### A MESSAGE FOR THE AGES

Chapter: The need for Religion 1963 Instructions For Teaching The Infinite Way 6:2

Topic: What Is The Will Of God?

550

[Jesus] said that this work was "to do the will of him that sent" him. In that will there is no withholding, no lack of forgiveness, no excommunication. Nothing like that! The sinner is just as much welcomed as the saint, because the sinner has come to be made a saint.

### AWAKENING MYSTICAL CONSCIOUSNESS

Chapter: Consciousness Unfolding As The Harmony Of Our Experience

1958

Topic: Grace Functioning As Love

The moment we realize that divine Grace alone feeds us, heals us, supplies us, and forgives us we attain our freedom in Christ.

### BEYOND WORDS AND THOUGHTS

Chapter: His Rain Falls 1963 Kailua Private Class

Topic: As Ye Sow

Forgive yourself by recognizing the impersonal nature of evil, and drop out of your thought right now that it was any error of yours, *except an ignorance of spiritual principles*.

Chapter: Measuring Spiritual Progress 1963 Kailua Private Class
Topic: Signs Of Spiritual Progress 518:1 or 517:2

When you witness evil men and women, instead of reacting with condemnation, a smile comes inside of you with a "Father, forgive them their ignorance"—not their evil, their ignorance. They could not be evil if they were not ignorant.

There is only one way to pray for your enemies, and that is to understand that God is individual being. The more you realize that, the fewer mistakes they can make, and the fewer sins they can commit. But the more you look upon them as human beings who are sinning and whom you in your generosity are going to forgive, the more egotistical you are, and the more you bind them.

Chapter: The Way of Grace 1963 Kailua Private Class
Topic: God's Grace, The Gift Of Himself 522:1 or 517:1

In that moment when we open our consciousness to the nature of the Divine, though our sins were scarlet, we are white as snow. It does not make any difference if those sins continue to persist for a while because sometimes just the tenacity of habit makes them continue in effect, even after they have inwardly been forsaken. But pay no attention to that; ignore that.

Chapter: Toward The Experience 1963 Kailua Private Class
Topic: New Light On Forgiveness 516:1

It is far easier to forgive if you can see that the reason that you think a wrong has been done to you is because you were expecting something from someone, and you had no right to expect anything from anybody.

#### **CONSCIOUS UNION WITH GOD**

Chapter: Teacher, Student, And Teaching 1947 Metaphysical Notes

Topic: The Teaching Of Jesus

Praying for enemies one of greatest laws.

### CONSCIOUSNESS IN TRANSITION

Chapter: Student and teacher 1948

Topic:

The idea of forgiveness does not mean looking at a human being and remembering the terrible offense he committed against us and then forgiving him for it. There is no virtue in that. The virtue lies in the ability to see through the human to the divinity of his being, realizing that in the divinity of his being there has never been an occasion for error of any nature. It is as if he were asking us for help and we would have to behold him as he really is—a spiritual being. . . Without their asking for help, we are called on every day to look upon those toward whom we have any negative feeling, and develop this act of forgiveness, which means to turn to the Christ of our own being and there know that nothing but love exists. There never has been a mortal and all that appears as a mortal is the Christ itself, incorrectly seen.

#### CONSCIOUSNESS IS WHAT I AM

Chapter: Attaining a Measure of Spiritual Consciousness

1969 L

Topic: Drawing On The Spiritual Storehouse

The subject of supply plays a major role in our lives. Until we begin to live as if we are one with the Father and as if all that the Father has is ours, and act that out by sharing our resources, sharing forgiveness, cooperation, understanding, patience, whatever it is, spiritual consciousness has not yet touched us.

Chapter: Consciousness 1969 L

Topic: Behind The Body And Mind Is Consciousness

Even if you could forgive seventy times seven, it would never be forgiveness until you forgave through that part of you which is divine, that part of you which knows that humanly you have enough faults of your own, and as you would be forgiven, so you forgive.

Chapter: Invisible Life Fulfills Itself Tangibly and Visibly

1969

Topic: Consciousness Determines Our Life-experience

Our responsibility is to be still and let Omnipresence flow. We need not take thought or plan anything; we just live whatever flows through, which will be every quality of God. Why? Because that is what we are entertaining in consciousness: God. We do not have to think thoughts of generosity, forgiveness, or abundance. We have only to abide in Omnipresence, Omniscience, and Omnipotence, and when we do that we lose all capacity for anything but God, and God flows through. We find ourselves being loving, generous, kind, and pure, but we have not had to take thought about it.

