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From the Desk of
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Dear Friends,

One of Jesus's greatest teachings is the lesson on transformation through the activities of forgiveness and non-attachment.

It never ceases to amaze me how Spirit is always there to give us what we need when we need it for this all important process.

The other day I noticed a friend sitting alone and looking down-hearted. The caretaker in me rushed over to see if I could help and in the process got rejected verbally and quickly. I'd like to say I handled it with great poise. Not! I felt hurt, after all I only wanted to help.

That is what I told myself to make sense of the incident. After all, the look on their face and the tone of their voice told me I had violated their personal space.

It seems that there are times that we trespass when there was no intent to do so, thus leaving us to wonder what we did wrong. This generates feelings of guilt, anger, or remorse over the incident. Sometimes it's directed at others and sometimes it's directed at ourselves.

What I have discovered over the years is that no one is immune from life's experiences that offer us a chance to grow and transform into a greater expression of God's unconditional love. It is through the activities of non-attachment and forgiveness that we are able to engage the process.

As Jesus declared, *In this life you will have trials and tribulations, but be of good cheer you can overcome them.* Here are some of the spiritual tools Jesus used to teach how to put forgiveness and non-attachment into practice:

1. Agree with your adversary.
2. If someone asks you to go with him a mile, go with him two miles.

3. If you are struck on one cheek turn the other.
4. Do not resist evil.
5. The meek shall inherit the earth.
6. Satan cannot cast out Satan.
7. When you remember that you have something against your brother, go and reconcile and then come and offer your gift to God.
8. Forgive not seven times but seventy times seventy.

Jesus understood that you could not fight evil with evil for that which you fight fights back and just creates more fighting.

When you study his life and the times he lived in you will notice a very important aspect of his teachings - he never talked about how to hate, fight, or resist the Romans and their occupation of his country. He talked about the issues of love, how to have a personal relationship with our father who is in heaven, how to access and claim the kingdom and all that the father has for us, how to forgive, how to share, how to serve each other. This was the heart of his message.

Don't worry about tomorrow for tomorrow will take care of itself, don't worry about what others think or don't think. Allow the power of God's love energy to fill your heart, mind, and soul as you take any and all offenses, trespasses, hurts, or transgressions into your prayer time to be transformed through the power of forgiveness.

I am reminded of Gary Zukav's statement from his book, *The Seat of The Soul: An authentically empowered person is one who forgives. Forgiveness is not a moral issue, it is an issue of energy and where we place that energy. Forgiveness means that you do not carry the negative, destructive baggage of the experience. When you choose not to forgive, the experience that you do not forgive sticks with you. Forgiveness means that you do not hold others responsible for your experience.*

As we move along our spiritual path and soul growth let us remember these by Jesus, *Forgive and you will be forgiven*, and we will be transformed.