MY REALITY
The output of MY human mind. The light for MY Life.

REALITY MANAGEMENT
EMPOWERING TRUE FORGIVENESS
A tool for changing the REALITIES in MY

FORGIVENESS

Promised – our Essential Nature, as Human Beings, is Love (think ♦/newborn ♪). The work of healing is to remove anything that is unlike our True Nature so that we too come back to the experience of Love 24/7/365!

1A – I ♦, have, through denial, trained my CBM® to show me the lie that feelings and my giving up the experience of my Essence, ♣, are caused by my trigger. Name the object of your attention – who or what are you focused on? ______. (.) put your initials, as it is YOUR reality.

1B – Describe what happened (what the situation resonates in me)

(BREATHE) R→

1C – My feelings, resonated by this situation (all hostility and fear is from internal corrup data – internally caused):

1D – The thoughts I think and the beliefs I believe in order to cause my feelings of pain and upset:

1E – My punishment thoughts toward #1B or how I avoid #1B:

If they are the one with the problem, why am I the one with the PAIN?!!

Emotional Upset Level: 1-10_____  
Physical Tension Level: 1-10_____  
I store this tension in my: __________

I now release these feelings in ♦ R→

I release my punishment thought (BREATHE) #1E

If I’m in PAIN, I’m in ERROR! (BREATHE)

3A – I totally soften, let go of and release #1B (BREATHE), #1C (BREATHE), #1D (BREATHE), #1E (BREATHE), #1F (BREATHE), all fear and its effects; guilt; fault; blame and my need to be right (the need to cling to my story which has become my identity) (BREATHE).

3B – I recall when I did to me of others, or was accused of #1D and when #1E was "done" to me

3D – What do I want from the situation in #1B is:  (use only positive word images for the exact goal you hold for yourself about #1B)

4 – I choose to reconnect to my ORIGINAL BEING ✿ instead of my upset. I WILLINGLY go through the symptoms of healing  

4A – Dependent on which filter is set, my mind generates loving or fearful/hostile realities. I am seeing #1A through my Fear ✿ (I’m threatened) or Hostility ✿ (I’m irritated) filters. I release my punishment thought (1E) and reset and align my Intentional (Rookha*) and Perceptual (Khooba*) filters to LOVE.

5B – In order to collapse my false reality, be liberated from my hostility/fear*, get back to my actual truth and the Truth about me and my object of attention (my trigger), I cancel (forgive – in Aramaic – Shbag) my goal for #1A to: (copy exactly from #3D)

5C – I invite [in Aramaic – Rookha d’Koodsha*] to incline me toward healing, restore me to my Original Nature ✿ (think newborn), assist me in keeping ✿ present and help me to come into direct, conscious relationship with / and release the dissociated* and projected parts of my CBM ✿. (BREATHE)

6 – I now feel _______ and after forgiveness, I can see the situation in #1B, that I am responsible for the realities I see, hear and feel; the goals I achieve; and everything I attract!

7 – I am grateful #1A, ____ that you helped me see and heal this hidden part of myself. I join with the Love in you and in me and acknowledge us for creating TRUTH ✿, PERFECT LOVE ✿, and (structure a Loving goal toward #1A to replace the former goal in #3D)

NOTES:

Definitions:

*CBM – Carbon Based Memory – The source of all hostility/fear, a cumulative generational data bank from the past. To go beyond the “I’m Ok - you are not” model, it has been shown in laboratory that the thoughts of hostility or fear we think “we are thinking about others” are self-imposed and come from corrupted data in the mind. Those thoughts (any thought-the loving ones too) produce a molecule called a neuropeptide which, when they land on a cell with a matching receptor site, replicate in the cell. We get to live with the chemistry of our thoughts! And our bodies do not distinguish who we are thinking those thoughts about. If, in our structure (Carbon Based Memory) we hold these molecules from the past, they will tend to repeatedly dictate our thinking and the only solution is to forgive - not “let others off the hook” for what is in our Carbon Based Memory - but rather, remove from Carbon Based Memory what does not belong there. There is a 2,000 year old technology, recently discovered from ancient Aramaic Manuscripts, for how to do that. It’s called the FORGIVENESS PROCESS!

*Dissociation – a result of denial. A separated part of the mind often referred to as the “unconscious”, the “heart of the desert”.

*Hostility/Fear – Toxic energies that draw us away from our True Nature ✿; always an indicator of mind hallucinations (delusional). They are infallible indicators of disassociation and point to the corrupt at the root of the output of the mind in (Aramaic “oot”).

*True Forgiveness (in Aramaic - Shbag) – Translated as forgive, actually means to cancel ✿. The tool that, in Aramaic, reconnects us directly with, corrects and integrates dissociated states of the mind, previously seen only through dissociation and projection, and caused by denial and refusal to be responsible for what happens in our lives. A daily check if one chooses to achieve well-being and longevity!

*Rookha d’Koodsha – the “Super-Processor”. A feminine, elemental force in humans that breaks off the effect of errors and teaches us truth. A latent neurostructure (stored mental capacity) in the finite entity of mind, available yet inactive mind structure or formation developed, inherited, implanted or otherwise acquired and readily available for activity.

*Rokha – A filter in the mind over intentions (frontal lobe of the brain) which allows only intentions keyed to Love to be available as raw material for use in setting the goals which are drivers for our own realities.

*Khooba – A filter in the mind over perceptions (back brain of the brain) which allows only units of perceptual memory keyed to Love to be available for structuring our personal REALITY, our guidance (in modern day’s terms: GPS or autopilot).

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