions I ask myself, after which I take notes:

How is this **triggered feeling** connected to **the past**?

How is the **triggering event** similar to a **situation in my past**?

What **little phrases not of love** am I saying, starting with “I”?

We can be **triggered** by external present-day events that are similar to **past events** in our life.

Keeping a journal can be really helpful to see the patterns in our behaviour. We can have **similar triggers** over and over.

The short “I” statements, such as “I want out” or “I don’t care,” replaced with the mantra below or very simply with “I Am Forgiveness” and “I Am Compassion” create healing, balance.

When we get how an external event is connected to the past — **similar past events and feelings** — it’s easier to **forgive** what has happened, so as not to be triggered by external events moving forward.

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We are here to **forgive everything**,  
especially traumatic incidents that track back  
to the original triangle of mother, father, child  
— **being forgiveness, in gratitude, in joy, in service** —  
anchoring and reflecting the Divine Mother’s and the Divine Father’s Love.



External disturbing events

can trigger **past situations and feelings** within

that are **ready to be forgiven.**

I Am the Love for myself

I apologize to you, myself,  
for my feelings not of love

I forgive you, myself, for my  
feelings, everything not of love

I Am the Infinite and Eternal Flow  
of Apologies, Forgiveness and Gratitude,  
Love, Peace and Joy

I Am Balance

Below is an inspiring story of a Japanese Zen Buddhist monk called, Hakuin Ekaku, (January 19, 1686 – January 18, 1768).

## Hakuin Ekaku, the Buddhist Monk, and a Baby

A beautiful Japanese girl whose parents owned a food store lived near Hakuin.

One day, without any warning, her parents discovered she was pregnant.

This made her parents angry.

She would not confess who the man was, but after much harassment at last named Hakuin.

In great anger the parents went to the master.

“Is that so?” was all he would say.

After the child was born it was brought to Hakuin. By this time he had lost his reputation, which did not trouble him, but he took very good care of the child.

He obtained milk from his neighbours and everything else the child needed.

A year later the girl could stand it no longer.

She told her parents the truth – the real father of the child was a young man who worked in the fish market.

The mother and father of the girl at once went to Hakuin to ask forgiveness, to apologize at length, and to get the child back.

Hakuin willingly yielded the child, saying only: “Is that so?” (1)

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Hakuin could have been **triggered** by the baby if he was holding onto old ways of being within.

In balance, he had deep knowing to take good care of the baby, without need of approval, worry about lost reputation — ability to be compassion for self and others — and then to give it back without fuss.

Triggers happen less frequently when we have **forgiven ourselves for everything** and are in a **place of gratitude for everything**.

This is balance.

Divine States of peace, Love, and joy — anchoring and reflecting the ability of the Mother and the Father to **forgive everything** — is our service **in gratitude to the Mother/Father One, our Gaian community**.

## Footnotes

(1) “Hakuin Ekaku,” from Wikipedia, the free encyclopedia, [https://en.wikipedia.org/wiki/Hakuin\\_Ekaku#CITEREFReps2008](https://en.wikipedia.org/wiki/Hakuin_Ekaku#CITEREFReps2008)

## 2. I Hate

I hate \_\_\_\_\_ fill in the blank.

I hate patriarchal control.

I can say I hate men.

But that's not it.

I hate that it feels like "God is punishing."

But what is hatred?

When we judge ourselves or others to be less than, what is that but hatred?

Judging ourselves? Hating ourselves. . . within, without?

What are we doing?

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My thanks to Janine for sending along the tragic description below of an English Class on Valentine's Day in Parkland, Florida, the anonymous poet trying to understand what happened:

We walked into class together and sat down.

It was Valentine's Day in our sweet Parkland town.

We were laughing and doing our work, me and my best friend.

But little did I know that 5 minutes later, her life would come to an end.

I hear a sound. One. Two. Three. Four. Five.

Gunshots? That's funny Alyssa, of course, we will survive.

We live in Parkland I thought, how could this be?

But sometimes your thoughts are not what you see.

We run under the table in disbelief.

I have my friends next to me, what a relief.

They move to the desk to seek safer shelter.

But I stayed there, thinking the sound was just bad weather.

I close my eyes and wait for my teacher to say it's a drill.

But before I knew it, our door was shot through and I saw his first kill.

Elaina, Alex, Justin, then Alyssa.

I'm next and this is not just paranoia.

He went to the next floor and the next.

All I could think about is, how many will be left?

The screams blasting in my ear.

The blood still won't disappear.

I scream their names, call for my friends.

Nothing else to do, they are gone, they are dead.

Didn't think I would live my worst nightmare.

I kept hearing shots and seeing gunpowder in the air.

I run home and check the news.

How could you do this Nick Crus?

More and more I find out died.

I wish this didn't happen, and he never got inside.

No feelings, no emotions

How can you comprehend this traumatic distortion?

There are no words to describe, nothing else to say

That will justify my English class on Valentine's Day

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Prince Ea: [Why I Love Terrorists](#)

Where is our Divine Connection, our truth,  
our remembering PEACE, LOVE, JOY?

We are here to remember

that GOD IS L O V E

that we are LOVE

every thought

every action.

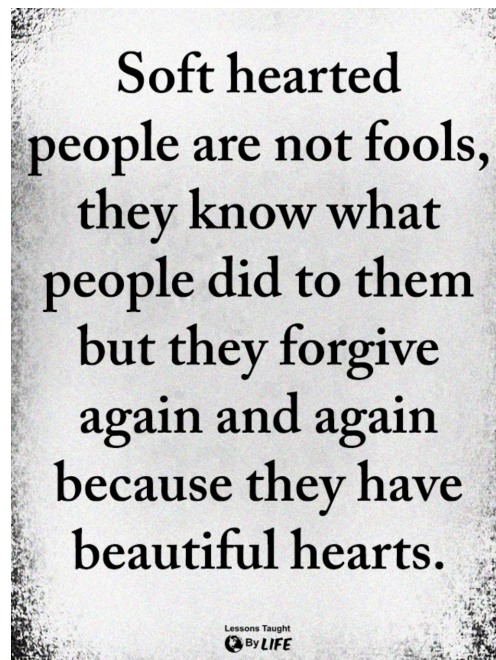
I Am the Love for myself

I apologize to you, myself,  
for my feelings, thoughts not of love

I forgive you, myself,  
for my feelings, thoughts not of love

I Am the Infinite and Eternal Flow  
of Apologies, Forgiveness and Gratitude,  
Peace, Love and Joy

I Am Balance



As within, so without



### 3. Eliminating Judgement

Shooters gunning down children, war, pedophilia, the opioid crisis — how do we forgive?

We know a place of balance is in detachment and attachment to the highest vision.

But what if the action is so heinous, we get caught in the wheel of judgement, anger, hatred, fear. . . ?

Archangel Michael, February 12th, 2018, An Hour With An Angel told us:

“Forgiveness is not about liking everybody. It is about being the Love.” (1)

I’m feeling judgement for external patriarchal control, in the without, not the people, but the behaviour, the actions.

But as within, so without. . .

So what am I judging within?  
Where is my own control within?  
What am I afraid to forgive?  
My own experiences  
not of love?

Archangel Michael says we, as lightworkers, are forgiving ourselves for not expressing and experiencing ourselves as Divine Perfection:

“What you are doing is you are taking the Mother’s and the Father’s Essence of Forgiveness. One of their Divine Expressions, and bringing it down. And anchoring that forgiveness, that sense of deep **compassion** and awareness of gentleness, kindness.

“Forgiveness is never permission other than permission to surrender.

“So, you are anchoring that. And in anchoring that you are beginning to feel and to know and experience the forgiveness of your sacred self.

“Your inclination may be, ‘I forgive myself for not being perfect,’ but that would be erroneous.

“What you are forgiving is your not expressing and experiencing yourself as Divine Perfection, of allowing yourself that scenic detour to be less than.

“And you look at that, and you let it go. You forgive it.

“Forgiveness has the ability of elimination: more organic change, the dissolving of what may have felt like a huge boulder, which you have experienced. and allowing it to dissolve.

“Then you take that, and in that you can begin to forgive externally, in the without as well.”

So I wrote down the internal and external things I judge/am here to forgive:

I judge/am here to forgive  
my scenic detours,  
over lifetimes.

I Am the Love

I judge/am here to forgive myself,  
for not expressing and experiencing  
my self as Divine Perfection  
this life, many lifetimes.

I Am the Love

I judge/am here to forgive the people waging war, who rape,  
are involved in pedophilia, trafficking, the opioid crisis.

I Am the Love

I judge/am here to forgive shooters  
gunning down school children.

