

Satsang by Swami Amar Jyoti

# Forgiveness, Humility and Love

In any testing situation where you feel confused and do not know what to do, be humble. The solution will come. When you are relaxed and humble, wisdom opens within you automatically.

**I**F WE ARE NOT perfect, we should not judge. Even if you are judging yourself you could be wrong. And perfect ones do not judge; they keep quiet. Therefore the Bible and also the Vedas declare: "Judge ye not." If you are taking care of your children, you have a duty to decide certain things for them. Even then, you could easily be wrong if you are not wise and impartial. Otherwise we should desist from judging. At the most we can express our opinions without dominating, insisting or imposing.





Those who are wise see each person and situation from all angles. Four people can ask the same question and I may give four different replies: one on the physical level, another on the emotional, the third psychological, and a fourth spiritual. This requires seeing minds and complex life patterns with wisdom and experience. All these factors act together. I remember a story of someone who went to see a saint. He said, “Sir, I don’t believe in God. Why should I even be here?” The saint smiled and replied, “One day you will be a great lover of God.” He could read his mind and subconscious and see his future. He told the man, “The very fact that you are here saying this before a holy man shows that you are not really an atheist.”

Only the truly wise can judge people. Others should desist from judging and giving decisions. At the most we can express our opinions gently. There are many people who do good works for others but the goodness is done as an ego trip. It is not always easy to see someone’s motivation. Yesterday’s angelic person could today be an evildoer. Today’s evildoer could tomorrow be a good person. If there is nothing to disturb us, we may seem peaceful, but how will we respond when tensions arise? A self-test is always favorable to one’s own self. A true test has to be in unfavorable conditions, otherwise how is it a test? If a teacher tells the students the questions in the exam, then it is not an exam. One’s real nature expresses when we are being tested in adverse situations.

The pious may be standing outside the gate of heaven and God might tell them to wait. Who knows? It is very difficult for us to judge who is religious and who is not, unless we know who we truly *are*. At the most we can share and try to be helpful. That is humility. Until we are perfect, we should be humble. Arrogance and pride have no place except in ignorance and egotism. Do not attempt to decide anyone’s destiny. If you do, their karmas will come on your head. Judging is taking karmas. Therefore, until we are God Realized or Enlightened, we should remain humble.

Humility is the symbolic expression of surrender unto the Lord, which is again symbolic of being one with God. We are all one with God; God is in everyone. But if you have not realized that God is within you, Light is shining in you, you need to start from humility and surrender unto the Lord to find Oneness.

Humility has been preached in all religions. In order to transcend blocks, avoid resistances, escape

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pitfalls, and not get caught in ego trips, we need to be humble. It is only this golden virtue that gives us the inner latent power to transcend. Therefore humility is indispensable to grow or progress, not only in the spiritual field but in the material also. If you study those who have been very successful in the world, those who are geniuses, whose achievements are abiding, you might see that these people have this virtue, whether intentionally acquired or not. If such people become

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proud or arrogant, they will gradually lose their station in life, their reputation and success.

In the spiritual field, humility is the virtue that makes us recipients of the Light. So when we use the word “surrender” do not be horrified. Surrender only means trying to be one with the Lord. Two cannot be one. In order to be one, we have to accept our position, our level of consciousness, where we stand and where we belong. This realistic approach is called humility. If

you realize this and do not claim or demand or assume something higher or lower, you are humble.

Humility eventually leads to Realization. In between, the word surrender is used just to make us one. This is the golden road towards the goal, whichever form of God we worship. To be humble is to be strong and courageous. Real humility is an attitude of resigned and relaxed consciousness. It makes you the most bold and powerful. I do not mean powerful in the sense of



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domination. It is humility that makes you strong, not pride. This is very necessary, whether we are Hindus or Christians or no religious background.

Humility is the starting point in all faiths, paths and techniques. Why? Whatever darkness may be in our being, whatever our insufficiencies, imperfections, incapacities or inabilities, *if we are humble* we will grow and progress. No other virtue opens us to correct ourselves and move towards the Light. Therefore humility is stressed so much, because without humility we cannot *know*, and without knowing we cannot be *free*, and without being free we cannot be *joyful*, and without being joyful we cannot be *satisfied*.

So whenever you have tension or depression, whenever something is troubling you, just humbly relax. Do not get agitated or react. In any testing situation, where you feel confused and do not know what to do, be humble. The solution will come. Therefore *the meek shall inherit the earth*. When you are relaxed and humble, wisdom opens within you automatically. Do not react to anyone, not even to the non-believer or evildoer. If you can forgive then forgive. Bless them if you can, or love them more. If someone reviles you, opposes you, or is bad to you in any way, just love them. Anyone can fight with you but no one can fight with your love. Give more love and they will have nothing to fight against. They may be surprised, “How can you love me when I am so bad to you?” Those who are genuinely loving and humble are the winners eventually.

