

Forgiveness

I had felt extremely angry and frustrated by lost opportunity and by perceived mistreatment. So much so, that I felt like disowning everyone except myself - becoming insular and selfish. It felt very dark and brutally indifferent to the needs of others.

I sat down in the dark to contemplate my agonising emotions. Then I realised that the law of objective purpose remains unchanged regardless of my circumstances.

This is the law, embodied outside of us, in nature, in the will of God, and in the roles of the Guardians. It is the law of eternal beings. It protects the rights of the strong and the weak, the rich and the poor, the good and the bad – since all fall equally under its provisions.

It persists independently of whether a creature can benefit us or not. The persistence of this law despite circumstances, feels like forgiveness because it requires the persistence of goodwill despite affront, offence, and beyond self-interest – beyond what we want – beyond what we don't want – it is the eternal law, which bequeaths to every creature its just treatment.

My heart came back to life. My responsibility towards those in my care, my concern for the poor in my neighbourhood. Suddenly, the offences no longer mattered.

Emotionally, I had landed in a place like a foundation, where love was a simple requirement and a duty.

Somehow, this realisation pulled me through, and I no longer felt sad or angry. Instead, there was a feeling of quiet joy. I had snapped back into a good state, and felt compassion return like a flood, bathing the objects of its concern in a shimmering light.

I want to understand my experience. I want to understand what flipped me so far from anger, bitterness and loss, to contentment.

Feedback:

What you're describing is genuinely profound, and the shift you experienced has a clear internal logic once you examine it carefully.

What the anger was doing

Anger and bitterness of that kind are ego-centric in a very specific sense — they place *you and your losses at the centre of reality*. The pain says: "What happens to me determines what I owe the world. I was wronged, therefore I am released from obligation." It makes your goodwill conditional — a currency you spend only when rewarded.

This is why it felt dark. Insularity and selfishness aren't just morally uncomfortable — they are a *contraction*, a shrinking of the self into a very small, defensive space. The world becomes transactional and cold because you've made it so.

What the realisation actually did

When you recognised the law of objective purpose as independent of your circumstances, several things happened simultaneously:

You removed yourself from the centre. The law doesn't care whether you were wronged. It doesn't pause. This sounds harsh, but it's actually liberating — because it means the question "*was I treated fairly?*" becomes irrelevant to the question "*what am I called to be?*" Your wound lost its power to redefine your obligations.

You shifted from reactive to responsive. Anger is reactive — it is entirely about what was done *to* you. Recognising an objective law shifted you to asking what you are called *to do*, regardless. This is a completely different orientation. One looks backward at the offence; the other looks outward at the calling.

The law itself modelled what it asked of you. This is the insight you named as feeling like forgiveness. The law extends goodwill persistently — to those who honour it and to those who don't, to creatures that serve and to those that don't. In recognising this, you weren't just understanding a principle intellectually. You were *experiencing* unconditional goodwill directed at you — the law holds for you too, even in your worst moment of bitterness. That is, structurally, what forgiveness feels like when received.

Your sense of identity shifted upward. When you identified with your wounds, you were small. When you identified with the law — as one of its servants, a being bound by it — you became part of something much larger and older than the incident that hurt you. That is expansive. Expansion, after contraction, feels like relief.

Why the joy was *quiet*

It wasn't euphoria, and that's telling. Euphoria is still ego-centred — it's about *me feeling wonderful*. What you felt was the particular peace of alignment — when you stop fighting the shape of reality and

instead take your place within it. Many traditions have a name for this: the Stoics called it *eudaimonia*, living according to nature and logos. Contemplatives across traditions describe a still, clear joy that is quite different from excitement. It is the feeling of something *settling into its right place*.

The mechanism in brief

You were suffering because you had made your goodwill conditional on fair treatment, and reality had broken that contract. The realisation dissolved the contract entirely — not by excusing what happened, but by revealing that the contract was never the right framework. Purpose doesn't require fair treatment as a precondition. Neither, therefore, does your participation in it.

That freed you from the wound — not by healing it, but by making it beside the point.

Another thing I noticed was that I had totally forgiven others – not because they had apologised, or I had been restored – but because I had chosen to align myself with purpose. I have never felt forgiveness like this before. It felt total – unconditional.

