Premise - my Essential Nature, my Human Life, my very Being is Love (hold a ♥ Newborn ♥). The goal of this Internal Forgiveness Worksheet is to empower me to remove fear and/or hostility and return me to the direct experience of Love 24/7/365!

1. I, ________________, who am ♥, feel B. (Use a separate worksheet for each feeling.) Hostility and fear* are from internal corrupt data and indicate my use of sustained incoherence* to build this disturbing internal construct. My denial causes my "CBM"* To displace my experience of myself as my Essence, Love, and tells me the lie that my feelings are caused by my trigger. My story, my reality is that 1C (name your object of attention) ____________, ____________.

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

3. The constructive result - my exact goal - for my trigger, is I want #1C to

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

5. A. When upset, my perception is built out of corrupt data driven by my goal, #3. It is a limiting picture constructed from a max of 9 bits of data out of 10,000 brain cells firing. By canceling my goal my replicate mind's* reality collapses and gives me direct contact with the denied & dissociated* parts of my CBM, which projects & blames others for its content. While holding Love conscious, active and present, I now choose to collapse my 'mind's' lies by willingly canceling my goal (driver) for #1C to (from #3)

6. 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 my feeling (#1B) □. Help me open a direct, conscious relationship with & gently remove the denied, dissociated* & projected parts of my Carbon Based Memory □.

7. I now feel ____________ and, B. about #1 see that

C. I ask to be shown a time when I have not fulfilled #3

7. A Principle of the universe is that by giving, I first get the original! I am GRATEFUL for this opportunity to heal and I choose TRUTH □ and PERFECT LOVE □! #1C, based on #3, I structure a truly Loving goal toward you and offer to you

*CBM - Carbon Based Memory - a cumulative, inherited multi-generational database. A storage place for skills, hostility/fear & replicate corrupt data.

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

*Sustained Incoherence - see David Bohm - Denial of responsibility for distasteful results while keeping up with the thinking that creates those results.

*Fear/Hostility - toxic energies that compromise intelligence by drawing us away from our True Nature - an indicator of sustained incoherence. An infallible indicator of dissociation pointing to the corrupt data at the root (Aramaic “oota”) of the repeating patterns output from my replicate mind.

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

*Sbbag. True Aramaic Forgiveness - Denial and refusal to be responsible for what happens in our lives leaves us stuck in blame, dissociation/projection and unable to change the replicate mind’s content. Shbag, translated as forgive, actually means “to cancel.” It is the keyway into and the tool that empowers correction and integrates dissociated states of mind. A daily mind cleaner, required if one chooses to live as Love & have serenity, well-being & longevity!

*Rookha d’Koodsha - A feminine, elemental force in humans that breaks off the effect of errors and teaches 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.

Please, share, live, teach and support this work freely! Copy ONLY if this notice is included, in full, on all copies & adaptations. Your support is appreciated! For a "Why?" book and/or DVD/CD, send exchange or a POST OFFICE money order to: dr. michael rye, c/o 273 County Road 538, Theodosia, Missouri 65719 654-205-4996 (95% of our workshops are FREE. Contact us if you are willing to translate and make the work available to others) 15.00-book, 30.00 book on CD w/MP3, 40.00 - 4 hr. CD or 2 hr. DVD, 100.00 - 4 hr. DVD (includes the 2 Hr. DVD FREE), - plus 5.00 S&H FREE SUPPORT - Worksheet, book download, MindShifter Radio archives and L.I.V.E questions 5 a week at www.whyagain.org or call in at 646 200 4169 - 1-2 PM Eastern Time Please include this notice in full in 7 point typeface or larger on all copies or adaptations. (*) = 1995-2015 v-05/2015-3
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1 A. I, ____________, who am ♥, feel B. _____________________________. **SOFTEN AND BREATHE!!**

(Use a separate worksheet for each feeling.) *Hostility and fear* are from internal corrupt data and indicate my use of sustained incoherence to build this disturbing internal construct. My denial causes my “CBM”* to my replicate mind’s* reality collapses and gives me direct contact with the denied & dissociated*.

My denial causes my “CBM”* to my replicate mind’s* reality collapses and gives me direct contact with the denied & dissociated*. My denial causes my “CBM”* to build this disturbing internal construct. My denial causes my “CBM”* to build this disturbing internal construct.

To displace my experience of myself as my Essence, Love, and tells me the lie that my feelings are caused by my trigger. My story, my reality is that 1C (name your object of attention) _____________________________.

**BREATHE!!**

1 D. The truth is only MY THOUGHTS cause me to feel! BREATHE!! The thought(s) (a separate worksheet for each thought) I use to cause my feeling (#1B) is

1 E. I want to punish 1C by _________ &/or Self by _________.

2 A. I choose to Love Truth and willingly face and process out all dis-ease producing energies for/from all my relations $\square$ (generations) B. I willingly go through the physical, mental, and emotional symptoms of healing $\square$

3 The constructive result - my exact goal - for my trigger, is I want #1C to _______.

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

5 A. When upset, my perception is built out of corrupt data driven by my goal. #3. It is a limiting picture constructed from a max of 9 bits of data out of 10,000 brain cells firing. By canceling my goal my replicate mind’s* reality collapses and gives me direct contact with the denied & dissociated* parts of my CBM, which projects & blames others for its content. While holding Love conscious, active and present, I now choose to collapse my ‘mind’s’ lies by willingly canceling my goal (driver) for #1C to (from #3) _______.

5 B. I invite ____________ in Aramaic, Rookha d’Koodsha,* to incline me toward healing $\square$, restore me to my NEWBORN STATE, LOVE $\square$, heal my denial $\square$ & capacity to generate my feeling (#1B) _______.

Help me open a direct, conscious relationship with & gently remove the denied, dissociated* & projected parts of my Carbon Based Memory $\square$. 

6 A. I now feel __________ and, B. about #1 see that __________.

C. I ask to be shown a time when I have not fulfilled #3

7 A Principle of the universe is that by giving, I first get the original! I am GRATEFUL for this opportunity to heal and I choose TRUTH $\square$ and PERFECT LOVE $\square$! #1C, based on #3, I structure a truly Loving goal toward you and offer to you

**SOFTEN AND BREATHE!!**

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*Sbhaq True Aramaic Forgiveness - Denial and refusal to be responsible for what happens in our lives leaves us stuck in blame, dissociation/projection and unable to change the replicate mind’s content. Sbhaq, translated as forgive, actually means “to cancel.” It is the keyway into and the tool that empowers correction and integrates dissociated states of mind. A daily mind cleaner, required if one chooses to live as Love & have serenity, well-being & longevity!

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