I would not say these things if I had not practiced them. I do not doubt the person; I love them and hear them. I stand apart, but do not show that. Detachment has to be an inner attitude. The other person should feel that you are still loving, but you are not involving yourself and getting caught up in the whirlpool. If



you do not love, it is difficult to be detached. You get attached and fight again. But if it is inner real detachment and love, they will not trouble you. Even if the other person becomes hostile, it will not hurt you.

There is a story told in India about a man and wife who used to quarrel daily, and the wife went on threatening him—“I’m going back to my father’s home!” In India, divorce is not common, so the husband went on ignoring her threats. But one day he got a little tired of it. He was going to bathe with a towel on his shoulder and his wife was again threatening to leave. At that moment he got a little agitated and told her,

“You say this daily but you are not doing it. If I were to leave, I would just leave.” As the story goes, he left that very moment, with the towel on his shoulder, and never came back.

I have seen people saying their whole life that they will do this or that, but nothing happens. They just go on talking. You can change a situation if you want, but facing yourself is the better way. If it is your karma, you have to face it. If it is not, it will leave you. These are seasoned and experienced spiritual truths. Therefore Jesus said, “Father, forgive them for they know not what they do.” While dying also, die in peace. Forgive everybody.

Forgiveness has been preached in practically all religions. Forgiveness is not a weakness. Only the bold can forgive. There is a scientific explanation for forgiveness. Supposing that you are stubbornly holding on to something and not forgiving. As long as you are occupied with revenge, retaliation, reaction, jealousy, competition, or simply non-forgiving, that means your mind is occupied with baser thoughts. By forgiving you renounce those thoughts, which means you are being purified. Therefore I would say that by forgiving others you are not doing any act of obligation. Forgiveness is for your own purification. At the same time the other person gets





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We need to come back every time to our own self. Do I see myself, what I am doing, what my mind is? Am I learning from my experiences or just repeating them? Am I controlling myself and not doing what hurts me and others? When you come back to yourself, to common sense, you live peacefully and relaxed. That which hurt me yesterday, am I doing it again today? Who is to blame for that? If I am deceiving someone I am deceiving myself too. You can get away from others but you cannot get away from yourself—you carry yourself everywhere you go.

The great luminary, Swami Vivekananda, said that if we could just have “man-making education” that would be a great stride forward. If we can become truly human beings, it will be a great advance in our evolution. You can see how much we still lack as people, societies and nations. Loving detachment is both wise and practical. That is the way to live. If you are conscious you will see wisely. You have to learn to live without hurting and without hatred. Then love will fill your heart and reach to others, and it will give you comfort. 🌸

relieved, which also helps. But you cannot forgive another person by pitying them, or feeling holier than thou. If you do, you are creating another impurity: arrogance.

Any good that you do for others is for your own purification. But feel sure that forgiveness should not be done arrogantly. It has to be done in a relaxed, releasing way. Forgiveness cleanses your own heart. Therefore, as soon as you genuinely forgive someone, you will be relaxed that very next moment. You will feel peace. Let the other person be grateful to you—that is his or her problem. But do not seek gratitude for forgiveness, or feel “great” in forgiving. This is what I mean by *live and let live, and grow together*.

When someone hurts you intentionally, that is their vice. Be detached. This may sound like a holy or saintly

attitude but it works for anyone. Go on loving that person and things will change. Or if they do not change you will be free. When you learn this inner detachment it will help you a lot. It will give you peace and relaxation. If you are waiting for the world to change so that you will receive no hostility from anyone, you will have to wait millions of years. To change the raw material of human nature is going to take a long time. At this point we are, at the most, rational animals and we are not going to change our nature soon. Why otherwise would we have continual wars, violence and killing? That is our animal nature, only we have added one more faculty: we are thinking animals. Therefore rationality has not much meaning unless we really transform our nature.

If we could just be humane, the world would be transformed. How many truly human beings have you seen? I am not being pessimistic. I speak about the Divine within everyone. But we have not yet even achieved common sense on a mass scale, let alone attained wisdom or Enlightenment. Leave aside philosophy, just be a true man and have common sense—you will have achieved a lot. And you can only have common sense when you are relaxed. Common sense means that you see correctly and judge impartially. And if you stretch the point, when the prophets say, “God is within you,” to them this is common sense. When they say, “Light is within, you could not otherwise exist,” to them it is common sense. This is what inner detachment teaches us.

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