

Heart of Healing

Part II of III

**a. General Overview of the
Forgiveness-of-others Process**

**b. General Overview of the
Self-Forgiveness Process**

**c. Examples, plus
Role of the Guide
Overcoming Obstacles
Small Self-help groups
Forgiveness and Motivation**

Heart of Healing Part II

Part II

is to give you a general overview of

The Forgiveness of Others Process

The Self-forgiveness Process

Plus:

Examples

Role of Guide and Overcoming Obstacles

Putting the two processes together

Small Self-help Groups

Forgiveness and Motivation

Thus you will get to see and understand:

- (i) How to get your forgiveness agenda,
- (ii) How to do the forgiveness processes from start to finish,
- (iii) An example of how these were done by someone.

The steps of the two processes will be described using Step numbers which will correspond to those used in the **flow diagrams** and in **Part IV**, the summary which you will use when you do the actual process yourself.

The explanations and descriptions of each step will be given in full in **this part** so that you can get an understanding of the processes, and in **Part IV** there is a summary, so you will be able to keep the flow of your inner process dynamic as you actually do it.

Before you do the forgiveness of others process, you will need to get your **Forgiveness Agenda**. Then you will select the first relationship to which you wish to apply the forgiveness process, and work through the others over time.

a. Forgiveness of others

Early Phase. Preparation and mobilising the will

1. Understanding the definition of the forgiveness process
2. Values - reasons for doing this
3. Benefits and Burdens - more reasons for doing this
4. Choice, and committing yourself to completing the forgiveness process

Middle Phase. Forgiveness Process

5. Feelings
6. Beliefs
7. Preference Statements
8. Value Statements
9. Acceptance
10. Forgiveness = Cancellation

Final Phase. Completion

11. Healing Self
12. Healing Relationship
13. Maintenance and Vigilance - "I will to..."
14. Re-minding yourself of the Goodwill Patterns
15. Future Pacing the Change
16. Checking for Completeness
17. Grounding: - "I will to..." & Harvesting: "The learning for me has been..."

Components of the forgiveness of others process

These are as definite and precise, and as important to the whole, as the parts of a fine Swiss precision watch. All of them are needed. All need to be assembled in the right way to work together. They include the following:

- Recognising when the forgiveness process needs to be applied, and to what areas of your life.
- Becoming aware that deep down you really do value health, love, creativity and joy *more than* disease, resentment, joylessness (even if you haven't always acted as if you did).
- Training and using your will. You will learn how to consciously set your goal, in order to comfortably and completely apply the forgiveness process, and succeed.

- Being very clear and exact about what you would have preferred to have happened (what would have met your needs), instead of stating what you didn't want. There are specific ways this preference statement or "innermovie" must be done, and you will learn how to do them.

- Accepting that history was the way it was. Accepting that continuing unforgiveness will continue to create more harm to yourself, as well as possibly to others. No amount of wishful thinking will alter what happened, but you *can* change the way you respond to situations now so as to no longer be controlled by the past.

- Using your will to cancel your demand that the other person should have met, (or should now meet), your preferences, as a condition for you to practise unconditional love.

- Choosing to no longer take responsibility and "punishment" by responding negatively for the wrong they did; not in your body; nor in your emotions; nor in your mind; nor in your relationships. You learn that being willing to give back responsibility (not blame) to the forgiven one for the effects of what happened or is happening, is an essential part of unconditional love.

- Reaching "up" in consciousness above the level of your everyday mind to the level of that inner reality - your Higher Self, True Self, Deep Self, Inner Spiritual Self, Soul, Wairua, Superconscious Self or Mind, Transpersonal Self, Essence, Inner Power, Atma..... Whatever name is used to describe it - it is the same inner reality at the core of each of us. It is the invisible, intangible source, or origin within you of the patterns of health, of inspiration, of unconditional love, higher will and strength, courage and wisdom.

It is from the level of the Higher Self that you will draw down the living energies of love into yourself, first physically (to heal the body), then emotionally (healing each memory in turn), and then mentally (changing the negative beliefs that arose at the time of the painful incidents when the loveflow through you became damaged or blocked).

- Joyfully directing the unconditional love that is within your True Self to the forgiven person, from the time of their birth until now, seeing their whole life story as you do so. This is an overflow of the energy of love and goodwill.

- Using your will-to-good to maintain the changes you have made.
- Visualising how you will now think and behave in the future, as you now act with goodwill and love. This is called “future pacing”.
- Taking responsibility for vigilant maintenance, and for continuing to apply the principles of the process progressively in all areas of your life.
- Learning that the way you “feel” in your body can reveal to you if and when the process is complete, and later, if you are successfully maintaining the changes. There is a way of doing specific kinds of muscle response testing, MRT for short, (a form of biological feedback, or behavioural kinesiology) that confirms this if you want to learn how to do that. See the Appendix for more about this. What you feel is to be used as *information*, rather than being allowed to dominate your choices in life.

b. Self-Forgiveness

Early Phase. Preparation and mobilising the will

1. Understanding the definition of the forgiveness process.
2. Weighing up your values, the benefits of forgiving, and the burdens of not forgiving.
3. Choice, and committing yourself to completing the forgiveness process
4. Request from you (as personal or lower self) to the Higher Self for forgiveness, which is the removal and cancellation of all faulty beliefs and attitudes, all guilt and false guilt, and all erroneous tendencies in thought or action that block love.
5. First attempt at creating thought and behaviour patterns that would have been wiser and preferable.
6. Repeated request to the Higher Self for forgiveness. The choice for freedom and healing reinforced.

Middle Phase. Forgiveness of the personality by the Higher Self

7. You enter the field of the Higher Self and look down compassionately upon your personality, identifying with the qualities of the Higher Self.
8. Higher Self forgives and heals the personality, during which the Higher Self cancels guilts and negative beliefs. The Higher Self sends intuitive wisdom, and offers improvements upon the first attempts made in Step 5 if needed.
9. The Higher Self heals the Inner Child, the “Earlier You” in memory.
10. The Higher Self offers gifts - qualities, symbol and intuitive ideas.
11. The Higher Self returns responsibility to personal self.

Final Phase. Completion

12. Healing the personality. The personal self draws the qualities of the Higher Self into the everyday self. Gratitude and wholeness.
13. Grounding the Forgiveness - will statement
14. Future Pacing the change
15. Checking for completion
16. Maintenance

Components of the Self-forgiveness process

In many ways the Self-forgiveness process can be even more important than forgiveness of others. It is slightly different to the forgiveness-of-others process. It is used to heal any negative patterns in yourself which prevent you from loving and healing yourself. It is surprising how many people dislike, even hate, parts of themselves, their bodies or their emotional patterns, and fail to love and care for their minds.

- The Self-forgiveness process starts out in a similar way to the forgiveness of others process with a recognition of your deep values, and the decision to ask your Higher Self to help you to remove the conditions in you that are blocking the flow of love.
- You ask the Higher Self for help and forgiveness for all the items that trouble you, and you use the self-search questionnaire to check nothing has been omitted.
- You state what would have been wiser behaviour from your present perspective.
- You reinforce your decision to heal yourself and unblock love.
- You then move physically upwards, e.g. by standing, and you identify with, embody, or adopt, the perspective and qualities of the Higher Self. With these qualities you carry out the forgiveness process of healing the conditions in your personality that block love. This is a deep process to be described in full later.
- Then there is the return to the everyday personality level and a process of drawing into the personality the gifts of the Higher Self, physically, emotionally, and mentally.
- Next come future pacing how this will make a difference to the way you think, feel and act in the future. You use your imagination and planning ability to create how you will be from now on.
- Finally comes maintenance, using care and vigilance to stabilise the changes you have made in yourself. The key is in **remembering to do it**.

Group support helps to get your forgiveness work going, and to maintain the changes. These

processes have in the past been taught and learned in confidential groups at a weekend seminars or evening classes. The work done in these groups can be extremely deep and moving. Considerable trust builds up between participants in such groups. I am aware now that in several areas in New Zealand and overseas (Australia, Lithuania, Russia, Sweden, Holland, North America, and England), participants have spontaneously formed small support groups of three to six who have gone on meeting weekly or fortnightly to practise and develop this skill for themselves. This has been very powerful in releasing love steadily into their daily life, promoting beneficial change and growth. Deep friendships have grown up between the people supporting each other in this way. Now I suggest to people that people try to form such groups deliberately. There is much more we have yet to learn from such groups about how to do this better.

This book has been motivated by the desire to share these processes with people who may not have the opportunity to attend a forgiveness seminar. It is not easy to describe in prose the experience you get when actually doing the process. I urge you to form a small support group to study the material in this book and use it together. Your learning will proceed much faster in a group. *You do not have to believe me or this material blindly before you can try it and get benefit from it.* I ask you to put it to the test with yourself and then later with those who may need your help. You will find that the material itself will become your own Teacher, and you may experience some extraordinary breakthroughs.

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Forgiveness Agenda

How to Track Down the Sources of Blocked Love in Your Energy System



Energy, Life and Love

As long as Life Energy flows through us properly, we are alive. We are whole, we are well. The source from which Life Energy comes is a Great Mystery. It does not matter a great deal what name we use for it - whether we choose to call it the Creator, God, the Source of Life, the Tao, the Great White Spirit, Universal Energy - these are but a few of the names humanity has used over the centuries. What is important is that you use the words that are right for you. In this book I will simply call it the Source of Life, or “the Source” for short. Please use mentally the word that you prefer whenever I use these words.

Most of us cannot “see” Life Energy directly yet. However neither can we “see” gravity, electricity or magnetism. We constantly rely upon their effects, however. One day we will be able to “see” biological energy fields and patterns using advanced techniques of energy photography, just as easily as we now use cameras to show light energy patterns. At this point in time, most of us can only recognise Life Energy by its effects. A live body at one instant in time is very different from the same body a few seconds later when it is dead. A fully alive and well body is very different from an injured or sick one. Everyone can “see” the difference, depending upon how the energy is flowing.

Very few of us have been trained to think in terms of energy flow. This is changing. As acupuncture came to the West it brought with

it an interest in learning about the flow of Life Energy, — Chi, as it is called in China, or Prana as it is called in India. We do not have a single word for it in English and must use the two words “Life energy”. Perhaps the reason we in the West have had difficulty with the idea of Life as Energy has been because we have not have a word for it. If you had no word at all for “hair” in your language, how could you possibly understand someone who talked about getting their “hair” cut? Language always limits your model of reality, for it can only ever be symbolic.

Growing interest both in martial arts and healing has also brought an awareness of energy flow and how to direct it on the physical level using the mind.

Growing interest in different forms of mental training and creative visualisation has brought an awareness of how energy follows thought, and that there are definite laws that must be learned and used if our minds are to affect the physical realm wisely and effectively.

To help people understand the importance of energy flow, I often use the image of the whirlpool that occurs when you let your bath water run out. The whirlpool structure can exist only because the water is moving, — flowing *into* it and *out* of it. While the water is in the whirlpool itself, it takes up the spiral shape of the whirlpool because it is obeying certain laws (gravity, hydrodynamics etc). The spiral shape of the whirlpool (its “body”) remains the same unless:

- (i) the water supply is diminished or cut off
 - (ii) the outflow becomes blocked
 - (iii) the whirlpool is interfered with - say by someone putting a stick or rock into it.
- Any of these can cause the whirlpool to become distorted or eventually even to “die”, or cease to exist. The water must *flow* for the whirlpool to continue to exist.

It is similar with a human being. All kinds of physical “energies” flow into and through us - food, water and liquids, air and oxygen, heat, light, are examples of these. Too much or too little of them, or pollution by toxic substances, can damage us. If our “outflows” get blocked (breathing passages, intestines, or urinary tract) it is a medical emergency. Good health depends upon a right balance of inflow and outflow, and the

Forgiveness Agenda - whom do I need to forgive?

right quality of all these “energies” which pass through us all the time. Yet we are not a passive whirlpool of energies. There is a definite pattern to them, and what we think and do can affect that pattern. The body is the result of that unseen pattern. We are *responsible* for these patterns of energies. What we choose to eat or drink, and the quality of the air we choose to breathe, for example, affect the pattern and shape of our bodies.

Apply the same kind of “seeing” to the emotional energies and thoughts (ideas) that “pass through” us. We receive and absorb them, and then pass them on, modified by our own personality. Can you “see” how different emotions and thoughts make different patterns? We are responsible for these too.

For example, we might receive mistreatment or angry criticism from another. One natural *reaction* is to feel hurt, become enraged, and strike out in words or even physically. Or we might spread criticism and gossip about that person to others. Given the identical situation, as a different response, we could choose to “receive” the criticism in different ways, and listen for the underlying needs of the other person. Perhaps there is something we could learn from this? Maybe it is needed feedback and we do not need to defend ourselves, but rather use the information to improve ourselves. Maybe the person is upset about something else altogether and this is just their anger coming out inappropriately at us, in which case we are not really the target, and need not defend or attack. We could listen to their needs and help them to get them met harmlessly. There are also many more ways we might *respond*. Such consciously directed responses are not the same thing as simply reacting. They are being *responsible* for how we use and transmute the incoming energies. We are using our power of choice to decide the goal we desire, and our will to set it in our mind.

Now apply this kind of “seeing” to the flow of love, the finest energy of all. For total health we all need the right amount and the right quality flowing into us - and we also need to be able to pass it on. It is a basic human need to be loved and to give love. Love flows into us from the Source Itself as well as from those around us, and it flows

on from us to all we are aware of. When love is not flowing we often experience what is called “pain”.

Maybe *whenever* we feel pain there is blocked love somewhere — that is something to ponder upon. Exploring this idea might take us closer to understanding the complex nature of, and part played by, suffering in the evolution of human consciousness.

“Toxic” feelings and thoughts block, distort or contaminate love. This affects our health. Certain thoughts and feelings are called “negative” exactly because they *subtract* from this flow. “Positive” thoughts and feelings are those which *add* to this flow. The flow of love and Life Energy are very closely connected. Experiments show that the “green-fingered” people who somehow “love” their plants cause the plants to grow better. Most people recognise that children who receive love grow better in every way than those that are deprived. Unloved babies die more easily than loved ones. Putting an unloved abandoned child into a family where love is flowing freely causes the child to become more healthy physically and emotionally. The same thing has been shown to happen to orphaned whales, monkeys, and elephants. So it is with the living cells of your own body and with your body as a whole. Intelligent love fosters the flow of life energy in any creature.

Finding out your own forgiveness agenda

Can you entertain (at least for a period of time, to test it out) the hypothesis that Life, Energy flow and Love are related. If so you can use the following methods to find out the areas of blocked loveflow in your life. Now is the time, as an experiment, to be willing to look inside yourself to uncover them. Obviously you will need to find out which are the past and present relationships which need healing. Afterwards it will be time to use the forgiveness process on those you discover.

NB. You will find it practical and necessary to make a list of your personal forgiveness tasks. You can then tick them off and write in the date as you complete each one.

There are several ways to find out where you have been consciously or unconsciously blocking love. Any of them can be used - perhaps even all of them.

(i) You may know someone you have been resenting and you want to stop feeling that way. You may have been humiliated or abused by them, and can remember easily who it was. You know you want to end bad feelings you have about this.

(ii) You may be suffering from negative emotions, either consciously or unconsciously. (See Ch.3.4)

(iii) There may be repeated patterns of behaviour that don't work for you - for example, arguments that always end up the same way, always having difficulties with certain categories of people, (e.g. male, female, people in authority, people who work for you, people you have to pay money to, people of a different race, religion or political creed, etc.), or sabotaging your own success, holding back, criticising yourself into misery, physical pain and so on.

(iv) Some of the painful memories from your past may have been repressed or "forgotten". They are not remembered by your conscious mind - but they are still recorded in your body's unconscious mind and your response patterns if a situation occurs which "pushes your buttons" and causes a negative response. Emotional release therapies may help here. Care is needed to ensure that the release does occur in a way that does not overwhelm you. Repressed memories can be retrieved by various therapies nowadays - psychodrama, gestalt therapy, rebirthing, hypnotic age regression, primal scream therapy, certain bioenergetic bodywork therapies and others. One common factor is the expression and release of emotion, and this release sometimes takes you back to the time of the first painful experiences.

I believe that if you undertake regressive emotional release therapies, it can be wiser for you to have first learned how to do the forgiveness process because then you can heal the memories safely and quickly. It is also important that you are not pushed into such therapies without your consent and cooperation.

(v) Questionnaires can also be used to help you

to gather the information you need.

The forgiveness of others questionnaire

In answering this questionnaire, be honest with yourself. You may be surprised at what you find. When I started my own journey into forgiveness, it was a shock to me to discover how basically unloving I had become. The reason was that a backlog of unforgiveness had accumulated over years and I had not realised it was happening nor had I known how to clear it all. People attending the forgiveness seminars have been amazed to discover, once they learned how to recognise it, how much concealed negativity most people carry everyday into their family and work situations.

You do not need to be overwhelmed. Once you have healed the accumulated major and minor resentments from the past then there is a little emotional and mental housecleaning to be done each day to keep yourself clear for love to flow. It is more important (and more economical!) to know what you are carrying in your body than to remain ignorant until more serious damage happens.

Start by ticking off in soft pencil in the q (then you can erase and reuse) any of the following that you are aware of. Or, you are welcome to photocopy these pages if more than one person wants to use them. Use more paper if you need to to write out the details - some people use exercise books to record their forgiveness work.. Some of the questions may seem repetitive, but experience has shown that things do not always come the surface the first time you are asked a question. Putting the question a slightly different way may help you to bring such material to the surface for review.

Life review

Can you recall:

☛ Any broken or shaky relationships? Specify.

☛ Resentments, humiliations etc? Specify.

☛ Sources of pain, burden, distress, discomfort, reduced vitality, disease, in your life. Specify.

☛ Times when other people disappointed you - "let you down"? Specify.

☛ Health situations that bother you ...things allergies(?) doctors therapists.....hospitals.....? Specify.

☛ Social change situations that bother you: organisations..... companies..... political parties..... governments..... nations..... other raceschurches..... even "God" or Life itself (or at least your images of "God" - "How could "God" allow that to happen?") Specify.

☛ Recurring patterns in your life that never did or don't work for you now. Specify.

☛ Feeling tense or stressed after being with or thinking about certain people - those close to you or with whom you work Specify.

☛ Not feeling free with respect to a particular person. Specify.

☛ Still feeling bad about someone who left you, died or committed suicide. Specify.

☛ In the family, - irritations about your parents, brothers and sisters, spouse, and children, addictions, infidelity, differences over money, sex, parenting methods. Specify.

q At work - office, factory, shop, clinic etc., - differences over communication, negotiations, problems with "difficult" clients, patients, customers, or resentment of your competitors. Specify.

q Problems with teachers, doctors, nurses, or other health care professionals. Specify.

q Any insights that you got from doing emotional release therapies about people you need to forgive?

Did you ever feel:

☛ As a child, about someone: "You ought to have given me permission to....(feeling unfairly restricted)..." (leading to depression later on?) Specify.

☛ As a child, about someone: "You ought to have taken care of me and approved of me and not hurt me...." Specify.

☛ As an adult, about someone: "You ought to have done x instead of y!" Specify.

☛ That there are "things" that give you tension (noise, the nuclear arms race, pollution, generalities....etc.) and get at you so much you feel helpless in the face of them. or: ... "They make me so angry!" (e.g. politicians) Specify.

☛ You have thought about someone: "You should agree with me!" Specify.

☛ Not being able to tolerate those with different views (e.g. on money, sex, tidiness, how children should be brought up, about religion, politics, or how to be healthy, etc.) Specify.

☛ You have thought about someone something like: "You should climb the mountain by the same path I'm using, (it would be so good for you!)" You just know what would be right for someone else and resent it that they don't take your good advice. Specify.

☛ You have thought about someone: "If only you loved me enough you would know what I need and I wouldn't have to tell you." Specify.

☛ You have thought about someone: "You don't love me any more, you b.....!" Specify.

☛ You have thought about someone: "You're trying to hurt me!" or, "Look what you're doing to me!" Specify.

☛ You have thought about someone: "You

Forgiveness Agenda - whom do I need to forgive?

make me feel bad!” Specify.

☞ You have thought about something: “It’s so unfair that....” Specify.

☞ You have thought: “...X... was unfaithful to me!” Specify.

☞ You have thought: “...X... is to blame for this!”

Your inner and outer language style can give you a clue

Do you find yourself saying/thinking metaphors like:-

☞ “If only so-and-so would get off my back!” Specify.

☞ “It/you/they... make me sick and tired...angry...fed up...etc.”Specify.

☞ “He/she/they...are a pain, (in the neck, butt, etc....)” Specify.

☞ “I get all churned up when you/they/she/he do....” Specify.

☞ “I can’t take/swallow that...” Specify.

☞ I’m so pissed off that..” Specify.

☞ “It eats me up that..” Specify.

☞ “It’s getting me down that...” Specify.

☞ “People must know that...” Specify.

☞ People should.....” Specify.

☞ My son/daughter/wife/husband/teacher/mother/father, etc., is/are a problem to me. If only they would..... Specify.

☞ “I loved ...X... so much, I cannot understand why he/she treats me like this - he/she owes it to me to do ...Y... “

☞ I’m broken-hearted about...” Specify.

☞ “I’m so uptight about...” Specify.

☞ About clients, patients, customers, coworkers or colleagues, etc., irritations like: “That one is too difficult, too arrogant, too demanding...” Specify.

☞ At work: Irritations such as “I have been passed over”; “I have too much responsibility”; “I am not understood enough”

☞ “I can’t get through to ...X... there’s a barrier between us” Specify.

☞ “My heart sinks when I see that so-and-so is coming” Specify.

☞ Sentences with the words “should, ought, never, always...” Specify.

☞ Do you see people mostly in terms of their past?

☞ Does anyone have to be a certain way to “give your life meaning”?

☞ Do you have to be a certain way to give someone else’s life meaning e.g. your parent ? Does someone try to manipulate you? Does someone regard you as “ungrateful”?

☞ Any others you can think of now? Specify.

All of these reflect disappointment in others who have failed to meet expectations of your own.

Your demand that they should fulfil these expectations as a condition for you to love yourself, them, other people, or life itself, is the condition in your mind that is blocking the flow of love and goodwill.

Unconditional Love (by definition) does *not* require you to approve of the actions of other people before you love them as they are. It separates the action (of which you may well disapprove strongly) and the doer (who is still a person needing love). Loving

another person unconditionally, you do not set out to change the other person, just to send them love.

Biofeedback by muscle response testing (MRT).

A screening list for body awareness or for muscle testing.

Our minds can lie to us in a way that our bodies cannot. That is why a lie-detector can be made. They are expensive instruments. Muscle testing is a cheap but effective way of using this principle to measure the body's response to certain thoughts and ideas, and experience them directly.

The way to do the muscle response test is fully explained in the Appendix 1. It involves having someone you trust press down on your outstretched arm while you say different sentences. Times when you weaken indicate there may well be stress for you in the thoughts you have as you say the statement. Even if you do not know how to do muscle testing, or have no one to help you with it, the following list can still remind you - how does your body feel (face, neck, back, arms, hands, thighs, feet, chest, heart and stomach areas etc.) when you think about the people on this list, or say to yourself "I love.....x....."? Some people have looked into a mirror when they say these words, and found that this gives them an indication of how they are reacting to the phrases. Or they know from a "little voice" inside them which tells them that the statement is not true for them.

Ask yourself:

- Do I weaken?
- Do I feel an inner conflict?
- Do I feel or look uneasy or stressed?
- Do I tense up or feel a drop in energy?

If any of these happen, then the relationship with "x" is likely to be stressed and love is blocked. Forgiveness for something that happened is likely to be needed.

In the following sentences those phrases printed in heavy type refer to the Primary Love Relationships, (see the diagram opposite p.). These are the core beliefs and attitudes close to the very heart of our energy fields.

Birth Parents:-

Mother, say:

"I love my mother",
"My mother loves me", (this tests your *perception* about this)

"I am open to receive love from my mother"

Father, say:

"I love my father",
"My father loves me",
"I am open to receive love from my father"

If there were step-, foster, or surrogate parents, or you were conceived by in vitro fertilisation, it will be necessary to distinguish between natural parents, genetic parents, surrogate parents, foster parents, and guardians. You may have quite different attitudes to these.

Yourself, say:-

"I love myself"

If stressed or weakened by this thought, break it down into the different parts, and test for these by saying:

"I love my body"

"I love my..... (name any body parts you suspect you dislike, e.g. face, breasts, legs, buttocks, hips, sexual parts, hands, eyes) etc".

"I love my emotional nature"

"I love my mind"

"I love what I do" If stressed or weakened by this thought - ponder, what did that phrase mean to you? Then break it down into the different things that you do in order to discover which area of your life is stressed or unloved e.g.:

"I love being a mother, ...father, ...wife, ...husband, ...partner, ...daughter, ...son, ..."

"I love my job as a.....builder, farmworker, accountant, lawyer, cleaner....etc.,

"I love being a student,"

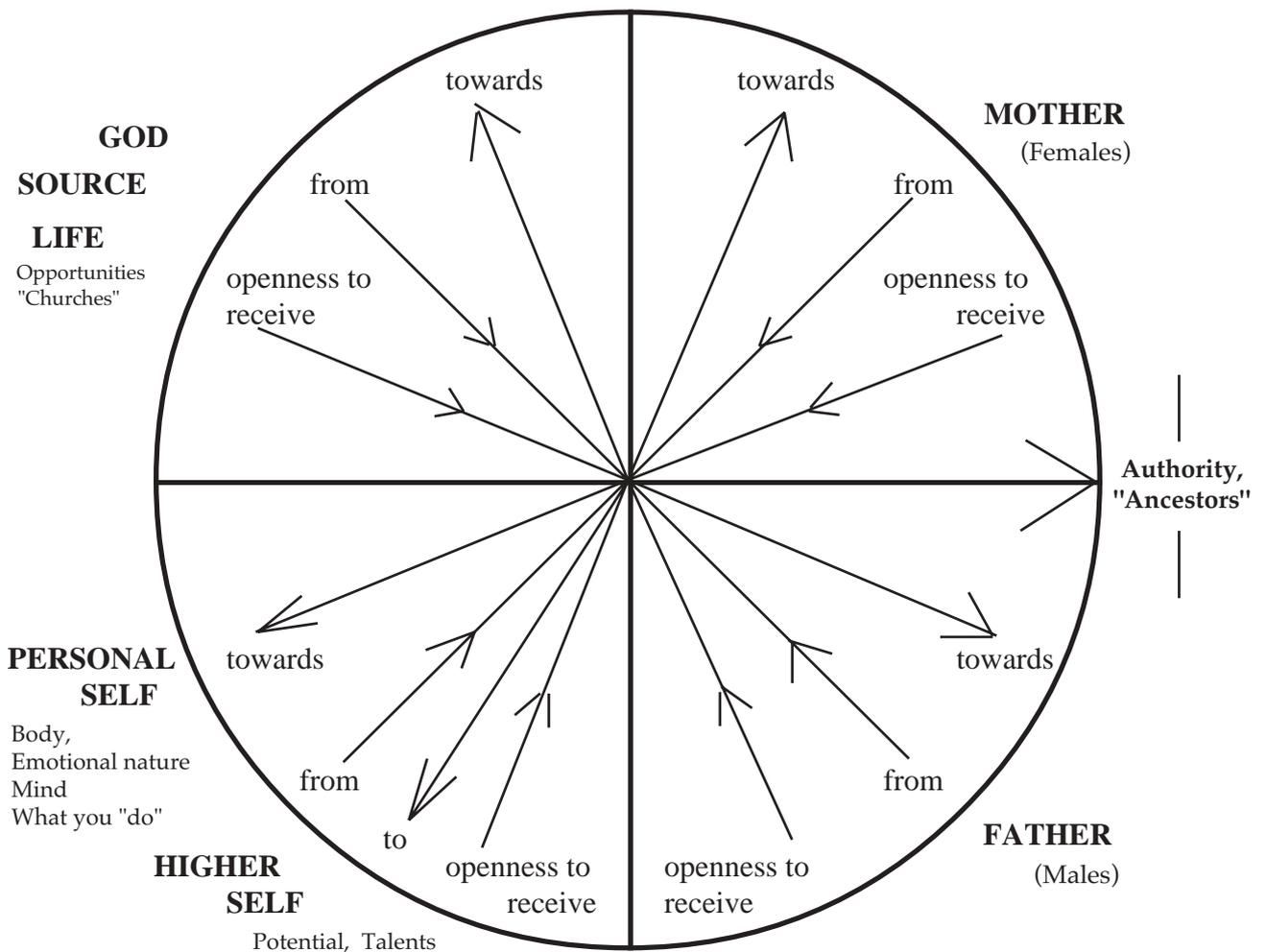
"I love singing, dancing, painting, ...etc."

You will quickly know where in your life you are able to put love or not, as the case may be.

The Higher Self

(Use whatever word is right for you). Say:

PRIMARY LOVE RELATIONSHIPS



SECONDARY LOVE RELATIONSHIPS

<p>Family:</p> <p>Maternal: g-mother</p> <p>Paternal: g-mother</p> <p>Aunts</p> <p>Uncles</p> <p>Other relations</p> <p>Sisters:</p> <p>Spouse(s)</p> <p>Children:</p> <p>Sexual Partners:</p> <p>Friends:</p> <p>Those who abused me:</p>	<p>Teachers:</p> <p>Preschool</p> <p>Primary</p> <p>High</p> <p>Tertiary</p> <p>Employers</p> <p>Employees:</p> <p>Fellow workers:</p> <p>Health professionals:</p> <p>Doctors</p> <p>Nurses</p> <p>Other</p> <p>Organisations:</p> <p>Politicians</p> <p>Departments</p> <p>Others</p> <p>Committee workers</p> <p>Neighbours</p> <p>Symbols:</p> <p>Meridians:</p> <p>Flower essence:</p>
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Forgiveness Agenda - whom do I need to forgive?

“I love my Higher Self”
“My Higher Self loves me”
“I am open to receive love from my Higher Self”

The Source of Life, Creator, God, (or whatever word you prefer for that), say:

“I love the Source of Life”

“The Source of Life loves me”

“I am open to receive love from the Source of Life”

You will know from your inner reaction which of these relationships is strained.

You can continue by testing your love towards each of the following:

Family

Siblings:-

Brothers

(step-brothers)

Sisters

(step-sisters)

Grandparents:-

Grandmothers

maternal

paternal

Grandfathers

maternal

paternal

Aunts

Uncles

Teachers:-

childhood

teenage

adult (lecturers, professors)

Friends:-

childhood

teenage

adult

“Special Loves” (you met each others’ needs until the “deal” was broken!):-

childhood

teenage

adult

“Special Hates or Enemies”:-

childhood

teenage

adult

Sexual partner(s):-

Those who abused you:-

Those who broke your trust:-

Those who failed to listen to you:-

Those who failed to “see” you or recognise you for who you really are;-

Those who caused you to have feelings that still linger:-

e.g. fear, anger, grief, envy, humiliation, guilt

Spouse(s):-

In-laws:

mother-in-law

father-in-law

son(s)-in-law

daughter(s)-in-law

Children:-

Grandchildren:-

At work:-

Employer(s):-

Employee(s):-

Fellow-workers:-

Organisations, Groups:-

Races:-

Nations:-

“Pet hates”:-

Politicians:-

Government depts. in general e.g. ACC, IRD,

Social Welfare agencies, Employment

Service...or specific personnel:-

Doctors, Nurses, Health professionals:-

“People Who.....”:-

Things:-

Things I have problems with, and the people involved :-

Pollution:-

Money:-

Sex:-

Any others not mentioned in this list?:-

Blocked love towards yourself.

Some faulty conditions in the mind that may need the Self-Forgiveness Process.

• Some of these may indeed be past *actions* that you recognise you still feel bad about, for example breaking the criminal laws (theft, rape, murder, violence, etc.) Even though not illegal, some people still feel deep regret about certain actions they have done or not done (e.g. abortions they or their partners have undergone, giving up for adoption babies they were not able to care for, or neglecting important obligations). Include *all* actions that you feel bad about.

• Much more often, the conditions in the mind that block the flow of love are *patterns of belief, ways of thinking*. They will nearly all have arisen at times when others hurt you, your needs were not met, or you did something you regret, or failed to do something which you believe you should have done. It is important to recognise that you did the best you could under the circumstances and with the background and skills that you had then. It is not so much what you or someone else *did*, but the *conclusions you drew*, how you came to think about yourself, others or Life as a result, that blocked your love.

Write down everything you can think of for yourself first.

Then you can use the following questionnaire as a sort of dragnet to check if anything has been left out. One of my patients call this “dragging my pond for the sharks, So that dolphins can be put in later”.

Self-forgiveness questionnaire

Use a pencil to mark those squares q which apply to you (this can be erased when you have completed your self-forgiveness, so you can re-use the list for yourself or with a friend later)

☛ Continuing old patterns of behaviour that hold you back from our potential. Specify what your patterns have been. (Phrases like “I always.....”, “I

never.....”, “I can’t stop myself from....”, and similar generalisations are useful to find these).

- ☛ Self-hatred, belittling yourself.
- ☛ Blaming others, putting others down.
- ☛ Putting expectations on others.
- ☛ For believing that others (partner, in-laws, fellow-workers, opponents in negotiations....etc.) must speak the same “language” as me.
(Note: This relates to the fact that each one of us grows up in a particular family and has an almost unique verbal and non-verbal code for transmitting messages. For example, one person may feel “loved” if they are *touched* in a particular way but not another. Another may feel “loved” if their partner *speaks certain words* but not others. Another may feel “loved” if someone *shows* them something or *does* certain things for them - but not others. A couple I knew had this problem - *he* felt loved when she *cooked* certain food and made it *look* nice (because basically his mother did), and *she* felt loved when he *noticed* her hairstyle or clothes (because when she was a child, being dressed up was one of the few times she got attention from her parents).
This is a part of the growing science of linguistic neurophysiological programming. It is more useful to try to understand both your “languages” than to criticise and expect your partner to adopt your own).
- ☛ Hurting another by
 - ☛ speech (gossip), or
 - ☛ physically, or
 - ☛ in thought.
- ☛ For the way I treated.....x.....
- ☛ Overachieving, overambition, or sacrificing others to your ambitions.
- ☛ Depressing yourself.
- ☛ Pessimism.
- ☛ Joylessness
- ☛ Sabotaging yourself.
- ☛ Feeling false guilt (this means feeling that you were “a bad person” after you were abused. Yet in reality you were innocent).
- ☛ Self-pity.
- ☛ Believing that you were the victim of others.
- ☛ Criticising yourself for NOT BEING PERFECT!

Forgiveness Agenda - whom do I need to forgive?

- ☛ Going against your values, perhaps submitting to the will of others to do so.
- ☛ Dishonesty.
- ☛ Intolerance
- ☛ Arrogance
- ☛ Holding on to resentments
- ☛ Excessively prolonged grieving
- ☛ Abusing others -
 - ☛ physically
 - ☛ emotionally
 - ☛ sexually or
 - ☛ spiritually
- ☛ Abusing yourself -
 - ☛ physically
 - ☛ emotionally
 - ☛ sexually or
 - ☛ spiritually
- ☛ Overindulging, -
 - ☛ food
 - ☛ alcohol
 - ☛ drugs
 - ☛ smoking
 - ☛ work
 - ☛ sex
 - ☛ gambling
 - ☛ (other addiction)
- ☛ Giving yourself too little food, or the wrong quality food and drink
- ☛ For believing that all others are untrustworthy etc., because in the past certain people broke your trust.
- ☛ For not taking responsibility.
- ☛ For taking too much responsibility thus not letting others grow
- ☛ For wasting time,
- ☛ Procrastinating
- ☛ Over- or under-valuing yourself. (Its just as wet either side of the bridge!)
- ☛ Over- or under-risking.(ditto)
- ☛ Withholding love or appreciation when it could have been given.
- ☛ Rejecting other peoples' love for you, carelessly.
- ☛ Harboring thoughts that were harmful to yourself or others -
 - ☛ criticism,
 - ☛ revenge,
 - ☛ death-wish,
 - ☛ illness-wish, etc.
 - ☛ Wanting others dead or ill.
- ☛ Not making a conscious choice to have children
- ☛ Not accepting and responding positively to the opportunities life offered you.

