

## Apology Tool

Never say “I’m sorry!”

We are creative beings. Y’Shua said when two or more are gathered – when two join in the energy it strengthens that energy.

Being creators and mind-energy being the key to how we create, if I join my mind-energy with that of another and we are both focused on what I’m sorry about then with two minds joined I am going to tend to create more of that same experience. We are reinforcing that energy pattern which I want to be free of in my life. Often one who continuously says I’m sorry becomes a sorry person. There is power in our words. The word sorry means to inspire sorrow, pity, scorn or ridicule – is that what you want to create more of?

Instead, I am willing to take full responsibility for what I have done and when I see I have done something that is off base I offer an apology. Example “I wasn’t watching where I was going and realize I stepped on your toes and hurt your toes and I apologize for that.” THEN, I want to shift into what I am going to do to replace that behavior, then there will be two minds supporting me in the direction of what I am going to do that is an upgrade to that behavior. “In the future, I will be aware and careful around your feet so that your feet are safe and healthy.” Changed the whole creative process to a clear visual picture of what I will do instead of what I did that was off base.

Another example “I apologize. I did not realize you were in so much pain and just needed a compassionate listener in a space of love. I apologize I did not do that. In the future I am going to make sure that I am there as that space of love for you all the time.” Now our two minds are joined in the resolution and solution to that dilemma.