

REALITY
The output of the human mind. The light for our lives.

REALITY MANAGEMENT
NO FAULT EMPOWERMENT TOOLS

FORGIVENESS
A tool for changing REALITIES in my mind.

- 1A. My trigger _____ (_____) B. My emotional upset (level __), physical tension (level __). I store this tension in my _____
 C. The situation as I see it (MY REALITY, 1A, that you resonate in me) _____ (BREATHE).
 D. My feelings (internally caused): _____
 E. The thoughts I think and beliefs I believe in order to cause my feelings of pain and upset are _____
 F. My punishment thoughts: others _____, self _____
 Who taught me this? _____. I punish only when MY denied emotions are triggered .
 G. What is my Boy Scout Story, my repeating pattern? How does this look like my life? I often find myself in situations where _____ and I feel _____. Is this a Family Motto? _____

Date _____
 Sheet# _____
NOTES

2. REALITY is my mind's output and is **always internal**. 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 . I pardon you 1A for what you did not do to me and choose to forgive my reality based on 1C, E and G (BREATHE).

3A I totally release 1B , C , D , E , F , G , all fear and it's effects; guilt, fault, blame and my need to be right .
 B. I recall when I did, or was accused of 1E _____ and when 1F was "done" to me _____ (BREATHE).

4. I WILLINGLY go thru the symptoms of healing (recent vitality increase?). Old physical symptoms, low energy, confusion, depression, negative thoughts and feelings from my past will surface and are **safe** to feel and release.

5. Depending on which filter is set, my mind generates LOVING OR FEARFUL/HOSTILE REALITIES. I am seeing you thru my Fear (I'm *threatened*) or Hostility (I'm *irritated*) filters. I release my punishment thought (1F) and reset my RAKHMA* (Intentional) and KHOOBA* (Perceptual) LOVE FILTERS . *Self test*— a loving thought I can feel about 1A _____ and about myself is _____

6. What I want from the situation in Step 1 is (use only positive word images, i.e.— Love, cooperation, gentleness etc.) _____

7. My pain is the result of my disconnecting from my Source, Love. IF I'M IN PAIN-I'M IN ERROR! My error? There only one — making my desire, Step 6, more important than my connection to my Source (**Rose & Butterfly story**).

8. I AM RESPONSIBLE FOR THE REALITIES I SEE, HEAR & FEEL — THE GOALS ACHIEVE — EVERYTHING I ATTRACT ! (BREATHE)

9. A. I cancel / forgive my demand for (6) _____ (BREATHE).
 B. I invite _____ (Rookha d' Koodsha*) to assist me in resetting my Love Filters, Rakhma* & Khooba, undoing my REALITY and it's effects and helping me to _____

C. I reconnect with my Source , ask to be restored to Love and restore Love to 1A _____ (BREATHE)

10.A. I feel _____ B. After forgiveness I can see that _____

11. I am grateful, 1A _____ to see and heal this hidden part of myself. I join with the Love in you & acknowledge us for creating TRUTH , PERFECT LOVE and _____ . I willingly give this to you 1A _____ (BREATHE).

***ARAMAIC DEFINITIONS**
 Rakhma- is a filter in the mind over intentions which allows only intentions keyed to Love to be available as raw material for use in setting my goals which are drivers for my realities.
 Khooba- is a filter in the mind over perceptions that allows only units of perceptual memory keyed to Love to be available for structuring my personal REALITY, my guidance.
 Rookha d'Koodsha- The active force from God in the human mind that breaks off the effect of errors and teaches us the truth. The force for that which is proper for humans, the denial of which leaves us in unforgiveness! The "SuperProcessor."
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MENTAL SHORT FORM
 1. My reality is my responsibility and comes from my personal and genetic Mind Energy.
 2. I locate and CANCEL my GOAL _____
 3. Rookha please assist me to reset Rakhma & Khooba, change MY reality, it's effects and learn the truth.
 4. I Reconnect w/my Source, ask for restoration to Love and Love to _____ I offer you _____