### **CONSCIOUSNESS TRANSFORMED**

Chapter: My consciousness 3/31/63

Topic:

You cannot enter into this spiritual life until you have forgiven yourself your past.

#### CONSCIOUSNESS UNFOLDING

Chapter: The Christ

Topic: Effects Of The Christ

The Christ is the greatest sense of forgiveness the world has yet known.

#### LEAVE YOUR NETS

Chapter: Grace 1953 First Portland Class
Topic: Grace 39 3:1

When you turn to a spiritual unfoldment, you learn one thing: there is no way of getting anything from anyone; there is no way of getting anything out of anything; and there is no hope for those who expect to *get*. Life, spiritually understood, is not a getting process: it is a giving process. You will get out of life whatever you put into it, no more and no less. It may be a life of peace, but there will be no peace or prosperity for those who are expecting to get something. It may be a life of war and depression, but there will be no war or depression to the person who is putting into life his love, his forgiveness, and his dependence on Grace. To that person, none of these things will come nigh his dwelling place.

# LIVING BETWEEN TWO WORLDS

Chapter: The Power and Dominion

1964 Oahu/maui Series Or 1964 Portland Special

Topic: Satisfy The Inner Longing To Have Spiritual Identity Recognized

As long as I can hold onto the truth, "Thou art the Christ, the Son of the living God. . . Neither do I condemn thee, neither do I find any fault in thee," you must eventually respond. Since I have not accepted your mortality in my thought, it must die.

#### LIVING BY GRACE

Chapter: The Christ Ministry

Topic: The Fruitage of God-Realization

Christ is not a man; Christ is the Spirit of God in you. You need take no thought for your life or for what you shall eat or drink or wherewithal you shall be clothed. You need only to turn within, and when you hear the words: "I will never leave thee nor forsake thee," or when you have the feeling of "My peace I give unto thee," your healing has been accomplished your sins have been forgiven.

Chapter: The Secret of Success
Topic: Forgive and Pray for Enemies

Let us spend two minutes a day forgiving our enemies and praying, "Forgive them, Father, they know not what they do," whether they are personal enemies, enemies of our nation, or just enemies of mankind, or any other kind of enemy.

### LIVING BY THE WORD

Chapter: Except the Lord Build the House Topic: *Peace, The Fruitage Of Love* 

1961 Maui Work 3:1

391 or 474

Love is not an emotion; love is not a statement: love is an act, and the only way we love is by action. The only evidence there is that there is any love among us is through action. If we respect each other, if we help each other to the extent of our capacity, if we forgive each other our faults, we are loving. If we do not do these things, we are not.

Chapter: Let the Tares and the Wheat Grow Together

Topic: Instantaneous Healing, The Fruitage Of Nowness

1960 Chicago Open Class 3:2

323

In the kingdom of God there is neither time nor space. That is what makes instantaneous healing possible; that is what makes instantaneous forgiveness possible. . . You honor God only in your realization of a timeless and ageless God. For this, you find authority in Scripture in such passages as "Thou art the same" yesterday, today and forever. "I will never leave thee, nor forsake thee. . . . . I am with you I alway, even unto the end of the world." None of that indicates that there is any future tense in our relationship with God. Our relationship with God is now. "Now are we the sons of God," and if you cannot accept that, there is no way to accept the Christian teaching. "Know ye not that your body is the temple of the Holy Ghost?" All this is now—not in the future.

### LIVING THE ILLUMINED LIFE

1962 Manchester Closed Class

Chapter: First Steps on the Path of Discipleship Topic: The New World Of The Christ 491 1:1

It has not yet been given to any of us to realize one hundred percent of the Christ-freedom, and perhaps it is best so, because this gives us the compassion and that degree of love for our fellow man who has not attained so that we do everything in an effort to help him awaken.

Chapter: PUTTING OFF THE OLD MAN AND REBIRTH Topic: To What Extent Are We Rejecting Appearances?

