

Forgiveness/Kshma

The Practical Aspect

What is Kshama, Forgiveness?

- Absence or lack of anger is Kshama
- To reduce anger, win over depression and stress - leads to hope, peace, compassion and self confidence
- Remain in your own nature is Kshma

Who do we Kshama

- **Self**

- I get angry when this situations occur
- I lost control over myself when i see that
- I hurt myself when i am angry, unforgiving, cruel, pathetic, deprived or sad

- **Others**

- Because of my kids i got angry
- Because he/she do not listen to me, respect me, not pay attention to me, treats me bad, did not follow what say
- Other situations like: flight got late , tsunami, earthquake, weather or and other person who makes me angry

अध्यात्म की क्षमा :

Kshama is the true nature (swabhav) of our soul (Atma) so if you are in bebhav you are collection Karma.

- अध्यात्म में क्षमा का कोई स्थान नहीं है तुम एक शुद्ध आत्मा हो और कर्म हे दुःख और सुख तुम्हारी आत्मा मे उत्पन्न करने वाले है कर्म तुम्हारे नहीं है सिर्फ आत्मा हे तुम हो!! इसलिए क्षमा का भी कोई स्थान नहीं है
- अगर कोई तुमे कुछ बुरा वचन कहता है तो वह तो पुतल के ही परमाणु है- जैसे मुनि की निंदा और प्रशंशा में मुनि सदा समय भाव रखते है
- अगर तुहारे शरीर को तकलीफ देता है तो शरीर तो तुम्हारा नहीं है जैसे - मुनि सुकमाल स्वामी को तो ३ दिन तक सियालनी खाती रही पर वे अपने स्वरूप से नहीं डिगे.

Practical 5 steps of Kshma

Step 1

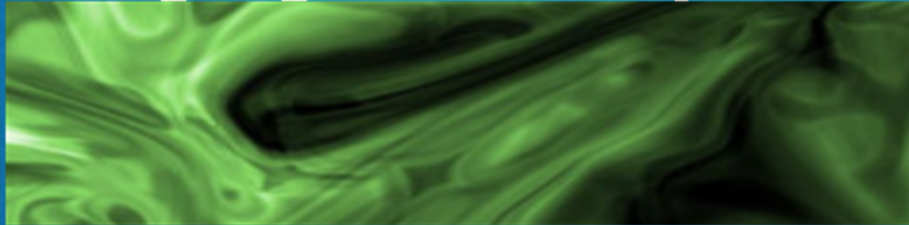
Accept that injustice happen to you and I am victim but I will not take this presser on my soul of anger – I will try to resolve it

Look at your kashya closely – I got carried away when i watch movie

- I cannot see the injustice
- Other person krodh make me angry too
- I see kids crying for no reason
- Someone make mess
- Watching news
- Listening radio
- Coworkers remarks
- Someone point out my mistakes

Step 2

Look your kashay krodh as a separate element from your soul by coloring it green bubbly thick and smelly liquid



- Take control and fight your anger
- Commit to yourself that you will do whatever it takes to feel better
- This Kashya make your away from the peace which your soul deserve

Step3

See and believe that green liquid kashya making your soul dirty and poisoned day by day.

- Each day if you are caring the load of kashya on your soul and each day it's getting thicker
- Krodh and kashya make other emotion and senses infected too:
- When you are sad it seems sky is crying
- Krodh make your cruelty, ego, passion, affected too
- Krodh affect your body too – give you many long term disease- diabetes, blood presser, heart disease and etc
- You cannot concentrate on your work, family and social life even your sleep is disillusioned and stressful.

Step4

Watch your soul when the situation occur.

- Do not make your self carried away stay close to your self.
- If you don't like somebody and his/her talk – make this effort –you will not be affected today
- Do not think about his/her words can hurt you
- Do not support you anger or justify your behavior
- If you see some injustice think there is nothing injustice in this world ...everybody has to bear his/her own karma but be sympathetic to the sufferer and pray for his/her mental peace.

Step 5- Scan your krodh at some point of time
प्रतिक्रमण (no matter somebody make you do it or you
hurt somebody's feeling in rage) and ask for
forgiveness and erase it “मिथ्या हो ”

- Gartha – Tell your sin in front of your Guru, or friend
you trust, God
- Prakkhyaan- I will promise to not to replete the
mistake.
- Pashchit- Take a upwass, any kinds of vert to erase
it

Gandhi's Top 10 Fundamentals

- 1. Change yourself:** You must be the change you want to see in the world.
- 2. You are in control:** Nobody can hurt me without my permission.
- 3. Forgive and let it go:** The weak can never forgive. Forgiveness is the attribute of the strong.
- 4. Without action you aren't going anywhere:** An ounce of practice is worth more than tons of preaching.
- 5. Take care of this moment:** I do not want to foresee the future. I am concerned with taking care of the present. God has given me no control over the moment following.
- 6. Everyone is human:** I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.