I Am the Love

As lightworkers, Loveholders, gatekeepers, pillars,  
forgiving ourselves within creates  
change in the without;  
as within, so without.

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Archangel Michael says that heinous behaviour is not something to like:

“Now, let us go back. Do you think that when we or the Mother observe some heinous behaviour that she likes it? No. That she likes the person acting that way? No. But the Love for the Divine Expression is always there.

“So, it is not really about...it is almost, might I suggest today, insignificant whether you like or dislike an individual or a group of people. That is you, that is your personality. And when I say you, I mean all of you who are listening this night. That is your personal preferences based on your life experience, your many life experiences, your culture, your acclimatization to society or to institution. It is simply personal choice. Love overrides that.

“Let me repeat: Forgiveness is not permission.

“So, when you forgive yourself or, let us be very particular, when you are forgiving someone you dislike, you are not saying, ‘Let’s have dinner together’. You are not saying, ‘I have a spare room in my house, come and live with me.’ You are not saying, ‘Be my best friend.’

“The gift of forgiveness is to yourself. Because carrying around a burden of what you feel is injury, because that is really what it is about, is injury to your sacred self. So, that is why I suggest to you, I tell you, the forgiveness begins with yourself. And then you can move out to the outer realm as it were. But it has nothing to do with liking or disliking. And I am not suggesting to you — this is a good topic — that forgiveness eradicates boundaries.”

The gift of forgiveness is to me. . . in unity, connectedness, balance.

Archangel Michael reminds us again that forgiveness is never permission:

“Now, more than ever in this time of new beginning, in this process of creating, and co-creating Nova Earth, in this time of a unified grid, boundaries are more important than ever. Because as you are

progressing what you are saying — passively, actively, silently, or in heart speaking — you are saying, ‘This is acceptable, and this is not acceptable. And invading my values, my heart, my Love, my sacred being is not acceptable.’

“As Yeshua has often said, and I will repeat, ‘Turn the other cheek,’ which is forgiveness, does not mean that you will allow that individual, or that group, or that energy to beat you up.

“That is not acceptable. And that is why we say, ‘Forgiveness is never permission.’ It is simply lightening your load, your burden. So, when you dig deeper, beloved, when you say, ‘I really am having trouble forgiving this or that person, and what will happen if I do extend an apology?’ And the apology does not always need to be in person, or even spoken. But what will happen?

“I ask of you. All of you. What are you afraid of? It comes back to where we have started this conversation. And it is that those that are reluctant and recalcitrant are in fear.”

From personal experience apologies are wondrous, whether one is asking or receiving, when guided, I highly recommend proceeding.

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However, with my issue of judgement of control, I feel there’s more. . .

What to do?

Archangel Michael says:

“Now I have this new mechanism that I would like to suggest to each and every one of you who may be caught in this tricky recalcitrant position. And I will share it with you. Ask for help.

“Yes, my friends. If you feel stuck, this is not about you always demonstrating Herculean strength, determination, fortitude. This is not about flexing your Divine Muscles.

“Ask for help.

“We are Legion. When you say to us, when you say to the Mother, when you say to Gabrielle, or Raphael, or Uriel, ‘I am stuck. It is too much. I am giving this to you. Help me,’ it will be over in an instant.

“If it takes a little time, it is because there is an understanding, not lesson — understanding — a comprehension inside that situation that you need deeper insight into. But when you ask for help, my beloveds, it is a guarantee, we’re there.”

I call on the Mother and the Mighty Ones for help:

I invoke the Mother  
and the Mighty Ones for help  
for elimination with forgiveness  
all control, judgement, anxiety, doubt,  
disappointment, sorrow, shame, anger, fears,  
lack of self-love, lack of self-worth,  
feelings, thoughts, actions.

There is no hierarchy/control in the higher realms.

Sitting still.

Surrendering.

Feeling the sorrow.

Deeper sorrow, the tears

from this lifetime, past lifetimes.

Allowing, allowing, allowing, allowing,

seeing the scenes, apologizing, forgiving myself.

I Love you, myself

I apologize to you, myself

I forgive you, myself

I Am the Infinite and Eternal Flow  
of Apologies, Forgiveness and Gratitude,  
Love, Peace and Joy

I feel compassion, kindness for myself, others, L O V E

## 4. Asking For Divine Help With Apologies

In this time of new beginning, Nova Being and Nova Earth, apologies and forgiveness are not something to be afraid of.

From my experience over the last three years, working with myself and others with apologies and forgiveness, my only fear was fear itself.

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Holding onto false expectations, being right, allows old ways of being to persist.

I'm here — we all are — to create the New.

Deciding to consciously heal, to offer an apology or to forgive, oneself or another, is a Divine Creation.

As we do this within and without, we change our reality.

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Archangel Michael through Linda Dillon, channel for the Council of Love, tells as we step forth doing this, knowing our boundaries — Who We Are, I Am Love, I Am Peace — is very important and I repeat this quote here:



“Now, more than ever in this time of new beginning, in this process of creating, and co-creating Nova Earth, in this time of a unified grid, boundaries are more important than ever.

“Because as you are progressing what you are saying — passively, actively, silently, or in heart speaking — you are saying, ‘This is acceptable, and this is not acceptable. And invading my values, my heart, my love, my sacred being is not acceptable.’

“As Yeshua has often said, and I will repeat, ‘Turn the other cheek,’ which is forgiveness, does not mean that you will allow that individual, or that group, or that energy to beat you up.

“That is not acceptable.

“And that is why we say, ‘Forgiveness is never permission.’

“It is simply lightening your load, your burden. So, when you dig deeper, beloved, when you say, ‘I really am having trouble forgiving this or that person, and what will happen if I do extend an apology?’

“And the apology does not always need to be in person, or even spoken. But what will happen?

“I ask of you. All of you. What are you afraid of?

“It comes back to where we have started this conversation. And it is that those that are reluctant and recalcitrant are in fear.”

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Yeshua knows a thing or two about fear and August 2013 he talked to us strongly through Linda Dillon, about this and also about doubt, asking, just like Archangel Michael, 'What are we afraid of?' 'What are we afraid to let go of?'

"Fear has nothing to do with what is truth. And when you are in fear, what happens is your entire energy field freezes. So it is as if you have been flash-frozen and are ready for the supermarket, ready for somebody else's consumption. And you are absolutely not helpful or useful in your own life, in your own process, in your own journey and you are not useful to anyone else either.

"In fact, fear is a contagion. And so when you fall into fear, not only are you frozen, it spreads to those you love and because you are frozen there is nothing you can do about it. It is a very, very dangerous element to carry. And you say, 'But Lord, I am not fearful' and I suggest to you that one of the greatest obstacles to humanity assuming and fully anchoring in the 5th is this issue of fear and doubt.

"And that is why I am speaking so strongly and some might even say stridently, this day. What is it you are afraid of? What is it that you are afraid to let go of. What is it, what is the fear that haunts you? Well you know the answer. And it is the fear of the unknown, it is the 'what if.' It is the 'but.' It is staying in what you believe is the present, when in fact your current reality and the current reality of Gaia is elsewhere.

"Now, I give you an example. You have all known or had situations where you have observed someone living in an illusion. There is a very derogatory expression of someone living in a fool's paradise. What does that mean?

“It means that they have simply chosen to live in a reality where they do not wish to look at what is going on around them. And everybody on the planet at one point or another, whether it is in this life or a thousand lifetimes, has done this. I have done it. And there are times when this form of illusion is useful. It allows you to carry on in very difficult situations.

“But it cannot be a permanent state of affairs. Sooner or later you are required to look at what truly lies in front of you. And very often because you have been ignoring what is the truth, it is even more painful to embrace. But this is not about criticism; this is simply about us, you and I, brother and sister, brother and brother, speaking about fear. So do not fall into that frozen state.

“Now, before I go any further, I also wish to speak to you about doubt. Because doubt is even more destructive than fear.

“Fear freezes you. As I say, it is like being flash-frozen. But doubt, doubt my beloved friends, gnaws at you. It is cruel and it does not really have a heart. It is based in disbelief, and lack of faith and hope in your sweet self. Now you have come in many societies to think that doubt is a sterling quality, that it helps you with discernment. And what I suggest to you this day is it does not. Discernment is the ability with your heart consciousness in tandem with your mental and emotional bodies, your radar, to discern what is truth, what is love, what is the correct pathway and how to proceed in ways that are kind and gentle and loving.