1962 London Closed Class

490 1:1

It is not the reading, in and of itself, that will develop our consciousness, but what we do with what we read. . . If when we see sin, disease, lack, or accident, we let these words of truth live in us and then say, "I must not accept appearances: I must accept God as omnipresence," not only may we heal, uplift, form, or forgive someone, but some part of the old man of us has died in the moment that we applied a truth to a specific situation. That truth came alive in us, but it could come only our of the new man. It cannot come our of the old man, because there is no truth in the old man, no truth in him at all. He "is not subject to the law of God, neither indeed can be "

#### LIVING THE INFINITE WAY

Chapter: God as Law in operation

Topic:

Instead of blaming another, we must make the acknowledgment, here and now, that some false state of being, some false state of thought or act within our own being, has drawn this [terrible wrong] to us, and had it not come through that particular individual, it most certainly would have come through some other, since the experience had to come to us.

The moment we can accept the government of God for friend and foe, saint and sinner, we are loving our neighbor as ourselves. But when we make excuses and exceptions, we are not fooling the law of God. We are fooling only ourselves, because there is no such thing as release from a violation of law of God until the violation ceases.

Realize that you are a complete and perfect *unit*, consciously one with the Father, and all that the Father has is finding an outlet, through you, to the world. Be satisfied to see that good flow to the sinner as well as to the saint. Hold no one in bondage; set everyone free, and you will find your freedom in God, in Christ. By recognizing God as the source of your life, of the qualities and activities of your body, the source of your love and supply, even the source of your powers of forgiveness, you are sowing to the Spirit. But remember that every time you entertain some faith or fear in the creature you are, in that degree, denying the power of the Creator, and in that degree, you are sowing to the flesh.

### MAN WAS NOT BORN TO CRY

Chapter: Bringing Grace into Active Expression

Topic: Practice And Not Conversation

1962

Topic: Bringing Our Lives Into Conformity To The Pattern Shown Us On The Mount

We must pray for the forgiveness of our own sins.

Chapter: Spiritual Dominion

1959 Vancouver Open Class

272:1

What counts is that we make the acknowledgment that Infinity is the measure of our being and act as though that were true, even though we act only with pennies, or if we act only with forgiveness or prayers or service.

Chapter: Withinness Topic: Forgiveness Is At The Instant Of Repentance 1960 Chicago Open Class

322:1&2

What the Master really meant was that forgiveness should continue until a healing takes place, forgive until there is nothing left to be forgiven, but never condemn, never judge.

#### **OUR SPIRITUAL RESOURCES**

Chapter: Dominion over Mind, body, and Purse

Topic: A Transformation Of Consciousness Is Requisite

When... you are able to say with the Master, and mean it, "Forgive seventy times seven... Resist not evil," you have yielded your humanhood. You have yielded your will, your opinion, your convictions, and you have accepted the grace of God, and the Spirit of God does dwell in you.

Chapter: The New Life By Grace 1960

Topic: God's Grace Is Universally Operative

Thou all-knowing Wisdom, Thou divine Love, forgive me for having intruded in Thy province. I offer no advice; I make no suggestions; and I ask for no favors. Thy grace is my sufficiency in all things.

### SPIRITUAL DISCERNMENT

Chapter: Immortality Unveiled 1962 Los Angeles Special Class
Topic: Spiritual Discernment 486: 1:2

When you attain spiritual discernment, you will know that regardless of what mistake anyone makes, he is making it out of an ignorance of truth and in no other way

making it out of an ignorance of truth and in no other way.

Chapter: The transition to Christhood

1962 Pacific Palisades Special

Topic: War Cannot Enter Your Life If It Is Ruled Out Of Consciousness

405.0

You are now at that place where your life is a life of spiritual. You are now at that place where your life is a life of forgiveness, a benediction, a blessing, and no evil can come nigh you because you are not seeking anything. You are not even seeking good. As long as you are not seeking, you are not going I to receive. You will always be. This is your real nature: being! I and the Father are one in being and in essence. I and the Father are being life; we are being eternal life. I am immortal life.

#### SPIRITUAL POWER OF TRUTH

Chapter: INVISIBLE SELFHOOD

Topic:

Know this Truth: that you are dealing with Life itself, always in expression. You are dealing with pure Life, a Life-being that is too pure to hold you responsible for even the sins of omission or commission. Therefore release yourself from these complexes and realize that in the instant that you understand God as your true Being, you begin to purify your own consciousness so that the state of consciousness that enables you to do wrong no longer exists. In *that* there is the forgiveness, and only in that.