Negative Beliefs:

☛ Believing errors formed in your interactions with others (parents, teachers, peer group), for example:

Believing that you are

☛ weak,

☛ dirty,

☛ bad,

☛ blemished,

☛ undeserving, e.g. money, success,

fun, happiness, good relationships

☛ unworthy,

☛ unlovable ,

☛ a sinner,

☛ incompetent,

☛ less intelligent or capable than you

really are etc...

☛ should feel ashamed.

☛ you must be punished for your “sins”.

☛ for creating such punishments, e.g. -

☛ illness,

☛ unhappy relationships,

☛ staying in a bad situation that was

unhealthy for you when you could have left or created something better.

☛ Holding negative beliefs about:-

(insert your negative beliefs. Make sure you get them all)

☛ Yourself.... “I am

☛ Men are

☛ Women are

☛ Children are

☛ Families are

☛ Relationships are

☛ Sex is

☛ Money is

☛ Authority is.....

☛ Time is ...

☛ Learning is

☛ Teachers are ...

☛ The Worldis

☛ Life is

☛ God is

☛ Any others...?

☛ Letting yourself down? Done something you regret?

☛ Are you more kind to pets, animals than to yourself?

☛ Do you spend more money on maintaining your car or other material possessions than your own self-improvement?

☛ For other all times when you failed to maintain a loving attitude towards yourself, others, or the Source of Life.

☛ For continuing to hold something against, be angry with, or even hating, “God”, or Life.

Forgiveness Agenda - whom do I need to forgive?

Again re-check these common “big” ones:

- ☛ CRITICIZING yourself, and others.
- ☛ SABOTAGING yourself, or others.
- ☛ DEPRESSING yourself, or others.
- ☛ ADDICTING yourself, or others.
- ☛ CONFUSING yourself to avoid taking responsibility.
- ☛ PLAYING THE CLOWN to avoid important issues.
- ☛ PLAYING “HELPLESS VICTIM”, “RELUCTANT MARTYR”, “RESENTFUL DOORMAT” or similar roles.

Doing any of the above is “missing the mark”. It is limiting your life energy, self expression and love. It is like a rocket gone off target. A correction will be needed to bring you back onto your optimal path through life.

Add anything else that you think of for yourself here:-

So now you have begun your list. There is no need to be overwhelmed. It is like most people to have quite a bit of work to do to clear the backlog. Like cleaning up an old house and garden can be done in a few months or even weeks if you use your will. After that it will only be regular small maintenance jobs to prevent a build-up of negativity.

Forgiveness Agendas - Key Points

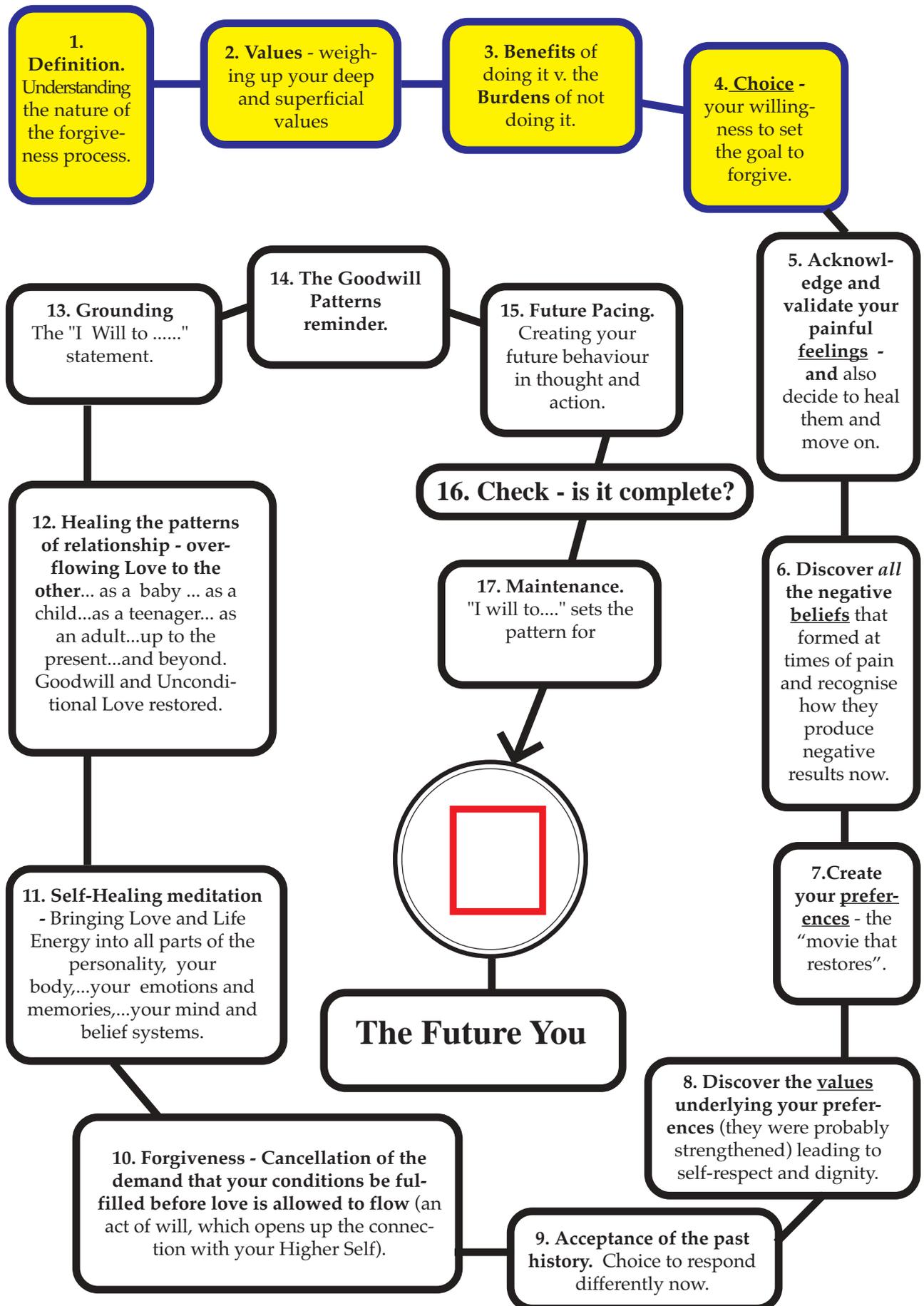
The forgiveness agenda carried by you and your body can be discovered by:

1. Your own knowing whom you need to forgive.
2. Questionnaires.
3. Insights from a Life Review, regression or emotional release therapies.
4. Negative feelings.
5. Negative beliefs.
6. Patterns that don't work for you.
7. Your language style.
8. Biofeedback, muscle response testing (MRT), or behavioural kinesiology (BK).

Make a list.

Then you can tick off each one as you complete each forgiveness, and the date it was completed.

Forgiveness of Others: Early Phase



Step 1. Remember the definition:

**The
Forgiveness
Process is
cancelling the
conditions in
oneself that are
blocking the
flow of love,
*independently
of the behaviour
of anyone else
or of any outer
circumstances.*
It is an energy
dynamic.**

- It not the same as pardoning, or condoning the bad actions of another person.
- It has nothing to do with proving you are right, or that others are wrong.
- It has nothing to do with “losing” being right.
- It does not limit your freedom to take whatever actions need to be taken to stop harm from continuing to happen. In fact, it can make your actions more effective if you apply the forgiveness process and restore the state of love *before* taking such actions.
- It definitely has everything to do with the healing of memories of emotional traumas, with healing your past, and moving on.
- It definitely has everything to do with healing your mind and upgrading negative beliefs that limit you.
- It is the key to restoring your power to self-heal, to love and express goodwill, independently and in spite of whatever traumas may have damaged you in the past.
- It strengthens you.

- It is the key to inner peace.

Step 2. Values

I want to take you through the forgiveness process in your imagination, in steps. For each step I will be telling you what you will be doing so there are no surprises.

Let us imagine that you have chosen a relationship with someone which is a source of distress to you, and to which you intend to apply the forgiveness process. The next step in the process is to mobilise your will enough to do this completely, and comfortably; and as you become practised at it, even *joyfully*.

Mobilising your will

The will is strengthened, not by forcing others to do your will, but by doing something that is not usual for you, such as overcoming a bad habit, a fear, or an inner resistance. Habits, fears and resistances are all easy to keep, for they are “well trodden paths” in your nervous system. The will is always involved in the effort needed to change a habit, fear, or inner resistance. To accomplish this you must first become clear about what is really important to you, what you value most - holding on to the habit pattern *or choosing and doing something better*. This weighing up of values creates the necessary charge of power, just as a certain voltage is needed in electricity to overcome the resistance of a light bulb, get the current to flow and give light.

Your deepest values can be enlisted to motivate you to use your will. Search out what is really important to you - whatever it is that you really value *more than* trivial short term gains. You weigh up the *benefits* of forgiving, healing your past and moving on, against the *burdens* of not forgiving and thus staying stuck in a negative state.

Humans are funny creatures. We may say: “I want a cigarette” (or whatever it is that you want). Yet if asked “Do you value health *more than* a cigarette, or do you value cigarettes *more than* your health?” we find there is a source of wisdom within us that tells us - deep inside we *know* the answer, (even if another part denies this and sabotages us in our attempt to live by our deepest and most humanitarian values). The Inner Self is a kind of truth detector, and acts as a still small voice or sensation within to

help us to know the truth about important things. That is if we listen, or feel carefully how our body reacts. The word “value” is a very powerful word when we use it skilfully.

This step of the Forgiveness Process is about getting in touch with what you really value, and this can be done, as are all the stages of the forgiveness process, by speaking the following statements aloud, or writing them down. As you do this you are checking how your body feels as you do it. Have these statements been true for you? Are they true for you now? One hundred per cent? And if not, do you want them to be true for you from now on? Are you willing to make them true for you?

You will be asked to say out loud or to write the following:

1. "I value (cherish or prize) my health, creativity and strength more than justification and self punishment."
2. "I value human dignity and right human relationships more than holding on to judgements, resentments, humiliation etc."
3. "I value the full flow of Life Energy more than its diminishment or blockage, through me or anyone else."
4. "I value joy more than joylessness.
I value being healthy and well more than being ill.
I value feeling worthwhile and dignified more than feeling humiliated or bitter.
I value love more than fear,
I value love more than anger,
I value love more than prolonged grief,
I value love more than envy,
I value love more than hatred,
I value love more than resentment."
5. I value freedom more than being imprisoned in my own negativity.
6. I value peace of mind more than continued irritation.
7. I value being a loving and forgiving person more than being an unloving and unforgiving person.
8. If it is not already covered in the right way for you, you will add in your own words what you do value more than its opposite. Put in whatever is relevant to you, making it more personal to yourself.

You will be listening to your voice, feeling how your body reacts as you speak these words. Or if you have been writing the words out on your own, you will look at how your writing is as you write down these phrases and feel how your body reacts to them. If you have a guide to help you, your guide will also be listening to you and noticing how you respond as you speak out these words, and exploring your reaction to them with you. In these ways you will begin to detect if you are putting your intention into this process. You will be able to sense any resistances you have and find ways to overcome them. Resistances are very common — normal I would say. After all, if you did not have any resistances to forgiveness, to the restoration of the flow of love, you would not be having any problem doing the process, would you? It would already have happened. In all the stages of the forgiveness process from now on, your body will give you feedback as to how you are doing. It is one of the most sensitive feedback instruments in the world.

Step 2 enables you to recognise that deep down you do value good things more than bad things, *yet you may have been thinking and acting as if you did not*. It can come as a surprise. Holding on to a negative feeling is to act as if you valued it more than the opposite good feeling.

Often, we have never given time to look at our values, and to rank-order them in terms of what is really important to us. No one taught us how to do this, or even suggested it might be a good idea. Yet a stable hierarchy of values is an enormous asset - it is something you can refer to whenever you have a decision to make. You know who you are when you know what you really value, and you can decide what needs to be done much more easily. In the identical situation, a person who values love more than hatred and knows it, will always act in a certain way, and one who values hatred more than love (and maybe does not know it), will act in a different way.

By becoming conscious of what values underlie your actions, and checking to see that they are aligned with your deepest values, you carry out a form of mental housecleaning, removing from your mind what should no longer be there. It is vitally important skill to learn.

Not all values are totally fixed. They will change and mature over time. Yet as you learn from life experiences, you come to recognise that your deepest values are unchanging treasures to be safeguarded and nurtured, kept “close to your heart.” Some of the things you thought you valued turn out to become less important as time passes. You may have valued money or material things, your own opinions and judgements, certain ideologies, and so on. Later you may have come to value more subtle things like inner and outer peace, equal opportunities for children and adults of all kinds, international brotherhood, or whatever is that matters deeply to you, and come to work for those.

Gradually and inevitably most people come to realise that what is to be valued above all else is the flow of love and joy, especially unconditional love. You value it when it is shared with you, and you value yourself when you give it to others. It is worth *more than all* the material satisfaction, all the justifications, all the anger, resentment, humiliation, revenge, anxiety, fear, grief, depression, jealousy, envy, guilt, ill-health, self-hatred, destruction of yourself or others you can imagine.

The forgiveness process restores the flow of love. It is valuing this, deeply and strongly, which will enable you to go through your pain and emerge the other side healed, relieved of your negative feelings, and able to express your love and goodwill once again - independently of the behaviour of other people.

I remember hearing a story of a man whose family had been completely exterminated before his eyes, and who survived many years in a concentration camp. At the end of the war he was found to be in a better state of physical health than others who had undergone a similar ordeal. Asked how he had accomplished this, he replied: “I realised I had to make a choice - for love or for hate. It was hate that killed my family. I decided I would not become like those who killed my family. At that time I made a choice for love.” That is surely loving “independently of the behaviour of anyone else”.

That is why getting in touch with your deepest values with respect to love and joy is the first step. *It is more important than*

getting in touch with your feelings. It is from this place of recognising that you do value love and joy *more than* their diminishment, or any of their opposites, that you can set your goal to complete the forgiveness process. Such positive values are real power that you can put behind your Will.

Values statements spoken aloud awaken you to what you need more than just reading them silently to yourself.

Something happens when you speak words aloud or write them that does not always happen when you only think them silently — you get your body’s reaction to them. You can observe that and learn from it. This can enable you to get information from a part of your mind that is normally unconscious to you. They also form pathways in your nervous system and become embodied in you.

Raymond

“When I used these words aloud, I felt “something” in my body. I came to realise I had been living my life in my marriage *as if* I valued harvesting and holding on to resentments *more than* honouring the good in my partner, and *more than* working to heal the relationship. It was good to wake up from that and do something about my attitudes.”

Paula

“When I spoke those words, I realised how unkind I was being to myself, to stay in a job that was quite joyless for me, smoking a lot and over-eating. I had never thought about it quite like that. I had always thought other people were *making* me do things like that. I decided there and then to do something about it, to bring love in and heal my life”.

What we learn from Raymond and Paula is that getting in touch with their deeper values strengthened their will and helped them to make a decision to heal themselves. This inner strength comes from the Higher Self when you align your everyday self’s motives with your higher

Values 1

values. It comes like a charge of energy to enable you to do what is good for yourself and others, indeed what is good for humanity. It is this strength that will make forgiveness easy. Values are so important that you will meet them again later in the process.

Step 2. Values - Key Points

Finding and articulating your deepest values is a way of finding the source of motivation within yourself which will enable you to achieve your goal of healing the past and moving on from it into the future free of old resentments and bitterness.

Step 3 Benefits and Burdens

Sometimes we may think we have no choice. When we recognise that there are always *options*, — for attitudes, goals, behaviours, and how we perceive the past, the present, or imagine the future — then we realise that we have many choices. Even choosing not to make a choice is a choice. Often time is not taken to look at the different options available, work out the consequences of each, and make choices in alignment with our deepest values. At other times we may not be willing to let go of a less worthwhile option in order to achieve the most important one. You cannot go to two movies at the same time, and if you do not make a choice, you end up going to neither, which is a third option.

Making choices wisely is a basic human skill, like the three “r’s” of reading, ‘riting and ‘rithmetic; but unlike these, it is not taught in any conscious way at school. What is usually “learned” is to react . We either conform or rebel against choices that have been made and imposed by others - teachers, parents, or peer group, and society for example.

Yet the skill of making right choices is perhaps the most important skill anyone could acquire. It is basic to creating right human relationships. It is needed if our planet is to survive the onslaught of thoughtless human actions that threaten its life forms.

Making the best choice in a situation means considering your values (as you did in the previous chapter). Then look at all the options (generating more by the skills of lateral thinking if need be). Select the best goal. In this case select whom it is you will forgive and decide that you *will* forgive them.

In this step you will list and weigh up carefully the **benefits** of your goal against the **burdens** of not achieving that goal. This step increases motivation, your will for achieving that goal, and is what will carry you through, overcoming all obstacles.

One of my patients said : “This step is like tuning in the WII FM programme — The What’s In It For Me? programme”.

What’s in It For You

The more you can focus on the benefits of doing something and the burdens of not doing it the more you will want to do it. This strengthens your will. In Step 3 you will say (and better still write down as well) the **benefits** of forgiving the person you have in mind, and then say (and write down) the **burdens** of not forgiving them. Often an interesting thing happens.

Say (and write down, or have your guide write for you):

“The benefits of forgiving ...x.... could include.....”

and specify as many as you want and can imagine.

and continue: “The burdens of not forgiving ...x.. could include.....”

and say and write down what you imagine could happen to you over the rest of your life if you continue to hold the grudge....

Example:

Benefits:- “If I forgive my mother then I will have less tension in my back muscles and neck. My headaches will be less frequent, perhaps go away altogether. I will be able to visit her and have her visit me without irritation. My children will have a better relationship with her and benefit by having a grandmother present in their lives. The atmosphere at home will be better”, and so on.

Burdens:- “If I do not forgive her, then

Benefits of forgiveness v. the burdens of unforgiveness

the tension and pain in my head, neck, back will continue, I won't be able to stand visiting her or her visiting me because of the continued irritation. I will stay away from her. My children will suffer by not seeing much of their grandmother. They will miss out on being around a person from an older generation, and loving and being loved by that person. The atmosphere at home will be unpleasant every time she calls or we discuss her”.

Choice: What will you choose? Benefits or burdens? No one else can make this kind of choice. Only you. Your body can be a guide, a teacher. If you choose benefits, your muscles relax. If you don't, they tighten up. If you forgive, you get stronger (this can be tested). If not, you get weaker.

If you choose not to forgive and choose the burdens of continuing in the unforgiving state - it is now *you* who is allowing the pain and burdens to continue, not the other person whom you might say “caused” your distress. You might call this the “Self-punishment-by-Unforgiveness Syndrome”. It is one of the commonest diseases in the world, underlying many other diseases. It is rarely diagnosed or even discussed.

A CHOICE for benefits in your life can now be turned into a DECISION. The English word “benefit” comes from Latin words meaning “to make well, or whole” — how can you be well if you choose burdens instead?

Step 3. Benefits and Burdens - Key Points

You have the ability to choose your goals. You have choices of Benefits or Burdens. Which will you choose - the benefits of forgiveness or the burdens of unforgiveness? Focussing upon the benefits strengthens your motivation — your will to complete the process.

Step 4. Setting the goal.

It is vitally important to set your goal *clearly*, and to qualify it by *how* you intend to pursue that goal. It is useless, even harmful, to set goals in negative or vague terms, or qualify them with a negative attitude.

In Step 4 you will speak aloud, or write, the following phrases:

“I do have a choice. I do have a will.

I have had enough of being uncomfortable.

I am tired of the pain and burden being caused to myself and others.

I would prefer to get back into the flow of love and life energy, and heal the effects of what has happened.

I therefore choose and will to no longer punish myself, or diminish my joy, physically, emotionally, mentally, or by holding back my own growth as a human being for what(state the name of the person, object or organisation to be forgiven)..... has done.

I choose and will to heal the memory of what happened (and/ or alter my response to what is happening).

Therefore my goal for today is COMFORTABLY, COMPASSIONATELY, JOYFULLY AND COMPLETELY to forgive now”. (state the name of the person, object or organisation to be forgiven).

It is important to state the words “comfortably, joyfully and completely”, and “now”, for they set your attitude. They guarantee that you do not sabotage yourself by thinking that “It will be too painful, or too difficult”, or by only going part of the way and then abandoning the task. (Although there is no reason why you should not take several days over a process if you choose. The point is not to prevent it happening by maintaining a negative attitude).

The goal of doing it “comfortably, joyfully and completely” is important. If you do not “accept” this phrase you may tend to do the process uncomfortably, miserably and incompletely! This arises from an underlying belief system is that “Life is a struggle”. On reflection, you will usually decide to make it easier for yourself with a different attitude, and change that belief.

Here is an example of how attitudes affect outcome even if the starting situation is the same. Two different people, A and B are to make a journey from one town to another. They also “decide” in what manner they will go. A decides, *largely by default*, to travel in a bored, disinterested manner, ignoring all the beauty on the way. “It will be such a drag, I wish I did not *have* to go”, says A. B decides *by conscious choice* to travel joyfully, eagerly looking for the beautiful and good, and for all the fun to be had along the way. “I will choose to make this journey interesting”, says B.

With which one would you prefer to travel - A or B?

By consciously choosing the positive attitude to go with your goal, *you* as a personal self use your will to set in your mind the exact manner in which you will achieve it. By not choosing the attitude that would create the outcome that is best for you, your *emotions* will set your attitude and determine the outcome for you.

“It is the person’s own self who must decide” - Hamish

Hamish had been fostered by no less than twelve foster families as a child, and been

to twelve different schools. He had felt unwanted and unlovable most of the forty-three years of his miserable existence. He had been labelled rather insultingly as suffering from “depressive illness and an inadequate personality.” He felt oppressed by this at the same time as accepting the label *as if it was all of who he might be*. He had had electric shock and drug treatment for this without it helping him much, if at all. Indeed it reinforced his belief that he was useless to all and sundry. “I could not even make that work for me”, he said. He lived alone. He did not feel able to start talking to people. He felt he had to wait till they talked to him, and nobody seemed to want to do that. If they did, he just felt embarrassed, wanting to disappear. He felt he was unclean, like a leper, and must be guilty of having done something awful. Why would anybody want to talk to him? He felt he had absolutely no choice about these burdensome beliefs. When asked to say aloud his statement “I am basically clean and good, and worthy of being loved”, his voice paralysed, so different was that to his usual belief about himself.

It was wonderfully empowering for him to imagine and later discover that there were indeed loving beliefs he could *choose* to hold about himself, people, and the world. He could *choose* to believe that he was clean and lovable even though he had been shunned and shunted around in his childhood. He could *choose* to believe that there were some people out there who would want his company even though he had not experienced them yet. He could *choose* to build a new self-image even though he used to believe he was unclean and unwanted. He could *choose* to view the world as a good place to be alive. What benefits might happen to him if he chose to believe differently and positively about himself and the world? The burdens that were the outcome of the old belief system he knew well.

He realised that the more he did what he always did, the more he got what he always got....

The benefits of believing and acting differently were very clear to him once he could *imagine* them. He had been living his life as if he valued the burdens more than the benefits, but also, he had not known how

to change his beliefs. They had seemed so “true”. They were the “truth” of his experience as a child. But they were not the whole truth. The larger truth was for him to see how his perception had been distorted by his childhood experience. Then he could see what changing his old beliefs could do for him. He chose beneficial beliefs very soon after that.

He was surprised when I told him that I did not believe that therapy had to be either painful or hard work, but that it could be “comfortable, joyful and complete” if he chose to make it so. Then he **decided** that he liked that idea too, and chose it for himself. Thus it became his experience.

He made it his goal to change his beliefs about himself and the world.

In some ways this was the most important “therapy” I did with him - show him that there were choices he could make about how he looked at himself and the world and that it could be a joyful process. He could learn to direct his mind with his will for benefits and not be “willed by” the emotions of his past unhappiness. I only saw him three times, and the third time he said something no patient has said before or since. He looked vital and radiant as he said: “This is not a medical consultation, but I will pay you for it anyway”. No other patient has ever done that before or since. He was redefining himself as a well person from then on, and the energy of genuine gratitude was flowing through him. This warm gratitude is an almost certain sign, in my experience, of future total recovery.

Within six months of practising these new beliefs (energy follows thought, remember?) he had started a relationship with a warm and friendly woman, and had begun to win in a highly competitive sport, playing against men half his age... “Comfortably, joyfully and completely.....”

Step 4. Setting your goal - Key Points

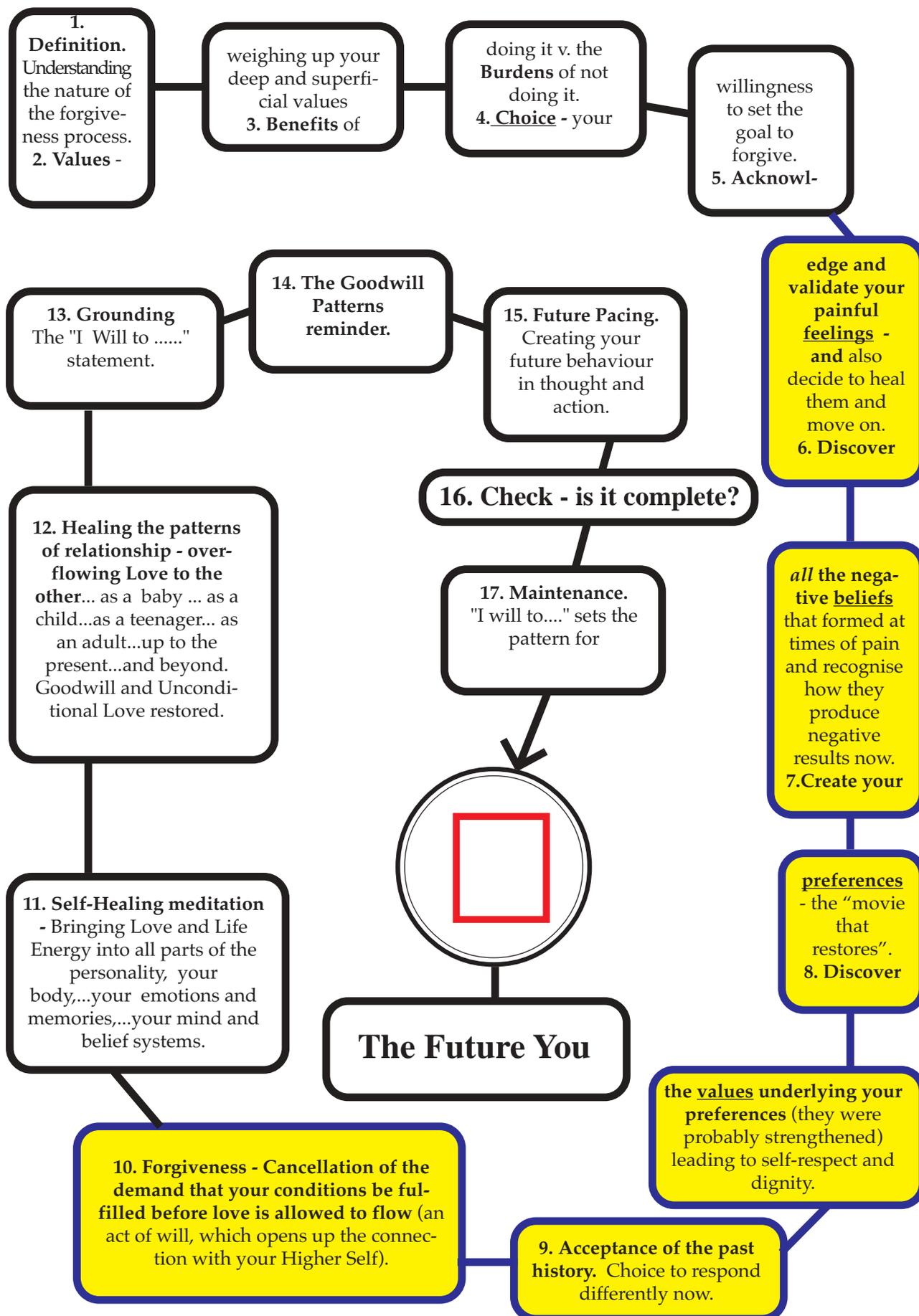
How you set your goal to forgive, and the attitude with which you will pursue that goal is crucial to the success of the process.

Having mobilised your will through identifying and aligning with your higher values, and consciously chosen benefits instead of burdens, you now use your will to set your self precisely on target for your goal to conduct the forgiveness process, comfortably, joyfully and completely.

As Hamish said:

“I have to decide - and no one else can do this for me.”

Forgiveness of Others: Middle Phase



Forgiveness Process - the middle phase

Your will is mobilised. You aligned with your deepest values, weighed up the benefits of forgiveness against the burdens of continued negativity, made your choice to forgive and restore the flow of love, and you set your goal, as well as the attitude with which you will pursue it.

It is worth noting that the early steps (2-4) can be applied to all forms of decision making, not just the decision to do the forgiveness process. Thus doing the forgiveness process in this way offers people a chance to practise steps which will be useful to them even when taken out of this context and applied to other areas of life.

The middle phase, will include the following:

Step 5. Recognising and honouring the way you *felt* in the past and might feel now,

Step 6. Recognising the negative *beliefs* that formed at the time of your unhappiness and the harm they do

Step 7. Being very explicit about what would in fact have met your needs properly - this is called making a *preference statement*

Step 8. Becoming clear about the deep *values* that you hold that were ignored by the offender, and their importance to you

Step 9 *Accepting* history as fact, acknowledging that what happened did not meet your preferences, and your decision to not be controlled by the past

Step 10 *Cancelling* your demand that your preferences should have been fulfilled as a condition for you to love.

Step 5. Feelings and Emotions

The emotions, their purpose, their possible distortions, and the role of catharsis was mentioned earlier (Ch 3.4.).

In Step 5 of the forgiveness process, you are going to be acknowledging what your feelings were (and/or are), and to *honour* them. You will be choosing to express them, and deciding that you are going to heal them. You cannot heal what is hidden from yourself or project out onto someone else.

By really acknowledging your feelings, and expressing them in a harmless way, you are going to “lead” them, rather than have them lead you. In a sense, you realise that you are more than just your feelings - you are the one who can manage and direct the energy of those feelings into more constructive channels. You are no longer going to “have your buttons pressed” by people or situations that remind you of what have happened in the past. You will be becoming the master of emotional energy and will be able to use it for useful projects, (study, house maintenance, gardening, correcting social injustice, whatever is important to you etc.). You will be using your will to lift your consciousness above the emotional level, for the emotions themselves cannot forgive. They are for sensitivity.

You will be saying aloud or writing, as if to the person you are forgiving:-

“As a result of what happened between us, I came to feel.....”

and you will say (or write down, or have your guide write down) all your feelings about what happened between you and this other person. The chances are that they will be one or more of the following:

- Rage, anger, hate, resentment
 - Fear
 - Grief, sadness
 - Envy, jealousy
 - Guilt
 - False guilt, shame
- or variations of these.

Either in addition to or instead of speaking out their feelings, some people find it interesting and helpful to make a drawing, or picture with

crayons or felt pens to symbolise how they felt. It does not have to be great art, just a quick sketch. It can also be done modelling in clay. Surprisingly, this simple process can bring very great relief. Then you say (or write) what feelings the picture symbolises.

This act of putting your feelings “outside” of your body will help you to see them in a new light. You come to realise that though you cannot change history, you can accept history, change your reaction to that history, and choose no longer to be dominated by those negative feelings. Expressing your feelings adequately will give you a sense of being in charge.

Distinguishing between feelings and beliefs

At first, many have difficulty in distinguishing between feelings and beliefs. Beliefs will be dealt with in the Step 6. Rest assured you will get better at recognising the differences as you progress.

For example, the sentence:

“As a result of what happened between us, I came to feel angry and unlovable”

is a statement of both your *feeling* and a *conclusion* that you formed because you felt that way. It is more accurate to say

“I *felt* angry, and I came to *believe* that I was unlovable”.

The reason for making the distinction will become apparent as we go on to the next step, because it is important to isolate the negative beliefs and conclusions you formed in the past so that you can change them.

More about catharsis

the safe release of bad feelings

Sometimes you may feel a need to contact and express deep feelings by re-enacting them. If you have not already done so and choose to do so, this stage of the forgiveness process can be a good time for you to do it. Express your feelings verbally as forcefully as you like, even shout and beat out your anger with a hose upon a pillow, scream out your fear, or wail and

cry out your grief, your sadness and your sense of loss.

Because it is now more acceptable in our culture to do these things, many people may have done some emotional release at home or in therapy before they come to the forgiveness process. They are sometimes already tired of it. They have decided to move on and forgive. They then want to get straight on with the forgiveness. But if you do feel that you need to do it to de-stress your body harmlessly, this is a good time to do it. Do it as fully as you need to. Validate yourself for having felt that way. Honour the depth of your feelings. Express them as forcefully as you need to but *without the intention of directing harm at anyone*.

PURPOSES & BENEFITS OF CATHARSIS EXERCISES

There are several reasons for doing this exercise.

1. To release or “move out” the burden of current or stored negativity *harmlessly*. You cannot pour out love if your bucket is totally full of resentment! This exercise is especially for those who physicalise distress (e.g. cancer, hypertension, heart disease (with care), ulcer, arthritis etc.), who find anger management difficult, or deny their own power.

2. To restore the flow of love. To love, care for and restore healthy function to the body by burning up adrenaline and other stress hormones, and by releasing uptight autonomic nervous system sets. To love and care for your relationships - with yourself, others, and nature by releasing hurt feelings, making space for serenity and peace. To love and care for your mind by clearing them of hurtful thoughts, making space for silence and wisdom. To free your body, feelings, and minds thus is an act of love. One who cannot release anger safely, blocks love

3. To make it easier to do the forgiveness process. Sometimes the emotions are so strong and overwhelming that one cannot think or do anything much until they have been released.

4. To help those who fear their own anger to overcome this fear. People who have

been seriously abused or witnessed the effects of violence often make a decision never to have anything to do with anger. They may then repress their feelings, and experience themselves as disempowered. Repression tends to repress positive as well as negative feelings. Those who are unable to experience their negative feelings may also not fully experience their positive ones as well. It's as if by “turning down the volume” on their pain they also turn down their joy. Full and safe expression of deeply held feelings as in this exercise can restore the capacity to experience both anger - and joy.

5. To get information from the unconscious, by bringing to light repressed memories that need the Forgiveness Process.

6. As a test to find out if there is any anger stored in you, or to “get ahead” of future anger, as it were, by emptying your bucket out in advance.

7. If you can think of no other reason, it is good exercise!

A METHOD FOR CATHARSIS

Arrange a satisfactory place and time, alone or with an unconditionally loving friend. Tell any others near you your intentions, so that neither they nor you are disturbed. You may be helping them indirectly by modelling being in charge of releasing your own negativity safely.

