

<b>MY REALITY</b> The output of MY human mind. The light for MY life.	<b>REALITY MANAGEMENT</b> <i>EMPOWERING TRUE FORGIVENESS</i>	<b>FORGIVENESS</b> A tool for changing the REALITIES in MY mind.
<b>Premise – 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 come back to the experience of Love 24/7/365!</b>		
<b>1A</b> – I, ♥, have, through denial, trained my CBM* to show me the lie that feelings and my giving up the <b>experience</b> of my Essence, ♥, are caused by <b>my trigger</b> . <u>Name the object of your attention</u> – who or what are you focused on? _____ ( _ . _ . _ ) put your initials, as it is YOUR reality. <b>1B</b> – Describe what happened (what the situation resonates in me) _____		<b>Date :</b> _____  <b>Worksheet #</b> _____
<b>1C</b> – My feelings, resonated by this situation (all hostility and fear is from <i>internal</i> corrupt data – internally caused): <input type="checkbox"/> _____ <b>1D</b> – The thoughts I think and the beliefs I believe in order to cause my feelings of pain and upset: <input type="checkbox"/> _____	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>(BREATHE) 🌬️</p> <p>Draw your feelings</p>            <p>I now release these feelings to ♥ 🌬️</p> </div>	<b>If they are the one with the problem, why am I the one with the PAIN?!!</b>
<b>1E</b> – My punishment thoughts toward <b>#1B</b> or how I avoid <b>#1B</b> : _____ (I punish/avoid only when MY <i>denied</i> emotions are triggered <input type="checkbox"/> )		<b>Emotional Upset Level : 1-10</b> _____
<b>1F</b> – Is this a repeating pattern? How does it look like my life? I often find myself in situations where _____ and I feel _____. Is this a family motto? _____. Who taught me this? _____		<b>Physical Tension Level : 1-10</b> _____
<b>2</b> – I choose to ♥ Truth and willingly go through the physical/mental/emotional symptoms of healing. (REALITY is my mind’s output and is always internal. Dissociation and projection is a pretense that someone else causes the output of my mind. I feel powerless, “stuck” ONLY when I blame another for MY REALITY. <input type="checkbox"/> <b>If I’m in PAIN, I’m in ERROR!</b> (BREATHE)		<b>I store this tension in my:</b> _____
<b>3A</b> – I <b>totally soften, let go of and release #1B</b> <input type="checkbox"/> (BREATHE), <b>#1C</b> <input type="checkbox"/> (BREATHE), <b>#1D</b> <input type="checkbox"/> (BREATHE), <b>#1E</b> <input type="checkbox"/> (BREATHE), <b>#1F</b> <input type="checkbox"/> (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) <input type="checkbox"/> (BREATHE).		
<b>3B</b> - I recall when I did to me of others, or was accused of <b>#1D</b> _____ and when <b>#1E</b> was “done” to me _____. (BREATHE)		
<b>3D</b> – What I want from the situation in <b>#1B</b> is: (use only <b>positive</b> word images for the <b>exact</b> goal you hold for <i>yourself</i> about <b>#1B</b> ) _____		
<b>4</b> – I choose to reconnect to my ORIGINAL BEING ♥ instead of my upset. I WILLINGLY go through the symptoms of healing <input type="checkbox"/> Recent vitality increase? Y___ N___ (Old physical symptoms, low energy, confusion, depression, negative thoughts and feelings from my past will surface and are <b>safe</b> to feel, soften, let go of and release). <input type="checkbox"/> (BREATHE)		
<b>5A</b> – (Depending on which filter is set, my mind generates loving or fearful/hostile realities. I am seeing <b>#1A</b> through my <b>Fear</b> <input type="checkbox"/> (I’m <i>threatened</i> ) or <b>Hostility</b> <input type="checkbox"/> (I’m <i>irritated</i> ) filters. I release my punishment thought ( <b>1E</b> ) and reset and align my <b>Intentional</b> (Rakhma*) and <b>Perceptual</b> (Khooba*) filters to LOVE) <input type="checkbox"/> <b>5B</b> - In order to <b>collapse</b> my <b>false</b> reality, be liberated from my hostility/fear*, get back to my <b>actual mind</b> and the <b>Truth</b> about me and my object of attention (my trigger), I <b>cancel</b> (forgive – in Aramaic – Shbag*) my goal for <b>#1A</b> to: (copy exactly from <b>#3D</b> ) _____ (BREATHE) 🌬️	<b>I release my need to be right!</b> <input type="checkbox"/>	
