



# Triangles

BULLETIN

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## FORGIVENESS: THE ESSENCE OF LIFE

Whenever malfunction occurs within some body of expression or the flow of energies is disrupted and forces are in opposition to each other, then there is the possibility that the form is no longer adequate to reveal the purpose of the indwelling life.

There are two possible solutions. One, is the dissolution of the form, in order to accommodate a new one, fit for better service. Second, is the healing of that form, bringing to an end a period of dis-ease. When the latter is the case, one is working along the lines of “making things anew”. The act of forgiveness, too, can be considered as making things anew in the world, summed up in that inspirational passage in the New Testament: Our Father...forgive us, as we forgive others. <sup>1</sup>.

Many think that forgiveness is a sentimental gesture of the meek and gentle. This interpretation distorts and belittles the fundamental nature of forgiveness. Forgiveness is an act of good will. It is an act of acknowledging our inherent relationship with our fellow human beings. We are a complex system of forces expressed through the interplay of energies. The more evolved the human being, the greater the depth of understanding and natural willingness to engage in forgiveness, for it has been described as “the very breath of life itself”.<sup>2</sup> From this perspective, it becomes apparent that the act of forgiveness heals, it constructs bridges and breaks down barriers, and builds right relationships in families, groups, communities, nations, and humanity itself.

Forgiveness helps to bind the spiritual realms ever closer to the human family. Those who forgive understand in their own way that there can be no true meaningful relationships unless we relinquish our separative and narrow thinking, and identify with the inner light in all evolving forms. In that sense, forgiveness reveals the element of true fellowship. It is the sacrifice of what is of personal interest for the sake of the impersonal interest which always is a group interest. This is the world of the soul.

In Triangles, we are helping to create that mental climate in which the nature of forgiveness can become more fully integrated into the affairs of humanity. And instead of a vague and shallow perception of this transformative power, we begin fleetingly at first, but with growing conviction in time, to realise it as “the very breath of life itself – the giving of all to all and for all”.<sup>3</sup>

<sup>1</sup>. Matthew 6:9-12

<sup>2</sup>. Alice Bailey

<sup>3</sup>. Alice Bailey

## MUSINGS ON FORGIVENESS

This faculty of forgiveness is not a form of magnanimous forgetting or overlooking, neither is it a gesture of superiority whereby the slate is wiped clean. It is the very breath of life itself—the giving of all to all and for all.

*Alice Bailey*

Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven.

*Luke 6:37*

Forgiveness is sacrifice, and is the *giving* up of one's self, even of one's very life, for the sake of others and for the good of the whole group.

*Alice Bailey*

For 'tis sweet to stammer one letter  
Of the Eternal's language—on earth it is  
called Forgiveness!

*Henry Wadsworth Longfellow*

Be praised, my Lord, for those who for  
Thy love forgive,  
Contented unavenged in quiet to live.  
Bless those who in the way of peace are  
found—  
By thee, O Lord Most High, they shall  
be crowned!

*Saint Francis of Assisi*

We must be willing to forgive without limit even as God forgives; otherwise we cannot be forgiven. Of course, we must be willing to live out our forgiveness in restoring and repairing where we have done wrong. Being forgiven means joining all others in the common responsibility of putting things right before God and with one another.

*Nels F.S. Ferre*

And Thou, O Lord! by whom are seen  
Thy creatures as they be,  
Forgive me if too close I lean  
My human heart on Thee!

*John Greenleaf Whittier*

What is the meaning of the Kingdom of Heaven? It is this: that we should forgive one another—then God will forgive us too; that we should love one another—then God will love us too. And if it is in this that we find our happiness on earth, then the Kingdom of Heaven is with us.

*Paracelsus*

Forgiveness is the greatest and most incomprehensible miracle of the love of God because in it God communicates Himself to a human being who in the seeming banality of everyday life has had the effrontery to say No to God.

*Karl Rahner*

When God forgives, he does not simply pronounce or simply record a sentence; when God forgives, the well-spring of life turns from bitter to sweet, the acid of sin ceases to corrode, and living waters irrigate the soul. We stop shriveling, we begin to grow.

*Austin Farrer*

The weak can never forgive. Forgiveness is the attribute of the strong.

*Mahatma Gandhi*

You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well.

*Lewis B. Smedes*

Without forgiveness life is governed by an endless cycle of resentment and retaliation.

*Roberto Assagioli*

To err is human, to forgive divine.

*Alexander Pope*

Humanity is never so beautiful as when praying for forgiveness, or else forgiving another.

*Jean Paul Richter*

Without forgiveness, there is no future.