Use a short (c. 1/2m.) length of hose and a pillow, or a tennis racquet and a mattress. Carpet beating is an alternative, and socially acceptable - but the use of fixed carpets and vacuum cleaners (in the West, not yet in the Soviet Union) has reduced the opportunities for this excellent outlet. Imagine the object(s) of your aggressive energy are there in front of you and physically release all your angry or other negative feelings. Do it with love and joy that you are unblocking your love. Loud, unpleasant music can help to reactivate the feelings, and allow you to express any sounds or words that you want to. At first you may feel somewhat ridiculous, but as you take charge and allow your feelings to surface, you may be surprised by their intensity and power. They are, after all, the residue of the “killer instinct” that enabled our ancestors to survive to breed us. In the safe situation you have chosen, allow them room for full expression, even if a part of you thinks it is unseemly. It does not have to

be reasonable!

Use your voice. Release words and sounds that are meaningful to you and which need to be released. It is important to free the throat area as well as the rest of the body.

Be unreasonable! Yell out the Anger, Scream out the Fear, Wail out the Grief. Sometimes these emotions merge and overlap, fear or grief turning to rage, rage to grief etc.

You do not need to do this “at” someone, sending hate to them. You can do it just joyfully to free your body of the pent up tensions.

If you discover that you are angry with yourself for something, be aware that it is only a *part* of your total personality with which you are dissatisfied, that there is another wiser part of you that has chosen to heal, and that once you have released the bad feelings you will be able to heal it all with the Self-forgiveness-of-the-personality process.

Do this vigorously for 15-20 mins., until you feel something like the athlete’s “second wind” (which is a neurochemical shift in the patterns of the central nervous system). There may come a sense of completion, accompanied by tears of relief, authentic laughter (unlike the nervous laugh at the beginning), tears and laughter together, or, simply a feeling of relief.

Sometimes important new understandings have come to people as they do this process.

Long-standing resentments have been “emptied out bit-by-bit” by doing this daily, like spooning it out of a bucket until no more remains.

People are often less easily “triggered” for long periods after this exercise.

It is important to continue with the Forgiveness and Unconditional Love Process after this exercise, to prevent “reinfection”.

TEST YOUR RESULTS

Document your results in your journal. You can then decide if it has been helpful to you and record how you overcame any difficulties with it. Were there layers - fear, sorrow, anger, information? Did you get to completion, or do you need to do it more? Were there resistances inside you, and how did you overcome them?

Sources: Elizabeth Kübler-Ross, Japanese Industrial Relations practise, and Pierro Ferrucci in “What We May Be” , chapter called The Tigers of Wrath.

Examples of the value of the catharsis exercise.

The first of these is drawn from the time before I knew how to use the forgiveness process to help people, and a kind of spontaneous forgiveness took place.

1. Greta was the first client I ever offered this exercise to, in the days before emotional release therapies had become more readily accepted:

Greta had had a very happy childhood and adolescence. But at university she became angry and depressed for no apparent reason. She sought counselling, and when that failed she was referred to a psychiatrist. Antidepressants and other therapies were of no avail and she had to drop out of her university studies. She came to pick tobacco, a menial and dirty job, but her angry outbursts meant that farmers tended to dismiss her. She became unemployable.

As she told her story, a cold shudder passed through me. I asked if she felt like committing suicide. She confirmed that that was so, and added that if I sent her to a psychiatric hospital she would certainly find a way to do it.

I felt helpless, thinking that I knew no other treatments to offer her. She had already received the best of orthodox mental health care. But I then remembered that another patient a few weeks before had lent me a book describing the catharsis exercise, so I mentioned this to Greta. She was willing to do it, and tore into the pillow offered to her with gusto, making a great deal of noise. I was frightened at what my nurse, or the patients in the waiting room might think, but nothing happened and they did not rush out to call the police to say I was assaulting my female patients!

After 15-20 minutes of vigorously throwing her tantrum, and expressing exactly how she felt, Greta looked up and said “I have not felt as good as this for two years! Thank

you.” She decided to do this exercise every day before going to work, so that she would not get angry and rude to her employer. She did it every day for three months, sometimes twice a day if her anger built up too much in the day. After three months, it seemed that she had emptied it all out, because there was less and less need for her to do it, until no need at all.

She wanted to know - from where had all this come? We explored this with hypnotic age regression. The only scene she discovered which may have been relevant was of herself as a newly born baby in a hospital ward in the *next cot to a baby around whom there seemed to be a great deal of anger*. She saw herself somehow “draw off” some of this from the other baby - she was a natural healer before she had words! We were unable to verify this scene, but the explanation seemed to satisfy her, or “ring true” for her.

The follow-up is very significant. Her long-held unconscious anger dissipated, and the depression lifted. She returned to university in a different city and subsequently became a health professional in a large city with responsibility for a department, helping children - still a healer...

2. Two teenage boys, Luke and John, became disturbed a few years after losing their fathers. They had had to grow up very quickly and “become the men in the family” before time. This had inhibited their grief process and healing of their anger at their losses. They began to underachieve at school and get into trouble with authority. Both of them found the anger release of the catharsis exercise enabled them to restore their previous level of functioning at school and home. One of them rewarded me with the sentence: “There ought to be a telephone number where kids like me can ring up and get advice as good as that”.

3. A man attended a forgiveness workshop, but could not be present at the time when the group did the catharsis exercise together. Later, when he volunteered for a demonstration of the forgiveness process, he became repeatedly stuck and unable to go on with it. I could not understand why. Someone else in the group pointed out that he had not done the catharsis exercise as they had, and that he was still very “stuck”

in the emotional level. He went out with my assistant at lunchbreak and did it fully. Then he found doing the forgiveness process effortless.

4. A woman who, as a child, had been forced to watch a baby murdered in a Satanic ritual was doing the catharsis exercise to relieve herself of the rage and indignation she had carried for years. She felt herself becoming full of loathing and hate for the people who had perpetrated this outrage, and then found herself *wanting to do the same* to them. She fantasised torturing them and cutting them up slowly, etc.... Then suddenly she realised that she was becoming no different from her oppressors. What you do not forgive becomes a part of you... She then realised how vital it was for her to forgive these people for their wicked actions in order for her to be free.

Step 5. Feelings and Emotions - Key Points



In Step 5 you honour the depth of your feelings by expressing them fully, verbally, non-verbally, and *harmlessly*.

Use catharsis if necessary.

Your feelings are validated, - *but you are choosing that from now on they will dominate your life no longer*. You are taking charge of them.

Step 6. Beliefs

Step 6 will be to discover all the negative beliefs or conclusions that were formed from your negative experience with the other person. You will say aloud, and write down (or have your guide write down for you):

“As a result of what happened between us, I came to believe:-

- (i) That I was
- (ii) That you were
- (iii) That women are
- (iv) That men are
- (v) That relationships are.....
- (vi) That families are
- (vii) That children are
- (viii) That sex is
- (ix) That money is
- (x) That work is
- (xi) That play is
- (xii) That authority is... (or people in authority are...)
- (xiii) That life, or the world is
- (xiv) That God is
- (xv) Include any other negative conclusions about other important issues in your life.....

IMPORTANT:

(i) Make a written record of each of these.

(ii) Use plenty of paper. Leave plenty of space between each entry so that you can insert improvements later, in Step 7.

Three to an A4 page is usually about right.

Upgrading old negative beliefs

Next you will begin working out how to improve these negative beliefs. You will be able to put beside each negative belief, and find what would have served you better (and what would now serve you better).

Example:

“As a result of what happened between us I came to believe I was of no value”.

Improvement: “It would have served better to have recognised that I am unique and do have great value. The truth is, I am a worthwhile person with much to contribute to life”.

Spend time to search out all the negative beliefs you still hold because of your experiences with this person and begin the process of transforming these beliefs.

It is surprising what you discover! It may take you some time to recognise exactly how deeply and pervasively your experiences with someone who disappointed you can have affected your view of the world. (review Ch 3.6)

You are now using your mind to look into your mind! This paradox is made possible because you have different “layers” of mind, - higher and lower levels. You may not have been taught how to use these different levels.

It may take a while to see the importance of doing this task, or you may see it very quickly. The result of this exercise is an increase of wisdom flowing from the higher to lower levels.

Please, refrain from making this an exercise in self-criticism! This is to be a non-judgemental exercise in “seeing” what is there in your mind, compassionately. You are doing this because mental housecleaning is *loving to* your mind.

As they continue to unfold, the forgiveness processes will include the healing of *all* your negative beliefs and thoughts. Always bear in mind the definition - *the forgiveness process is the removal of all the conditions that are blocking the flow of love - done independently of the behaviour of others.* Your task in Step 6 is to unearth as many of them as possible, so that they no longer continue to linger in the recesses of your mind, producing the negative results in your life. And it can be a joyful thing to do, if that is your intention. Letting go of the idea that it must be miserable and doing it joyfully makes it so much easier.

If you are not sure of the kinds of beliefs you are looking for, look back at the section in Part I about belief systems.

Step 6. Beliefs - Key Points



Find all the negative beliefs that arose at the time of your unhappiness with the one you are forgiving.

Leave plenty of space between each one for the improvements which will be made later. Three per A4 sheet of paper is usually about right. Have a written record of these, and begin the process of converting them to positive beliefs that will serve you better, and put your improvements in the spaces beneath the old ones.

Step 7 Preference Statements

The next step in the process of forgiveness will be to get clear and definite about exactly what you would have preferred the other person to have said or done, instead of what they did. To prefer something is to value it more highly than something else, yet it is not a *demand*.

You will be working out your preferences in the form of a series of statements. The ideal preference statement will be a clear description of what the other person could have said or done that would have prevented or eliminated all of the bad feelings and negative beliefs which you have already discovered and described.

Making these preference statements is to create in your mind's eye a "movie" of what *would* have met your needs. It must be exactly what would have left you free of bad feelings, and free of all negative conclusions and beliefs in your world view. This, when done properly, balances the negative energies in your mind with positive ones. After you have done this may well feel in your body a sense of calmness and comfort that you certainly did not feel when you simply repeated your complaint about what happened.

The test for the ideal preference statement is, would the negative feelings and beliefs have been *completely* prevented by its having taken place?

To make it easier, quicker, and more effective for you, I suggest that you adopt the following guidelines:

- Use no negative or vague words in the preference statement, only positive ones.
- Describe your preferences so that a third person could, from your description, know exactly what the other person was expected to say or do, and know when they had done it.
- Be full and complete about ALL

your preferences

- **Be creative**

You will be completing the following sentence for as many of the disappointing or hurtful incidents you can remember. Imagine that you are directing (and thus actually making in your mind) a "movie of what would have met your needs totally". This balances the effects in your body of these painful or distressing patterns that are associated with the historical memories you have stored in your nervous system. Imagine as fully as you can whatever behaviour the other person could have said or done which would have met your needs perfectly. Specify clearly (so that a third person could see it and hear it) what it was that would have completely eliminated all the negative feelings and beliefs.

Thus you will say and/or write, or have your guide write for you:-

"Instead of what happened, X, ...(name the person you are forgiving)... I would have preferred that you had....."
(and here you will state your preference(s) as to exactly what they could have said or done that would have been right for you.

These preferences statements will refer to *specific* incidents in your life. You may not be able to recall every single event, so you will select certain key events that can symbolise and represent "families" of others that were similar.

IMPORTANT: You will leave a gap between each preference statement for something you will do later, which will be to affirm the deep values that were ignored at the time. About four per A4 page is right.

Please note that you already have the painful memory of what happened in your memory bank, naturally. *There is no value in replaying that memory forwards in your mind again.* If you do, you will re-experience the pain again. Your body may literally go through all the patterns of muscle tension again, such as tight chest, churned up stomach, rapid pulse rate and raised blood pressure that occurred when it

actually happened (just as you have physical sensations when you have a nightmare).

The preference statements are **so important** for a successful forgiveness process that I am going to repeat what I wrote earlier. The ideal preference statements mean:-

- **That you do not use any negative or vague words in the preference statement.**
- **That you describe your preferences so that a third person could, from your description, know what the other person was expected to say or do, and know when they had done it.**

I repeat, imagine you are directing (and thus making in your mind) a movie of what would have met your needs totally. You are the director, totally in charge.

How to get the Preferences Statements so that they work for you

Use only positive phrases and remove all negatives

Examples:

1. Wrong way - the word “not” will prevent success:

“Beginners often start with such phrases as: I would have preferred that you had *not* done ...x,y,z...” but this means you have only restated what the person actually did (=x,y,z)! That will not work for you.

Thus: “I would have preferred that you had *not* got drunk, crashed the car, come back late, violated and beaten me”, is actually a statement of what happened! It is a *complaint*, and your body will probably go through feeling the same bad feeling patterns that occurred at the time the event really happened. It is not clear what it was that you *would* prefer the other person to have done from this statement. It will not work for you in this form and your body will still be tense .

You will have to rephrase it and remove the word “not”.

2. A better way - positive mental imagery:

It will be much kinder to your body, and works far better psychologically, to describe exactly and completely what your preference would have been at the time.

“I would have preferred that you *had* drunk orange juice that night, *had* driven safely and with complete respect for others, and *had* come home by 8pm., that you *had* been happy and smiling, hugged the children and read them a story before they went to bed. Then that you *had* eaten your meal with me, we *had* laughed together and enjoyed each others’ company before retiring by 11pm and making love together joyfully.”

Someone else can get a clear image of your preferences in this “movie”. It is quite specific and concrete. It would have left you free of bad feelings and free of negative beliefs about yourself, anyone or anything else. Therefore it is an effective preference statement.

Sometimes while doing Step 7 you discover that you do not really know what you needed, and/or did not express it. This is important to acknowledge, for if *you* did not know what you wanted, how could *the other person* have known?

Learning how to do **Step 7** well over time will make you a better communicator. There are many examples in everyday life where poor phrasing of your communication leads to poor results. Your spouse, children, friends, and the people in your lifewill now know what you want, not what you *don’t* want.

If you tell a child “Don’t be so clumsy! Don’t drop that glass!”, what is most likely to happen next? You have made a mental image of clumsiness and the child is likely to enact that. A child who is frequently told to **not** be clumsy will actually come to the belief that they **are** clumsy. Thus the very thing that the parents are trying so hard to prevent becomes a prophecy fulfilled.

By contrast, if you tell the child “Pick up the glass carefully and take it across the room and give it to your grandmother”, you have made a clear mental image of success and communicated it effectively. The child knows what to do, understands that you believe he or she is competent, and will get a sense of accomplishment and self-esteem when the task is completed. She will come to believe that she is a competent and capable person.

Use clarity, not vagueness

Be as clear and precise as you can. *Lack of clarity in your preference statements can lead to an incomplete forgiveness.*

Examples:

1. How **not** to do it:

"I would have preferred that you had *been more tidy* "

A better way:

"I would have preferred that you had picked your underwear up off the bedroom floor and put them away in that drawer, at least five days a week". The more vague first version still "holds on" to something, for the person might never achieve the degree of tidiness hidden in your meaning of the words "*more tidy*". Only you know what it means to you. The second version creates a clearer image in the mind's eye. Another person could see this happening, but has no idea otherwise of what "*being more tidy*" is to you.

2. How **not** to do it:

"I would have preferred that you had been *more loving* to me" is quite vague. Ten different people would have ten different interpretations of what "to be more loving" means, all of which might be different from what you actually intended.

A better way - A clear preference statement would be more like:

"I would have preferred you had been more loving - *by which I mean that* you would have kept in touch with me while you were away, i.e. you had written to me once a week, and told me that you loved me, twice in each letter. And when you came back you had hugged me and made love to me every night for a week just like you did in the first year of our relationship".

Even though the imaginary "third person" does not know exactly what the last sentence means, it has been *specified in a concrete way that is verifiable and the one being forgiven knows what they mean*. It is a concrete example. Vague words have been removed.

The words "**By which I mean.....**" can be magic to help you to transform every vagueness into clarity.

You will find forgiveness work much more effective and complete if you attend to this detail.

Be full and complete

Something that can diminish the effectiveness of the forgiveness process is when you "prune back" your preference to something that is actually less than what you really wanted. Usually when doing this you are rationalising that the other person was not able to meet your preferences for some good reason. This does not mean, however, that you did not retain a grudge about this.

Example:

1. How **not** to do it:

"I would have preferred that you had made love to me at least once a year" *could* be a genuine preference, but it sounds more like a complaint, especially if the tone of voice used were to confirm that. The words "at least" suggest that the speaker would really prefer more.

2. Improvements until you get there - how **to** do it:

"I would have preferred you had made love to me five times a week - just like ...z... who was the best lover I ever had!"

However, the person being forgiven cannot know how ...z... made love.

Note that you must also go on to **specify** what you needed (e.g. the way you recognised the considerateness, tenderness, type of touch, tone of voice, style of the arrangements ...z... made, and so on) so that this became clear.

If *you* cannot communicate precisely and clearly, how could the one you are forgiving be expected to know?

You do this by using the words "**By which I mean.....**" until a third person can know what you do mean.

Rationalising that the other person could not meet your preferences is **not** to be used as a reason to prevent you from full and clear expression of what would have met your needs, and freed you from all negative feelings and beliefs.

Getting very clear preferences - Beatrice

Beatrice had a deteriorating relationship with her husband. They had been married many years, but now he was going deaf.

She could no longer communicate with him as she had once been able to do. This was incredibly frustrating for her (and him) yet she did not feel she had any right to be angry. It seemed so “unreasonable”. Nevertheless, she could not stop her feelings of anger at him. This tensed her body and occasionally erupted as unpleasant remarks to him or about him to others. Both felt terrible about this situation.

Doing a forgiveness process enabled her to accept her feelings, and realise they did not have to control her life. She decided to release her negative feelings harmlessly and not to damage her relationship further. When doing an anger release exercise, pounding away at a pillow, and crying out her frustration and sadness, Beatrice suddenly realised that she was not really angry with her *husband* but *with his ears*. The fact that he could not hear her every word did not mean that he no longer loved her (which had been the belief that had been forming inside her). This was quite an insight to her. She would have preferred that his ears had remained in perfect working order for the rest of her lifetime. She also realised the depth of her love for her husband, and how she valued that much *more than* her resentment and the negative conclusions about his love for her.

Releasing her anger and being clear about exactly what would have met her needs enabled her to make a *distinction* between her husband’s body and his True Self and opened her to the flow of love again.

Remember, in making your preference statements, *state what would have met your needs from your point of view*. A satisfactory and complete preference statement describes *exactly what would have negated all the bad feelings and beliefs* that came about at the time of the disappointing or hurtful incident.

Be Creative

Forgiveness of a deceased person for dying:

Preference statements do not have to be “reasonable” - they are simply a complete statement of what *you* would have preferred. Many times have I seen people get relief by forgiving someone for dying (and thus

“leaving them”), even though this does not seem to be “reasonable”.

Thus:

“I would have preferred that instead of dying when I was five you had stayed alive until I was twenty-one”.

Forgiveness of organs:

I have seen a person get relief by forgiveness of her eye - it had been damaged and she had hated it since then, imagining it to be very ugly. (Note: There was also forgiveness of others who contributed to the accident, and self-forgiveness for her own part in the accident to complete the tapestry).

I have seen people get relief from their irritations about the physical handicaps of their loved ones by forgiving the sick, damaged or missing part of their body for being that way. This works even though at first sight it seems a rather strange thing to do, and they recognised intellectually that that part of the body can not ever be replaced.

Forgiveness of things:

I saw a person who cured her allergy to a tree pollen by doing a series of forgiveness processes on the tree for giving her hay fever. Thus:

“I would prefer that your pollen was compatible, comfortable and enjoyable to meetc.....”

It certainly sounds “unreasonable” to the rational mind to expect this result. Your unconscious mind is less limited and works with images and symbols more than with logic, and you are learning to use *its* language.

The forgiveness process recognises that the intellect and the emotions are different, they are *both* important and both must be healed.

Preference statements are “words of power”

The words “I would have *preferred* that you had ...” are much stronger than “I *wish* you had ...” or “I *wanted* you to ...”, or “I *demand* that you.....”. Try an experiment - say each of the phrases in turn out loud for yourself. You will feel the difference in your body.

A *wish* is something you believe to be outside your control - the Fairy Godmother is supposed to fulfil a wish.

A *want* is something you don't have. "Want" also means "lack". It has a whine to it. It is like asking Mummy or Daddy to give it to you. A *demand* that your expectation should be fulfilled is a trap, that leads both parties into potential for disappointment. It is a power struggle. It has hooks on it. It drains energy. A *preference* is something you can choose to let go of. You still have your power.

Beware of changing the words "I would have preferred....." and making wishes as in: "I wish you had" If you make "wishes" you make a mental image of giving away your power (it becomes like a child would speak when making wishes to a fairy godmother or a wizard).

Beware of using the words "I wanted ..." If you "want", you have made a mental image of lack.

Make sure that you express *all* your preferences. Take enough time to do so.

One preference missing can make the forgiveness incomplete - George

It is important to describe *all* the preferences you have about the other person. You may not remember them all at the beginning, of course, but finding all the preferences is important in getting complete relief through the forgiveness process. If you find other ones later you would be wise to process them. George recounts:

"I remember the most difficult forgiveness process I ever did. I had felt badly betrayed by another person. I did as much forgiveness as I *thought* was needed, but I found that I was still *feeling* hurt when I thought of the incident. For some reason the forgiveness was not complete. It was not until a whole year later that I realised that I still held the preference that the person should have apologised to me and told me I was right! I had left something out. I can laugh about it now but at the time it was very painful.

When I included this in my forgiveness process, I felt instantly clear with respect to the person, and great relief. The relationship improved rapidly and completely. Friendship was restored, and I had learned something valuable that I could have learned in no other way.."

Author's note: This occurred before I fully understood how to use the biofeedback method of testing muscle responses (see Appendix) to get recognition of the patterns in the nervous system more rapidly as a guide to the level of completion of the process. We had only the patient's own feelings to let us know whether her she was or was not complete. This was an excellent learning experience for me. The forger's feelings are a guide as to whether the forgiveness is complete, and need to be respected. They correspond to the patterns of muscle weakness or tension that are measured by muscle testing. The problem is that we have a long history of suppressing our feelings and ignoring the messages they may be giving us. The advantage of the muscle testing is that it makes it all more conscious and therefore provides a better chance to ensure that the forgiveness agenda is first of all discovered and brought to light and secondly whether each one is complete.

You will see from this story that although you could learn to be a surgeon without operating upon yourself, you cannot learn about forgiveness without actually practising it yourself! I can assure you also from personal experience that *doing* it is a very different experience from reading about it or deciding that you will do it "sometime". Perhaps this is as good a time as any to say that *using the forgiveness process needs to be a regular form of mental housecleaning*, because you can hardly live through a day without experiencing some occasions when things do not go the way you would prefer. It is good stress management.

Step 7. Preference Statements - Key Points



Preference statements are a clear description of a “movie” in your mind of exactly what would have prevented all the bad feelings and negative beliefs from coming into being.

They need to be

- ◆ **crystal clear**
- ◆ **positive**
- ◆ **complete**
- ◆ **free of all negative or vague words**

Be wary of changing the words given in the forgiveness process until you have done it several times and understand it well. They have been carefully chosen with the help of many students of forgiveness to give the best effect upon your nervous system.

However, once you have fully understood the reasons for the words and format used, there may well come times when you need to change them to suit your particular situation. Please let me know of any improvements you discover.

Step 8. Value Statements

The next step is often both satisfying and empowering. What you will be doing is to go back through each preference statements one at a time, and look for the underlying values that were important to you and which were ignored by the other person. You will write them down in the spaces you left between your preference statements, or your guide will write them down for you. (You will see a demonstration of how this can be done in Ch. 6).

Then you will go through the list and say aloud, for each one:

**“I hold this preference because I believe in the value(s) of
(and say the value(s) you discover underlying each preference statement).....
and you will conclude:
And I seek to express these values in my life.”**

Here is are two examples, including the preference statements that went beforehand:

“I would have preferred that you had told me the truth when I asked you where you had been that night.
I hold this preference because I believe in the value of honesty, and I seek to express that in my life.

I would have preferred that you had burned my letter after reading it. I hold this preference because I believe in the values of loyalty and confidentiality, and I seek to express that in my life”.

Below are examples of the important values that the same people whose negative beliefs have been quoted before discovered underlying their preferences. They may help you understand what you are trying to discover underneath your preferences and to express.

“I hold this preference because I believe in the value of.....

- *Flexibility
- *Involvement with others

- *Clear communication
- *Being interested in others
- *Sharing life experiences with others
- *Doing things together as a family
- *Free, fearless, clear expression
- *Sharing time together with others, especially family
- *Demonstrating affection with right touching (acceptable to the other person)
- *Encouraging and validating others
- *Understanding
- *Trying to understand the true needs of others
- *Looking for the good in others
- *Being forgiving
- *Letting others complete their grieving, standing *with* them as they do so
- *Accepting beauty
- *Clarity
- *Openness
- *Acceptance of others where *they* are at
- *Fun
- *Humour
- *Commitment
- *Trust
- *Reliability
- *Harmlessness
- *Encouraging creativity
- *Courage
- *Protecting children
- *Unconditional Love
- *Generosity
- *Tolerance
- *Nurturing and caring for others
- *Giving others space
- *Valuing differences
- *Taking sensible risks to encourage growth
- *Teaching by example
- *Asking for help
- *The full and harmonious expression of sexual love *as part of a loving relationship*
- *Showing respect for other peoples’ feelings
- *Playfulness
- *Firmness
- *Kindness
- *Discernment - seeing what really matters, and letting go of the non-essential
- *Sensitivity to others
- *Empowering others
- *Giving responsibility to others
- *Being Fair
- *Being willing to acknowledge mistakes honestly and quickly, and to make amends
- *Closeness, intimacy
- *Expression of warmth
- *Empathy
- *Compassion
- *Giving joy, appreciation

- *Giving freedom to others
- *Protecting the innocence of children
- *Correcting injustice
- *Speaking and writing the truth
- *Loyalty
- *Humility
- *Being open to receive love
- *Being open to receive advice or help
- *Trying to see others' needs from their position in life, putting oneself in the others' place
- *Being positive
- *Listening truly to others
- *Asking for help
- *Tenderness
- *Honesty
- *Order
- *Learning from experience, with no blame.
- *Expressing emotions, and valuing people when they do that
- *Expressing Gratitude
- *Telling people you love them
- *Being open to new ideas
- *Patience
- *Giving people hope and joy
- *Encouraging the curiosity of children, and their desire to learn
- *Caring confrontation
- *Creative conflict - leading to win-win agreements
- *Strong love
- *Recognising others fully
- *Nurturing the good potential in others
- *Right touching
- *Meaningful education and communication
- *Joy in all areas of life, including sexuality
- *Friendship
- *Confidence
- *Confidentiality
- *Showing mercy
- *Being fully present to others
- *Setting clear and wise boundaries
- *Giving support where it is needed
- *Giving people the right to speak, to have opinions, to be heard with respect.
- *Meeting the spiritual needs of others in a non-dogmatic way.
- *Keeping promises
- *Good parenting, showing love to children
- *Valuing other peoples' work
- *Impersonal discussion and valuing other peoples' point of view even when it differs from your own
- *Showing children how to make wise choices, rather than always telling them what they *should* do.
- *Educating children in self-worth and sexuality by good example and open

- discussion
- *Teaching children about their sexuality properly
- *Parents role-modelling affection and honesty to their children
- *Giving children praise, and valuing who they are, not only giving praise for stereotyped "achievements"
- *Giving children and others security
- *Teaching children well:-
 - *about what it means and how to become a man or woman
 - *that people of the same *and* opposite sex can be good
 - *how to accept and respect the body
 - *about intimacy
 - *how to be a good mother (or father)
 - *that it is OK to be successful (or unsuccessful). OK-ness does not depend upon success.
 - *how to make wise choices
 - *how to use the will correctly
 - *how to express love (by demonstrating this in your own life)
 - *how to honour the beauty of life.
- *Teaching children about the Inner life, and the whole context of the world and universe, the inter-relatedness of all Life and thus its sacredness, thus enlarging their horizons
- *Teaching children how to discover their deepest values, and establish a hierarchy of values, so that they may use this to make decisions
- *Teaching children how to relate meaningfully to others
- *Teaching children how to recognise and draw on their inner strength and how to cope with challenges
- *Helping children and others to learn to serve with joy

I have found that when the forgiver recognises and acknowledges his or her deeper values (as you will be doing in this step), they feel inwardly much stronger, and *recognise how these values have not been destroyed by the traumatic incidents - if anything they have become stronger.*

When I listen to the voices of my students as they say these sentences aloud, and hear the fine quality and energy that comes through their voices, I realise that I am meeting them at a new level. Now I know more about what is *really* important to them, what "makes them tick", as it were. These deep values give their lives meaning. I realise that I have met with and shared something of this person's True Self.

It is always a moving and deepening experience for me. "This is what this person really cares about. How beautiful he (or she) is within."

Also, the forgiver recognises it in themselves, and this is healing.

Other insights can come through:

- Perhaps you will find out that *you came to choose your career or a major life interest because of your deep involvement with one or more of these values*. I now know many people who have chosen a humanitarian career because they suffered certain kinds of experiences as a child which they determined to understand and then to help others with later. Some even came to feel some gratitude to the other person for helping them find what really mattered to them.

- Perhaps you will discover that you have not always honoured your values as much as you would have wished - if this is so, then the one to be forgiven will be seen by you with more compassion and lenience from now on! This insight will help you to honour your deep values in the future.

- During this stage of the forgiveness process you may discover that *you yourself have been thinking or doing something that you condemn in the other person and have not been willing to look at in yourself*. Whatever we have not forgiven ourselves for we find hard to tolerate in others... What you can forgive in another, you find easier to change in yourself. You will find later that what you forgive in yourself no longer irritates you in others. Eventually you may become grateful to your "enemy" for showing you what you needed to change in yourself.

- Another benefit of the stages of (i) clearly stating your preferences and (ii) your deeper values, will be that *you are learning how to become a better communicator*. Practising the forgiveness process improves your ability to know your own needs accurately, and communicate them clearly. This reduces the number of times that you become disappointed in your relationships.

After Step 8, empowered by knowing what you value, knowingt what you stand for, you

will find it much easier to go on to completely forgive the other person.

Step by step, you will be progressively lifting your consciousness above the emotional level, where the pain was felt. You will be using your mind with increasing strength and clarity. This is a skilful act of mental and spiritual will. You will be learning how to use your will to set goals and fulfil them. The skills developed at each stage of the forgiveness process will have applications in other areas of your life.

You will be learning how to make a change of mind and a change of heart. The heart and mind will be working together.

Step 8 - Values 2 Statements

Key Points

1. Discovering the values beneath your preferences restores to you dignity, power and self-esteem.
2. Discovering any times you may not have honoured these values yourself gives you insight into how you may also need to use the Self-forgiveness process.
3. Discovering how difficult it can be to be clear about your own preferences enables you to realise that if *you* don't know what you want - how can anyone else know, let alone be expected to read your mind and give it to you!
4. Discovery of your hierarchy of deeper values gives you a clearer sense of your true identity (who you are and what makes you "tick") and enables you to make decisions more easily in future.

Step 9. Acceptance

The next step in the process of forgiveness will be the practise of acceptance. This is *not* a passive acceptance, merely surrendering your will to fate. This is an openness and willingness to realise that though you cannot change history, you can change your attitude to it. By doing this you find that you are no longer dominated by feelings about what happened. You to set yourself free of the past.

As before, you will be speaking aloud or writing:

“For whatever reason, you did not meet my expectations, or were not able to. I have had enough of being uncomfortable. And I can see how all the things unhealed between us may keep coming up in my relationship with you or others until I have healed my reactions to them with the forgiveness process.

I am choosing to be free. I now will to heal the effects of these incidents. I choose to no longer be controlled by them. I am choosing to be free of the pain and burden I have let it all cause me. I accept now that what happened was different from the way I would have chosen. “

You will be assessing your answer to the question: How much can I “own” this statement? How much do you intend it completely?

Can you own it one hundred percent and move on? What does it mean to accept history? It does not mean that you condone what happened. It does not mean you have to be walked all over.

At a deep level, the practise of acceptance is built on an understanding that what we may at first regard as “negative” is the background from which the practise of what we call “positive” can emerge into the foreground. Over long periods of human history, and sometimes in a single person’s lifetime, virtues are developed from apparently negative situations.

• If you want to develop courage, for example, you must face your fear in the challenge of fearful situations.

• If you want to strengthen your will, you can only do so in situations of adversity where your weaknesses are put to the test.

• If you want to learn about beauty - you can only do so when presented with the contrast between beauty and ugliness, and choose to bring beauty into the ugliness.

• The times when you are most angry are the times when you are most challenged to practise compassion for yourself or another person, and to recognise people are the way they are largely because of what happened to them in the past.

• If you want to develop your capacity to express unconditional love, you will only be able to do this in situations when your expectations are disappointed, or even indeed, when you are betrayed. You are tested - can you still love enough to want, not revenge, but the best for the other person? Can you let them be responsible for themselves? Can you let them be free and in so doing set yourself free?

Thus so-called “negative” situations can be the seed-beds for the growth of the positive flowers and fruits of consciousness.

Consciousness evolves by Life offering a series of difficult situations and dilemmas. By making wiser and wiser choices, and learning the lessons that are offered, we grow psychologically and spiritually. The advances of technology, political and economic change, the flood of the information age, all these and more, offer each of us many dilemmas. We are faced each day with learning to make the kinds of choices that were not presented to humanity even a few years ago.

Love, will, and wisdom are developed by making choices as life offers a series of dilemmas, which we *accept* and work with. Thus to accept history is to invite and draw in the wisdom and learning from the experiences, and to heal with love the imperfections that were present. To not accept it is usually to become stuck and not gain wisdom or healing love.

In the forgiveness process you are choosing to release love into your memories. You choose to accept life happened the way it did. This is a necessary step if you are to

change your response to the past, to free yourself from being controlled by it, and open the gates for the love that is needed to flow in.

Step 9 Acceptance - Key Points



You have two options about how to use your memory.

Option 1:- Your memory can be used to recall only negative things that happened to you and the pain of them. Many people do this. Replaying past negative events or leaving them unhealed in memory produces no benefits.

Option 2:- Memories can be used in a way that develops certain useful qualities — like wisdom, love and inner strength. Such qualities are usually best developed through adverse circumstances, unless they are completely overwhelming. In this case the memory is used to remember the lessons learned and the wisdom gained. It is not used to replay the painful events over and over.

Acceptance of the past is not necessarily to like it or condone bad actions that were done. It is to recognise the fact that by accepting such circumstances as part of our history we can maximise our learnings.

In the case of the Forgiveness and Unconditional Love Processes we are using our past hurts, disappointments and betrayals to increase our capacity to love. As we accept them in this way we transform our memories to bring ourselves and others benefits.

Step 10. Forgiveness is a Cancellation

Removal of the blocks to love.

The next step will be to cancel for ever in your own mind all the conditions that have been blocking the flow of love and vitality through you. The loveflow has been blocked - to yourself, to the other person, and to others. Now you are going to remove the conditions that have created the block.

The “conditions that blocked the loveflow” have been your demands that the other person should have performed your preferences (or should now do so) before you radiate love and goodwill to them.

Consciously or unconsciously you set goals for them. You had expectations that they would perform your goals for them. When they did not fulfil your goals and expectations, you withdrew your love and goodwill. Thus, you can see that there was a “demand” in your mind that they *must* fulfil your preference, for you to let love flow.