<b>5C</b> – I invite _____ (in Aramaic - <i>Rookha d’Koodsha*</i> ) to incline me toward healing <input type="checkbox"/> , restore me to my Original Nature ♥ (think newborn) <input type="checkbox"/> , assist me in keeping ♥ present <input type="checkbox"/> and help me to come into direct, conscious relationship with <u>and remove</u> the dissociated* and projected parts of my CBM <input type="checkbox"/> . (BREATHE)		
<b>6</b> – I now feel _____ and <b>after forgiveness</b> , I can see about the situation in <b>#1B</b> , that _____ (I am responsible for the realities I see, hear and feel; the goals I achieve; and everything I attract!) <input type="checkbox"/> (BREATHE)	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Draw your feelings now</p>            <p>I commit to maintain my human life - ♥</p> </div>	<b>Emotional Level Now : 1-10</b> _____  <b>Physical Tension Level Now : 1-10</b> _____
<b>7</b> – I am grateful <b>#1A</b> _____ that you helped me see and heal this hidden part of myself. I join with the Love in you and in me and acknowledge <b>us</b> for creating TRUTH <input type="checkbox"/> , PERFECT LOVE <input type="checkbox"/> , and (structure a <b>Loving goal</b> toward <b>#1A</b> to replace the former goal in <b>#3D</b> ) _____ (BREATHE) 🌬️		<b>Successful Worksheet? <input type="checkbox"/></b>
<b>NOTES:</b> _____		
<b>DEFINITIONS :</b>		
<b>*CBM</b> – 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!		
<b>*Dissociation</b> – A result of <i>denial</i> . A separated part of the mind often referred to as the « unconscious », the « heart », or the « desert ».		
<b>*Hostility/Fear</b> – Toxic energies that draw us away from our True Nature ♥ – <i>always</i> an indicator of mind hallucinations (delusory). They are infallible indicators of <i>dissociation</i> and point to the corrupt data at the root of the output of the mind (in Aramaic “ <i>oota</i> ”).		
<b>*True Forgiveness (In Aramaic - <i>Shbag</i>)</b> – Translated as forgive, actually means « <i>to cancel</i> ». 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 <i>daily requirement</i> if one chooses to achieve well-being and longevity!		
<b>*Rookha d’Koodsha</b> – the « Super-Processor ». A feminine, elemental force in humans that breaks off the effect of errors and teaches us truth. A latent neuro-structure (stored mental capacity) into the finite entity of mind, available yet inactive mind structure or formation developed, inherited, implanted or otherwise acquired and readily available for activity.		
<b>*Rakhma</b> – A filter in the mind over <i>intentions</i> (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.		
<b>*Khooba</b> – A filter in the mind over <i>perceptions</i> (back of the brain) which allows only units of perceptual memory keyed to Love to be available for structuring our personal REALITY, our <i>guidance</i> (in modern days’ terms: GPS or autopilot).		
<p style="text-align: center;"><b>Please, share, live, teach and support this work freely! Copy ONLY if this notice is included, in full, on all copies &amp; adaptations.</b>  <i>Your support is appreciated!</i> For a “WHY” book and/or DVD/CD send exchange or a POST OFFICE money order to:            dr. michael ryce, c/o Rt. 3 Box 3280, Theodosia, Missouri 65761 – Tel.: (417) 273-4838 (Contact us to translate)            \$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&amp;H  <b>FREE: Worksheet and book download - Listen to Mindshifter Radio Show archives or LIVE 5 days a week at <a href="http://www.whyagain.com">www.whyagain.com</a></b>  <b>Call in at (646) 200-4169 - 1-2 PM Eastern Time</b></p> <p style="text-align: center;">Please include this notice in full in 7 point typeface or larger on all copies or adaptations. (™) © 1985-2011 v- /2011-11</p>		