“Doubt is dismissive. It does not build, it simply cancels and dismisses and it is very dangerous. The most dangerous element of doubt is doubt in your sweet self. Doubt in your power, doubt in your ability to discern, doubt in the wonder of love, or whether you

are loved. Doubt gnaws at you like a rat with a rope. And it will never serve you. And it is more dangerous than fear because it eats away at your very soul.” (2)

No wonder we feel it’s difficult to let go, to apologize, to forgive.

There is a solution.

Asking for help, calling on the Divine, is a guarantee recommended by Archangel Michael:

“Now I have this new mechanism that I would like to suggest to each and every one of you who may be caught in this tricky recalcitrant position. And I will share it with you.

“Ask for help.

“Yes, my friends. If you feel stuck, this is not about you always demonstrating Herculean strength, determination, fortitude. This is not about flexing your divine muscles.

“Ask for help. We are Legion. When you say to us, when you say to the Mother, when you say to Gabrielle, or Raphael, or Uriel, ‘I am stuck. It is too much. I am giving this to you. Help me,’ it will be over in an instant.

“If it takes a little time, it is because there is an understanding, not lesson — understanding — a comprehension inside that situation that you need deeper insight into. But when you ask for help, my beloveds, it is a guarantee, we’re there.”

Love and peace with help from the Divine,  
the healing of apologies and forgiveness  
is a wondrous creation in this New Time.

Facing fear and doubt  
within and without  
we create the New.

## Footnotes

(1) “Archangel Michael: Forgiveness is Never Permission,” February 12, 2108, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2018/02/archangel-michael-forgiveness-is-never-permission/>

Audio: An Hour With An Angel, February 8, 2018, channeled by Linda Dillon for the Council of Love, <http://inlightuniversal.com/archangel-michael-on-ahwaa-are-we-recalcitrants-for-not-forgiving/>

(2) “Yeshua Tells Us of the Importance of Removing False Grids, Particularly Fear and Doubt!” August 13, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/08/yeshua-tells-us-of-the-importance-of-removing-false-grids-particularly-fear-and-doubt/>

F E A R — “false expectations about reality”

## 5. Apologies and Humility

Lao Tzu, known for balance with his gnarled stick, explains humility through Linda Dillon, channel for the Council of Love, as “the willingness of your being to extend yourself to others realizing that in that you are simply extending yourself to All.”

During his lifetime, long ago in China, he said it was important for him to serve the poor, the rich, the powerful and the meek:

“And I would tell you that my joy came from serving those in the villages because they would listen to me, not simply to listen to my words, but listen to my heart and to truly receive what I had to offer, which was love; for the healing energy of all things is love.”

He goes on to speak about humility:

“. . . part of what Humility is is not only not putting yourself above, or just as importantly, below others, it is putting yourself with others. So it is not only serving, it is allowing yourself to be served as well.

“It is very irritating, is it not?, when you have received a gift, be it of healing (someone bravely giving or asking for an apology), of friendship, of support, it matters not what it is, and then you wish to return the favour, the service, not in like kind but simply as an expression of your gratitude (balance) and the person says to you, ‘Oh, no, no, don’t bother, I don’t need anything.’”

“And it hurts your heart because you have not been permitted to give back. So the balance is broken, my stick is on the ground, and that is humiliating.”

When we extend the healing of an apology to another we don't know how it will be received.

It takes courage to recognize when we are “being right,” holding onto old ways of being that do not serve us or anyone.

When the healing of an apology — either asking for one or giving one — is received by another in joy there is great glee felt, above and below:

If for some reason the healing is not accepted, there is still a wonderful opportunity to look within and ask, “How is this (not being accepted) connected to the past?”

Are there core issues of sorrow or fear still lingering?

Within our self we may have more to apologize and forgive ourselves for, greater understanding and knowing to come to, greater gratitude for self, balance.

Sitting still, watching the pictures from the past, we can discern what is needed.

I Love you, myself

I apologize to you, myself

I forgive you, myself

I Am the Infinite and Eternal Flow  
of Apologies, Forgiveness and Gratitude,  
Love, Peace and Joy

I Am Balance

This is what Universal Mother Mary, through Linda Dillon, told me:

“You have learned the power of forgiveness and compassion. Apologies, receiving a genuine again, ‘I’m sorry’ when someone says that truly from their heart, it is a request for forgiveness.

“And so in the person receiving the apology, it is not only the transmutation — and what I would call the rectification of an injury — it is an expansion of the receiver to then from a higher realm grant forgiveness and feel compassion.”

When we humbly **ask for an apology or give an apology** we are extending a healing.



The ensuing forgiveness and feeling compassion leads to gratitude for everything, joy.

Apologies, forgiveness/peace and compassion/Love create harmony, balance, joy, golden gratitude and as Lao Tzu says, “the willingness of your being to extend yourself to others realizing that in that you are simply extending yourself to All.”

Balance

As within — so without

Peace, Love, joy within — Peace, Love, joy without

Universal Law teaches us the balance is in attachment and detachment, attraction and repulsion, give and receive, and it is also found with apologies and forgiveness.

[Sonoma Stories: Cotati Woman Keeps Pledge to Donate a Kidney;](#)

[Santa Rosa Man Happy She Did](#)

Footnotes

(1) “Lao Tzu Discusses Many Aspects of the Divine Quality of Humility,” April 24, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/04/lao-tzu-discusses-the-many-aspects-of-the-divine-quality-of-humility/>

Audio: [http://www.blogtalkradio.com/inlight\\_radio/2013/04/23/heavenly-blessings-lao-tzu-the-quality-of-humility](http://www.blogtalkradio.com/inlight_radio/2013/04/23/heavenly-blessings-lao-tzu-the-quality-of-humility) channeled by Linda Dillon for the Council of Love, Meditation 14:35, Lao Tzu 23:21

## 6. War Within and Without

We know there is war on this planet.

We see it everyday in the news in Syria, Yemen, the Congo. . . but have you ever stopped to consider that we could be contributing to these wars without even realizing it?

Yes, us.

As Within, So Without.

This is a Divine Truth and a Universal Law, the Law of Above and Below, Within and Without, Balance.

The concept is very simple.

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How many of us have lost a friend due to a misunderstanding, and then have felt badly, feelings not of love, anger, sorrow, judgement arising directed out, and within, to our selves?

We like to hold onto 'being right' about these situations and don't do much about them other than complain.

We get used to this complaining and the complaints about our selves and others pile up. . . and then we start reaching outside of our selves to feel better.

Feeling depressed, can't sleep or have anxiety?

What do we do?

Take a pill, a drink, a puff. . .

This can be physical addiction  
because of our emotional addiction to pain.

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There is a very simple solution.

Sit down.

Sit still and begin apologizing to self.

Pictures will emerge of past situations, feelings will come up. . . apologize, apologize, apologize to self.

My self you say?

Yes, for the experiences, expressions, behaviours not of love that have occurred.

I Love you, myself

I apologize to you, myself

I forgive you, myself

Our Divine Self (which is perfect and needs no apology) is wondering why we are so hard on ourselves and each other.

Everyone is Divine, but we judge endlessly, our selves and others.

Judging ourselves and others is war within  
that contributes to that war without.

As within, so without

War within, war without

Making a conscious effort to come to peace within by apologizing to our selves, we help create peace in our without.

Know also, the Divine is very instrumental in this. Peace is a co-creation.

Join me, sitting still, allowing the tears to flow, the feelings to be felt, asking the Divine for help apologizing for everything not of love. . .

I invoke  
the Mother and the Father  
for help with apologies

I Love you, myself

I apologize to you, myself

I forgive you, myself

Also, consistency is important — daily, same time, same place — a notebook handy to record progress.

Reaching a state of peace with apologies, addiction to pain diminishes, and doorways open to sacred purpose.

We discover what we came to do to help raise humanity up into that place of no war, the higher realms, within and without.

Please join wherever you are  
HOLDING your HIGHEST VISION  
change within = change without  
LOVE, PEACE & JOY for everyone

GLOBALLY 8 MINUTES @ 8 PM

## 7. Rejuvenation and Apologies in Perro

Feeling bliss, ecstasy and joy, the rejuvenating states of the higher realms, can be difficult because we like to hold on to “being right.”

How do we let go of “being right”?

Letting go is forgiving everything, apologizing for the past.

Forgiveness and apologies to self and others, brings us, and situations to balance in joy.

We are fully capable of accessing the wondrous feelings of the higher realms, our rejuvenation, when we let go “being right” with apologies and forgiveness.

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A long time ago, there was a war in space, called The Ten Thousand Years War.

It raged on and on. . .

Finally, when peace was declared, there were issues with the leaders “being right.”

There still, was no peace, within or without.

What developed from that was a language called Perro.

Perro is speaking with absolutely no emotion.

