

1.A. My mind convinces me that my trigger ("them," "it," "self" or the situation - name the object of your attention) \_\_\_\_\_ my baby sister Amy (R.S.) causes my feelings (Describe what happened) she was the favorite. (BREATHE). The Truth is: my reality is strictly internal, unique to me and is created out of my own thoughts! As I learn to accept responsibility for and change my dis-integrative thoughts, my realities will change.

1.B. My feelings, also internal, triggered by this situation anger.

1.C. My thought(s) that cause my feeling(s) Amy had it easy. I got beat up all the time!

1.D. I want to punish / avoid by yelling and getting rid of Amy

Draw Your Feelings

2. Fear/ hostility and punishment distort my realities - they come from corrupt data and always show me a lie. With blame I hide my power. I now choose to end projection by accepting responsibility. I choose to see every part of my mind accurately, heal, and free myself ☐ (BREATHE).

3. I choose to let go of identification with my hostility or fear. I willingly release - my feelings (1B) ☐, their cause, my thoughts (1C) ☐, my need to punish by (1D) ☐, and my need to be right ☐. (BREATHE).

4. I connect to my Original nature, Love. I choose Serenity ☐, Happiness ☐, and to source my reality through Love (Rakhma) ☐. I willingly go through the physical / mental / emotional symptoms of healing ☐.

5. I choose to Love Truth and restore the condition of LOVE (Life) to my mind ☐. Self-test - a Loving thought I have about (1A) is: Amy, in spite of my behavior, still reaches out to me often Myself: I am becoming responsible.

6. I want #1A to: (state in positive words, what you want from #1A) to be loved, appreciated and cared for as much as Amy.

7. With thought I structure each reality in my mind / body. If I'm in Pain, my thoughts are off target, in Error ☐.

8. I accept responsibility and release blame for my self-inflicted pain. Every reality of hostility / fear in my mind is changeable. I now choose to re-connect to my Original Being - LOVE - instead of my upset ☐. (BREATHE).

9.A. The first casualty of desire is the Truth! Perception, meant to be a light, is the servant of purpose. If I hold any purpose more important than Love, my mind distorts my reality! In order to collapse my false reality (anything based in hostility or fear), and get back to the Truth, I cancel my goal for #1A to (copy exactly from #6) to be loved, appreciated and cared for as much as Amy. (BREATHE).

9.B. I invite Rookha (Rookha d'Koodsha) to incline me toward healing ☐, restore me to my Original Nature LOVE ☐, assist me in keeping LOVE present ☐ and help to see and own the inner, deeper, hidden and projected parts of myself ☐. (BREATHE).

10. I now feel cleansed and relieved and about the situation in #1A see that neither of us deserve my hostility and I have much more work to do. I am willing.

Draw Your Feelings

11. I am grateful and choose humility by looking for and joining only with your highest and best, YOUR BEING, LOVE (#1A) Amy

12. I acknowledge us for creating TRUTH ☐, PERFECT LOVE ☐, and (structure a Loving goal with #1A) a close, warm relationship. I'll be available and be responsible for my feelings ☐. (BREATHE).

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