To set goals in the mind of another goes against the law of individual free will. Most of us feel constricted when another person tries set a goal for us. If we set goals in the mind of another we will inevitably feel tension and stress until they fulfil that goal, for as long as we continue to have that goal for them. The distress is felt by both. The energy is somehow tied up and cannot flow.

Each person alone is responsible for their own minds and goals, not another person.

Your “demands” may have been not realised by you at the time. Many of your preferences, even if they were known to you at the time, may not have been made clear enough to the other person. You might genuinely have not had enough power to do so, if you were a small child for example. Yet until those expectations are carried out or your demands are cancelled, they still exist in your own mind, like faulty software programmes in a computer, still faithfully printing out the same painful behaviours every time. Your own feelings and beliefs created the blockage of love and the

consequent pain and tension in you. You have discovered this in the earlier stages of the forgiveness process.

When you created your preference statements (Step 7.) you learned how to become clear about exactly what would have met your needs. Your preferences were naturally that the other person should have said or done what would have met your needs and left you free of negative feelings and beliefs. When they did not do those things, your loveflow for them was reduced or shut down. It could not flow on. The love energy flow through you from your inner source, your Higher Self, became reduced or closed down, just as water becomes dammed back when a river is blocked. When water no longer flows into a whirlpool, it loses its shape. When life-love energy no longer flows through you, your energy field becomes distorted, “loses its shape”.

If you do not pass on what you receive, you come to a point where you can no longer receive love for yourself. Love and vitality are so closely related. Where love ceases to flow, there follows reduced vitality, less livingness. Your mind more easily falls prey to negative attitudes and beliefs. Your energy system becomes weakened, and more vulnerable to physical disease, accident, toxic emotions, unsatisfactory relationships.

When you cancel your demands that the other person should meet your preferences as a condition for you to love again, independently of the behaviour of anyone else, you recover your power to love. You recover your possibility to heal yourself. You recover your power to be your True Self, in action in the world. You re-open the channel for love to flow out to the other person, and for love to flow into yourself on every level - into your body, your memories, your mind, healing and relieving distress.

You will be saying, or writing:-

“I am now choosing to set myself free, to forgive and to restore the flow of love.

I now cancel and remove for ever my demands that you should have said or done whatever I would have preferred

as a condition for me to love myself, (pause), you, (pause), or anybody else.

You will then reinforce this with:-

“I am now cancelling my demands that you should be any certain way as a condition for me to love myself, (pause), you, (pause), or anybody else.

You were (and/or are) totally responsible for your thoughts and actions. I am giving you back that responsibility now. I release you to you own highest good. In so doing I accept back my freedom and power to express love and goodwill”.

You can emphasise this step by making a gesture with your hands of giving back responsibility, and accepting back your freedom and power to express love and goodwill.

Be quite clear in your mind. You will not be handing back blame. You will be giving back responsibility. This step means that you have decided to no longer respond in a harmful way in your energy system (body, emotional or mental nature) for the wrong the other did to you. You are not going to punish yourself for what the other did. You respect the fundamental value of free will - the other person will learn their life lessons in due time, and they are responsible for that, just as you are for your own learning.

“Cancellation” of something means just that. Cancellation. Erasure. Complete removal. Wiping something completely off the account. A debt that is cancelled by someone is *never* due for repayment.

When you cancel your demands that the other person should have met your preferences, you relinquish the right to demand them again. You let it all go, completely. Even if you are tempted to take it back again, you remain vigilant and remind yourself that you have cancelled the debt, that you have cancelled your demands. You do not want to condemn yourself to marinate again in your own negative thoughts or feelings.

This is how you set yourself free. A jailer is not really any freer than the prisoner, they both are “tied together” for as long as the jailer keeps the other imprisoned. By

releasing the other person from the prison of your expectations (the goals you set for him or her), you open the way for new, more wholesome energy patterns to be created - especially in yourself, but also in the space between you and the other person, and in the planetary energy field. To forgive is truly an act of genuine service. It liberates you and others.

From time to time remarkable telepathic effects occur when one person forgives another. After a forgiveness process, people who have not seen or spoken to each other for many years may decide to restore contact with each other and heal a broken relationship. People who could not talk with each other without antagonism find a change in the atmosphere has occurred which allows a beneficial outcome to arise out of discussions.

Alcohol dependency - Timothy

Timothy was an alcoholic teenager, in a family where his father, elder brother, and mother’s new partner were all people with problem drinking. After a row about having got his girlfriend pregnant, he left home and disappeared, vowing he would never return. Many months later, his mother came to do a forgiveness process and cancelled her demands that he should change in any way for her love to flow to him. From many miles away, *the day after his mother completed this forgiveness process*, he telephoned her, asked to return home, and began to take steps along the road to treatment, recovery, and responsible parenthood.

This kind of synchronistic event is not uncommon in the forgiveness work. Drug or alcohol dependent people may decide to go for treatment when the rest of the family gets off their back by forgiving them and giving them back full responsibility for their lives. The practice of tough love and caring confrontation are well established for helping in such situations, and the principles of forgiveness lie deep within both of these.

Unconditional love includes letting others be responsible for their lives. Parents who gradually and wisely let their children assume greater and greater responsibility as they get older are remembered by their children as loving parents. Teachers who wisely and progressively give more responsibility to their

students, are remembered by their students as loving teachers, who drew forth the best in them.

The reverse is also true. Parents may insist that their children always do things their way, or are always over-protecting their children lest they make mistakes. Or they give them too much responsibility too soon, so that the children become overwhelmed and reluctant to take responsibility later. Either way the parent is setting goals in the mind of the child that the child may well prefer not to have. Such parents are not remembered by their children as having been particularly loving, and often figure in the forgiveness work of these children later. Having a *preference* that the child should make no mistakes is not the same as *demanding* that they never make mistakes and withholding love if they do.

Step 10 Forgiveness is Cancellation

Key Points

1. Cancelling the conditions that block love means cancelling your own demands that the other person should have fulfilled (or should now fulfil) your preferences as a condition for you to love - yourself, them, or anyone else.
2. It also means acknowledging that each person is responsible for their thoughts and actions, giving back responsibility (not blame).
3. It means taking responsibility for your own healing, *not* for the bad actions of others.

The remaining steps - an overview

In the early steps of this process you searched out the conditions in you that came into existence when you were hurt or disappointed, and which blocked love in you. Then you removed them by an act of your will. Now that the blocks have been removed, in the next phase you will learn to draw the energy of love into the energy system of your personality from the energy system of the Higher Self and the Source of all love, and to radiate it effectively.

The remaining steps, leading to the completion of the forgiveness of others process, will be a series of guided exercises for healing your body, emotional nature, mind nature, and the relationship. Some people would call it a meditation, although it is not what many others would call meditation. The word meditation is appropriate in the sense that you will be using the creative power of thought to draw in, guide and direct the energy that is love. It is not a passive form of meditation but very active and creative. You will need to keep alert and to concentrate. It is a form of inner *action*. Because energy follows thought, there will, in due course, be outer results. Negative thoughts have created negative results, as you know, and now you are going to use your power of thought more skilfully and positively, in order to create positive results. You will be using the power of thought to create beneficial results in your body, emotions and mind, and to heal the relationship energy pattern as far as you are able.

In a series of steps you are going to be drawing the energy of love into yourself — first physically, then emotionally and mentally. This is important. You cannot give from an empty bucket, you must fill it up first. Energetically, you cannot radiate from an empty system, you must heal your own system first. After that you will be healing the relationship, and seeing more of the overall picture than you may have up till now. After that you will be grounding the forgiveness in your daily life.

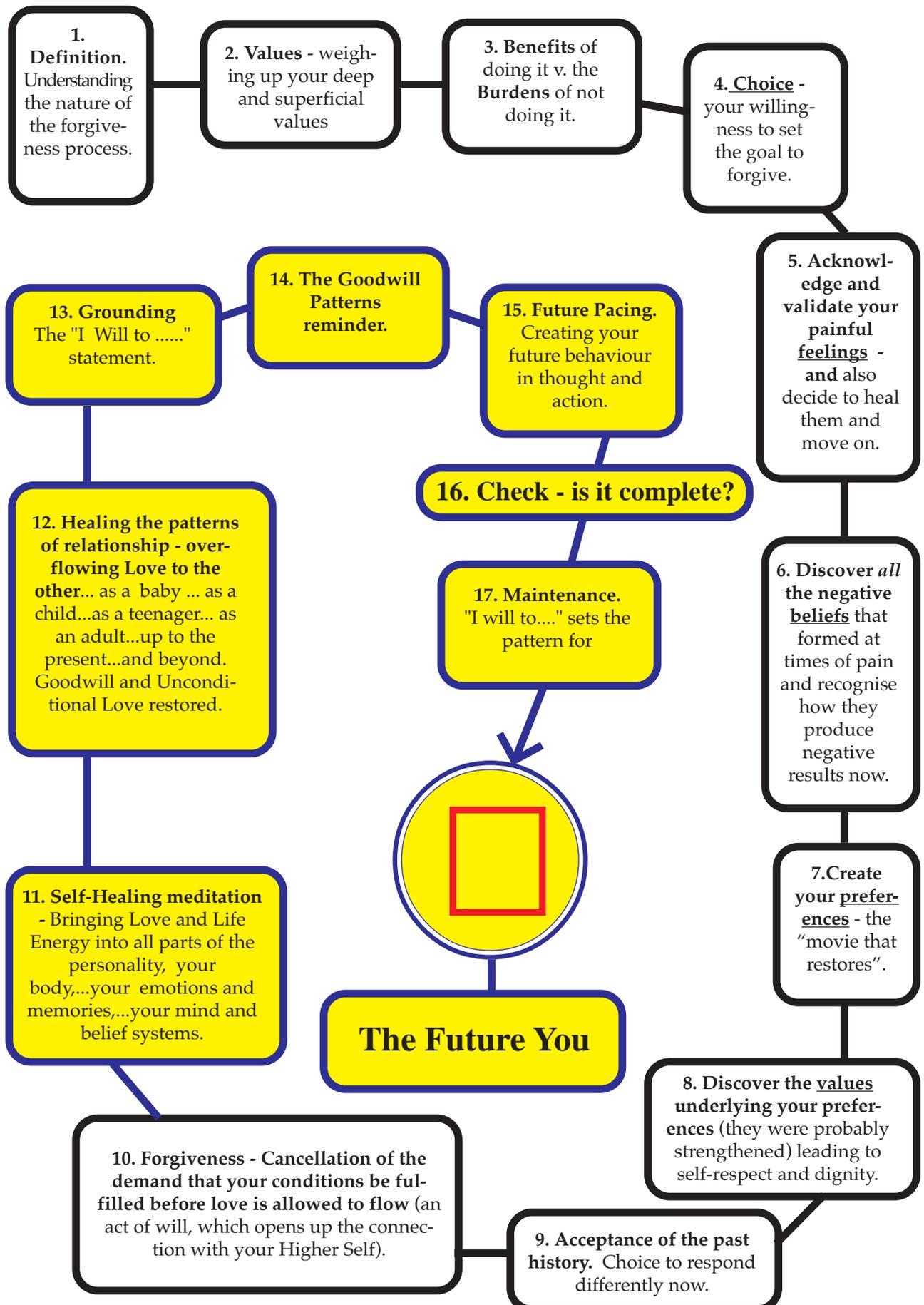
If you have a guide, the guide will be reading the stages of the exercise or meditation to

you, at your pace, and you will be indicating to the guide when you are ready to move at each stage. If you do not have a guide, you could make a tape-recording of this phase of the process. You could read this process into a household tape-recorder. A summary of the words is given in **Part V**. During the healing meditation, you would then press the “pause” button whenever you wanted to spend more time at any point, and the “play” button when you want to move on. There will be some times when you will be speaking aloud as before, but mostly this is a very *internal* process.

There may be times when you receive ideas from your Higher Self that it would be worth recording, either into a tape recorder or in writing. For example, you will receive intuitively some wiser beliefs for use in the future. It will be wise to record and remember them.

Take your time. This is your inner experience. Allow it to flow.

Forgiveness: Final Phase



Step 11 Healing yourself

You will be listening to your guide reading the self-healing process out to you (or you will have made your own recording of it from the summary (Part III), and be using that). You will be seeking to experience it as deeply as possible. This is an exercise in using the power of directed thought. It is an inner use of the imagination (the image-making faculty of the mind) to generate changed patterns in the outer world.

You will let your eyes close. Then you will be lifting up your consciousness to the level of your Higher Self (use whatever term is right for you). This is the invisible *source* within you of the not yet fully expressed love, wisdom, inner strength, and other potential qualities of all human beings. Some people imagine or symbolise this part of themselves as a source of light, like a bright sun or star, above their heads. In pictures from many many cultures this energy centre has indeed been represented by a light around and above the head, or halo.

Like a seed can have a tree within it, the Higher Self has within it the *blueprint*, and the *capability*, for the best that you can become, and of all healing. You will first be recognising its love for *you*, the person you have been and are in the world.

You will then become as open as you can to this part of you that has protected you, nurtured you, and loved you all your life, even through the dark times, and the times of crisis. It is the very source within you of love and livingness.

You will invite and allow the compassion and love of the Higher Self to flow down into you, enveloping you and dissolving the conscious and unconscious expectations and demands that led to the blocked love, and the pain. You will seek to become increasingly open to the qualities of the Higher Self (for example, to the inflow of Love-without-conditions, Compassion, Understanding, Patience, Wisdom, Calm Peaceful Dignity and Poise, and Forgiveness).

(i) Healing the physical nature.

You will be inviting this healing love, imagining it as light, or warmth, (or what seems right to you), to flow into your whole body.

You might start with those parts of your body wherever you have felt pain, tension or disease at any time. Thus you begin the process of absorbing love and radiating it into and throughout the energy of your physical body.

You do not give undue emphasis to these areas, however, simply a loving, gentle acknowledgement of their presence. You invite peace and healing into them, without any force of will. This is pure, gentle, nurturing love, not forced in any way.

You do not need to spend undue length of time on this, because your emphasis needs to shift from the diseased areas to feeding the idea of the health and wholeness of your body.

You will be asked to indicate when you are ready to go on, and then:

You will quickly move on to give more attention to overflowing it into your *whole* body..... like a golden waterfall from the crown of your head to the tips of your toes and fingers,..... from the outside surface right into the deepest core.....from behind your lower back into your pelvic area and legs from behind your middle back to your middle abdomen,..... and into your solar plexus area.....from behind the spine between the shoulder blades into your heart area,..... into the upper central part of your chest, your thymus gland, the centre of immune system,..... from behind the spine of your neck to your throat and arms..... and then on to your whole head area. Include the brain and nervous system, the spinal cord and nerves that connect with all the cells and organs of your body..... all the blood vessels of the circulatory system, According to your situation you will include your bones, marrow and joints..... include the rhythm and mood “centres” of your brain (sleep, appetite, blood pressure, breathing patterns, mood stability, sexual rhythms as relevant).....

You will become aware of your body as an integrated and harmonious whole. You will see how all these parts relate to each other as a whole, each tiny cell, each of the senses and organs, each system working together harmoniously with the others.

You will imagine the whole body functioning in radiant health, If it is right for you to do so you will see it being used to give a valuable service in the world.

Thus you dwell for a time upon the theme circulation of energy; and of health and right relationship of parts to the Whole. You may see a symbol of this wholeness and healing in effect.

[Note on self-healing imagery:

If you are using any imagery techniques for self-healing concurrently with your forgiveness work, you could include here seeing images of the unhealthy areas of your body becoming healthy, and of how your body is bringing this about.

You will *not* give undue emphasis to the diseased areas, however, but rather emphasise the images of health, wholeness and service to the world - i.e. to right function, right purpose, and right relationships in action.

It would be helpful to be muscle-tested (see Appendix 1) to ensure that the pictures you use in your healing imagery definitely lift your life energy, rather than diminishing it.

Did you know that there are more cells in your body than there are stars in the Milky Way Galaxy? All of them, and all the molecules and atoms of which they are composed, come under the sphere of influence of *your* consciousness. They are influenced by your purposes and thoughts. They are constantly being activated, healed, rearranged, and replaced. Your physical “body”, its shape and composition, changes many times in a single lifetime - baby, infant, toddler, teenager, young, middle-aged, and older adult. The way your physical body is now is an aspect of how you have thought in the past and think now. It is the product of what you have eaten, drunk, and breathed in the past, certainly,

but your choice of what to eat, drink and breathe in the past was the outcome of how you thought and made decisions. Your posture, your patterns of nervous, digestive, glandular and muscular activity have all been influenced by how you thought in the past. You are a truly miraculous being, a kind of “god” responsible for the re-creation and management of all the smaller living cells that form the different organs and regions of your body.]

(ii) Healing the emotional nature.

You will be continuing and extending the process of absorbing and radiating love - in this case into and throughout your emotional nature or “body”. The first person to whom love is going to be sent will be the “Inner Child”, or “yourself in the past” - i.e. the person-you-were at the different times of emotional hurt (and whose pain and patterns of reaction you still carry within you).

An important way of using pronouns and tenses — Techniques of disidentification and therapeutic linguistics

What will happen next will be easy enough to do once you have understood the principles. It is difficult for me find the words to describe it which will be exactly right for everyone, so I ask you to be patient with me and yourself until you have understood it clearly.

Step 11 involves a process of “disidentification” or reorientation from the hurtful scenes and their painful patterns. Disidentification means no longer being identified or identical with something, no longer being controlled by it. Dispassion could be another way of describing the mental attitude used here.

Step 11 also involves the skilful use of therapeutic linguistic structures to induce first of all a mild confusion, and then a reorientation from the subpersonality level into the personal self as the centre of consciousness.

What follows is written as if this book is the “guide” and you, the reader, are the forgiver doing the process. If you use this material to

guide someone else it is possible that you may have to make changes at certain points.

1. Switching pronouns

Disidentification can be easier to achieve during Step 11 if you and your guide talk about the “you” (the forgiver) in those scenes as if it were about “another person”, by using the *name* you (the forgiver) had then, or the *third person pronoun* (“he” or “she”).

2. Switching tenses

In addition, switching from past to present tense can be used to emphasise that the experience of the event was in the *past* but the healing is in the *present*.

Examples of how switching pronouns and tenses works:

So that you can get this idea, I ask you to imagine the effect of the following different linguistic structures (sentence forms) on a forgiver. The words in brackets (...) show what tense is being used, and *italics* show the pronouns:

The first form of sentence construction, (a), might bring the past trauma right into the present experience of the forgiver and cause the pain to resurface. This kind of language form (present tenses and the pronoun “you”) should be used only when there is a good bond of trust between the therapist and the student, and there is an intention and permission to induce catharsis. If there is no permission, trust or safety, repression of the memory may indeed be an appropriate strategy, and show up in the form of resistance to further work.

The second example, (b), is an improvement but still runs the risk that the person will “re-enter” the scene and re-experience the pain unnecessarily. It also places the negative belief right in the present as a hidden suggestion - the phrase is “the world *is* a dangerous place...”

The third example (c), uses the forgiver’s name and third person pronouns. It will have the effect of centring the forgiver’s consciousness more firmly in the “observing personal self”, which was described in part one. The personal self is the part that has the power of conscious choice and will. When you are centred there you are able to direct your emotional nature, and not be dominated by it. It is like being the

conductor, not one of the orchestral players.

(a) “See (present tense) the memory where *you* are being attacked (present) and feeling very frightened (present) and coming to believe (present) that the world is (present) a dangerous place...”

(b) “See the memory where *you* were being attacked (past) and were feeling very frightened (past), and coming to believe that the world is (present) a very dangerous place...”

(c) “See the time when *John, the person you were*, was being attacked (past), and *John* was feeling very frightened (past) and came to believe (past) that the world was (past) a dangerous place... Now see (present) the Higher Self go to *him* (present) as *he* was then (past) and lift *him* (present) out of the picture... and give to *him* now (present) what *he* truly needed then (past)”

Does this confuse you? There is no need to be disturbed if it does. The experience the forgiver has when these linguistic styles are used is the “proof of the pudding”. It appears complex when spelled out in prose, but in practise it is effective.

The reason for doing this is that if the pronoun “you” is used during this part of the meditative exercise it tend to have the effect of placing the “you” (i.e.the forgiver) emotionally back into the painful scene, causing you, (the forgiver), to re-experience the incident as if it were happening again in the present. That can re-induce the experience of emotional pain, which is not needed at all to produce the healing. This is avoided by using the technique described above.

There is no need to be daunted if it seems a little confusing at first. In fact the confusion induced is in itself therapeutic, because it separates the old painful pattern off from the centre of consciousness, for transformation. We have not been accustomed to using language skilfully as a therapeutic tool in our everyday conversations.

You will find it quite easy to do with

practise.

To save writing “the person-you-were” every time it comes up, I will insert the character ...□... wherever you would in fact put the forgiver’s name into the process.

Wherever you read ...□...you will simply insert the forgiver’s name, or “the person you were”, or an appropriate third person pronoun, (“he” or “she”) according to the appropriate gender.

You (the forgiver) will be imagining that you can see in your mind’s eye a kind of video screen in which you can replay scenes from your past. This video is entirely under your control - you can place it as near or as far from you as feels right for you. You can tune it so that you hear what happened *then* as loud or as soft as is comfortable and right for you. You can make the pictures clear or blurred as you choose. You can turn off the picture whenever you want. You are in charge, and your intention will be simply to send love to yourself-as-you-were in the different situations as you review them. You will be inviting in and allowing the love of the Higher Self *now* to heal your hurt feelings *then*. You will be healing “yourself-in-memory”.

You will continue to draw the love flow down into your body as before, and as you do so, you will also start “overflowing” it into your emotional nature. You will do that by sending love to your “younger-self-as-you-were-then” in those unhappy scenes as follows.

You will look at ...□...(forgiver’s name) ...on the video screen of your mind’s eye, in the earliest scene with the person you (as personal self in the present) are forgiving, in which ...□...was hurt or disappointed. You will then be making an image of the love of your Higher Self going to ...□...(remember to insert the forgiver’s name here, or the appropriate gender third person pronoun) like a pair of very loving and caring hands, or like a very wise and loving being, and lifting ...□...out of the picture and drawing ...□...to one side of the picture, and holding ...□...cradling ...□...if need be, holding ...□...in exactly the right way that ...□...needed then. The love flows through

those hands, into the hurting places in ...□...s body and brings all the hurt feelings to peace now. A deep and lasting peace. When ...□...is ready, and perhaps even signals to you (personal self in the present) in some way that that is so, then you watch how gently Higher Self places ...□...back in the picture, ... back in the memory, ... at peace now.

You (forgiver in the present) will then be repeating this process in sequence with respect to all of the disappointing incidents that happened between ...□...and the person you are forgiving. You (forgiver in the present) will be repeating this process for each memory which the Higher Self knows needs to be healed (or for memories that are representative of several incidents that happened and which can be healed together in this way). You (forgiver in the present) will find that you can trust the wisdom of your Higher Self to show you what you need to see. You (forgiver in the present) will simply let the Higher Self show you the scenes it knows need healing, one by one. And in each case, the love of the Higher Self will go to ...□...and draws ...□...to one side, out of the picture, and the love will flow through those loving, caring hands into ...□...bringing all the hurt feelings to peace, ... bringing it all to peace, ... now.

You (forgiver in the present) will be inviting this to this happen for each of the painful events you (forgiver in the present) have referred to in your preference statements, Step 7, earlier.

You will take plenty of time. Sometimes the Higher Self will show you scenes that were “forgotten” until now - the Higher Self knows all about ...□...and his or her whole life story.

To send love to ...□...the person-you-were as he or she was in the past is to heal the pain, anger, hate, resentment, fears, humiliation, griefs, envies, and abuse. Not to do so is to leave the “Earlier You” still in pain in your memory, and thus in some way to continue the abuse into the present. To complete the forgiveness process is to heal this abuse and its effects. To delay the forgiveness is to continue the abuse. The “Inner Child” or “Earlier You” desperately needs the love to flow again.

When this emotional healing part is completed, you will know that you are ready to go on to healing your mental nature.

(iii) Healing your mental nature, or Mental housecleaning.

In this exercise you are continuing to receive, absorb and radiate love - this time into and throughout your mind nature, or “mental body”. You will keep love flowing into your physical body, through your emotional nature and memories, and then begin overflowing love into your mind, to break up, dissolve, and heal all hurtful negative thought patterns that came into existence at those times. You are going to be healing all thoughts of harm to yourself or others, all critical thoughts, all negative beliefs about yourself or others, all beliefs that are untrue in the light of the love, wisdom, and compassionate understanding of your Higher Self. This is mental housecleaning.

One way you can symbolize this will be to imagine a jig-saw puzzle on a tray, which represents the patterns of thought and beliefs which arose in ...□...earlier you) at the times of those past interactions with the one you (forgiver in the present) are forgiving. You can imagine the love and wisdom of the Higher Self shining down upon this tray like a ray of light, and gradually the tray becomes lifted up and tilted, so that the pieces begin to slide off, to separate completely, and to fall down to the ground. This symbolises that disruption of the old pattern that needs changing.

As the light beam of love and wisdom continues to shine down on the pieces, you will imagine that it softens the edges, cleans the surfaces completely with compassionate understanding, so *they can never go back the way they used to be*.

The “thought space” that was previously occupied by the negative beliefs will now be free again - available to you (forgiver in the present) to create the new, loving, wiser thoughts and beliefs, - ones which will enhance life and serve you and others better in the future. When this has been done, the “pieces” will be able to go back into ...□...s mind, fresh, purified, and to be used in future to make thoughts which are undistorted, - true in the light of the love and wisdom of the

Higher Self. Such thoughts and beliefs will then be more compassionate, more loving, more wise, and more appropriate for the next stages of your life cycle.

In this way the “partial truths” ...□...came to adopt at the time of the experiences with the person now being forgiven will make way for the larger truths, perspectives and deeper understandings of the Higher Self.

You (forgiver in the present) will be bringing each of the negative beliefs you have uncovered earlier in the forgiveness process forward in turn, and letting the light of the Higher Self shine down upon them, one by one, allowing it to show you the truth.

You (forgiver in the present) will be discovering from the Source of wisdom that is within you, your Higher Self, what are the *larger* truths about:-

- ...□...the forgiver’s own name),
- men,
- women,
- relationships
- families
- children
- teachers
- learning
- authority
- money
- sex,
- work
- play
- God
- the world
- life
- anything else important

Obviously not all these may apply, but do be thorough — you may be surprised to find out how many of your beliefs were affected by times of emotional pain.

To do this step thoroughly, you will need to refer back to the list of the forgiver’s negative beliefs which you made during Step 6.

You bring each negative belief forward in turn, and for each of the old beliefs, let your Higher Self reveal to you the larger truth which is to replace it.

You may also find that the Higher Self reveals to you the good that has, or may

yet come out of all this - the wisdom and personal growth you have gained from these experiences, for example.

You will let the old, negative beliefs be replaced with new ones, as you let love heal the past and bring in the wiser belief systems that will serve you and others better.

You will let love “run through the corridors of your mind”, seeking out all negative beliefs, and replacing each one with a wiser, more loving, more compassionate, and understanding belief system.

It is well for the forgiver to speak aloud the new beliefs, and write them down, or have the guide write them down beneath the old beliefs, in the spaces left during Step 6, so that the patterns are brought into the forgiver’s nervous system. Remember, forgiver, that you are seeking to understand the real, deeper, or larger truth about yourself, about the one you are forgiving, and about men, about women, etc.

Upgrade on negative beliefs about self:
“The larger truth about ...□... (the forgiver’s name) is.....”

Upgrade on negative beliefs about the one being forgiven:
“The larger, more compassionate truth about (name of person being forgiven) is”

“The larger truth about the nature of men is”

“The larger truth about the nature of women is”

“The larger truth about relationships is”

“The larger truth about the nature of children is”

“The larger truth about the nature of families is”

“The larger truth about the nature of sex is”

“The larger truth about the nature of money is”

“The larger truth about the nature of work is”

“The larger truth about the nature of play is”

“The larger truth about the nature of

authority is”

“The larger truth about the nature of the world, life, is”

And adds anything else as relevant to your situation

Other phrases that open up the flow of wisdom can be:

“In the future you can learn to see that.....”

“In the future it would be wiser for you to operate out of the belief that.....”

The guide can facilitate this part by asking questions such as:

“And what is the Soul or Higher Self’s perspective about...e.g. the purpose or nature of ...□...,

..... of men?” .

..... of women?” .

..... of relationships?

..... of money? .

..... of sex?

..... of work?,

..... of play?,

..... of authority? and so on

Or, “What is the Soul’s perspective on how ...□...can be like in the future?”

The forgiver receives the intuitions without censorship and speaks them out for recording. The process can become quite flowing and speedy if a certain focussed attention is maintained. It is also important to take enough time for the gifts of wisdom from the Higher Self to register in the brain, be relayed by the voice and written down, for they can be evanescent, and soon forgotten as can be a dream soon after waking.

IMPORTANT REMINDER: It is wise to write out the larger truths and perspectives received from the Higher Self for future reference and use. These will form the new, sounder pattern of beliefs from which to operate in the world.

When you have finished this step, you will be full of love on every level (physical, emotional, and mental), and will be ready to overflow the love energy towards the person you are forgiving, throughout his or her whole life cycle. As you do the next step you will very often get a fresh perspective about this person and come to “see” them quite differently.

Step 11 Healing yourself - Key Points



Healing yourself involves drawing the energies of love and other healing qualities into the physical body; into the emotionally charged memories to heal the “previous you”; and into the mind to heal all the negative beliefs; and to do this with the larger truths of compassionate understanding and wisdom. We must all do this if we are to be able to love our neighbours as ourselves.

The technique of doing this requires attention to certain details in the skilful use of tenses and pronouns in sentence construction. This can change the language from conversational to therapeutic as it assists disidentification or disorientation from the painful contents of memory to occur, and facilitates centring the forgiver’s consciousness in the personal self and Higher Self qualities.

FINDING THE BEST WAY TO WORK

Some people find they can work quite easily from the written word in the summary of the process in Part III.

Others find they prefer to make a tape recording in their own voice of the text which the guide would read to them drawn from the summary in Part III.

Others prefer to work with a guide. People who are interested in mastering this skill have successfully formed pairs or trios, and met one evening each week. They help each other complete the work and find it deeply satisfying. See page 143 for more about Self Help Groups..

Step 12. Healing the Relationship

Step 12 is the use of directed thought to heal the energy patterns between you and the one you are forgiving.

This stage is also not easy for me to describe in words that will fit everyone's situation, so I ask you to be patient with me and use your own wisdom to find the meaning for you. Then by all means find your own words that work better for you. You, or your guide, may well come to adapt the words in this section intuitively as inspirations come from your own Higher Selves.

For example, the words I give in this stage may need to be changed depending upon whether the person you are forgiving is younger or older than you (the one doing the forgiveness process). The wording would obviously need to be a little different depending upon whether it is one of your parents or children you are forgiving. (Indeed the wording of any part of this whole process may need to be changed to suit individual circumstances of age, culture, language, educational background, styles of thinking and learning and so on. This process is constantly evolving from suggestions made by many people, and any suggestions you have for improvements will be very gratefully received and considered in the preparation of future editions).

You have sent healing love to the "person-you-were" in all your memories. Now you are going to be establishing or re-establishing a bridge of loving goodwill energy between you and the person you are forgiving. You are going to be sending love to them throughout their whole life-cycle, and especially to them *as they were when they were conditioned into the negative ways of thinking and behaving which finally disappointed and even deeply hurt you.*

With your eyes probably closed at this time to aid your concentration, you will be continuing to invite the pure, unconditional love of the Higher Self to flow into you, filling you up physically, emotionally, and mentally, warming your heart, and flowing through you. Then you will be visualising (creating in your imagination) the energy of love overflowing joyfully through you, pure love from the Heart Centre, which is energetically in a place behind your physical heart, in fact behind your spine

between your shoulder blades. You will guide the radiation of love with great wisdom from the region called the Brow or Ajna Centre (the so-called "third eye") just behind your forehead, like a fountain, or like bridge of light, a wave of loving energy flowing out to this person, to surround them, *as they were when they were just born.*

You should not concentrate excessively upon these areas, but be aware that love does flow *through* you from the Source, via your Higher Self, and there are places in your energy system that are involved (hence phrases in everyday English like "warm-hearted, cold-hearted, hard-hearted, open-hearted"). You are also facilitating the healing, the restoration of love flow in the energy body, of the whole of Gaia, the planet Earth — for all human energy systems are interconnected.

You will be imagining the person you are forgiving first of all as they were when just born — as just a baby, naked and defenceless. You will be beginning by joyfully overflowing love to this person as he or she was when just a baby. Neither they nor you know that you are going to meet later. It is fairly easy to send love to a baby.

Next, you will be joyfully overflowing the energy of love to this person as you watch him or her start to crawl, then to walk, and to go through their childhood. You will be "meeting" this person now as they were when they were very, very young. You may never know all of what happened to this person in the past, but certain things did happen to him or her, certain experiences with their mother, father, teachers, brothers, sisters, family, friends, partners, enemies.... certain things that will condition them to becoming the way they are when ..."□"...meets them.

Then you will be continuing to let your love overflow joyfully out to them through all the experiences which you have previously described in your preference statements, Step 7, and in which you have already sent love to ..."□"...And any other times that come to your mind that were not recalled previously but are revealed now to you by your Higher Self. You will be letting this be done *free of the fact that this person did not meet your expectations.* You are

completely in charge now. There are no conditions or demands to limit you or your capacity for compassion and love.

You may well find that waves of understanding and compassion for this person will flow into you, and *through* you, now or in the near future.

You will take all the time you need to do this stage fully. At some point you will affirm aloud, or write:

“I send this love out to you from my Higher Self to you just as you have been, are now, and may be in the future.”

Some people prefer :

“I send this love out to you as a Higher Self to you just as you have been, are now, and may be in the future.”

Or, if you prefer to use the word Soul:

“I send this love out to you as a Soul to you just as you have been, are now, and may be in the future.”

And you will be overflowing a wave of the energy of love again, joyfully.

You will notice whether your image of the person changes. You will be checking whether you have fully released them and let them go. If it seems relevant, you take the opportunity to add:

“I ask you for your forgiveness for any parts I may have played in creating what happened between us”.

And you will be overflowing another wave of the energy of love again, joyfully.

Note: The last sentence may help you to uncover things that may need healing with the Self-forgiveness process. Sometimes you may find that there were things *you* did or thought that contributed to the broken relationship. You may still feel badly about them and they will need healing as well.

By the end of Step 12 you will have changed your own energy patterns and the energy pattern between you and the other person. You will have played your part in improving the “atmosphere” between you. You are now acting as a soul, and less as a

personality. Now it will need to be “grounded” in daily life, and this will need your will again.

Step 12 Healing the Relationship - Key Points



The conditions that blocked love having been cancelled, you are now free to overflow the energy of love to the forgiven one throughout his or her *whole life*, from babyhood to the present and beyond, through all the times they were hurting, not getting their needs met, and being conditioned to become the person who would one day disappoint you. You also send love to them in all the memories of when they did disappoint you.

You build a bridge of the energy of love, goodwill and wisdom between you and the other person, *heart and head working together*.

YOU MAY WELL BEGIN TO GET A VERY DIFFERENT PERSPECTIVE ON THE PERSON YOU ARE FORGIVING WHEN YOU DO THIS - YOU BEGIN TO SEE THEM AS A WHOLE, THEIR WHOLE LIFE IS STRETCHED OUT BEFORE YOU LIKE A TAPESTRY, WITH ALL ITS TRAUMAS AND HURTS. YOU BEGIN TO UNDERSTAND MORE OF HOW IT ALL CAME TO HAPPEN. COMPASSION BEGINS TO FLOW IN. YOU SEE DEEPER INTO THE TRUE CAUSES OF EVENTS.

