

Forgiving with the Light
Working with the Pink Ray to help us
Forgive others and ourselves

by Bryan James

We all have heard the old English idiom, “To err is human, to forgive divine.” These are simple and yet powerful words. Forgiving others when they have hurt us, or ourselves when we have failed to live up to our own standards, is truly of choice of how divine we want to be.

We should ask ourselves, can we really grow spiritually if we stay angry about something that keeps us focused on the past? Are we aware that carrying a grudge can lead to emotional and physical problems? Many people realize this but like to ‘make the other person wrong.’

Certainly we know how it gets in the way of having close, personal relationships. Do we really feel better off remaining angry with others? And what about our feeling guilty or angry at ourselves? Is it really worth punishing ourselves over and over again? Not forgiving ourselves doesn’t get us where we need to go, prepare us for what we need to do, or demonstrate our loving natures (our Light).

Forgiveness affects our spiritual growth

It’s not easy to practice forgiveness, and many are unaware of how not practicing forgiveness can affect our spiritual vibration. Our spiritual success depends on our raising our vibration, just as the greater Light beings dwell at a higher frequency. Our vibration is commensurate with the Light we produce in our lives, and the Light energy we produce throughout the day is affected by the Love we generate from our heart. Our heart channels the love, which drives the Light. The Light then alters our vibration and leads to spiritual growth.

We can’t afford not to practice wholehearted forgiveness for others and ourselves, yet it can still be very difficult for us. Therefore, we should consider applying the universal Light energies to this process. This energy will support our efforts to forgive, by providing us the necessary power and ability to shift our attitude and feelings toward any condition or situation.

Sample forgiveness meditation

The Pink Ray from Archangel Uriel is the ray we should use to facilitate forgiveness. This holy ray provides divine Light energy, which transmutes our anger and empowers us to love and forgive, and treat others with kindness and compassion. The following sample format will provide us the necessary tools to apply this important attribute in our lives:

1. Establish protection – Surround yourself in Archangel Michael's golden bubble of protective Light energy. Ask for the angelic bodyguards and angels of protection to gather around you. Imagine closing the "psychic door" behind your right ear to avoid tapping into negative thought patterns. Include any other protection techniques you might normally use.
2. Call for assistance – Ask the angels of the Christ Light and crystal energies to join you, along with the archangels, your spiritual teachers and guides. Invite the angels of forgiveness, and the angels, spiritual teachers and guides of those you want to forgive or ask forgiveness. As always, you can invite any of the Ascended Masters you wish to join you. This would especially include Jesus Sananda,

Quan Yin, and Mary. Invite any Light being you wish, and they will come to you and help enhance your meditation.

3. Position the crystal pyramids – If you choose to use Etheric Crystal Pyramids, then you should ask the angels in charge of the crystal energies to position the special Etheric Crystal Pyramids over your head and over the heads of anyone else involved in this meditation. The angels will then position them as you requested.

Ask those assisting you to direct their Light through these crystals, which will magnify the Light tremendously before they reach their intended target.

4. Raise your consciousness – Imagine you are raising your consciousness with it rising to your Higher Self Point, which is two feet above your head. You do this by imagining a point of light traveling straight up through your energy centers starting with your navel (emotional center) and passing through the heart center, throat center, mental center (forehead), and then on to your Higher Self Point (two feet above your head). You can say something like, "Heavenly Father, Holy Mother God, I raise my consciousness to your holy loving consciousness, that we can be one."
5. Ask for the Light – Continue with "Heavenly Father and Mother, I now ask in the name of our Lord Christ Sananda, that Archangel Uriel and the angels of love, mercy, compassion and forgiveness, send down the Pink Ray. And allow this special Light of love, mercy and forgiveness to pass through every area of my consciousness."

“Then let it continue gently from these great angelic beings, teachers, masters and spirit guides, to flow down to my Higher Self Point of spiritual knowing that I can truly grasp and comprehend what it means to forgive and be forgiven. Let it surround me fully and completely in a large bubble of pink Light.”

“Let it flow now into my mental center, through my conscious and subconscious mind, that I can be consciously aware of the special love that God and these holy Light beings have for me. And let this holy Light dissolve all thoughts, attitudes or feelings, known or unknown that are restricting my ability to forgive and be forgiven.”

“Let the Light flow to my throat center, empowering my speaking, and empowering me to express my regrets for anything harmful I have done to others or myself.”

“And it should now flow into my heart center, with the Light touching into all portions of my lives. Let the Light positively affect my personal relationships and how I interact with my family, friends and acquaintances. Let it also positively impact my activities including my employment and career, my finances and every other aspect of my life.”

“Let it continue down into my emotional center, so that my feelings will exhibit mercy and kindness to others, despite what they may have done to harm me in thought, word or deed.”

6. Visualize the process – As you send and receive the Light, imagine it flowing from all of the great Light beings present to assist you, to continue passing through the crystal pyramids hovering above, and then to you as you receive the Light.

Notice how it flows through your mental, throat, heart and emotional centers, and how the Light wraps around you in a bubble of pink Light.

7. Closing – Thank God and those Light beings that assisted you. “Heavenly Father, Holy Mother God, I thank you and all those great and wonderful Light beings that assisted me with this glorious Light. And I know that this Light will help me greatly, and so will it always be!”
8. Invite the other person – Next ask the Higher Self of the person or persons involved in an incident with you to appear to you in a circle of pink Light. We use pink because of its special loving properties. It’s also one of the easier Light rays to see, so you’ll know when the other person is there.

If you do see the Light energies, you will notice a circular presence of white Light in the center of the Pink Ray. This is the other person's Higher Self. If you're not able to recognize a spiritual presence, you might be able to feel or sense their presence. Regardless, you trust that they are there, as I have never had someone fail to come if requested.

9. Ask for forgiveness - You then say, "(name the person, e.g., Sue), I forgive you for (name the situation), and for every other thought, word or deed that you may have hurt me with, in this life or any other."

"And I apologize for any thought, word or deed that I used to hurt you, in this life or any other, specifically (if you can recall something you did, share it here). And may the Pink Ray of Archangel Uriel heal and dissolve any remaining negative energies that still exist between us."

We should use this forgiveness meditation with the Pink Ray as often as we feel is necessary. Any time we get really upset with someone, or someone gets angry with us, we should clear the negative energy from between us.

And rather than allow these situations to stifle our development, we can move ahead much more rapidly by ensuring that we're not allowing our anger and stubbornness to linger in our aura and our lives.