- 7. Persist:** First they ignore you, then they laugh at you, then they fight you, then you win.
- 8. See the good in people and help them:** I look only to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others.
- 9. Be congruent, be authentic, be your true self:** Happiness is when what you think, what you say, and what you do are in harmony.
- 10. Continue to grow and evolve:** Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position.

Forgiveness is about personal power. Amend your grievance story to remind you of the heroic choice to forgive. Anger is the lead emotion to destroy the peace. It makes nervous both

Benefits of forgiveness on body and soul

- In Ayurveda- digestion is metaphorically metabolic process, we receive, process, and incorporate all of the material of our daily lives.
- Experiencing emotional or physical trauma- does not get thoroughly processed through healthy emotional channels, or you do not allow yourself to experience pain and grief and let them pass
- Thoughts, feelings, and experiences are matter – with weight and space - which can hang heavy around us.
- Undigested emotions crowd your heart- Will be noticeable - from our bodies, our speech, our sleep patterns, our interactions with our co-workers and loved ones.
- Have you ever made a confession, or had a good cry, after which you literally felt *lighter*? no mistake - that was the metabolic process in action.

Uttam Kshma

- Sahdu ki kshma – they believe that atma is different from any other
- They do not have the feeling of “Krodh”
- Being mad is a Vibav not the swabahv
- Karma ka uday make the situations not the human being

असली क्षमा वह है जिसमें द्वेषका नाम न हो। गृहस्थको वह कैसे होती है? देखिये। कर्त्तव्य-परायण गृहस्थके-लिए अपना कर्त्तव्य निभाते हुए द्वेष करनेकी आवश्यकता नहीं। अहिंसावाले प्रकरणके अन्तर्गत विरोधी-हिंसाकी बात आई है जो कि संयमी-गृहस्थ भी अवसर आनेपर कर गुजरता है, परन्तु गौर करके देखनेपर वहां आपको द्वेष दिखाई नहीं देगा। शत्रुसे युद्ध द्वेषवश नहीं किया जाता, बल्कि आत्म-रक्षा या निज सम्मानकी रक्षाके-लिए किया जाता है और इसलिए यदि कदाचित् शत्रुको जीत लिया जाय तो उसे तंग नहीं किया जाता बल्कि शान्ति-पूर्वक समझा बुझाकर तथा कुछ उपयोगी शिक्षायें देकर तुरन्त छोड़ दिया जाता है। उसकी दृष्टि केवल आत्मरक्षाकी थी सो वह हो गई, इसके अतिरिक्त और कुछ नहीं चाहिए था, इसलिए अवसर बीत जानेके पश्चात् वह व्यक्ति पहलेकी भांति ही देखने लगता है। यदि पहले मित्र था तो अब भी मित्र दीखता है और यदि पहले सामान्य मनुष्य था अर्थात् न शत्रु था न मित्र तो अब भी वैसा ही दीखता है। यह है गृहस्थकी सच्ची क्षमा।

- हे आत्मन तू अपने आप को मत सता तू तो ज्ञानमय ईश्वर सम परम पवत्र है और सब विवादों से परे है अपने महान आश्चर्य को देखो और उसकी रक्षा करो अपने पर दया करो और और अपने आप को क्षमा करो अपने आप में क्षमा आयगी तो उत्तम क्षमा बनेगी.
- मैं दुसरे जीवों के कुसूर को बिलकुल माफ़ कर देता होऊं ये द्रस्ती अपने आप में हो, ये विश्वास अपने आप में हो तो वह मिथ्यात्व है जैसे लोग कहते है "मैंने क्षमा कर दिया अरे वह क्षमा नहीं है उत्तम क्षमा हो तो अपने को क्षमा की मति बना देती है अपने आपकी दिया में सबकी दया आ जायगी जो अपने आप को सहज स्वरूप के दर्शन में लगने की लिया लालायित है उसके लिए दुसरे की अपराधों में लगने से क्या ?
- वह दुसरे के अपराधों को दिल में रखेगा क्या ? दुसरे की क्षमा सहज बन जाएगी

उत्तम क्षमा