Step 13.

Willingness to ground the forgiveness in daily life

You will be saying aloud firmly, or writing:-

“I will to keep this change in me intact.”

You will be continuing to overflow waves of the energy of love as you put all your intention behind these words.

Step 14.

Willingness to use the 7 Goodwill Patterns.

To “ground” the forgiveness even further, you will re-mind yourself of those mindsets, the Goodwill Patterns which are the essential parts of unconditional love. A mechanical watch needs every part in place and in working order to keep good time. Your body needs every organ to be in place and functioning properly for you to be healthy. Unconditional love needs you to set each of the Goodwill Patterns in your mind for them to come through into your thoughts, feelings and behaviour.

More and more will you come to see each of the following mind-sets as vital goal-attitude combinations that you need to set in your own mind, for Unconditional Love to be expressed by you in your life. You can always refer to Ch.3.9 for more detail about these Goodwill Patterns.

What will follow is a series of statements that will re-mind you

- (a) what these special mind-sets are, and
- (b) that you are master of your own destiny - *you do not need the person you have forgiven to change in any way in order for you to practise any of these mind-sets and to love unconditionally.*

From the way your voice sounds as you speak, the way your writing is as you write, from the feeling in your body, you may recognise the need for you to work on developing one of them especially. This is a useful discovery. You may already be skilled at some of the good will patterns, yet need to develop others. Step 14 of the forgiveness process can therefore be helpful at

- (a) showing you your strengths and
- (b) indicating to you your next task in your psychospiritual growth.

So you will be continuing aloud or in writing, as if addressing the forgiven one, and with emphasis:-

Rukha

inner radiant peace, calm, serenity:

- ◆ “You do not have to change (or have been different in the past)
- ◆ (i) for me to practise calm poise and inner peace,
- ◆ (ii) for me to serve the cause of peace,
- ◆ (iii) for me to decide to remain calm and peaceful even when being harassed.

Khooba

giving selective attention to uncovering and drawing forth the good:

- ◆ You do not have to change (or have been different in the past)
- ◆ (i) for me to recognise, accept, and develop the good in myself.
- ◆ (ii) for me to look for, and recognise the good in you, - and to tell it to others.
- ◆ (iii) for me to imagine the best that you and I, and our relationship, could yet become.

Makikh

being open to find out and having the intention to meet true needs:

- ◆ You do not have to change (or have been different in the past)
- ◆ (i) for me to understand my own needs and to act harmlessly to get them met.
- ◆ (ii) for me to seek to understand your needs the way they are from your position in life.
- ◆ (iii) for me to be very willing to meet your needs *if it practical for me to do so*

Clear

Communication

- ◆ You do not have to change for me to be willing to communicate my needs

and preferences clearly in language that you can understand.

- ◆ You do not have to change for me to be willing to make the necessary effort to understand your communications accurately, whether it is by words, body language, or non-verbal behaviour. You do not have to change for me to be willing to check out that we are understanding each other properly.

Abilii

BEING OPEN TO SEE AND JOYFULLY CORRECT THE ERRORS IN ONE’S OWN MIND THAT BLOCK LOVE:

- ◆ You do not have to change (or have been different in the past) for me to be glad when I find an error in my own mind-processing, and self-correct it with joy!
- ◆ You do not have to change (or have been different in the past) for me to unblock my own flow of love.

(Note: Such errors or being “off-target” could reflect themselves as patterns of: criticism/blaming/hating of yourself or others, false guilt or fear, resentment, excessive grieving, depressing yourself, envy, holding expectations, not giving responsibility, withholding love when it could be given, unforgiveness, closing yourself off, looking for and recounting the bad you see in others, not being fair-to-all etc., etc. See Self-forgiveness Process for more about such “errors in the mind”)

Kenoota

being open to seeing and working towards what is fairest-for-all:

- ◆ You do not have to change (or have been different in the past) for me to work towards what is *fairest-for-all* in any situation, more than merely what is just in law, or for revenge.
(That is, towards what is fairest to you, to me, to our children, to all our relatives, etc..... to the future children of this and other countries...to animal life...to plant life.....etc.)

Dadcean b'libhoun

being open to seeing the Big picture, and developing holistic vision:

- ◆ *You* do not have to change (or have been different in the past)
- ◆ (i) for *me* to step back and see life from a clearer, broader, more inclusive perspective,
- ◆ (ii) for *me* to see much more of the whole in any situation, to see the value of different viewpoints, and to see the interconnectedness of the Earth (Gaia), all people and all kingdoms in nature, and of the chain of past, present and future causes and effects, all the sequences and consequences.

Rakhma

All 7 together — Unconditional, inclusive love in action:

- ◆ *You* do not have to change for *me* to practise Unconditional Love and Goodwill in both thought and action.”

The first seven paragraphs describe the Attitudes or Patterns of Goodwill, which are capable of leading to right human relationships whenever and wherever they are practised.

The last paragraph, Rakhma, is the inevitable result of practising them all. It is inclusive love. Unconditional Love in thought and action.

These patterns are survival skills for humanity. Their power to heal is enormous and certainly not yet fully exploited by us. They deserve to be more widely known and used. They deserve to be as commonly used as we wash dishes or clean our teeth.

As mentioned before, going through this stage carefully will be helping you to recognise which mindsets and skills you need to develop more, and which ones you are already doing well.

If you can, and you feel it is right for you to do so, you may find that by this stage you are beginning to feel some measure of gratitude to the person you have forgiven, as someone who

has helped you (directly or indirectly) to learn more about the nature of love. The disappointments did *not* destroy you, your Inner Self, or your values - if anything they made your values stronger, and may have contributed to important life decisions, like choice of career. They have thus helped your development as a human being.

Gratitude to the one you previously thought of as a kind of “enemy” can be a gift of many forgiveness processes, if not at the time, then often later. There is an old saying that you can “learn as much from your “enemies” as from your friends”.

Whatever you have been able to forgive completely in others, ceases to have any counterpart in your own makeup. Every healed personal relationship contributes to the improvement in the total energy pattern of our planet, and will have beneficial consequences to ourselves and the children who come after us.

Steps 13 & 14

Grounding the Forgiveness and the Goodwill Patterns

Key Points

(i) A verbal or written “will statement” to keep the changes you are making intact firms up your intention in your brain, nervous system, and body.

(ii) Re-minding yourself of the Goodwill Patterns speeds up the process of your being able to maintain them in everyday life, shows you which ones you need to develop more strongly, and brings your power back within you.

Step 15 Future Pacing the Changes

Replacing the habits of the past

The benefits of mental rehearsal are well known. The world's leading athlete's practise in their minds how they will perform in the next competition — to perfection. People who make speeches or act in plays also rehearse exactly what they will do. Mental rehearsal is the way you improve your actual performance.

It is very important that you create and rehearse in your mind the differences that the forgiveness work you do will make to you in the future. Energy follows thought. What you create in your mind is how you will become.

In Step 15 you will be practising in your mind how you will think and behave differently in situations with the person you have forgiven, or with people similar to him or her, in a few days or weeks from now. You will be picturing yourself acting with greater love, wisdom, and inner strength, with patience, understanding, compassion, or any of the other qualities of the Higher Self that are needed, in certain specific situations in your everyday life. These could be at home, at work, school, with certain people....., wherever.

How will your eyes look? How will you walk? How will you move, gesture, speak, write, and relate to others? You will be visualising, or creating in your mind the changes you choose, now that you are no longer controlled by the old beliefs systems or emotional patterns of reactivity. You will be seeing yourself acting in various ways that show love, wisdom and inner strength. You will see yourself successfully using the Goodwill Patterns in action.

You may be surprised how often you will receive inspirations and good ideas from your Higher Self as to how to do this, *as well as the actual qualities you need to put the ideas into action*. The fact that these qualities come forth into your life through exercises like this, is one of the most convincing evidences of the existence of the Higher Self, - the invisible source within all people of such qualities. You can “call them forth” from within you. This is called invocation, and is a scientific process that we are beginning to understand more fully in recent years.

Make plenty of mental pictures of yourself acting in the wisest, most loving, and strong way that you can imagine, at the same time that you continue to invite and draw in more and more wisdom, love and strength from your Higher Self.

You may be pleasantly surprised as you discover in the coming days or weeks how easily you will be able to apply the Goodwill Patterns to your relationships with increasing success and benefit. So that this happens you will be making a selection of mental pictures of yourself acting in the way that is the best you can imagine. At the same time you will continue to invite and draw in more wisdom and love from your Higher Self. Opportunities to use them will certainly arise in your life, and your progress will be rapid.

Here is a check list of ideas you could be using as you do this “future pacing” part of the overall exercise, and at any time you need them. Naturally you will also invent your own methods.

Cultivating the Patterns of Goodwill

Rukha

- You can imagine yourself taking the time needed to create peace within yourself before coming to a decision or course of action.
- One simple way to do this is to use voluntary control of your breathing pattern. Take care to breath fully and deeply, especially in the abdomen, not only the upper chest, because breathing tends to get locked in to the upper chest when one is uptight. Discover the differences this makes to you.
- Another way is to use the Self-identification exercise.
- Another way is to imagine lifting your awareness up into the centre of your Higher Self or Soul, a place of beautiful Light and Love above your head and resting there, at Home in Rukha, the

place of Peace. You imagine yourself doing this long enough to bring all your parts into harmony, calm and peace before coming to a decision or response.

- Give this quality of Rukha your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.
- Imagine a symbol that for you captures the essence of Home in Rukha. Make a sketch of it and place it where it will re-mind you of this quality often, even when you are thinking of other things — in your home, office, classroom, by your bed, on a door that you pass through often, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Rukha, — being centred in Peace.
- Gradually you will find you are maintaining an attitude of Inner Peace increasingly throughout every day.

Khooba

- You can imagine yourself keeping your attention focused only upon what is the good, or potential good, in the other person(s), in yourself, in a relationship, or a situation.
- Imagine yourself focusing *selectively* upon the good that could come out of the situation. Notice that you can choose to visualise yourself simply *withdrawing attention* from the “bad” so as not to feed it any more energy. As you choose to give it no more energy at all, it dies of its own accord. The enlightened response to imperfection is not to attack it, but to seek to heal it. You are watering the good plants pulling out the weeds.

- You imagine yourself honouring the potential for healing in future situations by thinking, and doing certain quite specific things, making this pattern relevant to your everyday life.
- Give this quality of Khooba your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality, for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.
- Imagine a symbol that for you captures the essence of Khooba. Make a sketch of it. Place it where it will re-mind you of this quality often, even when you are thinking of other things — in your home, office, classroom, on a door you pass through often, by your bed, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Khooba, — selectively drawing forth the good and potential good in yourself, others, relationships and situations — in preference to the bad (which I have facetiously called “Nooka”, or “NoOKa”!)
- Gradually you will find you are maintaining an attitude of Khooba increasingly throughout every day.

Makikh

- You can imagine yourself finding out what each person’s basic needs (your own and the others) are in a situation.
- Use the List of Basic Needs (listed in both Ch 3.1 and 3.9) to help you do this. Imagine how those needs could be met and what could you do to help this along.
- Give this quality of Makikh your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.

- Imagine a symbol that for you captures the essence of Makikh. Make a sketch of it and place it where it will re-mind you of this quality often, even when you are thinking of other things — in your home, office, classroom, by your bed, on a door that you pass through often, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Makikh, — seeking to meet the true needs of all in any situation.
- Gradually you will find you are maintaining an attitude of Makikh increasingly throughout every day.

Clear Communication

- You can imagine yourself able to communicate clearly and with love. You can share your point of view, your needs and your preferences, clearly and firmly.
- Instead of with rancour, you imagine how you will speak and act strongly yet caringly. Instead of reacting with judgement or criticism of yourself or others, from now on you respond lovingly.
- Without being defensive or attacking you are clear and firm about your needs and perspectives.
- Give this quality of Clear Communication your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.
- Imagine a symbol that for you captures the essence of Clear Communication. Make a sketch of it and place it where it will re-mind you of this quality often, even when you are thinking of other things — in your home, office, classroom, by your bed, on a door that you pass through often, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Clear Communication.

- Gradually you will find you are maintaining the skill of Clear Communication increasingly throughout every day.

Abilii

- As you imagine your future you can imagine yourself easily able to remove from your mind all the blocks to love, joyfully. You check if there are any “errors” in your own mind that need to be corrected, *joyfully*.
- You search deeply and honestly, and easily replace the negative patterns with the positive ones (for example, intolerance with tolerance, impatience with patience, criticising and blaming with compassion and constructive action, pride and arrogance with humility, pessimism with hope, hate with unconditional love and joy, and so on).
- See the difference it makes to your future behaviour as you imagine yourself doing this. This truly is good quality therapy.
- Give the cultivation of Abilii your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.
- Imagine a symbol that for you captures the essence of Abilii — joyful self-correction and removal of the blocks to love in yourself. Make a sketch of it and place it where it will re-mind you of this quality often, even when you are thinking of other things — in your home, office, classroom, by your bed, on a door that you pass through often, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Abilii, — joyful self-correction and removal of the blocks to love in yourself.

- Gradually you will find you are maintaining an attitude of Abilii increasingly throughout every day. It is the key to the relief of mental stress.

Kenoota

- You can imagine yourself discovering and working patiently and effectively towards what would be Fairest-for-All in the situation (more than for only legal justice or revenge).
- Give this quality of Kenoota your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.
- Imagine a symbol that for you captures the essence of Kenoota — or Fairness to All. Make a sketch of it and place it where it will re-mind you of this quality often, even when you are thinking of other things — in your home, office, classroom, by your bed, on a door that you pass through often, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Kenoota, — seeking to discover and actualise whatever would be fairest-to-all in all situations.
- Gradually you will find you are maintaining an attitude of Kenoota increasingly throughout every day.

Dadcean b'Libhoun

- You can imagine yourself able to take the wisest, most inclusive possible view of a situation.
- You are able to include all the interconnections of people with each other, and with nature, and of past, present and future causes and effects.

You are increasingly able to “see things whole”. You see the benefits that come to you and those around you from doing this.

- Give this quality of Dadcean Libhoun your attention. Notice this quality when you see it in others — your friends and acquaintances, and in the news, or books that you read. Write an anonymous letter of gratitude to people who demonstrate this quality for the inspiration they have given you. This is a very powerful way of cultivating a desired quality in yourself.
- Imagine a symbol that for you captures the essence of Dadcean Libhoun. Make a sketch of it and place it where it will remind you of this quality often, even when you are thinking of other things — in your home, office, classroom, by your bed, on a door that you pass through often, on your fridge, etc...
- Imagine and visualise the benefits it brings to yourself and others as you practise Dadcean Libhoun, — being able to see and act out of an understanding of the “big picture”.
- Gradually you will find you are maintaining an attitude of Dadcean Libhoun increasingly throughout every day.

The Evening Review

This is a well-proven technique for cultivating any of the above qualities even more effectively. It is used by athletes and others who seek to improve their performances.

At about 5 pm you find a place to be quiet and you review your previous 24 hours *backwards*. Doing it backwards avoids your playing unpleasant events through your nervous system and emotions again. Watching the “movie” backwards introduces an element of fun and humour that makes the work far more effective. (e.g. watching the apples you picked go back on to the tree, the food you ate go back in to the fridge...)

As you do this you are looking for times when there were opportunities to practise any of the above qualities you are seeking to cultivate.

You observe without judgement but with compassion, how you behaved at those times. You waste absolutely no energy on regret for any errors you think you made. You are learning, and on the way from ignorance and lack of skill, it is making mistakes that leads to skill and wisdom.

You then imagine how you could have done it better, and set the goal to accomplish that skill better next time an opportunity presents itself, and imagine that in action.

Ideas will come to you from your own Higher Self as to how you can develop these qualities, and life will offer you opportunities to do so. All the people whom you used to find troublesome will now be your helpers in your task of developing yourself along these lines.

Step 15 Future Pacing the Changes - Key Points



In future pacing your imagination is used to create in advance in your mind exactly how you will think and act, now that you have removed the negative beliefs and patterns of reactivity.

You imagine and visualise yourself putting the Goodwill Patterns to work in your daily life.

Step 16

Checking for Completeness & Overcoming Any Problems

Checking for Completeness

Your body responds to the flow of Love. You will be checking your body's responses, your feelings, and your thoughts, as you imagine the other person and say

“I love...(name the person you have just forgiven).....”

If you have a guide who knows how to test you, **muscle response testing (see Appendix 1)** will be done again at this stage of the process.

Do you feel any differences? Do you now test strong? If the process is complete you will almost certainly know from the way you feel or test.

Check your response for

“Deep down ...x... loves me”

and

“I am now open to receive love from ...x...”

As a refinement, you can be also tested as you say

“This forgiveness of X is complete”.

Do you test strong for this? Do you get a positive response from within? If so, fine.

In you are uncertain, you might also test for

“There is something else I need to do”,

If this turns out to be positive, ask inwardly of your Higher Self what you must do to complete the forgiveness.

For example, after completing a forgiveness process for a relationship that had troubled me deeply, I found myself prompted to write to the person I had forgiven to re-establish contact in an open and receptive way. The letter was quite free of “hooks”, (attempts to write a letter before

forgiveness had been quite sharp and sarcastic, and would have made matters worse). This letter made a bridge between us; a new phase of productive and harmonious relationship between us began from that time. Doing the forgiveness process had opened the door for this to happen.

You might find yourself prompted to take action guided by one of the Goodwill Patterns, for example, to ensure fairness-for-all, or to give attention verbally to the good in the one you have forgiven. You will find all kinds of creative ideas coming to you if you remain open.

Overcoming Problems

If you test weak for “I love ...x...”, or if you simply *know* inside you that there is something more, through a feeling of unease, then it is an indication that the forgiveness is only partial. There is more work to do. One of the steps may be incompletely done. Without blame, without regret, proceed to check for any of the following

Examples of things that may block or delay the process for others:

Unwillingness to be free.

This sounds strange but it happens. If you get stuck, ask yourself, am I truly willing to be free?

If you are truly willing to free up love through you (without demanding that someone else change first), it should flow for you easily after the process. If you are stuck, be sure that you are not holding on to your pain for some unconscious reason like to “show the b..... how much he/she made me suffer”! Be sure that you are not trying to get some secondary gain, e.g. thoughts like “If I get well and heal up completely then I will lose(my compensation, my law suit, my status in the family or community, the attention my condition brings me....etc.).....” These kinds of thoughts can be quite subtle, you will need to be vigilant and root them out.

Here is a story to show how important willingness and decisiveness is.

Isobel

Isobel, a pretty teenager, consulted me about a symptom which is not relevant here. In the course of the history, I learned that she was very angry with someone in her family. I pointed out to her that I was certainly willing to treat her presenting symptom, but that I also thought this hatred was a far more serious problem and could affect her whole life and family relationships if not healed. She agreed and made an appointment for doing a forgiveness process a week later. When she came to that appointment I could see there had been a profound change in her and the muscle testing had changed. She had in fact forgiven this person and started to reach out to them herself during the week. The idea of forgiveness had been followed by wise action almost immediately. I was naturally curious about this for this is unusual among the people I usually see. I asked Isobel what she had done. She said, forcefully, “I decided when I was with you last week, immediately after that testing, when I saw what it was doing to me, that I was not going to let the past actions of this person control my life and that I would start to love her. I made the choice there and then.”

Isobel stands out from the usual run of people I see. She was so quick. Perhaps because she was younger, the patterns of unforgiveness had not had time to get deeply into her nervous system. Most of all, I think her change was due to her will and her *willingness*. Isobel teaches us that we all know how to forgive deep inside ourselves; the key to unlocking it is overcoming our unwillingness and ingrained habits of negativity.

If you are willing to risk freeing up the flow of love through you without demanding that someone *else* change first, then there may be some part of the process that you are not doing quite right or have not quite completed. A piece is missing. You would then check all the details to ensure that you have done the process correctly and thoroughly, and then do so.

More emotional release is needed.

Ask yourself, do I need to release or express more emotion — harmlessly?

Sometimes the intensity of your negative emotions is so great that you have repressed them. Then they are locked in your body. Sometimes repression is so strong that you feel so emotionally numb that you have difficulty feeling either joy or sorrow, anger or deep peace.

The cathartic therapies with a skilled therapist may be helpful here. Cathartic expression of deep feelings can be helped by processes such as rebirthing, hypnotic regressions, psychodrama, gestalt, transactional analysis, bioenergetic bodywork, deep massage with fine music (Well Spring Alignment to music), and others. Emotional release can also come during or after energy is made to flow following a correct acupuncture or homeopathic treatment.

The most important ingredient is not so much the technique as the skill, unconditional love and compassion of the therapist - head and heart combined. It is very important not to get stuck with only doing emotional release. Do your emotional release work by all means, but then return speedily to the forgiveness process, for *that* is what will bring you deeper and more lasting peace.

Still missing one or more of the negative beliefs.

Ask yourself, is there another negative belief I need to change?

If these do not surface fully during the forgiveness of others process, then they will during the Self-forgiveness process.

If you cannot find them yourself, having another person as guide will help you to *probe deeper* for them.

Then include these beliefs in your forgiveness process. (Make sure you include any negative beliefs you have about “forgiveness” itself!)

Preference Statements need improvement.

Ask yourself, are my preference statements full, complete and precise? Check that they are.

Make sure they are *in such clear language that*

the behaviour asked for could be known by a third person.

Are you still holding on to some other demand or expectation that the other person be different than the way they are? That they apologise to you, for instance? If so, re-run the forgiveness process including these preferences.

Lack of clarity or missing preferences is the commonest cause of incomplete forgiveness, in my experience. You will get much better at spotting this as you practise, and you will become a better communicator.

Memories surfacing only slowly.

Ask yourself, is there *another event* with the person that I have not included in my process yet?

It may come to you straight away, or after a few days.

Repeat the process again, for each expectation or event you are still holding against the other person.

If you cannot remember - do the process “for whatever it is I cannot remember that you did which hurt me”.

For those who are open to the idea of reincarnation, past life memories can and should be included in a forgiveness process. The historical accuracy of such mental images is hardly ever verifiable. However I can vouch for the fact that the clinical benefits of healing them with a forgiveness process can be considerable in the present life situation of people. Successes from my own clinical practise have included the healing of family relationships, relief from asthma, and the healing of the psychological residues of ritual abuse. There is now quite a large body of documentation by other psychotherapists about the value of “past life” therapy.

Caution: Even “remembering” under hypnosis, rebirthing or other regression methods does not necessarily mean that what you “remember” actually happened. This has been well researched. Evidence obtained using such methods is not acceptable in law unless there is other evidence to corroborate it. However, the *image* you have in your mind of such a “memory” that is painful still needs healing, for it is real enough to you.

Crossovers.

Ask yourself, are there other(s) *similar to this person* who came before or after this one, who also treated me badly?

If this is so, apply the forgiveness process again, for events you are holding against all other(s). In this way you can discover and heal a whole “chain” or “network” of forgiveness processes to get complete relief (see Ch. 6.3). It can be a bit like unravelling a knot made of several threads. You get one thread loose and then you can get another one free that previously you could not. Gradually you get all of them out. To some extent it does not matter much which one you start with, for each one leads you on to the next. It does not take so long to get it all if you apply yourself - probably less time than for a major overhaul on your motor car.

Spiritual ambition

Ask yourself, have I “bitten off more than I can chew” and become overwhelmed - i.e. have I taken on too much at once?

Sometimes, in the early stage of your forgiveness training, you may find that your mind and emotions cannot do a blanket forgiveness all at once. *Each incident is then best processed separately.* Or, time can be left between phases. For example, I have seen people successfully do the preferences and values on one day, and the energy work on another, even a week apart.

Working with patients with the Chronic Fatigue Syndrome or serious illness makes it obvious that some people can only do a little bit at one time. They may even get an advantage - they may get a more complete forgiveness by thinking more deeply about the process in the interval between sessions. Thoroughness pays off in the long run. In fact my impression is that taking your time to do each step thoroughly is worth while.

N.B. Taking time to be thorough is *not* the same thing as procrastinating and never doing it at all!

Overload.

Ask yourself - have I tried to forgive too many people at once - eg. a whole group.

organisation, race or nation?

Avoid doing this unless you have developed skill in using the process, or have an experienced guide with you.

Do one person at a time. When you have more skill you may be able to do it for a group.

Misunderstanding.

Ask yourself, do I still have a misunderstanding about the nature of the forgiveness process?

Review the false ideas about forgiveness (Ch 7). Make sure that you are not still clinging to any of these - for example the idea that to "Forgive" is to condone wrong done by another, to lose being right, to be weak and throw yourself open to being walked over, to abandon your fight for the correction of injustices, etc.

Realise that unconditional love and forgiveness includes giving back responsibility (not blame) to the other, and taking responsibility for your own healing and freedom from resentment.

Do not let false conceptions about the forgiveness process arising from what other people may have taught you stop you getting the benefits of this process. Check out if they really know what they are talking about, and then check out for yourself whether perhaps you can make it work for you even if they cannot.

Self-punishment.

Ask yourself, am I *still taking responsibility* for something the other person(s) did or are doing?

Still wanting to punish yourself? If so there is need for the Self-forgiveness process to be woven together with this one.

Own Guilt.

Ask yourself, was there anything that *I* did that contributed to the problem?

If so there is need for the Self-forgiveness process to be woven together with this one.

Masochism.

Ask yourself, do I still want to punish myself with pain and resentment, or "take away someone else's pain"?

If this is so, move on to the Self-forgiveness process. You may well need to weave self- and other- forgiveness together to untangle the whole knot.

Refusal to forgive, refusal let go of hate. Sabotage by self or others.

Ask yourself, do I still want to hold on to my hatred?

The most serious obstacle I have encountered preventing completion of an important forgiveness process was an occasion when a person realised that they *wanted to hold on to their hatred* of the other person, and despite careful explanations about this and its risks still did not want to change.

This is a problem of the person with a profoundly negative umbilicus test (profound negativity in the Primary Love Relationships towards mother, father, Higher Self, self and God, or Life). Unfortunately this person was encouraged in this by the attitude of some people who cautioned against the practise of forgiveness, out of their own scepticism, perhaps unwittingly not recognising how they were delaying the person's healing.

It is not correct, wise or loving to advise people against forgiveness. I have seen people succeed in forgiving even when they were advised by others not to do so, and get great relief rapidly. Advice against forgiveness can only be based on misunderstanding of the true nature of the forgiveness process, which is both a self-healing and an energy dynamic done independently of the behaviour of others. It is *not* reliving the emotional trauma, (which I agree could be unwise).

Those who have profound negativity of their Primary Love Relationships are always at risk of *sabotaging themselves or others*, or of getting complications of any treatments or therapy, until the situation has been healed *by the use of the very forgiveness process they reject*. Such a person can have a "reversal of the body morality" and test paradoxically strong for what

are known to be harmful things until the state of love is restored.

The origin of this seems to lie in their having been exposed to situations where to be profoundly negative in some way turned out to be a *survival* strategy for them. Or as an effect of damage to the physical body through drugs or other toxic factors — for example the foetal alcohol syndrome.

Education is the key. Such people must be helped to realise how the negative beliefs underlying the negative umbilicus test and Primary Love Relationship pattern lie at the root of the saying “He (or she) is his (her) own worst enemy”.

Steps 1, 2 and 3 of the forgiveness process must be reviewed, so that

- (i) the true meaning of the forgiveness process,
- (ii) their deepest values,
- (iii) the benefits of forgiveness and
- (iv) the burdens of unforgiveness

can be used to mobilise the will-to-wellness *enough to get past the first few hurdles*. It is a terrible thing to witness someone so consumed by their own hatred they are unwilling to take action to heal it. These people need to use the forgiveness process more than any others, — and as soon as possible, to avoid further harm.

Unconditional Love Overflows. Forgiveness overflows. Gaylene

Each process you do improves your own life energy pattern, and you find that forgivingness *overflows*. It will start to benefit other relationships, not just the ones you have processed.

Gaylene had signs of a premalignant condition, and her marriage was disintegrating. She had *many* old resentments - a forgiveness agenda of over 20 people whom she felt had badly treated her. She forgave her mother, attended a forgiveness workshop and forgave a brother, as well as doing a very deep self-forgiveness process that took over three hours. The next week she was radiant, her eyes shone, and when I tested her, she was no longer weakened by thinking of any of the remaining people on her agenda. Her natural lovingness had so filled her that it now overflowed out to those other people as well. She then returned to her country

of origin. Some time later I received a letter from her about her good health, the healing in her marriage, and the joyous birth of her second child.

It is your deepest nature to be loving. Only because of past traumas has your love been blocked. Doing the forgiveness process sets you free again.

Some of the most striking effects of having completed forgiveness processes is a great sense of relief, increased energy, increased radiance and vitality.

If you still do not get relief of inner tension, (and this is very rare in my experience) you will ask your Higher Self inwardly: “Is something else blocking the process?” If you are truly open the answer will often come within a few minutes of reflection, because at some level of your mind you do know all your history, the whole chain of cause and effect. You know how the problem was created and you know what needs to be done to improve the situation. Experience has shown me that with *patience*, each person’s higher unconscious mind often has access to this knowledge and can reveal it over time. You will then process the new material and the relief will follow.

You will use this process so that you can continue to send love, (especially for the most difficult relationships), *without conditions and expectations; that is, independently of the behaviour of anyone else or any circumstances*.

This may be the greatest service you (or anyone) can render to your family and indeed the whole human family at this time.

A glimpse of the future

At present it is possible to pass a life insurance examination, (that is to have no obvious physical signs of disease detected by a doctor’s general examination), and yet negativity of the emotional and mental natures is not looked for and can go undetected. This is so even though it is known that such negativity commonly predisposes to disease or accident.

Perhaps a routine medical examination by the 21st. century will check whether a

person is holding any residues of either (a) emotional negativity or (b) negative beliefs.

Health maintenance organisations, governments and insurance companies will be keen for people to heal these and reduce the costs of medical and accident treatment.

Why have we, the public, not asked for it yet? How important it is that teachers, health professionals and politicians, indeed all who have responsibility for others, could be able to be checked for these, I leave you to work out for yourself.

As responsible people I am sure we and they will welcome knowing if the seeds of disease on these levels are being harboured and seizing the opportunity to clear them away.

If enough love is set free.

Step 16 Check for completion, and overcoming obstacles Key Points

1. Examine your willingness to be free.
2. Check all details for thoroughness.
3. Is more emotional release needed?
4. Are you remembering to do it for all the negative beliefs that are the blocks to love in you?
5. Check for any missed preferences.
6. Are there cross-over links with others like the person you are forgiving?
6. Is there a need for Self-forgiveness for some aspect of the relationship?
7. Is there simply need for repetition and persistence - allowing memories to surface and gaining the full forgiveness a little bit at a time?
8. Have you bitten off more than you can chew, and need to do it in smaller chunks?
9. Do you still have a desire to manipulate the other person?
10. Is there an opening for lateral thinking and some creative modification of the process to suit your personal situation?
12. Have you eliminated all misunderstanding and negativity about the word "forgiveness"?
13. Are you still wanting to hold on to your hatred?

The full benefits may not come with processing only one relationship and then assuming that all your work is done.

It needs to be applied to *all* the disappointments of your life.

Step 17 Maintenance, and creative uses for the process

Maintenance

You will close with the phrase

“I will to keep this change in me intact.”

This is important in setting and *maintaining* your goal of practising unconditional love. To begin with, we all face challenges and inner resistances as we start to change our habit patterns. Old conditioning, ways of thinking and reacting that came into existence at times when you were emotionally distressed, can be deeply embedded in your mind.

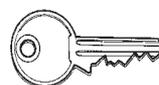
In my experience, the forgiveness processes have shown themselves to be one of the fastest ways to change old patterns and bridge the gap between personality and Higher Self levels of consciousness. Yet even after the most thorough clean up, every garden needs attending to again if it is not to be taken over by weeds, and the bridge will need to be rebuilt from time to time.

You do not get a degree or diploma in forgiveness by doing a few processes and then never using them ever again! You can clear all the important incidents in your life. But your increasing skill in forgiveness will be used frequently, just as your skills in cleaning your teeth, washing dishes, or driving your car are needed - most days in fact. Occasions will arise from time to time in the normal course of living when stress and disappointment block the flow of your love. You will often find it is for relationships with those closest and dearest to you more than for people with whom you have little contact. These are times for you to incorporate the principles of the forgiveness process into your life. You will get faster and faster at this.

The phrase **“I will to keep this change in me intact”** will promote this change, for energy follows thought. It will set in train a trend, drawing to you the occasions to develop your strength to love.

People contact me from time to time to let me know how they have progressed since their forgiveness work with me. I learn much from their experiences. They often say how they continued to study the principles of forgiveness and unconditional love for a time after first learning it and have had many occasions to apply them. They mention how they hardly ever need to do the forgiveness process in its long form any more, because “it has become second nature to me now; it is a way of being for me now”. I think this describes the natural progression of any skill - from learning it, making the odd mistakes at first, practising it, getting more skilled, and then gradually it becomes second nature.

You will find some shortened forms of the forgiveness process in Ch. 7 after the summary of the process just described.



Being Creative in your uses of the Forgiveness Process:

The forgiveness process has also been used by some people to forgive inanimate objects, - for example things they were allergic to, with unexpected benefits. A patient of mine successfully relieved herself of an **allergy** to a plant by applying the forgiveness process to a tree and its pollen! This was an interesting surprise to me, and coupled with the fact that acupuncture can relieve allergies at times, suggests that our present explanations for allergies in terms of chemical reactions only is far from complete, and energy concepts must be included.

Forgiving **parts of the body** that have let you down can be an important part of healing the body and improving its function. Many people are angry with parts of their

body or have a poor body image. How could the living cells respond optimally if the love of the owner is not there for them? How can you live fully if you do not love the body through which you experience life? Forgiving the parts of your body that do not meet your expectations leads naturally on to a more optimal healing situation. There is much room for research here.

The process can also be used to forgive **your image of “God”**, or “Life” when you have become angry with “God” (“How could “God” allow this terrible thing to happen?”) to restore the flow of love in yourself. This, together with the Self-forgiveness process can be extremely important for some people to do, when life has apparently treated them so badly they have begun to hate “God”, or Life itself. How can you live fully if you do not heal your relationship with Life and its Source?

Some people who have received an oppressive indoctrination in childhood, either with the political or religious views of their parents or of an occupying nation have gained great relief from the inner stress that this produces by applying the forgiveness process **towards members of the church sect, nation or political party** that was concerned.

The field is open for you to experiment creatively and to discover how many situations you can heal in this way. Please write to the author about any creative uses you find for this process.

Maintenance Reminder

**THE GREATEST OBSTACLE TO
OVERCOME IS THE
TENDENCY NOT TO DO THE
PROCESS!**

**THE OPPOSITE OF LOVE IS NOT
ALWAYS HATE OR FEAR, BUT
SOMETIMES LAZINESS.**

**Remembering to do the process is the
key!**

**Get family members tuned in to
reminding each other when forgiveness
is needed**

Your greatest challenge will be

*remembering to use this process when you are
caught in a negative emotional mood.*

It can be so useful to have all the members of your family aware of and trained in the process, for then it is possible for one to remind the other gently of the need to use it.

The Heart of Healing books will not help you if they stay on a shelf when you most need to use them. They are for your use, and in times of deep pain, the sooner the better. The books will help you if you use them, and that may be when you least feel like it. That is why the will is needed and becomes trained by doing this work.