Using Perro, the leaders found they were able to say they were sorry to each other, and come to peace.

Perro is used even now, when mediation is necessary, on the ships above.

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On [FaceBook](#) we're in touch with people all over the world, sharing amazing things, and terrible things.

The terrible things are linked to countries at war such as Yemen and Syria or shootings in the States or kidnappings in northern Nigeria by the Boko Haram.



In each of these situations leaders and others are “being right” about something creating these horrific occurrences.

If leaders were to apologize to each other, call a cease-fire, there would be peace on Gaia.

### An Invocation

I invoke the Mother, the Mighty Ones, Sanat Kumara, St. Germaine and the Universal Laws of Attraction and Repulsion, and Elimination for Repulsion and Elimination of all ways of war, all ways not of love and Attraction of all ways of the higher realms, all the ways of LOVE, apologies, forgiveness and gratitude between all leaders here on Gaia.



We are here now to create Heaven on Earth, and in a sense, we are in a ‘life review.’

Forgiveness and apologies, offered in Perro, with no emotion — “what so and so what” — helps us to detach from situations that are emotionally charged.

We can choose to let go, come to balance with forgiveness and apologies, to self and others.



Letting go is rejuvenating, helps us access the higher states of being, and a way to activate the 13th strand of our DNA.

This is our Ascension in form, in the physical body, and the New Way for all beings on Earth, joy, bliss and ecstasy.

Encouraging each of us to practise forgiveness and to apologize, to our selves and others, for all situations out of balance — in Perro if necessary — to create Peace on Earth everywhere.



I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite and Eternal Flow  
of Apologies, Forgiveness and Gratitude,  
Love, Peace and Joy

There is simply ecstasy, bliss, harmony, balance.

## 8. Peace is Fearlessness

What are we afraid of?

“Being right” about situations keeps us stuck in a state of fear, the old third dimension.

Apologizing to ourselves for everything, apologizing to others, forgiving everything, we are a state of grace, a place of peace.

In peace there is no judgement, no sorrow, no anger, no fear.

Peace is that place of truly believing — KNOWING — there is nothing to fear but fear itself.

\*\*\*\*

Peace is being able to walk into a room where we don't feel comfortable.

Peace is being able to stand up in front of an audience and speak.

Peace is having no fear to apologize, to ask for an apology, to forgive everything.

Peace is being at peace with everyone and everything.

Peace is the courage to say let's do this together:

“I apologize to you and I ask you for an apology.”

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite and Eternal Flow  
of Forgiveness, Apologies, and Gratitude,  
Peace, Love, and Joy

There is simply ecstasy, bliss, harmony, balance.

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It can feel difficult in uncomfortable situations, talking in front of a group, apologizing to others.

It can feel difficult to let go, forgive ourselves for our need of approval, fears of failure, of defeat, of moving forward, of loving another again. . .

Letting go — forgiving our selves for “being right” about our fears — we come to a state of peace.

Peace is fearlessness, forgiving ourselves for everything, KNOWING, truly believing there is nothing to fear and thinking, feeling, acting from that place.

Peace within

and without

is peace

everywhere

\*\*\*\*

The Nova Earth we are building is a place of no fear, no fear to walk anywhere, no fear to talk to anyone, no fear to do anything.

Nova Earth is a place of no hierarchy, a place where all are brothers and sisters.

Join me on the Forgiveness Road to peace,

that place in the heart of no fear.

## 9. Forgiveness of Everything Creates Peace

What is letting go but forgiving everything?

Forgiveness eliminates all feelings of lack.

Triggers, situations not of love external to us, can be confusing.

When viewed as gifts, we can see these situations, triggers, as opportunities to come to greater forgiveness.

An apology to self or to another for judging what has occurred creates miracles.

Forgiveness of everything  
creates peace within and without.

Imagine if everyone forgave every situation not of love that has occurred in this lifetime.

Childhood traumas to teenage angst to the rollercoaster ride of being twenty or thirty or forty and beyond — all forgiven — what would be left?

Bliss, ecstasy, harmony, balance  
are the rewards.

Sitting still, consistently everyday, same time with a notebook and consciously going back in time to forgive everything, works wonders.

Feeling less than — judgement of self — is what we are forgiving, letting go.

We are forgiving ourselves  
for not expressing and experiencing  
ourselves as Divine Perfection,  
those ‘scenic detours.’

Childhood trauma, teenage angst, employment stress, marriage woes, issues with spouses, parents, children, siblings, friends. . . the list goes on. . .

Fears that we are less than, when they are truly forgiven within, we are free.

Call on the Mother, the Mighty Ones for help:

I invoke the Mother  
and the Mighty Ones for help  
for balance with apologies, forgiveness,  
all hatred, futility, judgement, anxiety, doubt,  
disappointment, sorrow, shame, anger, fears,  
lack of self-love, lack of self-worth,  
feelings, thoughts, actions.

Healing is Divine Co-creation.

It's impossible to heal the false grids and our core issues on our own.

As humans, we have built up complex energetic systems, old ways of being that are incredibly difficult to bust on our own.

I've spent that last 3 years, a great deal of this time sitting still, learning about the false grids and our core issues.

The energetic systems that I have felt lifted off of me are mind-boggling, incredibly fascinating in their complexity, and very very frustrating to understand.

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The sitting still I've been engaged in is not a quiet mind. Quite the contrary.

The question I was guided to ask over and over is:

“How is this situation connected to the past?”

We create patterns of behaviour that repeat, different people and situations, with the same patterns of feeling less than.

These feelings of less than stem from the earliest triangle of mother/father/child, childhood trauma.

They set us up to reach outside of ourselves to feel better — addiction is our addiction to pain — rather than looking within to understand how this ‘feeling less than’ is connected to the past.

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Recognizing 'feeling less than' — our judgements — and the people, the situations the feelings are connected to, and forgiving everything is the quickest way to peace.

Yes, it's helpful to understand the false grids and our core issues, but I also know that when mind, heart and will are in Divine Alignment of forgiveness of everything, peace is created.

From that place of anchored peace, we can extend our selves to others to help them find that place, too.

Reaching out, asking for an apology, we assist others in finding their peace within, as well.

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite and Eternal Flow  
of Forgiveness, Apologies, and Gratitude,  
Peace, Love, and Joy

There is simply ecstasy, bliss, harmony, balance.



Lack of forgiveness is lack of understanding and knowing Divine Forgiveness and Connectedness, feelings of separation/feeling separated, no/lack of trust, separation anger/fear, feeling the need to control.

Lack of forgiveness is connected to all the false grids and our core issues

With forgiveness of everything there are no physical addictions — no addiction to pain — no sorrow, no depression, no exhaustion, no feelings of worry, broken trust.

I can attest to this. I have no physical addictions now, even to caffeine — gone — no addiction to pain.

I surrender myself into the Arms of the Mother  
knowing my Divine Connectedness.

With forgiveness of everything  
I'm in a state of no fear.

This is peace.  
I Am Peace.

Lightworkers like to talk about an “event.” This is an event.

Doing forgiveness work creates an “event” within/without — PEACE

Peace within creates peace without. As within so without is a Divine Truth.

World Peace? Let's start with experiencing peace within,  
forgiveness of everything.

## 10. Understanding Hatred

The higher we fly into the bliss, the deeper we can go, to access what doesn't work on this planet.

Hatred is an emotion, an old emotion, that is not talked of much or much wanted to be deeply felt.

Hatred can feel like anger.

In the dictionary:

“Hatred or hate is a deep and extreme emotional dislike, especially invoking feelings of anger or resentment.

“It can be directed against individuals, groups, entities, objects, behaviours, or ideas.

“Hatred is often associated with feelings of anger, disgust and a disposition towards hostility.”

Deep in my hatred, I heard myself say:

I 'hate \_\_\_\_\_' (people).

I 'hate \_\_\_\_\_'(behaviours).

Hating another is never in Divine Right Alignment.

'Hating' another — we are all sparks of the Mother — goes against Universal Law.

No matter how heinous the behaviour, all are forgiven.

\*\*\*\*

I heard myself 'hating' behaviours, situations, rape, violence, war, the opioid crisis.

I found myself 'hating' those who are think they are in control — again — not in Divine Right Alignment.

Accessing, feeling, deep hatred made me want to die.

Give up and die.

I'd had enough, couldn't go on.

I burned up. I sweated. I cried.

Hatred.

(Extreme — feel it to heal it — happened.)

Hours, lying in my bed, I gave up.

Surrender.

The healing came in the understanding:

“I will not forget but I can forgive.”