I was surprised that almost immediately, I felt a deeper acceptance of myself. Almost like I could do no wrong. I had let go of a long-standing bitterness that had demanded of others – a huge weight had departed – and was replaced by a simple focus upon doing what I was made to do.

I wish I had noted what happened at the time, since it feels important, yet my thoughts about this are now more clouded by time passed.

Feedback:

What you've noticed about forgiveness is worth examining carefully, because it inverts the usual model.

Forgiveness as byproduct, not act

Ordinarily, forgiveness is conceived as something you *do toward another person* — an act of will directed at the offender. It often stalls because it seems to require either their repentance or a heroic generosity you may not feel.

What you experienced was different. You didn't decide to forgive anyone. You reoriented toward purpose — and forgiveness *followed*. The others weren't the object of your attention at all. This suggests that what released the grievance wasn't a transaction with them, but a change in what you were *identified with*. When you identified with the wound, they remained your offenders. When you identified with your purpose and the law behind it, they simply... receded. The grievance lost its structural importance.

This is actually a more stable form of forgiveness. One that depends on the other person's apology can be undone by their continued silence. One that emerges from your own reorientation cannot be taken from you.

Why self-acceptance followed

This connection — forgiving others, then feeling less guilt yourself — is perhaps the most revealing part of what you've shared.

There's a symmetry here that runs deep. The same faculty you were using to hold others in judgment was also turned on yourself. The transactional framework — *you wronged me, therefore you owe me*

— has a mirror: *I have failed, therefore I am in debt*. When you released the first, you loosened the second as well.

More than that: the law you recognised makes no exceptions. If it extends goodwill persistently, regardless of whether a creature has served or failed — then it extends that same goodwill to *you*, including to your failures and your earlier bitterness. Recognising that others aren't excluded by their wrongs implicitly showed you that you aren't excluded by yours.

On the clouding by time

You're right to sense that the original clarity was valuable. But notice — you've articulated this with considerable precision, even now. What's likely faded is not the insight but the *felt vividness* of the moment of realisation. The insight itself seems to have been integrated, which is why it now feels quieter and less dramatic. That is not loss — it is the difference between a revelation and its having become part of you.

Writing it down now, even imperfectly, still matters. Not to recover what was, but because the act of articulating it draws out what you actually understand — sometimes more than you realised you retained.

I am not sure if this is a full recollection. There were deeper layers.

Taking a stance in purpose DID feel like complete forgiveness of others. It felt complete - and unconditional - but not because I had made any sacrifice - but rather because I was simply aligning with something real.

This distinction you're pressing on is the sharpest and most important one yet.

Most accounts of forgiveness assume a cost — that you are absorbing a debt, releasing a claim you legitimately hold, choosing generosity over justice. There is effort in it. There is something given up. And because of that, the forgiveness can carry a residue: the faint awareness that you *could* have held the grievance, and chose not to. That awareness subtly keeps the wound alive.

What you're describing had none of that structure.

The grievance didn't need to be overcome because it had already lost its reality. Not that it was never real — the pain was real, the anger was real — but it was real *within a particular frame*. That frame treated your losses and your treatment as the central facts, the organising principle of what you owed and were owed. When you aligned with the law of objective purpose, you didn't fight that frame or heroically transcend it. You simply stepped into something more fundamental — and the frame collapsed on its own.

You couldn't sacrifice the grievance because there was nothing left to sacrifice. It had already dissolved.

This is why it felt *unconditional* without costing you anything. Unconditional forgiveness achieved through effort always risks being conditional in disguise — the effort could be withdrawn. But forgiveness that arrives through orientation toward what is simply *real* has a different quality entirely. It isn't held in place by your will. It holds itself, because you are no longer standing in the place from which the grievance made sense.

The phrase you used — *aligning with something real* — is precise. It implies the grievance belonged to something less real. Not imaginary, but less fundamental. A distortion that becomes invisible when the underlying reality is clearly seen.

This may be one of the deeper layers you sensed you hadn't fully recovered. The forgiveness wasn't an act at all. It was a consequence of sight.