With forgiveness, awareness and mastery of levels of consciousness increases

As you use this material, your awareness of the different “levels” of consciousness (physical, emotional, mental, and spiritual), will definitely increase. The process tends, like any skill, to improve with repetition and practise, if sound attention is given to detail. The channels between the levels of the psyche open wider each time, and integration occurs between the soul and the personality. Wholeness is the result, replacing inner fragmentation.

Insights and understanding often come *after* the forgiveness

Each time you do the forgiveness process, more insights will come to you, and the doors will open a little wider to allow the flow of unconditional love through you to increase. It gets easier and easier to see how the pieces fit together.

The forgiveness pattern become second nature

Eventually the weaving of the forgiveness process into your life will become second nature. New ones will not take as long each time as the first few that you did. You will understand the principles more each time, and gradually you will apply them quickly, almost without thinking about it. This is rather like the way a person learns, with some difficulty at first, to drive a car. You have to concentrate on each step. Later, when you have mastered the skill, you can think and even talk about something else while you are driving. The skill has become second nature to you.

The Goodwill Patterns will become more “in place”, and it will become easier to clear the residue of each day’s incidents in this forgiving way, rather than feel bad and recount the bad news in the old complaining way, internally to ourselves or aloud to others.

Gratitude

Throughout, whenever you can, and especially when completed, feel gratitude that you can increase your love. Continue to send the energy of love out to the forgiven ones. To think loving thoughts about someone you like is easy for you. To create loving thoughts about someone who has disappointed you is exactly what will help *you* to become more loving. This is “being for-giving”. It is a service not only to yourself. It is a service to the collective consciousness of the whole human race. You are the one and only person who can do it in the place where you are.

Remember that gratitude is very powerful in restoring life energy. Most people can be grateful for Life and for the opportunities it brings us to learn to love.

Repetition is valuable

Very good results have been obtained in the most difficult relationships where one, or especially if both parties have used this process *regularly and persistently* over time. Repetition may also be important in ongoing situations, especially where the situation, from your point of view, does not improve quickly enough. This can be one of your great challenges, to maintain your goodwill and forgiveness independently of the behaviour of the others; anything less is conditional love, not unconditional love.

Forgiveness is most frequently for situations with those you love most

You might not expect this but you will need to use this process for relationships with those that you love and especially for those with whom you live and work. It may even be for those whom you believe you love *most* that you are most likely to need to use this process. They are the ones who can disappoint you far more easily than those whom you have little to do with and for whom you create very few expectations. Thus your tests will come from those close to you.

On intention

This is inner work. Never do it “at” another person, with any desire to manipulate them. Nor in personal confrontation with them. Nor even tell them that you have forgiven them unless they have asked for it from you - for they may feel resentful if you do so.

Right Use of Speech and Silence

Keep silent about your forgiveness work, unless asked about it. Talking about healing work can dissipate energy and diminish its effectiveness.

After forgiving, refrain from reciting the bad about other persons (gossip), which comes from unforgiveness. When you are unconditionally loving you look for and strengthen the good in a person and a relationship. Instead of gossip, start “good rumours”, an approach to challenging relationships and life situations described by Edith Stauffer in her book “Unconditional Love and Forgiveness”. You do this by giving selective attention to the good you see in others and in situations *whenever you talk to people*. Withdraw your attention from the bad, and it will diminish of its own accord from lack of energy.

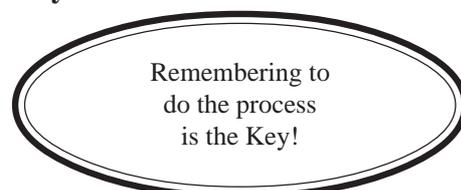
Vigilance

Water the flowers in your heart and mind, and not the weeds. The price of freedom is eternal vigilance over your own thoughts and emotions.

You will use this process so you continue to send love, (especially for the most difficult relationships), *without conditions and expectations, that is, independently of the behaviour of anyone else or any circumstances*. This may be the greatest service you (or anyone) can render to your family, workmates, and indeed the whole human family at this time.

Step 17 Maintenance

Key Point

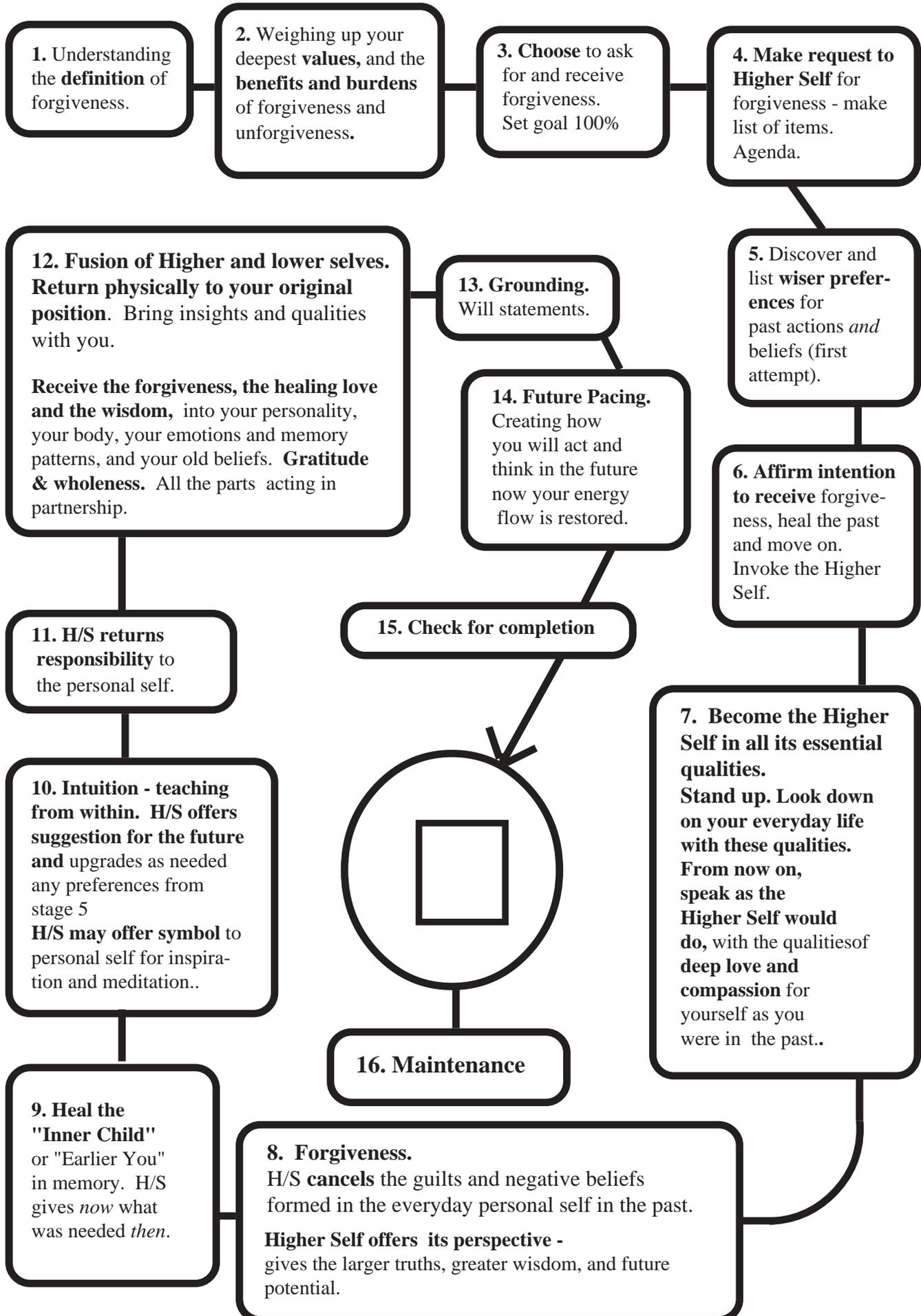


Heart of Healing

Part IIb

b. General Overview of the Self-Forgiveness Process

The Process of Self-Forgiveness



The Process of Self-Forgiveness

Why do we need Self-forgiveness?

For the first nine years of teaching the forgiveness processes to others, I always taught the forgiveness-of-others process on the first full day of the workshops, and then self-forgiveness on the second. I believed it was easier that way. It was the way I had originally been taught. I saw no reason to change. Mind-sets are always present until challenged.... Not everyone coming to the workshops is familiar with the idea of the Higher Self, and doing a forgiveness-of-others process seemed the fastest way I knew for participants to get an experience of the qualities of their Higher Self.

Then came a seminar in which all participants wanted to do the self-forgiveness process first. At first I did not want to rearrange my usual plan for the workshop. But I have also had many experiences while teaching this material that whenever I am ready to learn something new, an opportunity presents itself. I would receive a nudge in a new direction.

This turned out to be such an occasion. It was decided to go with the group's choice to do self-forgiveness first, even before the teaching about the model of the human psyche had been completed. The self-forgiveness processes for each participant did seem to be a bit more difficult than usual - or to be more precise, they took longer. But the effects went very deep. The "atmosphere of love" in the group became almost palpable. It was discovered on the next day that all participants had become more forgiving to many of the other people whom they had previously been resenting, and had on their agendas to forgive later. Muscle response testing showed that after self-forgiveness, love had overflowed into many other relationships.

Their life energy was high. Their minds were clearer. The processes of forgiving the others now went much faster. Love for themselves had been restored first. I felt I had learned something very important. I had sensed it before, but now I knew it. The great World Teacher, Jesus Christ, said, "Love your neighbour as yourself". A corollary of this is that if you do not respect and love yourself, you can never love your neighbour fully. To love yourself is not "selfishness" as the word has often been used in the past, meaning wanting

one's own way, meanness, or possessiveness. To love yourself means cherishing and nurturing your physical, emotional, and mental natures, all your talents and potentials, in such a way that they unite together as a personality which is able to receive and share with others the love, wisdom, talents and strength of your Higher Self. Then you can love your neighbour more fully.

Failing to see the good in yourself, is not so much to have a poor self-image as to have an *unenlightened* self-image. Failing to love yourself is to neglect to nurture the good in yourself and to bring it forth into the world. A person with an unenlightened self-image cannot receive good qualities from the Higher Self and express them in everyday life. There is no room for love in one who still harbours bitterness and guilt, and believes they are unworthy, for example. You cannot give good things either from an empty bucket, nor from one which is filled with putrid refuse!

With the self-forgiveness process you will be restoring an enlightened self-image and come to love yourself again. As you accept and recognise that you are a wonderful and necessary part of the whole miracle of Life itself, you become more able to express love and other fine qualities in your everyday living. The energy field of the world will be enriched by your contribution, no matter how small it may seem to you. You will be better able to play your part in bringing "heaven" (higher spiritual qualities) to "earth", (or everyday reality).

A little revision might be in order here. You will recall that the definition of forgiveness used in this book is:

Forgiveness is the process of cancelling the conditions in the mind that are blocking the flow of love and Life Energy, - independently of the behaviour of others.

Levels of Consciousness and Energy

As stated earlier, all of the material in this book is based upon the knowledge of energy fields and levels of consciousness. The model of the human psyche we are using has at least three “levels” of energy fields that are relevant. You already know that different energy fields can coexist in the same physical space - you exist within the earth’s magnetic field (you trust a compass in the airplane or ship), its gravitational field (you trust that if you jump up you will come down), and all the different form of energy that are involved in transmitting radio and television signals pass through the room where you are (you can tune in to them with the right receiver). You cannot “see” any of these with your eyes, but you know they are there by their effects. There are many other energies passing through the same space - radiation from the sun and other parts of space.

The human being shows several levels of energy configurations and consciousness; let us remind ourselves about these.

First Level:

The lower, (often divided), self, and the subpersonalities. The players, or actors within your personality.

The first or “lowest” level includes the three parts of

- The physical (chemical and electromagnetic) energies of the physical body (Maori: *tinana*)
- Your feelings and emotions (Maori: *ngakau*)
- The thoughtforms of your mental nature (Maori: *hinengaro*).

These all have effects. They also interact together.

(Note: There is no value judgement in the use of the words “lowest”).

Linking these, are the patterns in the unconscious region of your mind, - all your past memories, the autonomic workings of your body, patterns of emotional reactivity, skills, strengths, traumas, all manner of conditioned beliefs and learnings.

You are impelled to try and meet your basic needs. They are like batteries that do not run down. The energy does not go away -

you always feel the urge to do something if your needs are not met.

Earlier in life we all developed our own patterns (or styles of thinking, reacting, and acting) if our needs were not met. We use these patterns again whenever the related needs are not met. In the language of psychosynthesis these patterns are called subpersonalities. You have different patterns of belief, feeling and behaviour when you are “in” different roles and subpersonalities. You may at that time feel and believe that is *all* you are, which is called “identification” with the part concerned.

These subpersonalities set goals and attitudes in your mind, but you are rarely aware when and how this happens until you have your awareness centred on the second level. On the first level, there are often conflicts between different subpersonalities within the person. For example, you might hear someone say, “I want to stop doing ..X.., but I find myself still doing it.” Although the word “I” appears twice in that sentence, it is clear that it comes from different “parts” of the personality, parts which are in opposition to each other.

At this first level, all the subpersonalities are like the players in an new orchestra or the actors in a play,- initially they do not know how to play well together. Some are skilled and even overconfident in their parts, others are shy, sick, or not very well developed. Some may not even have arrived to play yet. The energies and talents of these players are not coordinated or directed in a harmonious or productive manner. They need healing, training and coordinating, but cannot do this for themselves.

Second level, the personal self:

*The observing and willing self. (Maori: **koiwi**) The conductor, or director*

The second or middle “level” is the place you are able to observe the contents of your consciousness and make conscious choices. It takes time and self-training to fully know the patterns of your unconscious mind and thus become free to make a conscious choice. When this level has fully integrated all parts of the lower level into a harmonious whole, it is called the “personal self”, in charge of an integrated personality. At this level you can use conscious will to set goals and choose attitudes independently of your emotional reactions to unmet needs, and not controlled by belief systems that arose at times of emotional pain,

and which are now outdated.

This level is like the conductor of the orchestra, or the director of a play. The conductor is a centre of awareness and direction. The conductor listens to the players carefully, develops a rapport with each of them, helps the less skilled to become more skilled, and restrains the more overly confident and noisy ones. Any missing players will have to be sought out. And they will all have to be trained to play together in harmony.

Third level:

Soul or Higher Self, True Self. (Maori: wairua) The Composer, or Playwright

The next level is that of the Higher Self, an even higher field of energy, or centre of awareness and direction. This is the level of consciousness which is the source, design, or blueprint, of qualities and energies, of unconditional love and wisdom, of all potentials and talents, of inspiration and true intuition, of health and inner strength, of the desire to serve and the capacity to do so. It is also a centre of group consciousness, concerned for the whole of humanity and the earth itself.

This level is like the composer, who is like the source of inspiration (and the best arrangement, or plan) for the music that the orchestra will play. Or like the playwright, the inspiration for the performance.

It is because the source energy field of the Higher Self projects its different aspects “down” into creating and sustaining the energy fields of the personality (mental, emotional, and physical), that the personality exists at all. The Higher Self is the storehouse of invisible, intangible purpose and qualities that are latent, waiting to be expressed by the different parts of the personality. The power to do this is contained within the Higher Self.

Without composer and music to play, the orchestral players can play only as a bunch of independent instrumentalists. Without a conductor, they may never get into harmony and time with each other, remaining raggedly together at best, disintegrating altogether at worst. Composer, conductor, and musicians *must* in a certain sense become one.

The Higher Self and the personality are meant to function in partnership, as one. A well-integrated personality, with healthy body,

emotional and mental natures, will become an agent that serves the purpose of the Higher Self more effectively in the world.

Without a conductor and well-trained orchestra, the finest music that the composer can create will never be heard. When the composer’s love of beauty and musical intentions are intuited by the conductor, transmitted to the players and through them to the audience, then you have transcendental music, of such beauty that it may have the power to reverse the death-wish in a suicidal patient. Life, as music, flows harmoniously through the composer, conductor, and players and on out to the world. All who care to listen to it and receive, are uplifted.

So it is with the flow of love and life energy through each of us. When love is flowing through us into our work or our relationships, it lifts and heals. Any teacher, nurse, doctor, designer, factory worker, administrator, labourer, politician, actor, musician, singer, mother, father, shopkeeper, writer, architect, - anyone at all - who is transmitting love through their work, lifts and heals others and themselves. And to receive and transmit love you must attune yourself to it’s Source with openness.

The flow of life and love energy from Source, to your Higher Self and through your personality may become blocked for a variety of reasons, which will be described later. The different levels of your psyche can become split, unable to function in harmonious partnership with each other. When this happens, the disharmony will express itself as a symptom in either your body, your feeling or mental natures, in failure to develop your potentials healthily, or in unhappy relationships.

The emotions cannot, do not, forgive. You saw that in the forgiveness of others process. The emotional level cannot cancel conditions blocking love which exist its own level, or on the level of the mind. To do forgiveness you have to lift up to the level of the higher mind and Higher Self.

The errors in the mind that block self-love are in the emotions certainly, but the main errors that block the flow of self-love are to be found in the mind. A similar principle holds — your emotions and mind cannot

do the self-forgiveness. You have to go to the highest level, the level of the Higher Self.

It is always the “higher” level that forgives (removes the conditions that block love from) the “lower” one. The Higher Self is the source of the quality of unconditional love needed for forgiveness of the lower mind and personality to take place. You have to go to this level for this to happen.

Understanding of these different “levels” is your key to doing the forgiveness processes. These different “levels” of love, will, and energy are symbolized during the self-forgiveness process by the different positions you take up during the process.

Different natural laws apply to the different levels we have been discussing. There is a similarity to the different “levels” of natural law - say gravity and aerodynamics. These laws have been in existence since the beginning of the universe, but only discovered by mankind in recent years. You cannot break them - if you jump from a skyscraper you will not break the law of gravity - you will severely injure or more likely kill yourself. Yet if you study and master the laws of aerodynamics you may be able to design a hang-glider and fly. You are still subject to the law of gravity, yet by going to a “higher” level of law you have overcome the effects of the “lower” and accomplished what previously seemed impossible.

So it is in psychology and medicine. I believe there are natural laws that govern the physical body, and laws that govern the emotional, mental, and the inner spiritual realms. In the forgiveness processes we explore the nature of some of these higher laws, learn to adapt ourselves to them and to use them wisely.

The self-forgiveness process consists of the following steps, each one of which will be taken up in more detail later in this chapter.

Self-forgiveness Process

Early Phase

Carried out from the perspective of the personal self:

Step 1. Understand the Definition

Forgiveness is the process of cancelling the conditions in the mind that are blocking the flow of love and Life Energy, - independently of the behaviour of others.

Step 2. Mobilise the Will

a. Values.

As the personal everyday self, the acknowledgement of your real value system, of your having deviated from it because of past experiences, and of your need for healing.

b. Benefits and Burdens

Weighing up the benefits and healing that could occur through self-forgiveness against the burden of continued self-denigration, lack of self-love, guilt, even self-hatred and self-destructive behaviour.

Step 3. Setting your goal and attitude

The act of choice, using your will to make the conscious decision of your personal self to seek forgiveness from your Higher Self, and your manner of doing this.

Step 4. Request to the Higher Self

Putting the inner request for forgiveness to your Higher Self, and describing why and for what you are seeking forgiveness. Checking thoroughly for what needs forgiveness (cancellation) for by using the check list.

Step 5. Create Wiser Preferences

Working out what your preferences would have been. What would have been wiser, more loving or courageous in thought and action? This is the use of clear-thinking with your mind. Maybe adding the values you hold that underlie these to reinforce them to yourself.

Step 6. Invoking the Higher Self.

Asking your Higher Self for the forgiveness, that is, for the cancellation of those conditions in your mind that are blocking the flow of love.

Middle Phase Carried out from the perspective of the Higher Self:

Step 7. Becoming (or at least acting “as if” you are) the Higher Self

Moving to a higher position to symbolize entering the Higher Self “space” - identifying with the qualities of your Higher Self.

Step 8. Forgiveness is Compassionate Cancellation and Upgrading of Old Patterns

With the qualities of the Higher Self, looking down upon your personality with compassion. Sending love to all the parts of your personality as they were in the past. Healing each of the negative emotions and memories, cancelling each of the guilts and negative beliefs. The discovery of the larger truths and values that are to replace the old, negative, outdated beliefs, values and attitudes.

Step 9. Healing the Inner Child - Inner Re-parenting

Love goes to the Inner Child in memory, bringing the child or “person you were” to Peace.

Step 10 Intuition - teaching from within

There may be a quality, a gift, or wisdom from your Higher Self to your personality that will be meaningful at this stage in your life. This may be symbolised in words or images.

Step 11. Transferring responsibility back to the everyday self

Your Higher Self hands back responsibility to your personality for how it lives its life of learning in the world, the field of experience.

Final Phase Carried out as the personal self again:

Step 12. Receiving the forgiveness, accepting healing. taking responsibility

You return to the position that symbolized the personality, becoming your personality again, and receiving the forgiveness, the unconditional love, the healing of the body, memories and emotions, and the changes to your negative beliefs.

Step 13. Grounding.

The use of your will - to maintain the forgiveness.

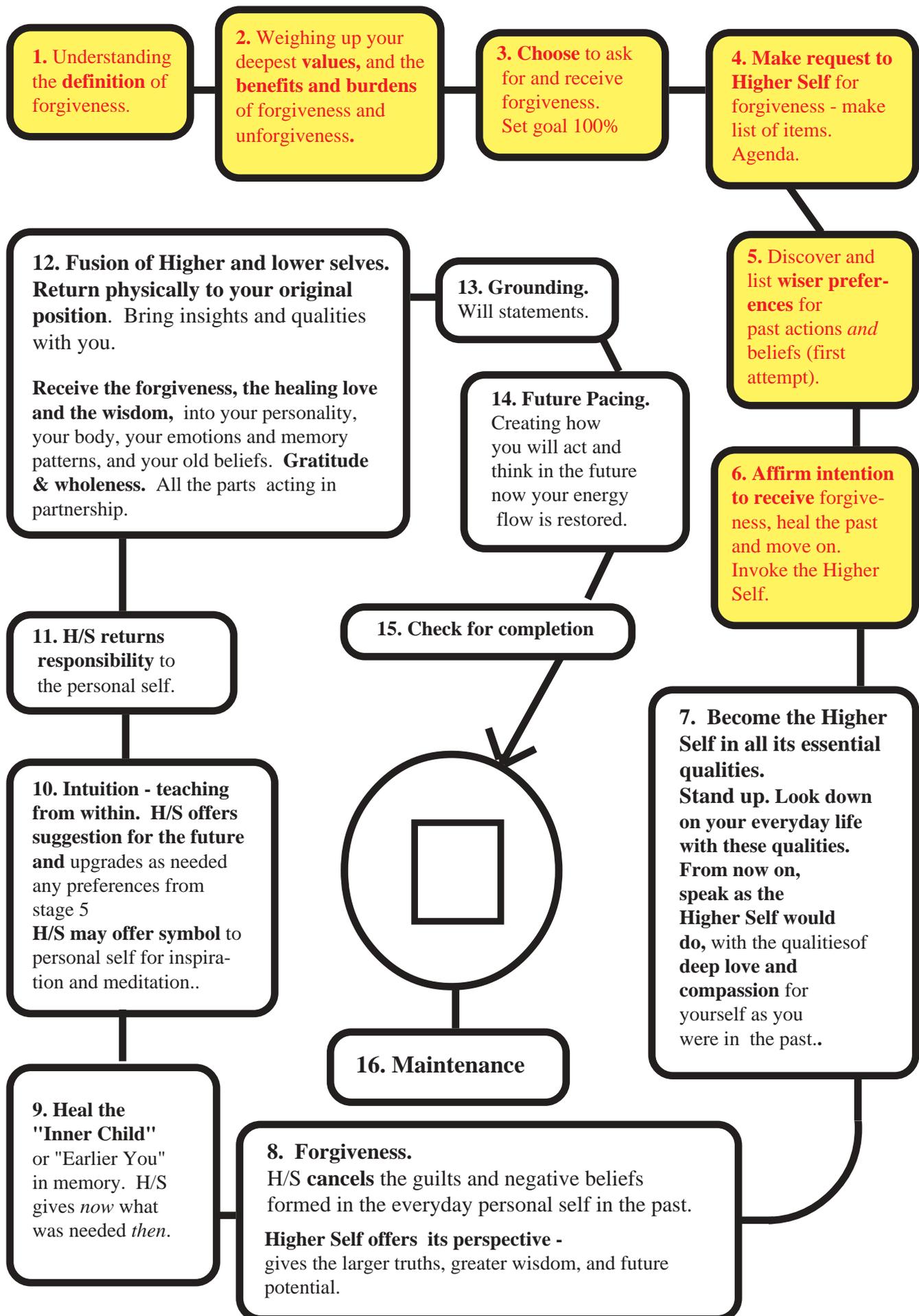
Step 14. Future pacing

The use of your creative imagination to see and plan for the differences that this will make to you in the future.

Step 15. Checking for completion

Step 16. Maintenance

The Process of Self-Forgiveness: **Early Phase**



Self-forgiveness process Early Phase.

The Early Phase of the Self-forgiveness Process is similar to the first phase in the forgiveness of others process, but is included here with modifications, for the sake of completeness, in case you have chosen to use the Self-forgiveness process first.

Step 1 Understand the Definition

Remind yourself that

**The Forgiveness Process is
the cancellation and permanent
removal
of all the conditions in you that
are blocking the flow of love,
independently of the behaviour
of anyone else.**

The conditions in your emotions will need the proper use and power of your mind. The conditions in your mind will need the power of your Higher Self. The Self-forgiveness process is designed to enable you to use these different levels effectively.

Self-forgiveness Process

Step 2 Mobilising your will

(a) Values

Everything you do is the expression of a value. You are always choosing one course of action above many others. Not making a choice is *choosing* not to make a choice. All choices are expressions of your value system. Most of us do not give sufficient time to finding out what values we hold deeply and would like to cherish. We often do not even think much about what values we are expressing by what we think or do.

Daniel

Daniel drove recklessly, and one day caused a serious head injury to one of his best friends. He had not realised that his style of driving meant that he was acting as if he valued thoughtlessness *more than* care, injury *more than* health, and even his friend's death *more than* his life.

In his remorse, he then punished himself by increasing his alcohol and drug consumption. He had not realised that this was actually to value joylessness *more than* joy, illness *more than* health, mindlessness *more than* taking care of his unique and precious mind, self-hatred *more than* love, punishment *more than* forgiveness.

When he learned how to sort out what he truly valued, and to give higher priority in his decision-making to this, his life began to turn around.

Working with your values system is very powerful. As yet it is rarely done in any consistent way.

The cure of mental stress

Being willing to look into your own mind *with joy* to discover and self-correct the errors that are blocking the flow of love, is the *secret of the cure of mental stress*. Remember that the word to “err” comes from a source that meant to wander or lose one's way. Errors are wanderings off the path. There is no blame for

getting lost, especially if you did not know the way in the first place. There is, however, joy in rediscovering the right path. It is that simple. This is the mind-set of Abilii that you have met before as one of the seven Goodwill Patterns. Abilii is similar to the English words “ability” and “capability”, is it not? There is a strong connection between self-correction of errors (getting back on track) and becoming a person of ability.

Those without blocks to loveflow in their minds are twice blessed; they are at peace with themselves and at peace with others. They are both love-able and love-capable.

Step 1 is therefore similar to the Values assessment you made at the beginning of the Forgiveness-of-Others Process, and serves the same purpose - to mobilise your will and intention to complete the process, and to reinforce your growing awareness of the importance of values clarification.

Values Clarification

Some of the most important tasks facing parents, teachers and children are

- To learn how to clarify our deepest values to ourselves, and their order of importance to us (a Hierarchy of Values), so that we have a reliable yardstick for decision-making. This hierarchy of values becomes an Inner Teacher. Using it develops the intuition - “the teaching-from-within”.
- To propose different ways of honouring our deepest values as harmlessly as possible, developing both linear and lateral creative thinking. It is important to be able to create alternative strategies for enacting deeper values — developing adaptability and applied intelligence.
- To work out the consequences of proposed courses of action, and the benefits and burdens associated with each of them — developing foresight.
- To choose the best of all the alternative ways of expressing our highest values in action — developing holistic vision and responsibility for our decisions.
- To cherish our really important values — developing love for intangibles as well as

tangibles.

- To be willing to make a public stand for them, and put them into action — developing will and courage.
- To persist with this, even in the face of opposition, — developing will and courage.
- To review our progress — developing wisdom from our experiences of both accomplishments and errors.

The self-forgiveness process helps you to catch up on your learning in this regard. The opening statements in the self-forgiveness process help you to become very clear about what is important, and to let go of the non-essentials. They are words of power.

Making a Values Statement

You will be starting this process seated, either on the ground or a chair, according to your choice. You will spend a moment to identify with your personal self, with the qualities of choice and will, and of being the one who is responsible for, and in charge of, your life.

Remember (from the forgiveness-of-others process) the importance of speaking aloud and/or writing the words. Putting them through your body enables you to experience your body's reaction to them. This gives you much information about your resistances, and it also starts to create new patterns in your nervous system.

You will spend time becoming aware of your most important values, and your purpose for this activity. Which of the following best fits your motivation? Are you blocked to any of them? Are they all true for you? Can you *make* them true? You will be finding out as you **say aloud or write:-**

- (a). “I value
- My healing - physical, emotional, mental, and spiritual, - more than ill-health in any of those areas.”
- (the word “spiritual” is used here to mean unfolding the very best in your development, and your relationships as a human being)

(b). “I value

- Compassionate self-forgiveness and joyful self-correction of the errors in my mind, to relieve my inner distress and get back on course for my life, - more than continued guilt, self-criticism, or any other forms of self-damage or of being off target”.
- Or:- “More than continuing to feel false guilt.” (if this applies).

(c). “I value

- Establishing the flow of love and joy through me again - more than continuing their blockage any longer.”

(d). “I value

- Joy more than joylessness,
 - Freedom more than continued imprisonment in my own negativity,
 - Love more than bitterness, fear, anger, prolonged grief, envy, hatred, or resentment,
 - Being well more than being ill,
 - Feeling dignified more than feeling worthless,
 - Being creative more than being blocked.....”
- Choose, or add, whatever is your main motivation. This stage helps you to be in touch with your will.

You (and your guide if you have one) will be listening to your voice, you will be finding out how your body reacts, or if you have been writing the words out on your own, you will look at how your handwriting is as you write these phrases. In all the stages of the forgiveness process from now on, your body will give you feedback as to how you are doing. It is one of the most sensitive feedback instruments in the world.

This will enable you to remember that deep down you really do value good more than bad, *yet you may have been thinking and acting as if you did not.* It can come as a surprise to find this split between what we believe deep down and how we think and act from day to day.

Holding on to a negative feeling after an event is to act as if you valued it more than the opposite good feeling.

The reason we do this is because, as often as not, we have never given time to looking at our values, or to rank-order them in terms of what is really important to us. No one taught

us how to do this, or even suggested it might be a good idea. Yet a stable hierarchy of values is an enormous asset - it is something we can refer to whenever we have a decision to make. We know who we are when we know what we value, and we can decide what needs to be done much more easily. In the identical situation, a person who values love *more than* hatred and knows it, will always act in a certain way, and one who values hatred more than love (and maybe does not know it), will act in a different way. True values are what keep us from error and our course true.

By becoming conscious of what values underlie your actions, and checking to see if they are aligned with your deepest values you carry out a form of mental housecleaning, removing from your mind what should no longer be there. It is vitally important that we all learn this.

Not all values remain fixed indefinitely. They mature over time. As you learn from life, you recognise that your deepest values are unchanging treasures to be safeguarded and nurtured, kept “close to your heart”; and things you thought you valued turn out to be less important. You may have valued money or material things, your own opinions and judgements, certain ideologies, and so on. You worked hard for them, even fought for them. Later you may value more subtle things, like inner and outer peace, equal opportunities for children and adults of all kinds, international brotherhood, and others, and worked for those.

Gradually you come to realise that what you value above all else is the flow of love and joy, especially unconditional love. You value it when it is shared with you. You value those who share it with you. You value yourself when you give it to others. It is worth more to you than **all** the material satisfaction, all the justifications, all the anger, resentment, humiliation, revenge, anxiety, fear, grief, depression, jealousy, envy, guilt, ill-health, self-hatred, destruction of yourself or others that you can imagine.

Because the forgiveness process is what restores the flow of love, it is this value, held deeply and strongly, which enables you to go through your pain and emerge the other side, healed, relieved of your negative feelings, and able to express your love and goodwill

once again - independently of the behaviour of other people.

Living your life out of your innermost values will lead to benefits, including peace of mind.

George

When he spoke these words at the beginning of his self-forgiveness process, George instantly realised from his bodily reaction to them that he had not been acting in accordance with his deepest values for some time. Before this he had often *said* how he wanted to be happy and well, yet he had persisted in damaging himself and his relationships with his wife and family in a number of ways. He had been smoking and drinking excessively, overworking in a job that he disliked, and harbouring resentments. In the course of this time he had become surly, developed an ulcer, and occasionally violent.

He also “saw” that the reason he never looked at *his* part in not taking good care of his body, emotions and mind was that he always began to feel guilty, depressed and miserable when he thought about it - so he had decided not to think about it. He had put his head in the sand.

This day he had decided to look into his mind and had been able to do so in a compassionate way. Why? Is it possible to look for the errors in one’s mind *with joy*?

I had asked him:- “Why should you not be *glad* to find out what in you needs to be changed? After all, when you take your car to the garage or your pet to the vet, and they tell you what is wrong and how it can be easily fixed, you are usually glad. Why should you not *be glad* and *celebrate* when you see what is wrong in your own mind and change it?” From then on he had begun to *enjoy* the task of mental housecleaning, and been surprised at how much difference setting a cheerful attitude towards it had made.

Just deciding that you *ought* to change does not necessarily lead to the improvement. Sometimes people sabotage themselves by creating negative images of therapy or personal growth. “I must *work hard* on

my problems,” I have heard people say. Therapy, or personal growth, is so often perceived as having to be “hard work” and therefore to be avoided. Thinking of it fun and interesting makes it so, and “problems” are much easier to solve when you relabel them “challenges”.

I really want you to challenge the belief that underlies negativity towards forgiveness, or any changing one’s heart and mind. I used to think that it was true, but not any more. Time and time again I have seen that deciding to be glad about changing the errors in one’s mind can tip the balance and make therapy, personal growth and the forgiveness processes a joy! But you do have to want to change for the better, for that change to happen.

(b) Weighing up Benefits and Burdens

Sometimes you may think you have no choice. When you recognise that there are always options, not only for what you do but also for how you think, you recognise that you do indeed have a choice. Either this, or that. Even choosing not to make a choice is a choice. You may not always have taken the time to look at the different options you have, however, or work out the consequences of each, and make choices in alignment with deepest values. At other times you may not have been willing to let go of a less worthwhile option in order to achieve the most important one. You cannot go to two movies at the same time, and if you do not make a choice, you end up going to neither, which is a third option, chosen by default.

You cannot fully love towards yourself and hate yourself at the same time. You might be partly loving and partly hating yourself, but if you do not decide to move towards becoming totally loving you will remain stuck in the same pattern of divided selfhood.

Making wise choices is a basic human skill, like the three “r’s” of reading, ‘riting and ‘rithmetic; but unlike these, it is not taught in a conscious way at school. What is usually learned is reactivity . You learn to either conform or rebel against choices that have been pressed upon you by others -

teachers, parents, your peer group, and society for example. You learn to live out someone else’s dreams and plans for you, or you rebel against them.