There is healing, Archangel Uriel’s Silver, in the middle of the pink of the tri-flame, the self.

Integrity to self, is forgiving the self for all expressions that are not Divine, and others.

We are forgiving ourselves  
for not expressing and experiencing  
ourselves as Divine Perfection.

We are here to Love our selves and one another — forgive — be the forgiveness of everything, and never forget.

We never want to revert back to what does not work.

Hatred — rape, violence, war, drug addiction — does not work on any level.

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Not apologizing for actions not of love, not in alignment, doesn’t work either.

When we lack the courage to apologize, we hurt our selves, and each other.

Lack of apology is us  
‘thinking we are in control.’

I can track back and see the patterns where I wasn't apologized to and where I haven't apologized to others.

I highly recommend reaching out and apologizing for actions taken not of love.

Just do it.  
Like the Nike ad,  
find the courage, and do it.

The more of us apologizing, the faster the whole planet comes into alignment.

In the interconnectedness, apologies ripple out, and help raise everyone's consciousness.

When someone apologizes the feelings of forgiveness and compassion create miracles.

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite and Eternal Flow  
of Forgiveness, Apologies, and Gratitude,  
Peace, Love, and Joy

There is simply ecstasy, bliss, harmony, balance.

Call on the Mother, the Mighty Ones for help:

I invoke the Mother  
and the Mighty Ones for help  
for balance with apologies, forgiveness,  
all hatred, futility, judgement, anxiety, doubt,  
disappointment, sorrow, shame, anger, fears,  
lack of self-love, lack of self-worth,  
feelings, thoughts, actions.

Healing is Divine Co-creation.

Fly high and dive deep.

I'll never be the same  
after this latest foray.

Often from our sorrow  
comes sacred purpose,  
J O Y   B A L A N C E

We are here to heal,  
be the change,  
for many.

## 11. Everything is in Divine Order

I'm attached to the Highest Vision of Peace Love Joy, hence my co-creation with the higher realms, **8 Minutes @ 8PM**, with an open invitation for everyone to join nightly, 8 minutes holding, meditating on highest vision.

My highest vision is a world where lovingkindness reigns with the creation of societies, communities, that work for all.

Facing into what's happening on planet — school shootings, war, the opioid crisis, what isn't working — not burying our heads in the sand and pretending it's not happening we say, "Enough" and begin creating what does work.

\*\*\*\*\*

Everyone has sacred purpose, a piece to the puzzle of the Mother's Divine Plan, our joy.

Sacred purpose is something that we can't wait to get out of bed and do!

Eve Ensler created One Billion Rising to end violence against women and girls.

The #MeToo movement is encouraging millions to speak out about sexual violence and harassment.

Time's Up focus is on legislation and policy changes for gender equality issues in work environments.

The children who have had enough of school shootings are rising up en masse for change.

The world is transforming before our eyes.

Everything is in Divine Order.

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Travelling on the Forgiveness Road experiences come up, greater understanding of hatred to floating in pure bliss, and a great deal in between.

From suffering comes wisdom, from willingness to feel comes greater knowing, and in detachment is balance.

Judgement, lack of forgiveness, buried self-hatred, fear of failure, control, old emotions — demonstrating as addictions, pain, dis-ease, confusion — can be transmuted, healed, with forgiveness and non-judgement, detached from, while at the same time attaching to the highest vision, the Love.

Heart consciousness is blossoming. We know to forgive ourselves for not expressing and experiencing ourselves as Divine Perfection.

\*\*\*\*



Everything is in Divine Order — knowing this — we're in a place of non-judgement.

From that place of non-judgement, forgiveness and apologies flow easily, and thinking we're in control, 'being right' is not an issue.

Childhood trauma, teenage angst, twenties, thirties, forties, fifties and on. .  
. filled with experiences that didn't work?

From that suffering comes purpose — change — incentive to create the new, what does work.

Reflecting and anchoring the Divine Mother and the Divine Father, in gratitude for sacred purpose, is our joy.

We are here to create Divine Alignment,

how things work in the higher realms.

Everything is in Divine Order.

## 12. We Are Our Own Guru

In Native American lore, wolf is a symbol of teacher.

When wolves were introduced to Yellowstone National Park in 1995, they brought balance on many levels, back to the park.

The wolves “transformed not just the eco-system, this huge area of land, but its physical geography.”



### [How the Wolves Change Rivers](#)

The wolves brought ‘peace to the valley.’

We, the people, are here Now to bring ‘peace to the valley,’ peace to Earth.

We are the Wolf, the Love.

We have teachings from the higher realms that tell us:

Nothing we do/have done is unforgivable.

The Mother/Father One forgive everything.

Knowing we are forgiven for not expressing and experiencing ourselves as Divine Perfection we are learning heart consciousness, remembering we are sparks of the Divine.

Each of us are here to reflect and anchor the Divine Mother and the Divine Father — balance within — gender equality within creating gender equality without.

Here Now: no more gender inequality, no more patriarchal control, no more war, no more violence against women, no more addiction to pain.

We, the people, the children, are rising up saying, “Enough.”



[Students spell out “Enough”](#)

The children are bringing healing — balance — with their presence, their strength, their voice.

With Divine Knowing — how things work in the higher realms — we bring ‘peace to the valley.’

I forgive my self,

“I’m sorry” to others

brings peace to Earth.

I Am Love, as are you.

We are the Wolf,

our own guru.

## 13. Facing into Pain

In British Columbia, Canada, 1436 people died from drug overdose, in 2017.

“According to the B.C. Coroners Service, of those victims, 82 per cent were men, 88 per cent were alone in a residence at the time of death, and over half were 30 to 49 years of age and Fentanyl was detected in 81 per cent of the total fatalities.” (1)

Mostly men are dying alone in B.C.

What does that say about our society?

Stigma, connected to drug addiction, is forcing men to do drugs alone, not reach out for help?

Sorrow, anger, fear. . . not understanding the healing in feeling the pain. . . wanting to numb the pain with drugs?

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Looking deeper, all addictions are addictions to pain, to trauma, usually from childhood.

Why do we have such an issue  
facing into our pain?

If we go to the root of addiction, it can take us to the original triangle, father, mother, child.

Facing directly into the pain, especially the trauma from that original triangle — sitting still with a notebook and asking our self questions — are answers for our healing.

“What happened?”  
“What am I afraid of?”

Starting at the original trauma or at any situation of emotional trauma, we can ask:

“How is this \_\_\_\_\_ connected to the past?”

Seeing the patterns of emotional turmoil,  
connected to that original triangle,  
helps us find balance, to heal  
to forgive our fears.

\*\*\*\*

Heart centred work, breathing, meditating for healing, sitting still, listening to our guidance, our inner Divine Wisdom, is the healing.

There is immense co-creative Divine Healing available to us in sitting still — consistently everyday, same time, same place, with a notebook — charting the progress.

We can work backwards or forwards, present day to childhood or childhood to present day.

In the inter-connectedness of all — the ‘100th monkey effect’ — the more of us facing into our pain, feeling our addiction to pain, to sorrow and fear, we help heal all.

\*\*\*\*

A key is in consciously forgiving ourselves when we feel less than.

We are forgiving ourselves  
for not expressing and experiencing  
ourselves as Divine Perfection,  
those ‘scenic detours.’

We can even reach out, ask for apologies — holding that Loving space — for others to come to this place of forgiveness, too.

Encouraging others to say, “I’m sorry” creates the space for compassion, and greater forgiveness.

Sorrow and fear that we are less than, all judgements of self, when truly forgiven, we free ourselves from the ‘hamster wheel’ of addiction to pain.

\*\*\*\*

What is that shadow that we'd rather push aside — read a book, watch TV, eat something, drink something, do drugs? — what is that feeling that we are not willing to feel, to face into?

Why do we hesitate to sit still,  
feel those feelings for healing?

With the drug overdose statistics above — “88 per cent were alone in a residence at the time of death” — is it harder for men to do this?

Feeling for healing.

A patriarchal society tells us, male and female, not to cry, that it's ok to lash out at others, to drop bombs, to build walls. . . not to turn around and face into our fears and sorrow, our pain.

A patriarchal society is not into apologizing.  
A patriarchal society is about “being right.”

Not feeling forgiving to our selves — “being right” about no apology to self — leads to drug overdoses, war within and without, to no apology between countries.

\*\*\*\*\*

Connecting the dots with past situations, feeling the past trauma, then feeling forgiving is healing, co-creating with the Divine.

We each have guides, at least three, that are with us 24/7, waiting for us to turn inward.



Our guides are overjoyed  
when our hearts open to this possibility.

