

**MY REALITY**

The perceptual output  
of MY mind.

**REALITY MANAGEMENT**

**\*THE "HOW TO" OF TRUE ARAMAIC FORGIVENESS\***

**FORGIVENESS**

The tool for changing  
MY REALITY.

**Premise - my Essential Nature, as a Human Being, is Love (♥ hold a Newborn ♥). Forgiveness and healing are the removal of anything unlike my Newborn State and the return to the *direct experience* of Love 24/7/365!**

1. I, ♥, have, through denial, trained my CBM\* to show me the lie that feelings and my giving up the **experience** of my Essence, Love, are caused by **my trigger** (who or what **seems** to remove me from experiencing myself **AS** Love?) **A.** \_\_\_\_\_ ( \_ . \_ ) **B. What happened?** (my perception) \_\_\_\_\_

**BREATHE** 🖐️

**C. My "mind" tells me that (I-he-she-it-they) cause(s) me to feel** \_\_\_\_\_  
(Use a separate worksheet for each feeling and recall that **all hostility and fear\*** are from internal corrupt data & indicate my CBM's use of sustained incoherence to build this painful reality) **BREATHE!!**

**D. The thought(s) I use to cause this feeling (#C) is** \_\_\_\_\_

Draw your feelings:

☒ I release and surrender #1A, my story ☐, feelings ☐, thoughts ☐ and punishment ☐ to ♥

**E. I want to punish them by** \_\_\_\_\_ **&/or Self by** \_\_\_\_\_

**2. I choose to Love Truth and willingly face and process out all dis-ease producing energies for/from all my relations** ☐ (generations)! I willingly go through the physical/mental/emotional symptoms of healing ☐ 🖐️

**3. The constructive result I want - my *exact* goal - for #1A is for them to** \_\_\_\_\_

☐ **BREATHE!!**

**4. I choose ♥, my NEWBORN STATE, which stirs the ♥ in everyone involved** ☐. (Rose & Butterfly Story)

**5. A.** My reality, a result of, "driven" by my goal, #3, is constructed out of a max of 9 bits of info out of 10,000 brain cells firing. It is a limited picture from my CBM and is constructed out of **corrupt data!** By canceling my goal my replicate mind's\* output collapses and gives me direct contact with the denied & dissociated\* part of my CBM,\* which *projects & blames* others for **its** content (*hallucinates*). I choose to collapse my "mind's" lies by **canceling** (*in Aramaic - Shbag\**) the goal (driver) for #1A to (copy #3) \_\_\_\_\_ ☐ **BREATHE** 🖐️

**B.** I invite (*in Aramaic - Rookha d'Koodsha\**) \_\_\_\_\_ to incline me toward healing ☐, restore me to my **NEWBORN STATE, LOVE** ☐, heal my denial ☐ & capacity to generate **#1C** \_\_\_\_\_ ☐. Help me open a direct, conscious relationship with & **gently remove** the dissociated\* & projected parts of my CBM ☐ 🖐️

**6. I now feel** \_\_\_\_\_ **and, about #1B see that** \_\_\_\_\_

**I ask to be shown how I have violated #3** \_\_\_\_\_

Draw your feelings now:

I commit to having a Human Life, to living as Love. ☐ To help achieve this I do a mass canceling of all the times I wanted #3 from someone ☐

Initials \_\_\_\_\_

☐ **BREATHE!!**

**7. A Principle of the universe is that by giving, I first get the original!**

**#1A** I acknowledge us for choosing **TRUTH** ☐ and **PERFECT LOVE** ☐! 🖐️

I choose to structure a truly Loving goal, based on #3, toward you **and,**

**#1A.** I offer to you \_\_\_\_\_

Date \_\_\_\_\_

Sheet# \_\_\_\_\_

*If "they" are the one with the problem why am I the one with the . . .*  
**... PAIN?!!**

My emotional upset level -  
**BEFORE**  
**0-10** \_\_\_\_\_

**I release my need to make up another story out of these brain cells - to hallucinate proof that I'm right and my fear/hostility based reality is true!!)** ☐  
**BREATHE!!**

My emotional upset level -  
**AFTER**  
**0-10** \_\_\_\_\_

**Successful Worksheet?**

☐

**DEFINITIONS** \*CBM - Carbon Based Memory, source of all hostility/fear, a cumulative multi-generational data bank inherited from my generations.

\*Replicate Mind - A function of brain cell's replaying corrupt images from generational content - the root of all *Why . . . Again?!* & disease experiences.

\*Fear/Hostility - toxic energies that draw us away from our True Nature - *always* an indicator of sustained incoherence. An infallible indicator of dissociation that point to the corrupt data at the root (*in Aramaic "oota"*) of the repeating patterns of painful images output from my replicate mind.

\*Dissociation - A result of denial, a hidden, separated, unchangeable (while denied) part of the mind referred to as the "unconscious," "heart," or "desert."

\*True Aramaic Forgiveness - Shbag - Denial and refusal to be responsible for what happens in our lives leaves us stuck in dissociation/projection and unable to change the replicate mind's content. Shbag, translated as forgive, actually means "to cancel." *The* tool, in Aramaic, that reconnects us directly with, corrects and integrates dissociated states of mind. A **daily requirement** if one chooses to achieve Love, well-being and longevity!

\*Rookha d'Koodsha - A feminine, elemental force in humans that breaks off the effect of errors and teaches me truth. A force for that which is proper for humans, the denial of which leaves me in unforgiveness (- *NOT* unforgivable!) The "SuperProcessor" that can reach through and heal all generations.

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