

MY REALITY The perceptual output of MY mind.	STRESS / REALITY MANAGEMENT	FORGIVENESS The tool for changing MY REALITY.
EMPOWERING TRUE FORGIVENESS		

Premise - our Essential Nature, as Human Beings, is Love (think ♥ newborn ♥). The work of healing is to remove anything that is unlike our True Nature so that we come back to the *experience* of Love 24/7/365!

1. A. I, _____ who am ♥, have, through denial, trained my CBM* to show me the lie that my feelings and my giving up the *experience* of my essence, Love, are caused by *my trigger* - name the object of your attention - who or what are you focused on? B. _____ (. .)

C. Describe what happened (my reality) _____
 _____ (BREATHE)

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

E. My thought(s) that cause my feeling(s) about how I see it.

F. 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 #1B to: (state, in positive words, your *exact* goal for #1B) _____

so that I can _____ (BREATHE)

4. I choose to reconnect 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*, get back to my **actual mind** and the **Truth** about me *and* my object of attention, I **cancel** (*in Aramaic* - Shbag*) my Goal for #1B to (copy exactly from #3) _____

(BREATHE)

B. I invite _____ (*in Aramaic* - Rookha d’Koodsha*) to incline me toward healing __, restore me to *my Original Nature*, **LOVE** __, assist me in keeping **LOVE** present __, help me come into direct, conscious relationship with & remove the dissociated* /projected parts of my CBM __.

6. I now feel _____ and, about the situation in #1B/C see that

When have you violated that goal #3 for yourself or others? _____

7. #1B I acknowledge us for creating **TRUTH, PERFECT LOVE** and _____
 _____ (structure a loving goal toward #1B)

DEFINITIONS *CBM - Carbon Based Memory - The source of all hostility/fear, a cumulative generational data bank from the past.

*Fear/Hostility - toxic energies that draw us away from our True Nature - *always* an indicator of hallucinations. They are infallible indicators of dissociation and point to the corrupt data at the root (*in Aramaic* “oota”) of the output of the mind.

*True Forgiveness - Shbag - Translated as forgive, actually means “to cancel.” *The* tool that, in Aramaic, reconnects us directly with, corrects and integrates dissociated states of mind, previously seen only through projection and caused by denial and refusal to be responsible for what happens in our lives. A *daily requirement* if one chooses to achieve well-being and longevity

*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.”

*Dissociation - A result of denial, a separated part of the mind often referred to as the “unconscious,” “heart,” or “desert.”