In Divine Alignment — in forgiveness of “What happened?” — we find balance, that original triangle, father, mother, child, our tri-flame within, **peace**, **Love**, **joy**.

From suffering comes wisdom.

#### Footnotes

(1) “Uncovering the Face of Vancouver’s Opioid Epidemic,” by [Ashley Hyshka](http://runnermag.ca/2018/03/uncovering-the-face-of-vancouvers-opioid-epidemic/), March 16, 2018, The Runner, <http://runnermag.ca/2018/03/uncovering-the-face-of-vancouvers-opioid-epidemic/>

## 14. Apologies to Self

What are apologies to self?

Why would I apologize to my self?

If we are in a time of Karmic Dispensation is there a need to apologize?

Isn't everything forgiven?

I have found when I identify how my actions, my emotions, my thoughts are not in Divine Alignment, and rectify it with an apology to self, there is healing, less and less fear within.

There is sacred union with self, tenderness, gentleness, kindness to self, and therefore in the Infinite and Eternal Flow with others.

PEACE = TRUST

I surrender to the Love.

With clarity I come to right alignment.

There is knowing reinforced that I Am Love,

Forgiveness of Everything, especially my self.

I forgive myself, we forgive ourselves for  
not expressing and experiencing  
ourselves as Divine Perfection,  
those 'scenic detours,'  
our sorrow, fears.

As within

so without.

We are One circle.

Feeling our sorrow and fears, understanding and knowing the healing  
power of apologies and forgiveness, we come to balance.

Feeling sorrow.

Feeling fears.

Apologizing,

F O R G I V I N G

but never forgetting.

Understanding and knowing

our sorrows and fears are not something to repeat.

## ENOUGH IS ENOUGH

We see this in [the children standing up](#) to the lawmakers around gun violence.

We see this in the [#MeToo](#) and [#Time'sUp](#) sexual harassment movements.

We see [One Billion Rising](#) to end violence towards women and girls.

We are the CHANGE and it begins within.

With the Mother's Clarity, we can recognize

where we are not in Divine Alignment,

and apologize to self and others.

We can forgive ourselves for not  
expressing and experiencing  
ourselves as Divine Perfection,  
those 'scenic detours,'  
our sorrow, fears,

then move

forward

in clarity

creating

CHANGE

in the world without,

holding the highest vision of balance within

FORGIVENESS OF EVERYTHING



## 15. Kindness is Wealth

Within kindness is the understanding of “ENOUGH” and knowing forgiveness.

October 19, 2013, when Sanat Kumara, our Planetary Logos, taught us the Universal Law of Instantaneous Transmission and Transformation, I was one of the callers with a question about abundance on Heavenly Blessings radio show with host Suzanne Maresca and channel for the Council of Love, Linda Dillon:

Kathleen: Hello Linda, Suzanne, Sanat. I'd like to thank you, Sanat, for speaking to us about these Laws. They are so helpful. I have a question about currency, our human love of money, currency, the currency of life. I was wondering if you could give us a practical application of the Law of Instantaneous Transmission to bring about personal financial abundance. Is this a flag we can lift?

Raj: Welcome dear heart, you are not activating an external flag: that has yet to come. But understand, what you are activating is your design that allows for worthiness, for abundance, and for completion.

You do have a Love of currency and let us be very clear that the Universal Law of Currency is the currency of Love. So that is the starting point. Now what is it when you look at your soul design?

You know whether and if you were looking at the collective soul design of humanity, particularly this group of close to seven billion that are on planet at this moment, the collective design is not one of impoverishment. It never was. That was the illusion of the third. So, what you are doing is activating the flag for receptivity, the openness of self-worth, and the ability to receive abundance.

So you are going to have about seven flags in this regard. So there is self-worth, there is receptivity, there is the ability to give and receive, there is the willingness to move forward, because what you are speaking of is bringing forth currency in a physical realm, but first what you are establishing and recognizing is your own currency of Love. And your own deservingness, your own worth to experience, and to be able to create and play.

So it is not born of neediness. What you are doing and we have not talked about this, but Kathleen you have activated this, therefore we will discuss it. There are certain flags that you are going to turn down. The mail is gone. So, turn down the flag of neediness, turn down the flag of 'I'm not worthy'. And turn up the flag of willingness to receive. Do you understand what I am saying?

Kathleen: Yes. Thank you.

Raj: And in that way you have created, you have raised the vibration to the frequency of the human beings and therefore you are holding the frequency for the collective of the willingness to receive.

Now I know many of you are listening very closely to this.

We have spoken to you as the Council of how you are doing the work through your field. When you activate this, you are committing yourself to also holding this for the collective and you are communicating this, whether it is currency or perfect health or generosity, you are communicating this to the collective.

So turn off the neediness, the panic, the fear, will I receive?, will it be in time?, will I be able to pay my rent?, and activate the truth of your soul design.

Because the truth of your soul design, we will give you currency to play with, but the truth of your soul design is, dear heart, you have the currency of Love to create whatever you want.

When you came forth as those angels inhabiting form, do you really think that the Mother sent you to the kitchen?

No. That devolved and it was part of the human relearning experience but when you wanted food, you have that expression “manna from heaven”? The food was there. And it was tasty and it was delicious and it was instantaneous. So this is what you are returning to.

You have come from a culture and listen to what I say – even as Ascended Master and Planetary Logos – you have come from a culture – regardless of which culture – that has admired and deified gurus.

So you have had gurus who have been able to manifest instantaneously and you have put them in a different category. And you have said, “Master, teach me or simply give to me.”



What I am saying to you is that you are your own guru. I do not wish to be your guru, Sananda does not wish to be your guru, St. Germaine does not wish to be your guru.

You are your own guru. And in this, you have the capacity to instantaneously transform air into whatever you wish.  
So it is time to get going. (1)

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From this channeled message I wrote a daily invocation:

I invoke Sanat Kumara and the Universal Laws of Intent, Balance, Change, Give and Receive, Unification, Unity, Transmutation, Instantaneous Transmission and Transformation, Elimination, and Completion and Continuity for openness of self-worth, receptivity, ability to give and receive, willingness to move forward, currency of Love, deservingness, worth to experience, to be able to create, play, willingness to receive abundance and for completion.

Since October 2013, when SK spoke to us, we have come leagues. . .

I really didn't understand our ability to give and receive kindness — Universal Law states that as we give we must receive, that is the balance — “currency of Love,” flow, forgiving, compassion is the Mother energy or that “the Love” is forgiveness of everything and gratitude, the Father energy, protection, stillness.

Understanding of boundaries is our ability to understand and know — within and without — when to say, “ENOUGH.”

“ENOUGH” starts within, and is easily recognized as actions in the without.

ENOUGH within is “I’m sorry, I apologize to my self for all judgement, all self-cruelty” so I Am Self-worth, kindness to self, deservingness, willingness for completion of old ways of being.

“ENOUGH” in the without can be standing up to hatred, violence on Earth, as many are doing in the movements that have sprung up, willingness for completion of the old.

These are huge steps to creating Nova Being and Nova Earth.

Abundance, our wealth, truly is kindness  
to ourselves within, and others without.

“I apologize to my self for all judgement”  
understanding the power of No, “Enough”  
knowing the Love, forgiveness of everything.

KINDNESS is STRENGTH is ENOUGH  
is TRUST is FORGIVENESS is WEALTH.

These understandings are tools for everyday life as we become Nova Being.

We are global citizens, Gaians, here to create societies that work, Nova Earth.

Kindness, our currency of Love, is wealth.

January 30, 2017, Sanat Kumara gave us a project to bring in the New that is very powerful:

Sacred Union  
Treating Ourselves in Kind, Loving,  
Nurturing, Considerate Ways

Sanat Kumara's Assignment

SK: Tender, gentle, loving relationships. We have talked about sacred union for eons. And, all of you, especially you who are light workers, turn to the Mother and to Gabrielle and Michael, and Magdalena and Jesus and you all say, "Please may I have sacred union?"

And, then you do not treat yourself in kind and loving and nurturing and considerate ways.

If you wish to have an assignment, let me give it to you three ways. Choose a partner. It may be a family member. It may be a friend. It may be a stranger.

Every day engage either mentally, esoterically or actually in a kind and Loving exchange of relationship that is expressive and reflective and in alignment with how you Love and treat yourself and, in reciprocity, how you Love and wish to be treated every day.

Then formulate the same relationship with prayer, meditation, intent with your water and with your food.

If you were to do these very simple and most difficult three things — **an individual, your water, and your food** — kind, loving, nurturing and gentle, for one month, and we — I offer you a date my friend and we were to revisit this in one month — the shift upon your planet would be unbelievable.