Chapter: My True Identity

Topic:

Be careful that you do not personalize good or evil, even when someone tries to wrong you. Hold fast to what you know: "You have not done this to me. You have done it unto God." Then let God handle it.

Chapter: Sowing to the Flesh

Topic:

If I have become a Son of God, then I am heir—joint heir—to all of the riches. But have I become a Son of God; or am I still that "natural man" that receiveth not the things of God? How do I know whether I am the Son of God? Of course, the biggest guide I have is the teaching of Christ Jesus. Am I fulfilling the Law of Sonship? What is the Law of Sonship? According to the Master, it is that I pray for my enemies, that I pray for those who despitefully use me, that I forgive—seventy times seven—that I serve. "Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me." I must serve, I must help, not only my family, not only my friends, not only those of my own religious family. . . I must find a way to help in the clothing of those children whose parents have not awakened yet to their true identity.

Chapter: The Christ of Being

Topic:

This is what happens on the spiritual Path. Day by day we break some fetter of human experience and we drop some phase of humanness. We make that transition to where our prayer now is a benediction to the world, to where we are no longer praying that we receive anything but we are praying, "Father, forgive our enemies, they know not what they do. . . In other words, we have made an about-face and we are no longer sitting at the feet of the Master. We now *are* the Master, and we are healing the multitudes, freeing the multitudes, and feeding and forgiving the multitudes. We are now the Christ Consciousness, and we seek nothing for ourselves, because we know that "all that the Father hath is already mine." Now our whole life is pouring forth God's Grace to this world, but not in the form of throwing our pearls before swine to be trampled on. We do it silently and secretly. Our praying is done in secret!

Chapter: When Christ Has Entered In

Topic:

To pray for the world means to look out and almost see this globe of the universe in front of you and feel your hands, or your love, going out around that globe, saying, "Father, forgive them; they know not what they do." "I pray that thy sins be forgiven thee. I pray that Christ dwell in thy heart. I pray that no penalties ever be inflicted upon you for the past. I pray that you know spiritual Freedom, spiritual Justice, spiritual Life, and spiritual Law." Hold that globe this way, in a whole armful of love, understanding, and forgiveness. Allow no thought of victory to enter your mind; no victory over man, no victory over ideologies, no victory over countries. Not victories; Peace! There never can be Peace when there are victories, because with every victory there is a loss, and the loser must always think about the next gain. Never think of victories.

#### THE 1954 INFINITE WAY LETTERS

Chapter: The Realm of Spirit

Topic:

Here where I am, God is. Here, in the beginning of this new day, God takes over. Here God becomes the directing influence of my day. I dedicate this day to the work of the Father; I dedicate this day to the life of the Father. In this day I hold within myself no condemnation, no criticism, no judgment, no faultfinding, but insofar as it lies within my power-love, forgiveness, understanding and cooperation. I dedicate this day to maintaining the integrity of my own being, and I promise myself that insofar as I am given Grace, I will not violate my own integrity, my own higher sense of right.

#### THE ALTITUDE OF PRAYER

Chapter: Bringing Our Gift to the Altar 1956-1962

Topic: Breaking The Prison Bars Of The Mind

Love is expressed in forgiveness, praying for enemy and benevolence

More than forgiving sinner we must forgive ourselves for seeing a sinner.

Greatest gift is to know we are forgiven by God and by man.

Chapter: Two or More Gathered Together

1968 L

Topic: Keeping Your Temple Pure

Attitude of no condemnation toward sinning person but only forgiveness

### THE CONTEMPLATIVE LIFE

Chapter: Supply and secrecy 1961 L

Topic: Gratitude As An Evidence Of Receptivity

My many years on this path have demonstrated to my satisfaction that our supply is in direct proportion to our receptivity, that is, to the degree of gratitude that we express in the form of bread placed upon the waters as benevolence, forgiveness or praying for our enemies because then we are expressing spiritual principles.

### THE EARLY YEARS (32-46)

Chapter: The Law

Topic:

It is not enough that we lend to those in need. We must not expect a return from that loan. We are to realize the infinite source of our supply, which never requires that we receive back that which we once give out. It is, of course, just that we accept the return of a loan, but looking for it is the error. In forgiving those who trespass against us, we understand that we are not to condone the error, but to know that as man is spiritual, he has never been guilty of wrong toward us. This, you see, is a purification of self.