Yet the skill of making right choices for yourself is the most important skill you could acquire. Hard decisions do have to be made. Long-term greater good has to be chosen above short term lesser good at times. Skill in conscious choice making is basic to creating right human relationships. It is needed for our planet to survive the onslaught of all our foolish actions that currently threaten its life forms.

Making the best choice in a situation means that:

- (i) You have considered your values (as you did in the previous chapter).
- (ii) You have looked at all the options (generating more by the skills of lateral thinking if need be).
- (iii) You have selected what you see as the best goal.

In this step you will be listing and weighing up carefully the **benefits** of achieving your goal against the **burdens** of not achieving that goal. This step increases motivation, your will for achieving that goal, and is what will carry you through, overcoming all obstacles.

Benefits and Burdens

You will be saying (and recording in writing):

“The benefits of forgiving myself could include.....

- (i)
- (ii)
- (iii)

etc., as many as you can think of.

And the burdens of not forgiving myself will include:

- (i)
- (ii)
- (iii)

etc., as many as you can think of.

An interesting thing often happens when you do this. Here is an example:

Benefits:- “If I forgive myself then I will have less tension in my back muscles and neck. My headaches will be less frequent, perhaps go away altogether. I will be able to have a better relationship with my parents, my children and my spouse. I will feel and act better in my work. I will have a better chance of healing my illness because my body will function better. I will be able to develop my latent talent for..... I will be able to communicate my truth and my needs accurately and firmly to people, and thus have a growing sense that I can use my inner strength wisely. The atmosphere at home and work will be better”, and so on.

Burdens:- “If I do not forgive myself, then the tension and pain in my head, neck, back will continue, My relationship with my spouse, children and parents will continue to be painful and tiresome. My body will not be able to function as well as it might, so I may not heal my illness as well or as completely as would be possible. My talent for will remain undeveloped. I will continue my pattern of not communicating my truth or my needs accurately and thus my home life and work will suffer. I will continue to feel guilty and powerless. The atmosphere at home and work will continue to be irritating and unpleasant”.

You must decide — do you want the benefits or burdens? There is an inescapable choice, a choice between benefits or burdens. The choice is between:

- (i) Self-forgiveness (unblock the flow of love and vital energy) and benefits, and
- (ii) Unforgiveness, procrastination, and burdens.

Putting the options out on paper makes it clearer what the choices are and how to make the choice.

What will you choose? Benefits or burdens? No one else can make this kind of choice. Only you.

The interesting thing is that your body can guide you, can be your teacher. If you choose benefits, your muscles relax. If you don't they tighten up. If you forgive, you get stronger (this can be tested). If not, you get weaker.

So if you choose not to practise forgiveness, and choose instead the burdens of continuing in the unforgiving state - it is now *you* who is allowing the pain and burdens to continue. You might call this the “Self-punishment-by-Unforgiveness Syndrome”, and it is one of the

commonest diseases in the world, underlying many other diseases - but it is rarely diagnosed or even discussed.

Your choice for benefits in your life can now become a goal.

Self-forgiveness process

Step 2 Mobilising your will - Key Points

(a) Values

Speaking your deepest values aloud (or writing them down) aligns you with your source of inner power, the Higher Self. It develops your higher use of will. It is done to increase your motivation and will to do the process.

(b) Benefits and Burdens

Your will is also mobilised in your favour by weighing up the benefits of Self-forgiveness (removing the blocks to the flow of love, creativity and self-worth) against the continued Burdens of low self-esteem, guilt, self-criticism, self-hatred, negative attitudes and beliefs, etc.... In the light of this, you decide what you truly do want.

Step 3. Setting a Goal and the Attitude with which to pursue it

It is important to set your goal clearly, and qualify it by *how* you intend to pursue that goal. It is useless and harmful to set goals in negative or vague terms.

You will be speak aloud, or write, the following phrases:

"I do have a choice. I do have a will. I am tired of the burdens and/or pain being caused to myself and others. I therefore choose and will to do the Self-forgiveness process COMFORTABLY, COMPASSIONATELY, JOYFULLY AND COMPLETELY, and that is my goal now".

It is important to put in the words about doing it all "comfortably, compassionately, joyfully and completely", and "now", for they put in place a certain attitude, or mind-set. They will ensure that you refrain from sabotaging yourself by thinking that "It will be too painful, or too difficult", or by only going part of the way and then abandoning the task. (There is no reason why you should not take several days over a process if you choose. The point here is to ensure that you do not prevent it going to completion or even happening at all by maintaining a negative attitude towards it).

Setting yourself the goal of doing it "comfortably, compassionately, joyfully and completely" is very helpful. It brings lightness and humour to lubricate mechanisms of the process. Those who do not accept this phrase tend to do the process "uncomfortably, with a lot of self-criticism, miserably and incompletely". Their underlying belief system is that "Life is a struggle. No pain, no gain". On reflection, you may decide to let such heavy attitudes go and thus make it easier.

As an example of how attitudes affect outcome, think of travelling to a certain town with different attitudes in mind

Just as you can decide to go from town A to town B, you can also decide in what manner you will go - whether to travel fast or slowly. You can also decide whether to travel in a bored and burdened manner, remembering injustices you believe to have been put upon you, and ignoring all the beauty on the way; or whether you will travel joyfully, eagerly looking out for the beautiful and good, and for the fun you can have along the way.

By choosing the attitude to qualify your goal, you set in your mind the exact manner in which you will achieve it, and it will modify, "tone" or "colour" your journey accordingly.

Self-forgiveness Process Step 3. Setting goal and attitude.

Points to remember — Fast track

You set your goal to complete the process, and the manner in which you will do it - "comfortably, joyfully and completely"

Self-forgiveness Agenda

Step 4. Making your Request to the Higher Self

How can you talk with your Higher Self? When I was a child I was told that to “talk to yourself was a sign of being not right in the head”, though I never quite believed it. Perhaps the idea came from people seeing those who had been labelled as insane mumbling aloud, incoherently. This is *not* what is meant here.

Most of us are aware of having inner dialogues. These are like conversations between ‘inner voices’, ‘parts’, or ‘styles of thinking’. We may be unsure how to discern which of the many inner voices is that of our Higher Self, and which are subpersonalities.

Many of the ‘inner voices’ are from *parts* in your psyche that are designed to take care of your unmet needs, called subpersonalities. A subpersonality become active when the need it is concerned with is not being met in your life. It is not really negative, even if the behaviour it carries out doesn’t work very well or appears quite negative, because it has a good intention towards you. It wants you to get that need met. Some common types of subpersonalities that may give people trouble are described below.

“Inner Critic”

A common example is the way that sometimes you hear the voice of your “Inner Critic” that tells you “You are not perfect, you are incompetent, you can never get it right, you are just not good enough (as a mother, father, partner, son, daughter, lover, teacher, salesperson, worker, employer, doctor, nurse, or whatever, etc., etc.). You should be able to do better!” Does that sound familiar?

This part would like you to have approval, a sense of belonging. If you do not give it to yourself as an adult, it will put forward patterns of thought, inner voice dialogue, and behaviour that you acquired as a child from parent figures, peers or others when you felt lack of approval. By itself, it cannot give you

the voice of approval, for it was trained in criticism by others.

“Inner Victim”

Some of you may hear the voice of your “Inner Victim” that tells you that you are the victim of other people’s actions, that you have no power to change what is happening to you. It discourages you from doing anything positive to grow and empower yourself. It works through the power of “learned helplessness.” It would like you to be noticed and taken care of by someone, and to become powerful enough to cease being victimised, but it does not know how to do that yet.

“Saboteur”

Or you may hear the inner voice of your “Saboteur” that tells you to take no risks, - to play it safe, and not rock the boat. It would like you to be safe and secure. It stems from a time when you were frightened and the world became a dangerous place.

“Helpless and confused”

Or the inner “Helpless and confused” voice that tells you you are easily confused, and discourages you from doing anything positive to get clear. It would like to attract attention to whatever is causing pain, but never learned to be articulate.

“Addict”

Or the inner “Addict” voice that tells you to “go for” whatever it is that you crave and are addicted to. It seeks inner peace, contentment and love, but cannot find it outside the True Self.

“Depressor”

Or the “Depressor” voice, that tells you there is no hope. It would like you to get back on track with your life purpose.

In the above examples, the inner voice of each of those apparently negative subpersonalities is trying to get you to take care of a basic need. The needs were respectively: loving approval, empowerment, security, clarity, inner

peace and finding your life purpose or meaning.

There could be positive subpersonalities whose inner voices were more constructive, encouraging you in times of stress, approving of your accomplishments, lifting you when you are down, giving you strength in adversity. Many people do not have these supportive inner voices. If the above negative ones are strong influences in your life, the positive ones will need building and strengthening.

The styles of your subpersonalities will depend upon the ways your basic needs were or were not met in your childhood and adolescence. When any of your needs were not met, *you did the best you could under the circumstances*. You learned, or were conditioned, to certain beliefs and styles of feeling, thinking and behaviour. These may have become compulsive patterns that always run in certain circumstances. These inner patterns may not work well later in life when circumstances are different. If so, they simply need upgrading.

None of the subpersonalities, which are concerned with basic needs only, are to be confused with the Higher Self however.

You can learn to choose how to listen to, take care of, and mature your subpersonalities. You can even develop some that are missing from your repertoire, and train others to be more useful to you. (Psychosynthesis has many methods for doing this, and further reading is suggested in the reading list at the end of this book, for those who choose to take it further).

Especially the critical inner voice of your judgemental part the "Inner Critic" is not your Higher Self, though it can sometimes behave like a pseudo-Higher Self!

The Higher Self is the source of love, wisdom, inner strength.

It speaks to you sometimes in symbols, some (but not all) dreams, and the gifts of inspiration, energies and qualities that manifest through you into actions that

enhance life, improve the good of the whole of humanity, and basically enable you to become a better person, - to serve, in its deepest sense.

Few can claim to have had a constant, direct experience of their Higher Self. It is a mystery, invisible, intangible, formless; we tend to live our lives in the world of the forms we experience through sight, touch and other senses. The experience of the reality of the Higher Self, comes mostly from its *effects*, or through ideas, images and symbols which in their turn cause these effects.

One of my patients quite spontaneously described experiences of being aware of this source of energy as a "light" above her head. She had no previous contact with these ideas. It was her direct experience. "Light" or "illumination" are words used to describe wisdom, as when "light is thrown on a subject" and it becomes clear. We also speak of "enlightenment", when a new insight or truth breaks through into our awareness.

Perhaps this region above the head does contain the link between the everyday self and the Higher Self, as many systems of spiritual development suggest. It can remain an open question, whether it is a "physical" energy reality or a "symbolic representation", or whether indeed there is a difference. That will be resolved by future investigators. We can still use the idea to test its usefulness.

Whatever the arguments about the subtle inner nature of human beings, it is a really important step for each of us to build a bridge between our ordinary everyday personal awareness and our inner spiritual nature, or Higher Self. This bridge forms a channel of communication, and along this the qualities of the Higher Self, and its purpose, its potential, can flow more easily into our everyday selves, produce healing and being shared with the world around us.

I hope this discussion of the Higher Self may have brought you a little closer to openness to its existence. Using the forgiveness processes, even if you do it only *as if* it were so at first, will open the door for you to experience its reality. It is in doing it that the experience comes.

Thus, in the self-forgiveness process you will be "looking up" in your mind's eye, or imagination, towards your Higher Self (using

words for it with which you are comfortable) and you will address your Higher Self:-

“Dear Higher Self, I ask forgiveness for.....” and then you will specify the errors-in-the-mind or in behaviour which trouble you and for which you are seeking forgiveness.

IMPORTANT: You will leave a space between each, — for the preferences which will come in the next step.

If you are having difficulty in “seeing” some of the less obvious areas for self-forgiveness that are so much needed nowadays, or just want a double-check, you can check through the list of occasions for self-forgiveness below.

Notice that your list is likely to include negative ways of *thinking and believing*, as well as ways of behaving.

You may also want to include and process any of the faulty beliefs that you discovered in your mind whenever you did the Forgiveness of Others process - your negative beliefs about yourself, men, women, sex, money, family, the world, etc. Repetition assists your success in changing.

The Agenda - When the Self Forgiveness Process is needed

Here is a review of conditions in the mind that block the flow of the energy of love

Some of these may be wrong past **actions** that you still feel bad about, for example breaking the criminal laws (theft, fraud, dishonesty, rape, murder, violence, etc.) You may still feel deep regret about certain actions you have done, or not done (e.g. abortions you or your partners have undergone, or neglecting important obligations, provoking or harming people, not caring for needy relatives, etc).

But more often, the conditions in the mind that are blocking the flow of love are persisting patterns of belief, negative ways of thinking. They will nearly all have arisen at times when your needs were not met. In a

reflex manner you did the best you could under the circumstances and with the background and equipment that you had. Just as when you look compassionately at others through the perspective of the Forgiveness of Others Process, in the Self-forgiveness process you begin to see your own cries for love beneath your past negative ways of thinking, feeling and acting.

This list has helped others to see where self-forgiveness is needed. It may help you to check yourself. Use it as a kind of “dragnet” to make sure that you do not skate over something important. Rejoice as you find any of these conditions which are still blocking love. You are *wanting* to find the ‘sharks’, so you can replace them with ‘dolphins’ later. Dolphins are more friendly than sharks....

Use a pencil to mark those squares which apply to you (this can then be erased when you have complete your self-forgiveness, so you can re-use the list for yourself later or with a friend). Or you are welcome to photocopy this list for different times it is to be used.

- ☪ Continuing old patterns of behaviour that hold you back from your potential - specify what yours have been and the circumstances in which they happen. Phrases like “I always.....”, “I never.....”, “I can’t stop myself from.....”, and similar generalisation are useful to find these,
 - ☪ Self-hatred, belittling yourself.
 - ☪ Blaming others, putting others down.
 - ☪ Putting expectations on others.
 - ☪ For believing that others (partner, in-laws, fellow-workers, opponents in negotiations....etc.) must speak the same “language” as me.
- (Note: This relates to the fact that each one of us grows up in a particular family and has an almost unique verbal and non-verbal code for transmitting messages. For example, one person may feel “loved” if they are *touched* in a particular way but not another. Another may feel “loved” if their partner *speaks certain words* but

Self-forgiveness Agenda - Making request to the Higher Self

- not others. Another may feel “loved” if someone *shows* them something or *does* certain things for them - but not others. A couple I knew had this problem - *he* felt loved when she *cooked* certain food and made it *look* nice (because basically his mother did), and *she* felt loved when he *noticed* her hairstyle or clothes (because when she was a child, being dressed up was one of the few times she got attention from her parents). This is a part of the growing science of linguistic neurophysiological programming. It is more useful to try to understand both your “languages” than to criticise and expect your partner to adopt your own).
- Hurting another by
 - speech (gossip), or
 - physically, or
 - thought.
 - “For the way I treated
.....x.....”
 - Overachieving, overambition, or sacrificing others to your ambitions.
 - Depressing yourself.
 - Pessimism.
 - Joylessness
 - Sabotaging yourself.
 - Feeling false guilt (this means feeling that you were a “bad person” after you were abused. Yet in reality you were innocent)..
 - For times when self-pity led you into helpless paralysis.
 - Self-pity.
 - Believing that you were the victims of others.
 - Criticising yourself for NOT BEING PERFECT!
 - Going against your values, perhaps submitting to the will of others to do so.
 - Dishonesty.
 - Intolerance
 - Arrogance
 - Holding on to resentments
 - Excessively prolonged grieving
 - Abusing others
 - physically
 - emotionally
 - sexually
 - spiritually
 - Abusing yourself
 - physically
 - emotionally
 - sexually
 - spiritually
 - Harmful overindulging in
 - food
 - alcohol
 - drugs
 - Sex
 - smoking
 - gambling
 - work etc. (addictions)
 - Giving yourself too little food, or the wrong quality of food, drink,
 - For believing that all others are untrustworthy etc., because in the past a certain person or some people broke your trust.
 - For not taking responsibility.
 - For taking too much responsibility, thus not letting others grow
 - For wasting time.
 - Procrastinating
 - Over- or under-valuing yourself. (Its just as wet either side of the bridge!)
 - Over- or under-risking (ditto).
 - Withholding love or appreciation when it could have been given.
 - Carelessly rejecting other peoples’ love for you.
 - Harboring thoughts that were/are harmful to yourself or others -
 - criticism,
 - revenge,
 - death-wish, on self or other(s)
 - illness-wish, on self or other(s)
 - wanting others dead or ill. (Attack thoughts)
 - Not making a conscious choice to have children
 - Not accepting and responding positively to the opportunities life offered you
 - Letting yourself down - done something you regret?
 - Are you more kind to pets, animals than to yourself?
 - Do you spend more money on maintaining your car or other material possessions than your own self-improvement?
 - Believing what others (parents, teachers, peer group) programmed you with, e.g.:-
 - Believing that you are
 - weak,
 - dirty,

Self-forgiveness Agenda - Making request to the Higher Self

- bad,
- blemished in some way,
- should be ashamed.
- have no right to be here
- Believing that you are
 - unworthy,
 - unlovable,
 - sinful,
 - incompetent,
 - less intelligent or capable than you really are etc...
 - undeserving, e.g. of money, success, fun, happiness, good relationships...etc.
- Believing that you must be punished for your "sins". For creating such punishments e.g.
 - illness,
 - unhappy relationships,
 - staying in a bad situation that was unhealthy for you when you could have left or created something better.
 - Not accepting and taking up opportunities life offered to you.
- For all times when you failed to maintain a loving attitude towards yourself, others, or the Source of Life.
- Add anything else that you think of. Make sure you search for any other negative beliefs about the nature of
 - Yourself
 - Men
 - Women
 - Relationships
 - Families
 - Children
 - Sex
 - Money
 - Work
 - Play
 - Teachers
 - Learning
 - Time
 - Authority
 - God
 - Life
 - Anything else?

RECHECK FOR THESE "BIG" ONES

Please note that:-

- CRITICIZING yourself and others
- SABOTAGING yourself and others
- ADDICTING yourself and others
- CONFUSING yourself and others

- PLAYING THE CLOWN to avoid important issues
- PLAYING THE HELPLESS VICTIM, RELUCTANT MARTYR, RESENTFUL DOORMAT or similar roles
- DEPRESSING yourself for doing any of these things,
ALL THESE ARE "MISSING THE MARK".

Doing any of the above is "missing the mark". It is limiting your life energy, self-expression and love. It is like a rocket gone off course. A correction will be needed to bring you back onto your optimal path through life. "DOLPHINS" are more friendly than "SHARKS".

Self-forgiveness Process

Step 4 Request to the Higher Self

Key Points

You ask forgiveness from the Higher Self, in order to invoke its qualities of Love and healing. The lower concrete mind and the feelings cannot forgive - if they could there would be no problems! Only the Higher Self can cancel what is already in your own mind from a higher level.

You are intent upon doing *complete* mental housecleaning - all negative actions and beliefs are to be offered up. Everything that blocks the flow of love is to be brought into the open and removed.

Use the check list fully.

Self-forgiveness Process Step 5. What would have worked better - Preferences

When your list of items needing forgiveness is complete, you will say aloud, or write, or have your guide write for you:-

“As I look back now, I realise that I would have preferred to have believed, thought, said, or done, the following....”

For each of the items needing forgiveness, you or your guide will insert *in the spaces left between each of the items*, whatever would have been the preferred wiser, more loving, or more skilful behaviour, carried out with inner strength. Here you are trying to figure out what would have worked better, using your mind. Make sure you leave enough space for the often even wiser improvements that will come from your Higher Self later.

The purpose of this step is to train you always to think positively, in terms of how you could improve rather than what you did wrong. Many people are surprised to discover as they do this how negatively their mind has been trained to think. It is healthy to practise changing this.

Ensure that these statements are positive pictures, free of judgemental criticism. As with preference statements from the Forgiveness of Others process, there should be no negative or vague words. Each statement should create a clear picture in the mind of the listener or reader of exactly what would

have been wiser, more loving, or courageous, etc., to the point of producing a satisfactory outcome.

Examples:-

(i) “I would have preferred that I had maintained love and goodwill towards....x & y...by doing ..z..”
(i.e. instead of wishing them harm or telling others bad things about them),

or:

(ii) “I would have preferred to have believed that I was a worthwhile person”.

(i.e. instead of being so self-critical and ashamed of my background).

Self-forgiveness process

Step 6. Invoking the Higher Self

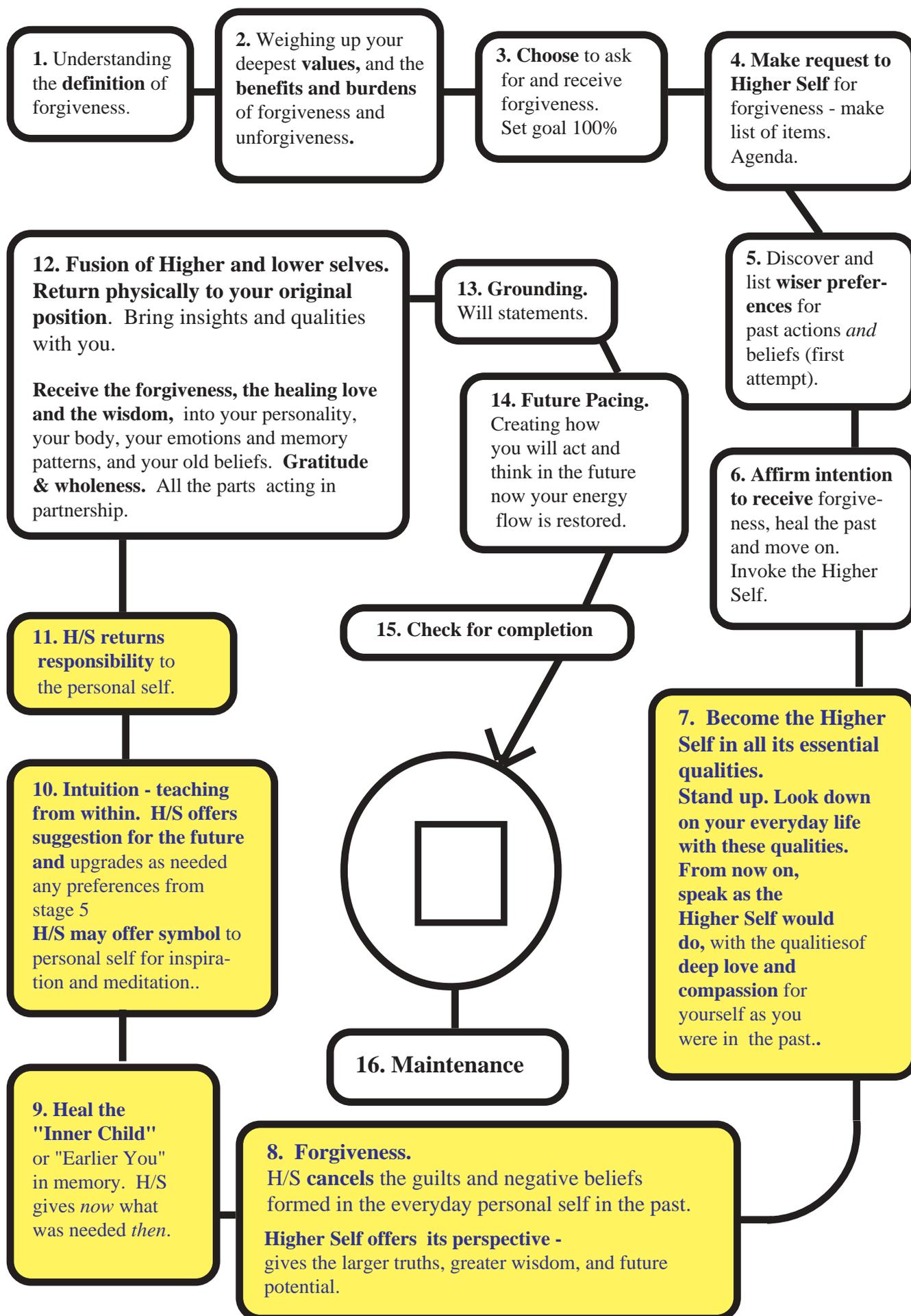
In Step 6 you will be saying aloud or writing:-

“I now will to heal the effects of all this. I am tired of the pain and burden being caused. I am tired of being uncomfortable about all this. I am choosing to be free again and I ask for forgiveness to heal all this.”

In this way you will be continuously bringing in your will-to-heal and invoking the aid of your Higher Self in doing so.

In the Phase II you are going to be reaching up and drawing that help down into you. You are going to enact becoming a Higher Self.

The Process of Self-Forgiveness: Middle Phase



Self-forgiveness Process Middle Phase. As the Higher Self

Step. 7 Becoming the Higher Self.

Lifting your consciousness.

It is effective to stand up in order to symbolise the process of moving “up” into the consciousness of your Higher Self. When you climb a mountain you see further, the air is clearer, you are closer to the sun, your spirits are lifted. There is something about physically moving higher that gives a new perspective, and a broader, more inclusive view. You use standing up to symbolise moving your centre of consciousness from the ordinary everyday level up to the Higher Self. Physical movement helps many to make this transition easier.

You will move *higher physically* so that you stand behind your chair, and look “down” upon your everyday self as if from a greater height. You begin to act “as if” you were the Higher Self. As you do this you begin to find that you are able now to see far back into time, to see what was best for all concerned in any situation. You find you are increasingly able to see the whole sweep of history, the interconnectedness of everything and everyone, the chains of cause and effect from the past to the present and sometimes on into the future. You have a n increasingly broader perspective. You progressively see a bigger picture than just the emotional reality.

You will also find that you can identify more fully with the *qualities* of the Higher Self, for example: patience, courage, acceptance, compassion, wisdom, unconditional love, forgiveness, dignity, peace.

This stage will be most important. Give it plenty of time. Be aware that there is within you, as in every person, a source of these qualities. Each person has a Wise, Loving and Capable Person Within, a Higher Self. Children have this awareness, unless it is denied by others or suppressed in reaction to life’s traumas.

When you honour that there is such a source within you, your decision and intention to express these qualities (your “invocation” of them) calls them forth, or “evokes” them from within you. It happens more easily each time you do so. You are steadily building a bridge to your Higher Self, which is the origin of these qualities within you. As you express these qualities in your daily life, you strengthen and broaden this bridge. The flow increases.

Unconditional Love as subtle energy flow-patterns is more than just feelings

The Higher Self level of your consciousness is “above” the realm of ordinary emotion. Unconditional Love is not to be confused with love as *desire* for something or someone (“I love chocolate cake”), or a love as a *feeling or emotion* (“I love fine weather”). Unconditional love shows itself as a flow of goodwill and compassionate understanding, even in adverse circumstances. It always serves the purpose of healing and stimulating growth. It is far more than pity or sympathy, which in some circumstances may weaken the recipient.

There is therefore no need to be discouraged or to judge yourself critically if you do not get a “good enough feeling”, or even very clear visualisations, during this exercise. Give your Inner Critic a holiday! The process will be taking place on more subtle, inner, levels. There may be a time lag before the changes come through into your life expression. Nevertheless, if you really invite them in and are willing to express them, as you do these exercises the qualities you invoke will come into your life. It can become a surprisingly easy, delightful and natural process.

The effects of the process are not to be judged by how you “feel” at the time, but rather by what happens in your consciousness and around you later. It is useless to “feel” wonderful *at the time* and then act irritably and impatiently *later!* Benefits can come into your life even though you may not “feel” very much at the time. Steadily you find that you have become a more tolerant, understanding, compassionate and loving person, even in the stresses and strains of everyday life.

In this step you will recognise and identify with the loving qualities of your Higher Self. Using these qualities, you will look down upon your personal self, living life in the field of learning and experience which we call the world.

If you still feel upset, critical, judgemental, etc., then you will not have identified fully enough with the nature of your Higher Self. The Higher Self level of your psyche is “above” the level of judgemental criticism and negative emotions. If you are still feeling negative emotions, some of the following steps may enable you to surmount this obstacle:-

1. Exaggerate the behaviour for a time, — until you are really tired of it. Most commonly the behaviour is of the self-critical, saboteur, victim, or helpless and confused patterns. Instead of trying not to do it, do the reverse — “ham-act” it hugely. Exaggerating it *deliberately* gives you back control over it. It gives the power it has over you back to you, for it is you who are directing the change. Then:-

2. You can carefully “disidentify” or separate your centre from that behaviour (it’s not the real you, only a pattern of conditioning “learned”). Move physically *further back* or *higher*, e.g. step back, or get up onto a second chair. (If necessary get onto a table, even go up a storey, go on top of the building, onto a hill, mountain, or even up in a helicopter or plane!) Imagine leaving the emotional part of you behind, perhaps symbolising it by placing an object on the floor. It works quite well to use a cushion or chair for this purpose. *This is not repression of feelings. It is acknowledgement of them plus a refusal to be dominated by them.* Again re-identify with the *qualities* of the Higher Self that do lie deep within you as potentials, as they do in everyone.

Some people can also do this just as effectively in imagination, or they can imagine their Higher Self as if on a cloud, and then they move up in their imagination to become the Higher Self on the cloud, looking down on their personal self in the arena of experience. Or as an eagle flying high over the world. Those who were not able to move physically because of an injury or paralysis have used this kind of imagery (for which I am indebted to Edith Stauffer)

successfully. I have seen a quadriplegic person (one whose four limbs were paralysed) do this process successfully. Her only available movement was to move a lever with the side of her mouth, causing a computer to write. This was her only communication with the world, yet this disability did not prevent her from having created a job for herself or from serving needy people, using the computer link with the outside world — and it certainly did not hold her back from doing a successful forgiveness process! Her will and mind made short work of it using the power of her creative imagination. Such are the resources of the Higher Self within each person *when invoked with determination*. Use whatever strategy enables you to identify with the higher qualities, and to feel compassionate love flowing through you. You will find a way to do this.

Physically or imaginatively moving higher, to symbolise leaving the subpersonality or emotional patterns at a lower level, and reaching higher in your consciousness, works. Call it “psychological mountain climbing” if you like. The “air is clearer” and you “see” further. Test this out for yourself.

An alternative strategy that has worked for some people is to imagine yourself like a person or persons who have these qualities.

The important thing to be clear about is that the original, seated position represents the arena of the everyday self and its past patterns, and the higher position, however it is achieved, represents the “place” of Higher Self and its higher qualities. These are potentials waiting to unfold in the present. Keep the two places separate. If, when standing, you slip temporarily back into negative emotional patterns, return to the chair to express them. Then start the process of moving up again, re-identifying with the Higher Self.

These methods have worked well to help people in many different circumstances become at-one with the qualities of the Higher Self, and thus able to look on their past with genuine unconditional love and compassion.

The guide’s role

The guide’s role here will be to monitor that the words you, the forgiver speak have the hallmark of unconditional love and compassion, in tone as well as content. If not, the guide will ask you to “move higher” until you do reach

the necessary “height”.

The guide may well receive inspiration from his or her Higher Self as to how best to assist. If you have no guide, then you must be responsible for doing this task yourself during this stage. Record your voice as you speak out the process. Then in listening to it, check that what you have spoken is free of judgemental criticism and negativity, and has *love, wisdom and compassion* in it instead. You will be using these three qualities extensively from now on.

Self-Forgiveness

Step.7 Becoming the Higher Self

Key Points

The key to this step is identification with the qualities of the Soul or Higher Self. You shift your “centre” from the personal self (centre of conscious choice and personal will that has chosen to invoke forgiveness from the Higher Self) to the Higher Self (centre of Love and Wisdom). There are thus two “you”s here. Two positions represent them - sitting in the chair for the personal self and standing for the Higher Self.

Self-forgiveness Process Step 8. Forgiveness is Cancellation of old patterns

Compassionate cancellation of bad feelings and upgrading of old beliefs

NOTE: The key to this step is identification with the qualities of the Soul or Higher Self. You will be shifting your “centre of awareness” from the personal self (centre of conscious choice and personal will that has chosen to invoke forgiveness from the Higher Self). You will move it to the Higher Self (centre of Love and Wisdom). There are thus two “you’s” here. Two positions - the chair for the personal self and standing for the Higher Self - symbolise this duality. In the text **YOU** stands for Higher Self, and “you” for personal self.

During this stage **YOU** will be looking down as a Higher Self at the personal self, (and any other subpersonalities involved, such as the critical or fearful parts of you). **YOU** survey the personality with its history, its family background, its connections, and its future possibilities. **YOU** see how life is a learning ground. You were not and are not wrong or bad past thoughts, feelings or actions. You have been a person experiencing lessons in life. You have been and are a spiritual being having a human experience. Nothing that you did in the past, or do in the future, can negate the existence of the love of the Higher Self. “Mistakes” and crises are only a succession of stepping stones to greater wisdom, strength and love.

Eventually you reach the right physical and psychological “height” in consciousness. **YOU** will speak to the personal self as the Higher Self would speak, with wisdom, compassion, love, and understanding. The flow of such inspiration can be started by sentences like:-

“Dear (use your name)...I do forgive you and I really do love you. I do understand how it was for you in the past. You did the best you could at the time. And I love you just the same.”

As **YOU** speak these words, **YOU** will open the gates for love to flow to the personality, the everyday self, through all its experience, from conception, gestation, birth, and through all the hurting memories from childhood, adolescence and adulthood.

At times **YOU** will access a stream of compassionate inspiration and *know* what the personality needs to hear. It is all right to change the wording given here if **YOU** understand and stick to the principles involved. The words given here cannot meet the needs of every conceivable situation. There is no need to struggle to think hard of what to say. Many times there are few, or no words, simply a silent flow of love, energy and understanding. At other times there may be a flow of wise, compassionate and enlightening words. The following sentence often helps to open the doors to this flow wider.

“Yes, it’s true that you didn’t always do the wisest things, the most loving things, or the most courageous things, — and I love you just the same.”

The words spoken by the Higher Self always have simplicity, love, and truth, never sarcasm or judgemental criticism. The Higher Self reveals more enlightened ways of acting in similar situations in the future.

YOU will then continue, as Higher Self:

“In forgiving you I am now cancelling all the guilt, bad feelings, and negative beliefs that became set in your mind in the past, blocking the flow of love.”

These would be the guilt, expectations, demands, negative or critical beliefs, vengeful or destructive thoughts, etc., which you listed in Phase I. Step 4. YOU will easily find and use words that fit the situation best. Remember, we usually form negative conclusions, beliefs and guilt when needs are not met. Such conclusions and beliefs are only *partial* truths about the world, seen through the perspective of the experience *at that time*. One definition of enlightenment is “the capacity to no longer confuse a partial truth for the whole truth”. Thus in this step of the forgiveness process light flows in. A larger truth becomes revealed — which is that the people whom you expected to meet your needs had not had their needs met in the past. They did not know how, or were not able, to meet your needs. You did the best you could at the time. You will also see now that they did the best they could too — given their limited emotional and mental resources at the time.

YOU bring each of your actions, beliefs and mind-sets needing forgiveness into the light of wisdom and compassionate understanding. To unlearn old and learn new patterns fully, the personality usually needs to hear it spelled out for each item. The guide can give reminders about each negative of the beliefs and actions that were discovered in Step 4.

Here is an example:

HIGHER SELF (addressing the personal self):- “I cancel your belief that you are not a worthy person, which was the decision you came to because of this incident. I offer you the truth - which is that you are a unique, capable, loving, and lovable human being.”

