

**REALITY MANAGEMENT**  
REALITY = a construct of MY MIND  
MY UNIQUE perception, MY "world."

**WAKE UP SHEET! CHANGE YOUR MIND, CHANGE YOUR LIFE!**

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

**FORGIVENESS**  
The tool for Waking Up from,  
and changing, MY REALITY.

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

**1 A.** I, \_\_\_\_\_, *who am ♥*, am experiencing (identify your emotions) **B.** \_\_\_\_\_  
(Place each emotion on a *separate worksheet*.) **My denial** ( \_ . \_ )  
displaces my **experience** of myself as my Essence, Love and my mind tells me that  
my emotions are caused by **my trigger: 1C** (who are you focused on) \_\_\_\_\_  
(my perception/story)

Draw your emotions:

If I'm in pain my  
thinking is in error!

**D.** The truth is **only** MY THOUGHTS cause my emotional upset! **BREATHE!!** The thought(s) (a separate WakeUp Sheet for each thought) I use to cause my emotion (**#1B**) is \_\_\_\_\_

**E.** I want to punish **1C** by \_\_\_\_\_ &/or Self by \_\_\_\_\_

**2** I am willing to process all dis-ease as I go through the physical, mental, and emotional symptoms of healing ☐.

**3 A.** My desire (the constructive result, the **exact** goal that drives and uncovers my pain) is that I want **#1C**,  
(my trigger) to \_\_\_\_\_

**B.** So that I can \_\_\_\_\_ ☐ **BREATHE!!**

**4 ACTION STEP** - I choose Love, my **ESSENCE**, which stirs the ♥ in everyone involved ☐. (Rose & Butterfly Story)

**5 A.** When upset, my perception, my mind's construct, is **built out of corrupt data** driven by my goal, **#3**.  
By canceling that goal, the driver that selects the data that produces my reality, my errant perception  
collapses and I get to drop into the parts of my mind hidden from me by my pretense that others are  
responsible for what I have created... AGAIN! (If "they" are the one with the problem why am I the one with the... PAIN?!)  
**ACTION STEP** - While holding ♥ Love Conscious, Active and Present (Rakhma\*), I now choose to  
collapse my 'mind's' lies by willingly canceling my goal (driver) for **1C** to (from **3A**) \_\_\_\_\_  
And I cancel my need to (from **3B**) \_\_\_\_\_ ☐

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

**C.** I cancel my need to be right and make up *another* story out of my hidden corrupt data - to hallucinate proof  
that my fear/hostility\* based story - my reality - is true!! ☐ **BREATHE AND SOFTEN!**

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

Draw your emotions now:

**7 A.** Principle of the universe is that by giving, *I first get the original!* I am  
**GRATEFUL** for this opportunity to heal. I choose **TRUTH** ☐ and **PERFECT LOVE** ☐!

**B. #1C** \_\_\_\_\_ based on **#3**, from Love, I structure a goal toward you  
and offer to you \_\_\_\_\_

I commit to Love, to living a  
Human Life! ☐ To help achieve  
this I do a mass canceling of all  
the times I wanted #3 from  
someone ☐ Initials \_\_\_\_\_

☐ **BREATHE, BE LOVE, CLEANSE AND BATHE IN OXYGEN!**

\*Perception - A deeply flawed holographic reflection of the past, a construct of the mind, that most think is outside of them, and accept as a substitute for LIFE!

\*Shbag, True Aramaic Forgiveness - Denial and refusal to be responsible for what happens in life leaves us stuck in dissociation/projection/blame and unable to change any hidden replicate mind content. Shbag, translated as forgive, actually means "to cancel" **the keyway** into empowerment and Forgiveness!

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

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

\*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 blocking awareness of 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.

**Daily Forgiveness** integrates dissociated states of mind and is **required** if one wants to live as Love & have serenity, well-being & longevity!

\*Rakhma - A filter/gateway over the frontal lobes of the brain, the opening through which Love enters my "body" and passes only intentions keyed to Love!

\*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.

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