#### THE FOUNDATION OF MYSTICISM

Chapter: Introducing The Healing Principles
Topic: A Transition In Consciousness

1959

The principle is this: If you have come to a place in consciousness where you can seriously and honestly pray that your enemies be forgiven, that they be released from the punishment of their sins, that the spirit of God enter their souls and minds and beings, that they be given release from these mortal claims, you are no longer a mortal.

What of material laws and mental laws? These cannot be laws if God is law. God is Spirit, therefore his law is spiritual. . . We have to recognize frequently that we are not under the law of punishment but under the law of forgiveness. We have to remember every single day that we are not under law, we are under grace.

Chapter: LAYING THE FOUNDATION

1959

Topic:

In your treatment work, you must provide a minute to consciously release all who have offended, whether it is an offense against you, against democracy, against justice, against nations, or against the word of God. Set them free. Release them. Ask God's forgiveness. Be willing that they be forgiven without penalty regardless of the nature of their offense, even as Jesus forgave the adulteress, even as he forgave the thief dying on the cross.

Chapter: living the healing principles

1959

Topic: Living In The Light

As we do world work, thinking of those in this world who are influenced by evil, those who are outlets for evil, we realize, "Father, forgive them. They know not what they do." Let us not hold them in condemnation either, but open their consciousness to this light that they may be freed of whatever it is that binds them to personal sense. With that, there is the removal of condemnation because we have declared that it is not sin, it is merely ignorance. It is not darkness, but an absence of light. So in our forgiveness, in our understanding of the impersonal nature of all evil, we are a transparency through which this transcendental presence can function in the consciousness of the world.

To pray for one's enemies means not to hold them in bondage, not to want them to be punished even for their sins. To pray for them doesn't mean we ask God to prosper them in their iniquities, but rather to release the sin and discord from their consciousness.

### THE INFINITE WAY LETTERS 1956

Chapter: Scriptural Principles

1956

Topic: Love

Is it now easy to forgive when we realize that men's evils are not really evils, but ignorance of their true identity as the Christ-Self, the Son of God?

#### THE INFINITE WAY LETTERS 1959

Chapter: February: A Lesson to Sam Topic: *A Lesson To Sam* 

I have been healed of illnesses merely by asking God's forgiveness for my sins.

## THE JOURNEY BACK TO THE FATHER'S HOUSE

Chapter: The Function of the Christ in Us

1962 Holland Class 1:1

499

Topic: The Christ Is In Man To Bless All Mankind

We must give up this belief that God planted the Christ in us just for our special benefit. The function of the Christ in man is to bless mankind, to raise up those who are still in sin, those who are still in disease, those who are still in death, those who are still in lack. This is the function of the Christ in us and in every person who is awakened to Its presence. . . As we contemplate the Christ in us, let us remember that the Christ that lives our life has not been given to us for our picayune little satisfaction, health, or life. The Christ has been given to us that we may be transparencies for God, that we may show forth God's glory on earth. That is why the Christ is in us: to show forth God's glory in healing, in forgiving, in redeeming, in supplying. We open ourselves to the Christ-activity by inviting the world, not outwardly through advertising, but spiritually within, inviting the world to our spiritual household, inviting this world to come and eat and drink, letting this world come and be healed through the inner realization: *Thank You, Father, I know why the Christ is here in. me. I am willing for It to function. I am willing to be the instrument to heal, to feed, to forgive, and to redeem all whom Thou sendest me.* 

The function of the Christ that dwells within us is to heal the sick, raise the dead, forgive the sinner, multiply loaves and fishes.

#### THE MYSTICAL I

Chapter: An Act of worship and the fruitage

1964 London Studio Class

563: 1&2

Topic: Forgiveness Comes In A Moment Of Commitment

The Hebrews taught, and still do, that on one day a year, by observing the rituals and rites of that day, they are forgiven. But this is impossible. No one is forgiven that which he has in his consciousness which is unlike God. It cannot be forgiven: it has to be forsaken. When it is forsaken, it does not exist and does not have to be forgiven.

But That which we are does not know that It is burning away the dross of the personal sense of you and of me which we entertain. It does not know it. Our spiritual integrity is just shining, and sooner or later that dross will evaporate, and the *I* which we are will not know that there ever was a personal sense of "I" to be forgiven.

