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).

3.A 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).

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 & Koohba, 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_____.