I do not say significant.

I say unbelievable because you would be breaking the old pattern, and erecting, constructing New, ignoring what does not serve because it does not serve. And anchoring what does serve, what fills your heart with supreme gladness in form.

That is why I am suggesting to each of you, to engage with a friend, a family member or a stranger and watch it blossom.

Watch it blossom.

Watch the old pattern smash away and the New that is underneath truly shine like the brilliant pattern of the Mother and the Father that it is.

I would be glad to help you. I invite all of you to call on me.

It is time to truly see and experience, in form, in this lifetime, in this time, the beauty of what it means to be on Gaia at this time. (2)

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Gazing at a photo of a Loved one — I've been doing this for **8 Minutes @ 8PM**, kind, nurturing, gentle LOVE to One and therefore All — we help raise the consciousness of everyone.

Extraordinary shifts happen.  
Kindness is wealth.

Physicist Peter Russell:

How One Simple Thing Can Change the World

[A Physicist's Message for Humanity](#)

A revolutionary futurist and author of the bestselling book, *The Global Brain, From Science to God*, Peter Russell bridges science and spirituality with his potent ability to distill the spiritual significance of our current times. He says:

“We are all the same kind, and kindness is recognizing this...  
“We could completely change the world by doing this one thing,  
by simply being kind in our relationships.”

Footnotes

(1) “Sanat Kumara Discusses the Universal Law of Instantaneous Transmission and Transformation,” October 19, 2103, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/10/sanat-kumara-discusses-the-universal-law-of-instantaneous-transmission-and-transformation/>

(2) “Sanat Kumara On The Changes Happening To Us”, January 30, 2017, channeled by Linda Dillon for the Council of Love, <http://>

## 16. Generosity to Self

How many of us think of 'generosity' as giving to others, being kind and generous?

In Wikipedia, I found this describing 'generosity,' a short history of the word:

“Over the last five centuries in the English speaking world, generosity developed from being primarily the description of an ascribed status (social status assigned at birth or assumed involuntarily later in life) pertaining to the elite nobility, to being an achieved mark of admirable personal quality and action capable of being exercised in theory by any person who had learned virtue and noble character. . . . open-handedness, and liberality in the giving of money and possessions to others.” (1)

Through channeled messages we hear about a flow of abundance.

What if this 'flow of abundance' begins with a flow of LOVE for self?

Being in the flow of forgiving the self for everything?

Relating the word ‘generosity’ to Universal Law, with its purpose being balance — as within so without — the practice of generosity, within to self as well as without to others, makes sense.

Often, in the meditations that proceed a channeling on Heavenly Blessings radio show, the higher realms ask us to hug ourselves, to wrap our arms around our self and LOVE ourself.

I receive I allow I accept I give I am gratitude

Generosity of spirit to self,

LOVE for self.

This LOVE creates a feeling of bliss. . . that grows and grows the more we forgive ourselves for not expressing and experiencing ourself as Divine Perfection, those ‘scenic detours,’ our sorrows and fears.

There is simply ecstasy, bliss,

harmony, balance.

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In the higher realms there is no money.

Money is a human creation that when given as a gift can have ‘strings’ or ‘no strings’ attached as Universal Mother Mary, through Linda Dillon, channel for the Council of Love, explained to me in a personal reading, April 2015:

“Money that is given purely as a gift of the heart is a gift of gold. It is a gift of joy. It is a gift of creation. It is a being saying, ‘Here share my abundance, share my wealth, share my joy, share my creation.’

“If it is given in any other way, it has strings.

Kathleen: “Money is a symbol of control?”

UMM: “It can be. And what has happened in the realm of human existence in small ways and in massive ways is that individuals, nations, organizations, structures, institutions give money thinking that it is a gift — we’re not talking about banks, etc. which are usury — but we are talking about the gift of money particularly and often the giver assumes ‘I am giving from my heart’ but truly it is an exercise in control.”

Kathleen: “The new foundations that spring up, the non-profits give from the heart?”

UMM: “And the profits (businesses) can give from the heart.

“The rich man walking down the street who has made his money, can we say in curious ways, some honest, some dishonest, walking down the street, meeting the beggar — and it was the same when I walked the Earth — and they give the beggar \$20 to stop bothering them or because he feels that he better do it. That is not a gift. That is trying to buy and very cheaply.

“Now the person that walks down the street, and gives a dollar out of compassion and empathy, and the recognition that different circumstances you would be on the street, that is a gift.



“The rich person who lifts the beggar off and says let me take you home, let me find you a home, let me get you into rehab, let me clothe you, let me feed you out of compassion — that is the gift.

“So there are many non-profits that are supported by wealthy institutions, companies, individuals who are simply giving for a tax break, for a sense of I can say, ‘I give’ and that I am a generous soul and that it will assuage my guilt.

“So do not err, dear heart, in thinking that if the money is coming through a non-profit that it is pure or that it is coming from a profit that it is impure.

“It is the intentionality behind it.”

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So relating intentionality within, to our selves. . . abundance, generosity, LOVE for self, forgiveness of self. . .

When we truly understand the concept of ‘no strings attached’ to generosity of spirit to self, forgiveness of everything, we are well on our way to creating Nova Being and Nova Earth.

LOVE to self with ‘no strings’

is forgiveness of everything.

## Footnotes

(1) “Generosity,” Wikipedia, <https://en.wikipedia.org/wiki/Generosity>

## 17. Loving All Aspects Equally

I have been visualizing perfect vision for my self and all people of Earth.

Within that is the ability to Love and forgive all our aspects equally.

What does that mean?

Our aspects are our past experiences including all ‘scenic detours’ in this life and past lives.

When we can integrate — with pure Love and forgiveness for not expressing and experiencing ourself as Divine Perfection — those parts of the past, Loving everything equally with gratitude, we are Home.

When we can be joy, gratitude, in every moment for all experiences — knowing joy is our birthright — we are Home.

Gratitude for those ‘scenic detours,’ the false grids, the old belief systems of futility, oppression, self-cruelty, anxiety, worry, doubt and our core issues of sorrows and fears — truly understanding and knowing there are no mistakes — we are Home.

We are Home — our heart consciousness has blossomed — there is no lack of self-worth, no lack of self-love, no lack.

Truth is within,  
in surrender,  
in gratitude.

The ability to bless our selves, to be in gratitude, in joy for everything, that state of forgiveness of everything, means we are living in and from the heart.

We are emotionally detached from our own 'scenic detours,' and can from that place of balance, that Love, extend our selves to others.

We can discern what's happening in the world and send the Love, the compassion, without getting caught in the drama.

We are balance.

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Balance is gender equality within, our tri-flame in the heart equally balanced.

The pink flame of the self in the middle, burning brightly the same as the blue flame of the Mother, our Divine Feminine energy, and the golden flame of the Father, our Divine Masculine energy, all equal.

From that place of balance, we hold that way of being, that space, for all on Earth to be that, too, perfect vision.

Gender equality within  
creates gender equality without.

Albert Einstein, through Linda Dillon, channel for the Council of Love told us this,

“Everything in the Universe is patterned on the Mother, the Father, the One.” (1)

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Joy is our birthright.

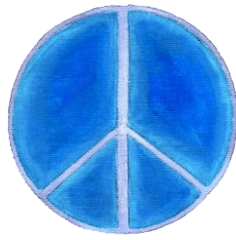
The Mother/Father One are in a constant state of joy, gratitude for everything, and we are here at this time, in this lifetime, to anchor and reflect them.

Mother/Father One forgive us for everything, so anchoring and reflecting them, we forgive ourselves for everything, all ‘scenic detours.’

How boring it would be without those ‘scenic detours,’ those lessons.

Non-judgement, absolutely no hatred of self and others, is a practise daily, hourly, until we truly know Who We Are — the Love and forgiveness of all aspects of self — with ability to extend that forgiveness, Love, gratitude, joy to others.

# BALANCE



PEACE,

LOVE AND JOY

FOR ALL BEINGS ON GAIA

BALANCED TRI-FLAME WITHIN  
GENDER EQUALITY WITHIN/WITHOUT

See [Guidance with Cards](#), scroll to [March 31st](#)  
for a card spread illustrating  
tri-flame balancing.

## Footnotes

(1) "Albert Einstein: The Patterning of the Universe – Part 1," October 3, 2015, channeled by Linda Dillon for the Council of Love, <http://>

## 18. I Am Love

“God is punishing,” an entrenched belief, and “I’m a disappointment,” a core issue, we struggle with as humans here on Earth.