Chapter: do not "pass by on the other side"

Topic: Be Still

1964 London Studio Class

562: 1&2

When the Spirit of the Lord God is upon you, you are ordained, but you are not ordained to be set apart. You are ordained to heal the sick, to comfort, to feed, to forgive. That is the purpose of ordination—not that you may be glorified but that you may be better equipped to give more abundantly, to share more freely, to understand more universally.

Chapter: I Speaks
Topic: Release! Release!

1961 Maui Work

392:1

8

As we release sinners from the responsibility for their sins, the sinners that we ourselves are, are released from our sins of omission and commission. In our human experience, it is impossible not to sin. We are sinning every day in bearing false witness against somebody or other.

Chapter: I Stand at the Door

1962 Or 1964

Topic: Givingness As A Measure Of Receptivity

You can pray for your enemies. This is another form of giving: praying that your enemies be released from penalties, praying that their consciousness be opened to the light, praying that their sins be forgiven them.

#### THE ONLY FREEDOM

1955 Capetown Series Chapter: Letting God Reveal Itself

706 1:2 Topic: All Erroneous Acts, A World-mesmerism

So if there are past sins, drop the penalty for them in this moment and realize they are as dead as yesterday. They can never live again unless you revive them in your memory. Outside of your memory they have no existence. So the sins do not exist; the punishment does not exist. And what of those sins with which we are burdened today and which we may repeat tomorrow? Each time the world-mesmerism is so great that if it compels us, even against our better desires and judgment, to sin again, let us turn within in the realization, "Father, that is no part of my true being. That is no part of Your true being; therefore, it is not held against me, and with the grace of God it is dead in me now."

Chapter: Making your contact with God 1957 Kailua Advanced Class Topic: Asking God To Forgive For Us 709 4:2

Well do I remember an experience when I was called upon to rise above a very disagreeable experience concerning one of the students. The hurt was deep for the moment, and it was bad medicine to have to take. In my meditation when the word came to forgive, I answered, "Oh, Father, that's more than I can do. I just haven't risen that high yet. I cannot be that forgiving in this case. I would like to be. Don't think I wouldn't but I'd be a hypocrite if I were to say I have achieved it. But I will tell you what You had better do, Father. You take over and do the forgiving for me because I don't seem to have the ability." And the Father did. Immediately the weight was lifted off my shoulders, and the assurance came that God's forgiveness was right there where I was. That took all the responsibility away from me.

Chapter: Where the Spirit of the Lord is, there is Liberty 1957 Kailua Advanced Class Topic: The Spirit Of God Realized Penetrates The Veils That Hide Reality 179 1:1

It becomes a spiritual activity when we are willing for the sinners of the world to be forgiven their sins. Whether or not we can forgive them is of relative unimportance. What counts is that we be willing that God's forgiveness and God's grace touch them.

### THE THUNDER OF SILENCE

Chapter: From Darkness to Light 1956-58

Topic: Karmic Law

Any good human being can piously overlook the faults of others and even forgive them their sins. Any good human being can do that, but it takes spiritual vision to be able to say, "I cannot see anyone. The face of God is all that shines. the Soul of God looks out through all eyes."

Chapter: From the Unreal to the Real 1956-58

Topic: As We Forgive

When there is no possibility of [our] offense being repeated [only then can we be forgiven].

A heart that is entertaining any judgment of his fellow man is not a heart at peace.

One of the most important lessons for all of us to learn is that there is no room in the spiritual life for the return of evil for evil—there is no room for anything but a life of forgiveness. From the moment of waking in the morning until to sleep at night, there must be periods in the day in which we consciously remember: I forgive. If I have aught against any man, woman, or child here and now I forgive—completely, perfectly, entirely. If anyone's misdeeds persist in coming back to my memory, over and over again I will forgive. I seek no punishment for anyone; I seek no revenge; I seek no justice—I loose everyone and let him go.

There is a secret about forgiveness: There is not anything or anybody that can forgive us. Therefore, there is not a possibility of our ever being forgiven except under one condition, and that is when there is no possibility of the offense being repeated. In other words, no matter what the offense may have been, as long as there is the potentiality within us of its being repeated, we are not wholly forgiven. . . We meditate and look at the situation upside down and from every angle, until all of a sudden we do catch a clear picture not only of the wrongness of what has been done but of the truth that only the state of consciousness that made us commit this offense in the first place could make us do it a second time, and if we find that that state of consciousness does not exist any more, we have then "died" and have been reborn of the Spirit.