REALITY MANAGEMENT MY REALITY = any perceptual output constructed by MY mind.	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 <u>remove</u> 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.**_____.
(U*se a separate worksheet for each* emotion.) *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 emotions are caused by *my trigger*. **My story, my reality is that 1C** (name your object of attention)_____, _____
_____ *BREATHE!* 🏴☞

Draw your emotions:

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

1 D. The truth is **only** <u>MY THOUGHTS</u> cause my emotional upset! ***BREATHE!!*** The thought(s) (a separate WakeUp Sheet for each thought) I use to cause my emotion **(#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 ❏ (generations) **B.** I willingly go through the physical, mental, and emotional symptoms of healing ❏.

I release and surrender myself ❏, my emotions ❏, #1C ❏, my story ❏, my thoughts ❏ and punishment ❏ to ♥ 🏴☞☞

3 My desire (the constructive result, the *exact* goal that drives my pained perception) is that **#1C**, my trigger,_____❏. ***BREATHE!!***

4 I choose ♥, my **ESSENCE,** 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) _____❏.🏴☞

5 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 & <u>gently remove</u> the denied, dissociated* & projected parts of my Carbon Based Memory ❏.

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. I choose TRUTH* ❏ and *PERFECT LOVE* ❏! **#1C, based on #3**, I structure a truly Loving goal toward you and offer to you_____
_____❏. **SOFTEN AND** *BREATHE!*

Draw your feelings now:

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_____

Date_____
Sheet#____

My emotional upset level - BEFORE 0-10 ____

If "they" are the one with the problem why am I the one with the . . . . . . PAIN?!!

I cancel my need to be right and make up *another* story out of these brain cells - to hallucinate proof that my fear/hostility based story - my reality - is true!! ❏

BREATHE!

RAKHMA: A filter/gateway over the frontal lobes that maintains Love. _____

My emotional upset level - AFTER 0-10 ____

Successful WakeUp Sheet ❏

*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."
*Shbag, 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.