*Desmond Tutu*

## THE PLANETARY NETWORK

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**The planetary network of light, love and service is transforming the mental climate of the planet, reorientating humanity to spiritual attitudes and values. The groups and activities reported in the Bulletin reflect different aspects of the network.**

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### The Forgiveness Project

The Forgiveness Project was launched in 2004. Its mission is to explore “forgiveness, reconciliation and conflict resolution through real-life human experience”. Using personal stories and exhibitions it aims to open up dialogue and promote understanding at local, national and international level.

The Project uses **three techniques** to underpin its work:

**Awareness:** raise the debate by collecting and sharing personal stories (and images);

**Education:** encourage and empower people to explore the nature of forgiveness and alternatives to conflict and revenge;

**Inspiration:** engage civil society, as well as transform hearts and minds.

The group explains: “We work in prisons, schools, faith communities, and with any group who want to explore the nature of forgiveness whether in the wider political context or within their own lives”.

The Project encourages people to support its work through such activities as: submitting a story about reconciliation, conflict resolution or anything which is relevant to its remit; and hiring its exhibition on forgiveness.

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Website: [www.theforgivenessproject.com](http://www.theforgivenessproject.com)

Email: [info@theforgivenessproject.com](mailto:info@theforgivenessproject.com)

### A Campaign for Forgiveness Research

A Campaign for Forgiveness Research supports “scientific studies that can deepen our understanding of forgiveness and begin the process of building many different roads to reconciliation.”

The group is involved in funding a range of research projects on forgiveness amongst individuals, families and nations. Themes include: ‘The Relationship Between Forgiveness and Health’; ‘Models and Theories of Forgiveness’; ‘Forgiveness Among Nations’ and ‘Corporate Culture, Downsizing and Forgiveness’. It has also compiled a ‘Forgiveness Bibliography’ which gives a comprehensive list of forgiveness and forgiveness-related scientific literature. The bibliography is available to download in PDF format.

The Campaign invites people “to join our community of forgiveness and be a part of a growing effort to promote more forgiveness around the world.”

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1613 Duke Street  
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Website: [www.forgiving.org](http://www.forgiving.org)

Email: [info@forgiving.org](mailto:info@forgiving.org)

### Other web resources on *Forgiveness*:

[www.forgiving.org/Resources/resources.asp](http://www.forgiving.org/Resources/resources.asp)

[www.newconversations.net/forgiveness\\_welcome.htm](http://www.newconversations.net/forgiveness_welcome.htm)

## SKILL IN ACTION

Skill in action requires wise and clear thinking founded on the light of the Soul. It is the kind of thinking that is unaffected by the emotions but is infused with the compassion of the loving heart. When heart and head work together in unison there can be intelligent love in action. Skill in action in daily life and relationships leads to an understanding of other's views without a rush to judgment; it brings harmlessness in thought, emotional reaction and action, all based upon the common good of humanity, without attachment to one's own ideals.

One way of developing skill in action is through meditation. There is much interest in meditation today and there are many methods. The technique of meditation known as Raja-Yoga or mental union with the soul, integrates the physical, emotional, mental and spiritual so that the energies of the soul flow into mind and brain and the outer life. It is also interesting to consider that the concentrated deep reflection of the thinker in any creative field of human expression constitutes a form of meditation, bringing free play to those thoughts and ideas which lead humanity into wider and deeper levels of awareness.

Those who are able to "think in the heart" and are motivated by loving understanding are in a

position to transform relationships. The fusion of intelligence and love-wisdom cuts a path through all material barriers and obstacles. This is a kind of "thinking" that can permeate all levels of relationship, whether local or global. For example, a friend or neighbour who is a good listener demonstrates skill in action. Similarly, the skilled mediator, in local or global disputes, is an impartial neutral catalyst who helps the parties to arrive at a mutually agreed solution.

At a global level, skill in action is apparent in the work of *The Group of Elders*, amongst whom are included Nelson Mandela, Jimmy Carter and Kofi Annan. The group aims to use its collective skills and experience to suggest new approaches to tackling global issues; the group can speak freely and boldly, working both publicly and behind the scenes on whatever actions need to be taken. "They will seek opportunities to partner with established groups in ways that help shine a light on work already underway or to assist in bringing the group's efforts to another level".<sup>1</sup>

Wise and skilful living that "shines a light" on the world is not something that appears out of thin air, rather, it is dependent upon high-minded thought, as is the worldwide Triangles network of light and goodwill.

<sup>1</sup>. <http://www.theelders.org/>

Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of triangles of light and goodwill. Using a world prayer, the Great Invocation, they invoke light and love as a service to humanity. Further information is available on request from Triangles.

The Triangles Bulletin is for men and women of goodwill and is published four times a year in Czech, Danish, Dutch, English, French, German, Greek, Italian, Polish, Portuguese, Russian, Spanish and Swedish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

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