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February 2nd 2021 - In This Issue:

February air hugs

"Thoughts on Forgiveness" by Lin David Martin

See you on Zoom this Spring?

Phone sessions available

## Lin David Martin

Deep Trance Channel, Healer, Clairvoyant, Teacher & Author

### *February air hugs*

*In this newsletter we have included a transcription of an inspired talk on Forgiveness. We also provide a link to the original sound file.*

*This is recorded from a very light meditation/inspired state of mind and carries a sense of compassion, humor and wholeness. This may be felt in the recording.*



*Hope you enjoy it.*

*Big hugs from Lin David & Torill Elen*

## Thoughts on Forgiveness

by Lin David Martin

[Click here for the sound file](#) (5 min.)

*There will be a time I do believe.  
When everyone will be able to tap into a vast ocean of love.  
So complete, so perfect that it will result in forgiveness  
of all that we think we're guilty of,  
or, in some sense, feel ashamed about.*

*This will take time, of course. But that's the movement.  
That's the direction that life is taking us all.  
To come to a place of absolute forgiveness.  
In such a way that not only do we forgive ourselves.  
But we forgive everyone else as well.  
Both in the abstract. And in the specific.*

*The abstract, sometimes it seems easier,  
because we can imagine that all of humanity is connected.  
And moving toward a more complete state of awareness.  
But in the specifics, our ego will still tend to highlight places  
where we are not sure we really want to forgive someone  
for something we think that they did wrong.  
Or somehow caused us pain.*

*It's an old illusion.  
We don't understand the energy that we're radiating all the time.  
None of us really do that.*

*To understand that complete spaciousness  
that at a deep level everyone operates in.  
That is so complete, and joyous and happy  
that it can absorb and dissolve  
all manner of ill feelings, bad feelings.*

*None of this is specific  
in the sense that we can point to a single word or sentence  
or method of meditation or some structure of thinking.  
That will enable us to fully wake up.  
It is, in a sense, a work of art, a practice,  
a 'period piece' for each of us in our growth, in our development.  
A place where Spirit comes in and shows us another step,  
another way of thinking, when we're ready for it.  
And it's obviously a place where there's an amazing amount  
of 'cultural stuff' waiting to be explored.*

*In order to think more clearly.*

*We can slowly move toward a place of 'a oneness'.  
In both our logical listening mind,  
or mind that does good analogy.  
And also, through meditation,  
we can find places of sadness dissolving.  
A joy behind all the seeming illusion of separation.  
And this can slowly reprogram the daily mind,  
the ordinary levels of consciousness.*

*But for most of us, it does take time.  
That's why practice is moving toward (chuckles)  
a sense of 'practice until it's perfect'.  
A sense of a little calm before the emotional storm  
that may come sometimes.  
It's nice to allow ourselves to have an option  
to laugh at the absurd,  
absurd things that take place in our lives.*

*So may this year ahead,  
bring to us a renewed sense of confidence,  
and a deeper sense that we're operating in a 'multi zone'.  
A 'frequency spectrum' that includes  
the dimensions of Spirit  
and the reality of our physical experience.  
Both being equally important.*

*So for that, I am very glad.  
And I look forward to us finding,  
each one of us in our own way.  
A sense of coming home to the Divine.*

Namaste



## See you on Zoom this Spring?

We are going to use Zoom for a series of Meditation experiences. With some suggestions and work with Healing.

The most important aspect is that we have a shared time of "Touching the Energy" in mediation!

It is this Energy that begins the process of a deep inner awakening.

That over time (sometimes quite quickly) shifts new levels of insight and awareness into our conscious awareness.

### **Dates:**

First and third Tuesdays each month.

Starting February 16th through May 18th 2021.

### **Time:**

Oslo/Europe - 6PM (18:00)

USA - West coast - 9AM

USA - East coast - Noon

If you're interested - send us an email.  
We will then send you the Zoom invite.

**Cost:**

Suggested Donation is USD \$10 (each class). [Pay through our website.](#)  
Or NOK 100 (Vipps).



## Trance Channeling

[Trance Channeling phone session](#)

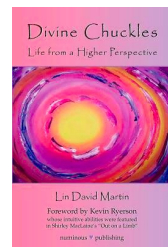


## Divine Chuckles Life from a Higher Perspective

[Amazon](#)

[TheBookDepository](#)

...and can be ordered through almost any bookstore.



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