In daily news, we see war between countries, gun violence in schools, the opioid crisis — close to 70,000 died last year from overdose in Canada and the United States — discord in relationships and at work, pain, illness, disease, poverty, homelessness, disarray everyday.

The picture can look pretty grim.

Would you believe me if I said all this can be changed within?

Simply sitting still, finding where we “believe” in the old entrenched systems and what our core issues, our sorrow, shame and fears are, we change — awareness sets us free — and the outer picture changes.

The more of us doing this work, this inner work, our external reality can come into balance.

As within so without.

In the inter-connectedness of everything, judgement of self or others — which is quite literally hatred of self or others — is creating “war” somewhere. . .

Lack of forgiveness, compassion, and gratitude towards our selves are powerful creators of disarray in the within and the without.

Our thought systems  
are powerful creators.

The more forgiving, the more compassionate, the more in gratitude we are for our self and all our 'teachers' — whether it's a person, an action, a situation, a group — the more and more we return to the heart over and over creating peace within, that same peace anchors without.

It is the Law.  
What you give you will receive.



Balance is found  
in the heart centre,  
I A M L O V E

From that place we reach out to others, to help them find that place of balance, too, where they can help others. . .

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As humans, as Gaians, we are like a herd of antelopes, entraining ourselves within to Divine Right Alignment, to create our without, Nova Earth.

With forgiveness, compassion, and gratitude to self for everything, we create balance within.

Forgiveness, compassion, and gratitude to others for everything creates miracles in our external reality, creates peace on Earth.



Peace, Love, Joy

Balanced tri-flame within

forgiveness, compassion, gratitude  
for all on Gaia.



## 19. Lovingkindness

The Universal Law of Attachment and Detachment helps us step back from drama, to let go all emotions that do not serve us.

But what is letting go?

Letting go, for me, is being in the Mother's Flow of Love, our currency of LOVE, readily apologizing, forgiving our selves or another for the past, being compassion and offering gratitude.

We let go with our currency of Love, Lovingkindness.

The Universal Law of Attachment and Detachment teaches us:

to attach to information gathering, discernment

to detach, let go, from all thoughts, emotions, actions that are not of love, with apologies and forgiveness, humility and compassion, in gratitude and Lovingkindness

to attach to holding the highest vision for everyone and everything

As within so without

Lovingkindness reigns

PEACE LOVE JOY  
for all of us brothers and sisters

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Here is a beautiful group in New Zealand, The Free Store, what they did on Easter Weekend, 2018:



THE FREE STORE GROUP ON EASTER WEEKEND IN  
ST PETER'S CHURCH, WELLINGTON, FEEDING MANY. . .

## **Feasting at the Banquet Table**

April 5, 2018, The Free Store Newsletter

<https://mailchi.mp/1459053b9b4c/banquet-for-the-whnau-2112077?e=b1adfbfb7f>

Easter weekend culminated in a beautiful feast shared with nearly 100 friends, new and old, from all corners of our community.

The Free Store is typically closed on public holidays – since nearly all of our food suppliers are closed – but this Easter Monday we decided that we were going to throw a banquet and celebrate!

We cleared out the stage of St Peter’s Church (where The Free Store is based) and filled the space with trestles.

It was an open-table meal and the invitation evidently spread throughout the neighbourhood.

We had families, lonely individuals, immigrants, the elderly, students, those living on the streets/in their cars. There were Māori, Iraqi, Tongan, Pākeha, Chinese and more.

There were people from next door and those that had come from far away.

Under dim lights surrounded by magnificent and intimate architecture we sat around tables together.

We ate roast lamb, chicken curry, pizza, mashed potatoes, butternut squash and chickpea curry, yummy salads and hokey pokey ice cream for dessert.

Everyone was fed abundantly!

I was the last to serve up a plate for myself and I even got a little bit of everything!

Aside from the food there was heaps of opportunity to build connections with new faces and deepen relationships with old friends.

We met a new family who brought their two young children and didn't know that they could come to The Free Store on a "regular night".

We have put their name down on the "family list" so that they can take food earlier without lining up. They have started coming to the store regularly this week and are appreciative of the support:

We met a young woman from out of town who came straight from Wellington hospital where her cousin's baby had just died during premature labour at just 19 weeks.

She needed to get out of the hospital and stumbled on The Free Store's Facebook page. She showed up and helped serve dinner to everyone.

We were astounded by her humility and service during a time of grief for her whānau.

We got her contact details and the next night our team delivered a hamper of food to them at Ronald McDonald House.

From the beginning until the end so many people put their hands to work to make the evening possible.

Preparing food, welcoming people, sharing a karakia before we ate, serving food, cleaning dishes, vacuuming and rearranging furniture.

Our feast was beautiful, rich and real.

The good, bad and the sad. Death for some, new life for others.

But lives were overlapping, forming strong bonds as stories wove together.

This is our community. This is our family.



PEACE LOVE JOY  
LOVINGKINDNESS

Read about The Free Store [here](#).

## 20. Transforming our Shame

Often we are our shame without even realizing it.

It settles on our very expression, across our nose and into our eyes, silently affecting everything — a core issue, sorrow, fear — “I’m a disappointment.”

We become so used to shame, we’re conditioned, we don’t even notice it, but when I say the word, “shame,” I feel it.

What does it feel like?

Humiliation, indignity, discomfort, guilt, remorse, disgrace, dishonour, degradation, disrepute, pity, misfortune?

Is shame feeling disgraced, discredited, degraded, debased, stigmatized, tainted, sullied, tarnished, besmirched, mortified, embarrassed?

There are lots of words to describe our shame, human situations, from incest to financial issues.

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Lately I see my shame, my human experiences, from a place of greater detachment.

I have become grateful.

My intense shame, suffering,  
I am so grateful for now.  
I have forgiven myself.  
I Am Compassion.  
I Am Gratitude.

I am grateful for my years of shame — I forgive myself and am compassion for all my ‘scenic detours’ — my shame that I was too ashamed to look at.

I’m giggling as I write this. . . Huh?

Who would have thought  
we could LOVE our shame?  
From suffering comes wisdom.

\*\*\*\*

In this lifetime we came to create a planet of JOY.

From our shame we all know what doesn’t work.

I don’t know anyone who has had a human journey devoid of suffering.

Who hasn’t had childhood trauma, teenage trauma, years of angst?

From that place, in enormous gratitude for our suffering — our learned wisdom — we are here to create societies that work, to find our sacred purpose, our JOY.

Now is the time of action,  
to LOVE our shame.

We see the teachers striking, the children facing into gun violence, the #MeToo movement, #Time'sUp, 1 Billion Rising. . .

And we are just getting started.

There are homeless issues,  
huge pollution issues,  
gender inequality,  
an opioid crisis.

We are here to  
embrace our shame  
and transform this planet into  
the most beautiful place in the Universe.





PEACE LOVE JOY  
FOR EVERYONE  
FORGIVENESS  
COMPASSION  
GRATITUDE

BALANCE



AS WITHIN SO WITHOUT

## 21. Facing our Shame

Shame is insidious.

It's a word we tend to shy away from.

Who wants to look at shame?

On planet in our external reality we see it everyday.

What is war, gun violence, the manufacture of weapons, the refugee crisis, but our shame?

What is gender inequality, modern slavery, violence against women, but our shame?

What is the opioid crisis, but our shame?

We lost almost 70,000 people to drug overdoses last year in Canada and the United States.

80 % of them were male under the age of 50.

We push this aside, not wanting to look at it, not feeling like we can do much. . .

As within so without.

We could list our personal shame, really look at it, and forgive ourselves.

When we do this we contribute to the global picture of disarray coming to balance.

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Shame rests quietly. It's not loud like fear and yet it's a part of fear.

It lies like a blanket over us, stifling us.

Let's lift up that blanket and look at what's there.

Facing directly into our shame within, with forgiveness and compassion, in gratitude for our whole journey, we set our selves free.

From suffering comes wisdom.

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Now is the time to create societies that work.

We understand what doesn't work — we have lived what doesn't work — hiding behind our shame doesn't work.

Lift up the covers of shame and come out into the Light.

There's so much to do.

Join the movements. Create the clean-up. Be the change.

We are the change from the heart.



Forgiveness, compassion and gratitude  
for our whole journey, all of it,  
creates peace within.

As within, so without

Peace within, peace without

Nova Being, Nova Earth



# Conclusion

To all reading this series, The Forgiveness Road, I appreciate you.

Thank you for all you do. Together, as Nova Beings, we create Nova Earth.

Beginning within, we are the change, community that works for everyone.

With my forgiveness, compassion, and gratitude,

Kathleen



PEACE LOVE and  
JOY FOR GAIA  
PLANET EARTH