

Dear Ram:

If one has hatred in one's heart for what some people have done, would taking it as a Ishvara's Prasad (a gift from God) dissolve that and take care of that matter?

Ram: Yes, if this means forgiving yourself for injuring yourself. Hatred only injures the one who hates. To forgive yourself means to love yourself. If you forgive yourself, the love drives out the hate. Forgiving is an act of self love. Taking it as prasad absolves you of the responsibility. You did not set out to hate another person. Things went wrong and it just happened. This means Isvara was hating through you. So ultimately Iswara is responsible. Therefore you can give it back. But when you identify with it and feed it, you share the responsibility with Isvara. So you have to accept your role and forgive yourself. I do not know your situation but if you were consciously injured by someone, then part of offering it to Isvara is the understanding that that person would not have violated dharma if he or she was not suffering. And that the suffering is born of their ignorance of who they are and that self ignorance is honestly come by. No one sets out to be self ignorant. We are all in the same boat. So there is no personal blame. It is Isvara in you that is asking you for the offering.

Shakti: What if I were to repeat Ishvara's name?

Ram: It won't work. The offering has to be there. You have to give it up to Isvara.

Shakti: Is there a difference between offering it to Ishvara and offering it to the Self?

Ram: No Difference