

IF THEY ARE THE ONE WITH THE PROBLEM, WHY AM I THE ONE WITH THE PAIN?!

Premise - our essential nature, as human Beings, is Love (think newborn). The work of healing is to remove anything that is unlike our essential nature so that we come back to the *experience* of Love 24/7!

1. **A.** My mind (CBM*) convinces me of the lie that **my trigger** ("them," "it," "self" or the situation - name the object of your attention) _____ (_ . _ .), causes my feelings and takes me out of Love. (Describe what happened) _____

(BREATHE)

B. My feelings, triggered by this situation (all hostility and fear is from *internal* corrupt data)

Draw your feelings:

C. My thought(s) that cause my feeling(s) _____

D. I want to punish/avoid by _____

2. I choose to Love Truth and willingly go through the physical/mental/emotional symptoms of healing.

3. I want **#1A** to: (state, in **positive words**, your goal for **#1A**) _____

4. I choose to re-connect to my **ORIGINAL BEING**, ♥ instead of my upset .(Rose/butterfly story)

5. **A.** In order to collapse my false reality, be liberated from my hostility/fear**, and get back to the Truth about me and my object of attention, I cancel (Aramaic - Shbag*) my goal for **#1A** to (copy exactly from #3) _____ (BREATHE)

B. I invite _____ (Aramaic - Rookha d'Koodsha*) to incline me toward healing , restore me to *my Original Nature*, **LOVE** , assist me in keeping **LOVE** present , and help me to see and own the inner, deeper, hidden and projected parts of myself .

6. I now feel _____ and, about the situation in **#1A** see that _____

Draw your feelings now:

7. I acknowledge us for creating **TRUTH** , **PERFECT LOVE** , and (structure a Loving goal with **#1A**) _____

. (BREATHE)

DEFINITIONS *CBM - Carbon Based Memory - The source of all hostility/fear, a cumulative generational data bank from the past.
 *Hostility and fear - toxic energies that draw us away from our True Nature. Their presence is *always* an indicator of false realities because they are infallible indicators that their is corrupt data at the root of the mind's output.
 *True Forgiveness - Shbag - Traditionally translated as forgive, actually means "to cancel" in Aramaic.
 *Rookha d'Koodsha - A feminine, elemental force in humans that breaks off the effect of errors and teaches us truth. A force for that which is proper for humans, the denial of which leaves us in unforgiveness (- not unforgivable!) The "SuperProcessor."

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