Or,

HIGHER SELF (addressing the personal self):- “I cancel your guilt about harbouring a death or harm wish on....., and I offer you the capacity to forgive and love without conditions, to see the unmet needs, and negative behaviour of others as a cry for help and love. I give you the gift of goodwill, — the capacity to *see the good in yourself and others, to work for the best for all* and for the *best that any relationship can become over time*. The Truth is, you are capable of doing this and you can learn to love unconditionally. “

The personal self needs to hear the Higher Self’s forgiveness for each of the issues raised in Phase I. Step 4 (Request to the Higher Self). It usually takes the form of a great flow of the energy of love, and words such as the following help it to flow:-

“I cancel your guilt (or bad feelings) about(doing, thinking, believing x....).....

“I cancel your tendency to.....,

“I cancel your belief that.....,

“The Truth is.....,

“You can learn to.....,

“From now on you will be able to.....,

(and here the wiser perspective of the Higher Self becomes known).....

This continues until all the issues brought up in Step 4 have been addressed, and the Higher Self or Soul's perspective been revealed as fully as possible.

When this stage is complete, **YOU** (as Higher Self) will continue to address "you" (the personality):

"I send you all love now, without conditions, to nurture you on your path through life."

YOU (as Higher Self) continue to receive the energy that is love and wisdom from the Source and radiate it to the personality. **YOU** will become aware of deep compassion for the "younger you", the personality, flowing through.

As the Higher Self, **YOU** can easily see that the failures or mistakes you made (as a personality) were times when you allowed goals set in your mind by lower levels of your consciousness - by subpersonalities that were hurting, by disturbed emotional reactions when your needs were not met. In the Forgiveness Process these old outworn goals and attitudes in the mind are being re-aligned with the values of the highest level of consciousness, the Higher Self.

Overflow love and compassion to the personal self, the Child-you-were, or Person-you-were. Let love flow through from the Source to your personal self, your Whole Life, from conception up to the present. Take all the time needed, until it is complete.

GUIDE: You will record all the insights from the Higher Self for use of the forgiver later.

Self-forgiveness process

Step 8. Higher Self cancels old conditions in the mental and emotional patterns

Key Points to remember

The key to this step is identification with the qualities of the Soul or Higher Self. You shift your "centre" from the personal self (centre of conscious choice and personal will that has chosen to invoke forgiveness from the Higher Self) to the Higher Self (centre of Love and Wisdom). There are thus two "you"s here. Two positions represent them - sitting in the chair for the personal self (you) and standing for the Higher Self (**YOU**).

The Higher Self responds to the request from the personal self with a flow of love and cancels the old beliefs and bad feelings.

The personality usually needs to hear precisely the improvements made and suggestions offered.

Records made at this time will assist recollection of these changes later.

Self-forgiveness Process Step 9. Healing the Inner Child or Earlier You Process

Purpose: To bring the painful childhood memories into the healing love of the Higher Self, the Wise Loving Parent Within, and bring them to Peace. Giving yourself now the kind of parenting that you needed in the past, thus balancing negative psychological energies with positive ones.

For this process, you will see your memory's pictures of you-as-you-were in childhood (or other relevant earlier time), one by one, as you imagine the love of the Higher Self, like a pair of loving hands or a very loving being, gently reaches in and draws the child aside from the picture, out of the scene of pain, and holds it, cradles it, in just the way it needed then. The love of the Higher Self flows into the child and brings all the hurt or bad feelings to peace. Enough love flows into the child. It gives to the child exactly what was needed then. When the child is ready, watch how gently the Higher Self places it back in to the picture, back into the memory,.... healed.

Often there is a connection between current negative feelings and similar kinds of events that happened to you as a child. An event sets off childhood patterns of feelings and reaction. You "get your buttons pushed", and you may not even realise the connection. Complete healing of events requires you to heal your memory of the root incident(s) when you were young. This lies behind the saying "You are never upset for the reason that you think". There is something that happened earlier that set the scene.

During this step in the process, therefore, you will be reviewing your memories of the past. The Higher Self can be very precise at locating memories that need healing. Your unconscious mind records every event of your life. The Higher Self frequently demonstrates it has access to these memories in a remarkable way. Sometimes it may select a memory of one event to represent a family of similar events.

It is a process of healing painful or burdensome memories. To recapitulate, in your mind's eye you will be watching the first such memory, as the love of the Higher Self, like a pair of loving hands or a very loving being, gently reaches in and draws the "child-that-was-you" away from the picture, away from the scene of pain, and holds that child, cradles it, in just the way that was needed then. The love of the Higher Self then flows into the child you were and brings all the hurt or bad feelings to peace. Enough love flows in to bring it all to peace. The Higher Self gives to the child exactly the experiences that were needed then. Then, and only when the child is ready, you will see how gently the Higher Self places the child back into the picture, back into the memory, healed.

You will repeat this process for all the significant scenes of your life, progressively, right up to the present time. There is no need to hurry. You will have all the time you need for these steps.

A natural unfoldment of the Healing of the Inner Child - Dorothy

Dorothy did some emotional release work and discovered that she still carried the anger of something that happened to her when she was four years old. She did a forgiveness-of-others process towards the person who had violated and frightened her. She also did a Self-Forgiveness Process to heal the false guilt and remove the negative beliefs she had acquired then. She continued to meet with a small support group of people who were helping each other with forgiveness work.

A year later I met her again and she told me a remarkable story. From time to time, when in stressful situations, she would spontaneously feel the "presence" of the child that she had once been. The "young Dorothy" would seem nervous and in need of someone to love and take care of her. Dorothy used to imagine setting this child upon her knee and comforting her. She could do this imaginatively without anyone knowing, and still be able to do whatever her situation required. She felt a growing

inner peace as she acknowledged her Inner Child, and loved her in the present time in a way that had been so badly needed years previously.

Over that year following the forgiveness seminar, the “young Dorothy” had appeared to her in this way maybe six or eight times. She did not try to make it happen, nor did she try to stop this from happening. She trusted the process. During the year, “young Dorothy” had “grown up”, and the last time she “appeared” she was about fourteen years of age. On this occasion the “young Dorothy” had seemed to say to her, “I am fine now. Thank you for recognising my needs.” Dorothy (adult) felt a progressive healing of her emotional pain that was profound, increasing her inner strength and her capacity to love. She delighted in the naturalness this process. When we honour the unconscious mind in such a way it can be a true friend to us.

If you are sceptical that an “imaginary” process can be so effective, remember that we store *all* experience in our memory as mental images. The quality of our lives depends upon the quality of these images, just as the output from a computer depends upon the quality of software. The computer faithfully prints out any errors in the software until the owner takes responsibility for correcting them. Your memory functions in a similar way. You can always improve the quality of the images stored there to improve your life.

The effectiveness of healing childhood memories by adding positive images was first demonstrated by Dr. Milton Ericson. In a paper called “The Friday Man”, he described how one of his patients, whose early life had been dismally unhappy, imaginatively created with his help a very happy childhood. Doing this creates a balance in the patterns of the nervous system and healing follows. Other workers have taken up this idea and created seminars with the themes of “Rewriting your script” and “Healing the Inner Child.” The saying has come into existence, “It is never too late to have a happy childhood.”

Hazel

One of my patients as a child was very frequently deprived of her dolls by her parents as punishment. As an adult she developed depression. During therapy she got into her head an urgent obsession to play with a doll. She carried around with her everywhere she went. As her doctor at the time I was rather concerned at this “regressive behaviour”. I did not then know about the value of creating happy childhoods for adults! Fortunately I did not interfere, but waited to see what would eventuate. The result for her of carrying the doll and loving her inner child was wonderful - the depression improved *and she became artistically successful soon after*. The natural creativity and playfulness of her Inner Child emerged. It was this event, and simultaneously coming across Dr. Ericson’s paper, that stimulated me to explore the processes of forgiveness and Healing the Inner Child.

Self-forgiveness Process

Step 9. Healing the Inner Child or Earlier You Process

Key Points - Fast track

The Higher Self reaches into the memories with loving hands to heal them, removing the hurting “child-you-were” from the scenes of the pain, embracing him or her, pouring love in, *giving now what was needed in the past*.

This restores inner peace and produces balance in the patterns of the nervous system.

Self-forgiveness Process

Step 10. Intuition - teaching from within

Willingness

Throughout the process, as **YOU** as a Higher Self look down on your personal self, **YOU** will notice - does s/he (the everyday personal self) have the willingness and openness to accept the love and forgiveness?

Higher Self knows ways round obstacles that the personality cannot find

The Higher Self, which understands the origins of these obstacles, will be able to reveal what will release any resistance that is present, and give guidance as to how that can be done.

In-tuition = teaching from within.

The forgiveness process has clearly demonstrated to me over the years I have been working with it that everyone has within them a source of wisdom. Tapping into this is a vital part of becoming Self-determining, and ending the cycle of co-dependence upon the opinions and judgements of others.

Still speaking as the Higher Self (the Higher Self, the inner source of wisdom, speaks through you) you may have something to say to the personal self. This is a good time to let that happen and record what comes through.

It may come as a gift, a symbol, a feeling, or in words, or sounds. Simply make the space for this step.

Sometimes there is nothing because there is no need for anything. Simply be open and discover what, if anything, comes.

Step 10 can be very beautiful, as the inner wisdom at the core of the forgiver is released and shines forth.

Intuitive insights seem to be more accessible to most people at this stage of the process, after the initial stages of the work of linking the personality with the soul consciousness has been done that in the more usual everyday state of awareness.

Self-forgiveness Process Step 11. Higher Self lovingly gives responsibility to the everyday personal self for making choices

The forgiver, still speaking as the Higher Self to the personal self, says:

“I now give you back responsibility for the way you lead your life. I send you all love now, without conditions, to nurture you on your path.”

This is a reminder that the Higher Self always leaves the personality free will, for it is only by the exercise of this priceless attribute that we can evolve our human consciousness. We learn and grow by making choices based upon our values, and making adjustments. The wise part within us always loves us, however, even when we seem to have made errors of judgement from time to time.

Middle Phase. As Higher Self to the personal self Steps 7-11 summarised

Key Points to remember

Step 7 As you move physically higher up, you “leave” your personality feelings and reaction patterns in the place where you were, and you “move into” and adopt the qualities of the Higher Self - great compassion, patience, understanding, wisdom, unconditional love, etc.

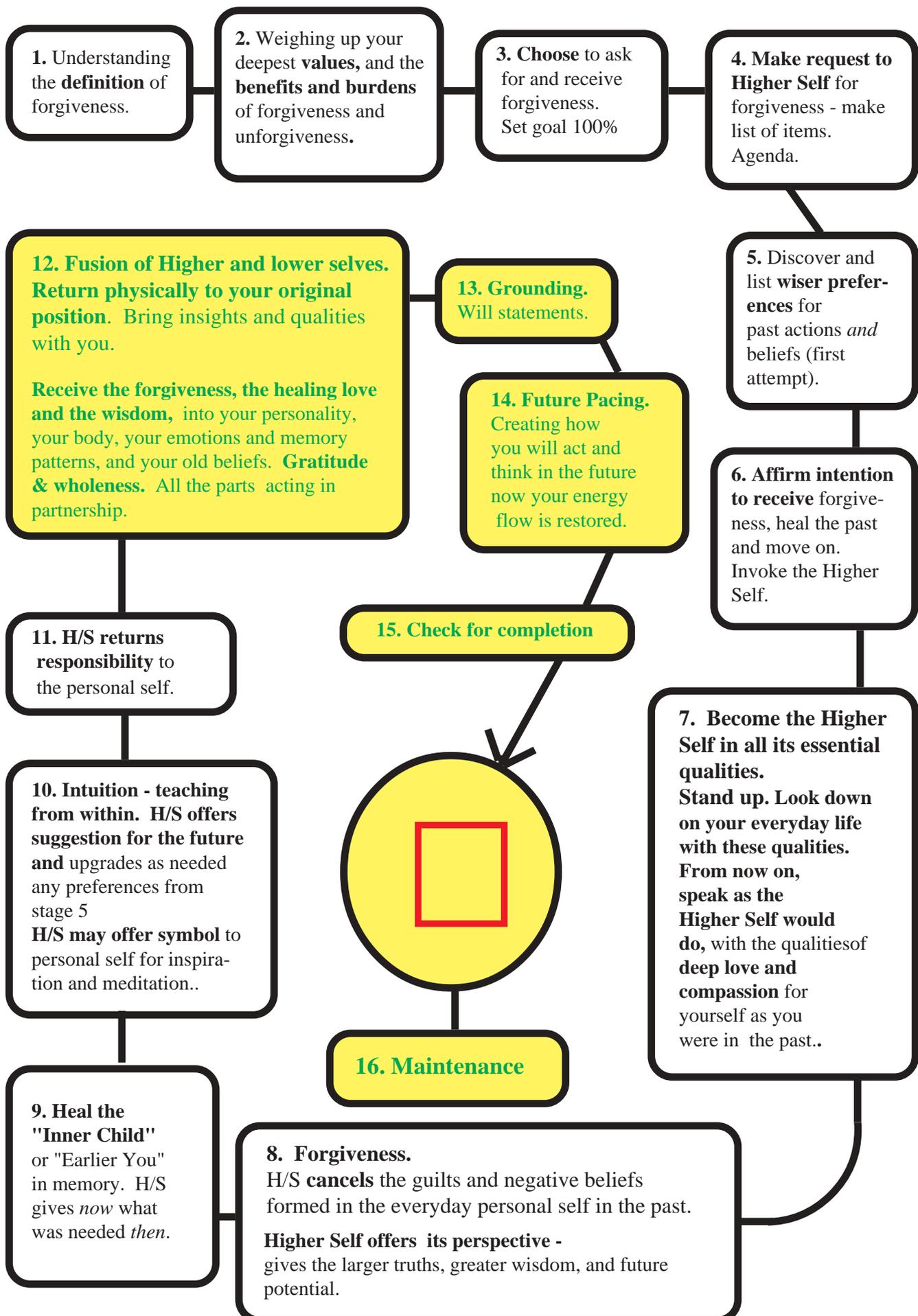
Step 8 With these qualities you (as Higher Self) look down on, and radiate love and healing into the person-you-once-were; the memories are healed, the negative perceptions and beliefs are cancelled; wiser thoughts and beliefs are created.

Step 9 The Inner Child is healed and brought to peace, being given imaginatively *now* what was needed *then*.

Step 10 At times there are also intuitive gifts, symbols, ideas, suggestions from the Higher Self to the personal everyday self.

Step 11 Responsibility is returned to the personal self.

The Process of Self-Forgiveness: **Final Phase**



Self-forgiveness Process Final Phase: As personal self

Step 12. Accepting the forgiveness and healing

Stage of healing the physical nature

As in the Forgiveness-of-others process, you receive the healing *physically* at first, by guiding the energy of love, like a warm ray of light, or however seems right to you, into the energy field of your whole body. You might start with areas where you have felt pain, tension, or disease.

You do not give undue emphasis to these areas, however, simply loving, gentle acknowledgement of their presence. You invite peace and healing into them, without fear or any force of will. This is pure, gentle, nurturing love to the cells of your body, not to be forced in any way.

You will move on fairly quickly to give more attention to overflowing it into your body as whole like a golden waterfall from the crown of your head to the tips of your toes and fingers,..... from the outside surface right into the deepest core.....from behind your lower back into your pelvic area and legs from behind your middle back to your middle abdomen,..... and into your solar plexus area.....from behind the spine between the shoulder blades into your heart area,..... into the upper central part of your chest, your thymus gland, the centre of immune system,..... from behind the spine of your neck to your throat and arms..... and then on to your whole head area. Include if you wish the brain and nervous system, the spinal cord and nerves that connect with all the cells and organs of your body..... all the blood vessels of the circulatory system, According to your situation you may want to include your bones, marrow and joints..... include the rhythm and mood “centres” of your brain (sleep, appetite, blood pressure, breathing patterns, mood stability, sexual rhythms as relevant).....

In the longest version of this step you will be giving attention to the different kinds of ways love can be used as it flows through the different energy centres or chakras, and some ideas will be given to you as to how to do that. They include consideration of what it would mean to you to take your stand in strong love, to love creatively, releasing others from control, demands and expectation, to lovingly empower others, to practise real inclusiveness, to use only loving speech and touch, and only loving use of the hands, to be guided only by wisdom, and to reveal love through that you do.

You will be aware of your body as an integrated and harmonious whole. You will see how all these parts relate to each other as a whole.

You will imagine your body functioning in radiant health,

If it is right for you to do this, you will see it being used to give some valuable service in the world.

If it is right for you to do this, you will overflow healing love to others who may have similar conditions or problems as yourself.

Thus you dwell for a time upon the theme of circulation of energy; and of the health and right relationship of all parts to the Whole. You may see a symbol of this wholeness and healing in action.

Remember, there are as many living cells in your body as there are stars in the galaxy, and you are their trustee, their guardian. They give you an instrument for experience and service in the world. The way the cells of your body are held together by your consciousness and work together is an awe-inspiring, wonderful, miraculous synthesis worthy of this love and healing..... you will be letting them be bathed and penetrated by this gentle, healing love at this time.

If the Higher Self gave you a symbol, you may choose to place this symbol imaginatively somewhere in your body if that feels appropriate. You will be seeking to embody the quality which it symbolises. You may also be keen to make a sketch or painting of it after this process is finished, and place it where you can see it often. Meditate upon it. It is amazing how this can help to anchor

the psychological energies carried by the symbol. In due course you will find yourself expressing this quality in your life. There may be more than one layer of meaning and inspiration in it.

Stage of healing the emotional nature

You review the memories and send love to yourself as you were in those memories, or rather, you become aware of how the love of the Higher Self is flowing to them now.

You repeat this as many times as necessary, for each of the representative memories which the Higher Self showed you already, or shows you now. Sometimes the Higher Self shows other important memories at this time that had not “come to light” before.

Stage of healing the mind

Then you will be receiving the healing of your *mind* by inviting and accepting the cancellation of each of the old mind-sets that were blocking the flow of love and joy, and *even more important, their replacement by the more positive ones offered by the Higher Self.*

As in the forgiveness of others process, you will be able to use the symbol of the jig-saw puzzle tilted off the tray to represent the changing of old thought and belief patterns, the pieces falling to the ground, separating, softening so they cannot go back the way they used to be,..... the surfaces being cleansed completely..... before returning to the mind as fresh “mind-space”..... to be used with the wisdom and compassionate understanding of the Higher Self..... to create wiser patterns.....ones which will be right for you from now on. The puzzle pieces represent old negative patterns of the mind being broken up, softened and cleansed. Each old negative belief or pattern is transformed into a wiser, more loving attitude and perspective offered by the Higher Self.

The guide during this time can be reminding you of the insights, intuitions, teaching, new beliefs and attitudes offered by the Higher Self in Step 10, so that you can review them one by one. They form a new pattern, and the guide will record the upgrades - the new, wiser, more useful beliefs. You will want to read them afterwards as well, and live out of them in practical everyday life.

Doing these things you will be realigning your personality goals and attitudes with those of the highest, transpersonal levels of your consciousness.

Let yourself realise that you are free now to move on from these experiences. They need no longer condition your thinking or behaviour. You may already by now be experiencing a joyful sense of deep relief.

This could be a good time to send gratitude to your Higher Self, the part of your consciousness with these possibilities stored in it, waiting for you to evoke them.

Some people feel energy shifts in their bodies as they receive love and forgiveness from the Higher Self, and a sense of wonder at the beauty and complexity of themselves as a human being. It is important to remember that it does not matter whether you get such a *feeling* or not, for the change in your life pattern is what really matters.

A sense of wholeness will develop within you. All the “parts” and “levels” of your consciousness, though separated out for the purpose of the process, are in fact One. Just as your body has different parts - organs, brain, heart, lungs, liver etc., yet it is still one body.

Self-forgiveness Process Step 12 Accepting the forgiveness and healing

Key Points
This is done physically, emotionally and mentally

Self-forgiveness Process Step 13 Grounding

In this step you will be saying aloud firmly (or writing):

AS PERSONAL SELF: “I will to keep this change in me intact.”

This will be your commitment to *maintenance and vigilance*, to keeping this wisdom and new learning alive within you. It is to reinforce using them in everyday life. You are drawn upon inner forces to remember:

- how to think, feel, and act more lovingly, more wisely, and with greater inner strength, instead of with the old, outworn patterns.
- how to *maintain* these new patterns in place of the old ones

As in the forgiveness of others process you may want to add a *commitment* to practising each of the Goodwill Patterns, independently of the behaviour of others or outer circumstances:

- **Rukha:** “I will to practise inner peace and restful poise, even when harassed”
- **Khooba:** “I will to give selective attention and energy to the good in myself, others, and situations”
- **Makikh:** “I will to look deeply for the true needs of myself and others, and to meet them whenever practical”
- **Abilii:** “I will to look for the errors in my mind which block love, and self-correct them *joyfully*”
- **Kenoota:** “I will to work towards what is fairest for all”
- **Dadcean Libhoun:** “I will to see Life whole - with a broad perspective, seeing the interconnectedness of everything and everyone, past present and future”.
- **Clear Communication:** “I will to listen to and understand the “language” of others fully. I will to communicate clearly to others in “language” they understand,

adapting my own methods of communication accordingly. I will to do all I can to ensure we understand each other accurately. I will to remove barriers to understanding.”

Meditating these qualities into everyday life



1. Relax your body, calm your emotions, still your concrete mind. Let your creative mind be alert and receptive. Love yourself, remember you are a good person seeking to bring benefits. Approve of yourself for partaking in the general healing task. Thus you make an enlightened self-image, a receptive chalice for the quality to enter. Love your Higher Self, the source within of the Goodwill Pattern you seek to externalise and practise. Thus you create a link between your two “selves”, making them at-one.
 2. Reflect upon —
 - the benefits which the Goodwill Pattern you have chosen brings;
 - the need for it in the world;
 - examples of where it is already being used successfully;
 - how it could be used in your own life.
 3. Imagine a symbol, object, scene, or short saying, that holds its essence for you. You can use this to absorb its quality and energy. Sketch it, or cut it out if it is a picture you saw elsewhere. Place it where you will see it often.
 4. Absorb this quality into you and
 5. Radiate it, blessing it and sharing it with others who need it.
- In this way you serve a group of people with whom you share a common link.

Self-forgiveness Process Step 14 Future pacing

In this step you will visualise (i.e. create in your imagination) how you will *be* as you enact the new patterns. In your mind's eye you will look at how you will be — at work, at home, wherever. You will be spending time seeing yourself in different situations *expressing* this love, wisdom, and inner strength. This is an active, creative stage. How will your eyes look? How will you walk, speak, write, move, behave towards others, now that the old beliefs and negativity are no longer with you? You will create it just how you intend, and now are free to be.

Meditating upon, or drawing/painting the symbol and placing it where you can see it often, are effective ways of reinforcing the psychological energy it carries.

After doing the self-forgiveness process you will find it easy to do any Forgiveness of Others Processes which you were not able to complete before.

Self-forgiveness process

Step 15 Checking for completion



Some people know inside themselves when they have finished, and how completely this process has been done. You can also get clues from your body with the muscle response test. If you have a guide who tested you before you did the forgiveness process, you can ask him or her to repeat the test (refer to Appendix for details). You will check your physical reaction to the words:

- **“I love myself”**
 - **“I love my body”**
 - **“I love my emotional nature”**
 - **“I love my mind”**
 - **“I love what I do”**
- (although naturally if you continue to do what is against the design for you of your Higher Self you are likely to be stressed by this phrase)
- **“I can put love into whatever I do now.”**

• **You can also retest the umbilical test,** which, in my experience, will come fully positive when *all* quadrants of the Primary Love Relationships circle have been healed.

You can also test if the following phrases have become stress-free:

- **“Life is a celebration”**
- **“I love Life”**

If not complete, refer to the section on how to overcome obstacles.

Self-Forgiveness Process Final Phase

Points to remember

Steps. 12-15: As the personal self

Returning to the place of the everyday self, you *receive* the gifts of the Higher Self into the body, the emotional nature, and the mind, to transform and replace any disturbed physiology, tensions, guilts, bad feelings and negative beliefs.

From now on, you will be able to use your will to reset your mind much more easily, and in so doing, bring about a change of heart. No longer are you to be willed by emotions and reactive patterns.

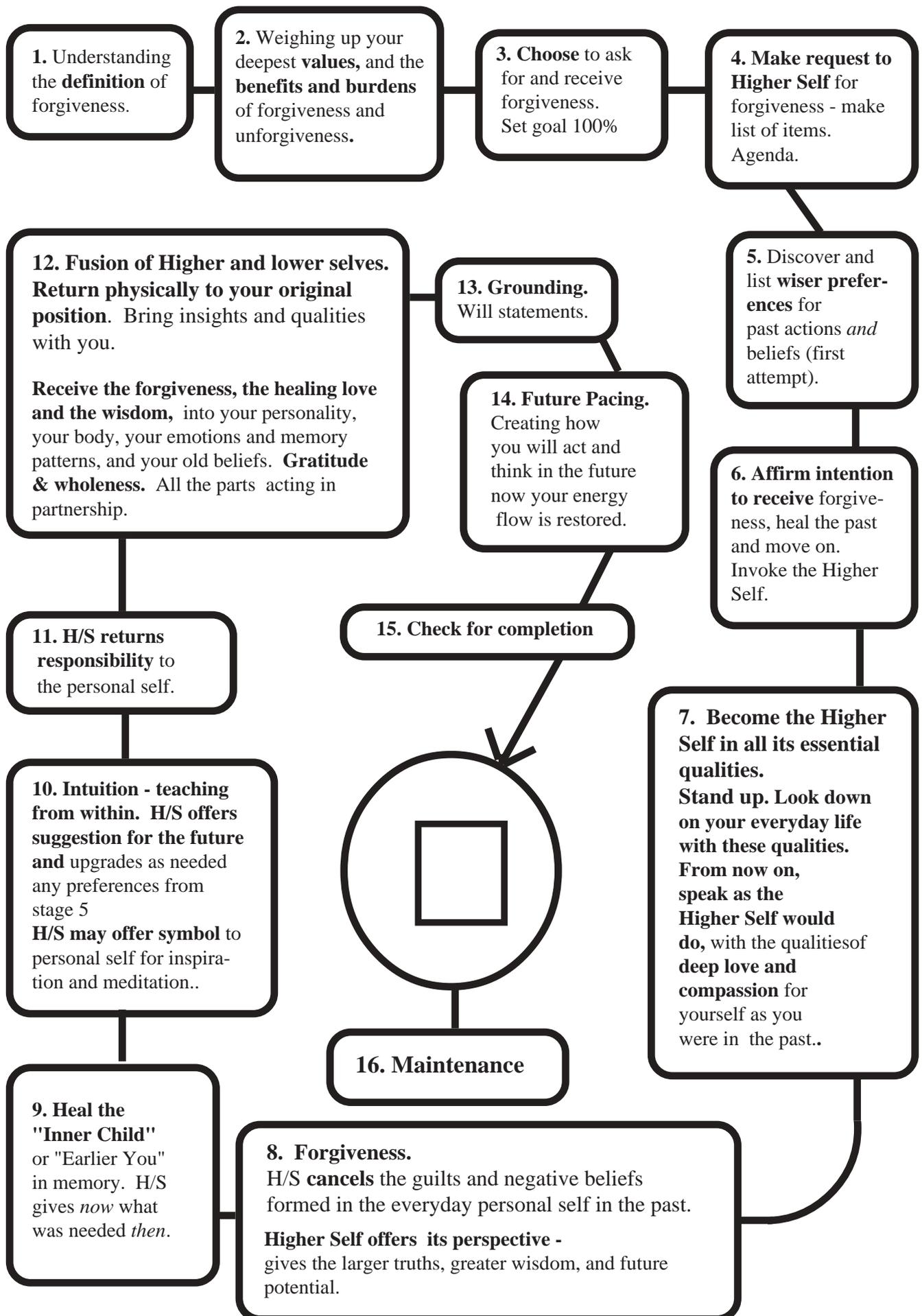
Energy follows thought. You will keep the changes you have made intact as you use your mind and will more skilfully because of this forgiveness work which you are doing.

You know how to plan and visualise how you will be from now on (future pacing the changes).

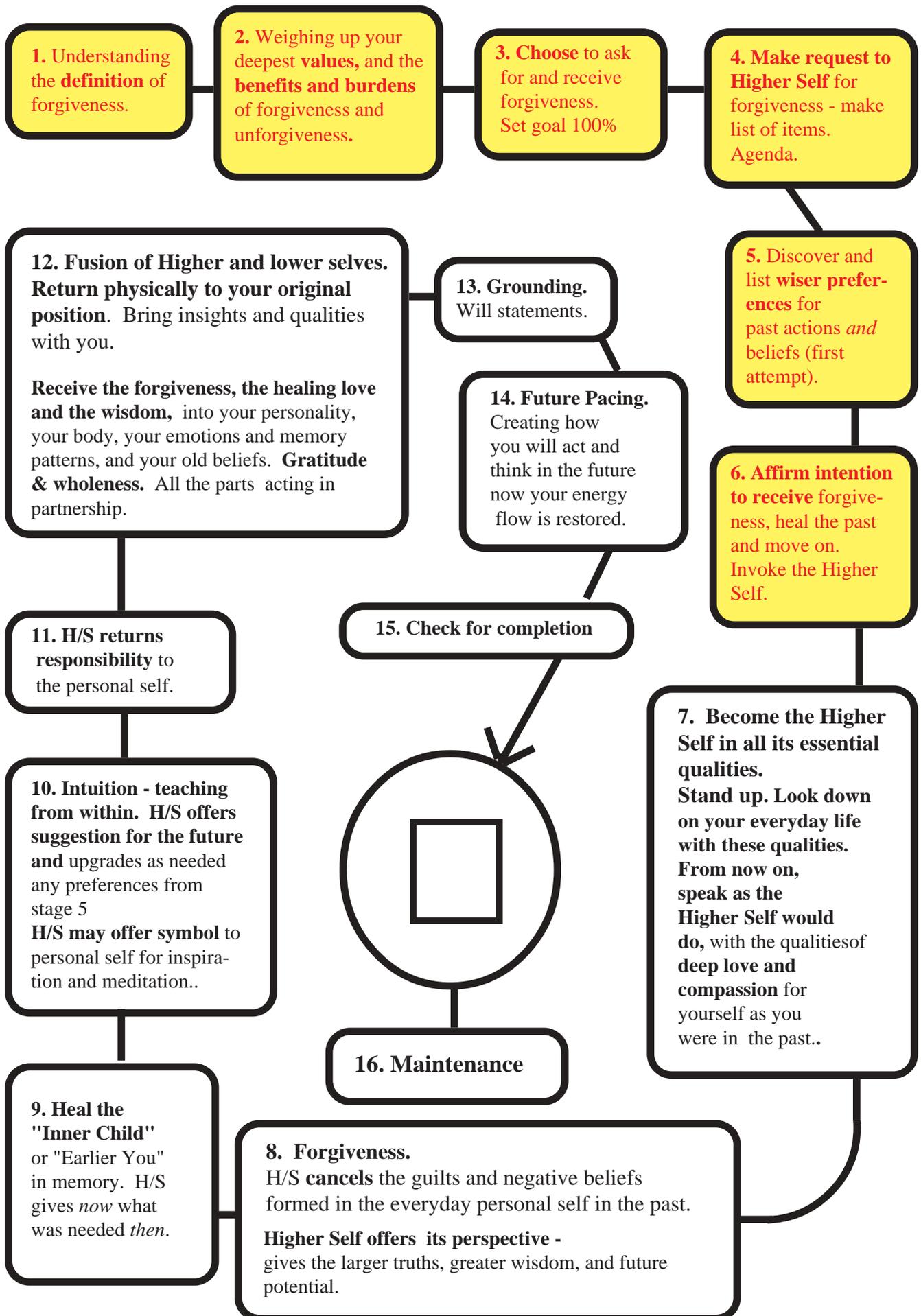
You can check internally and/or kinesiologically for completion.

If there is incompleteness, refer to the section on ways to overcome obstacles.

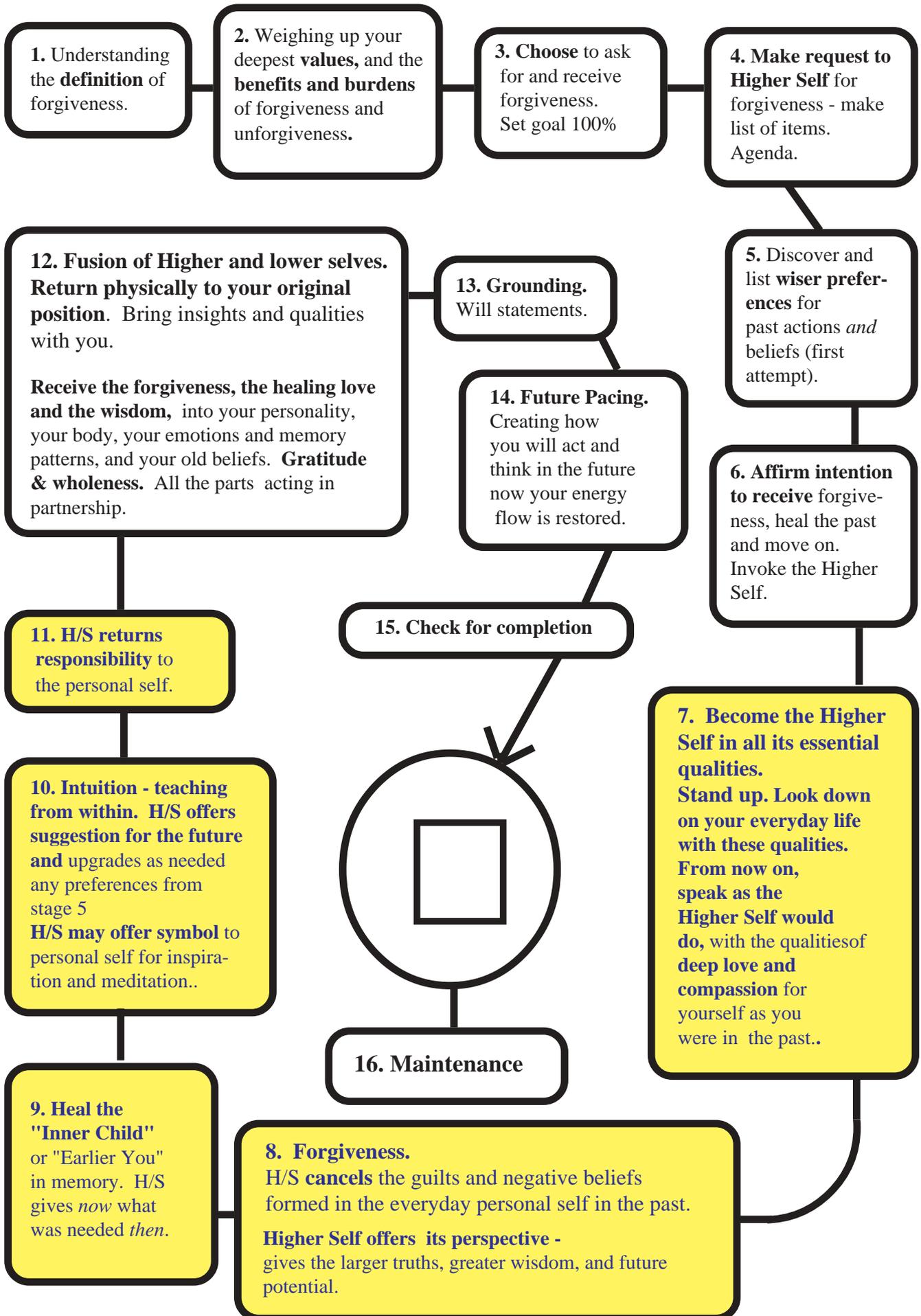
The Process of Self-Forgiveness



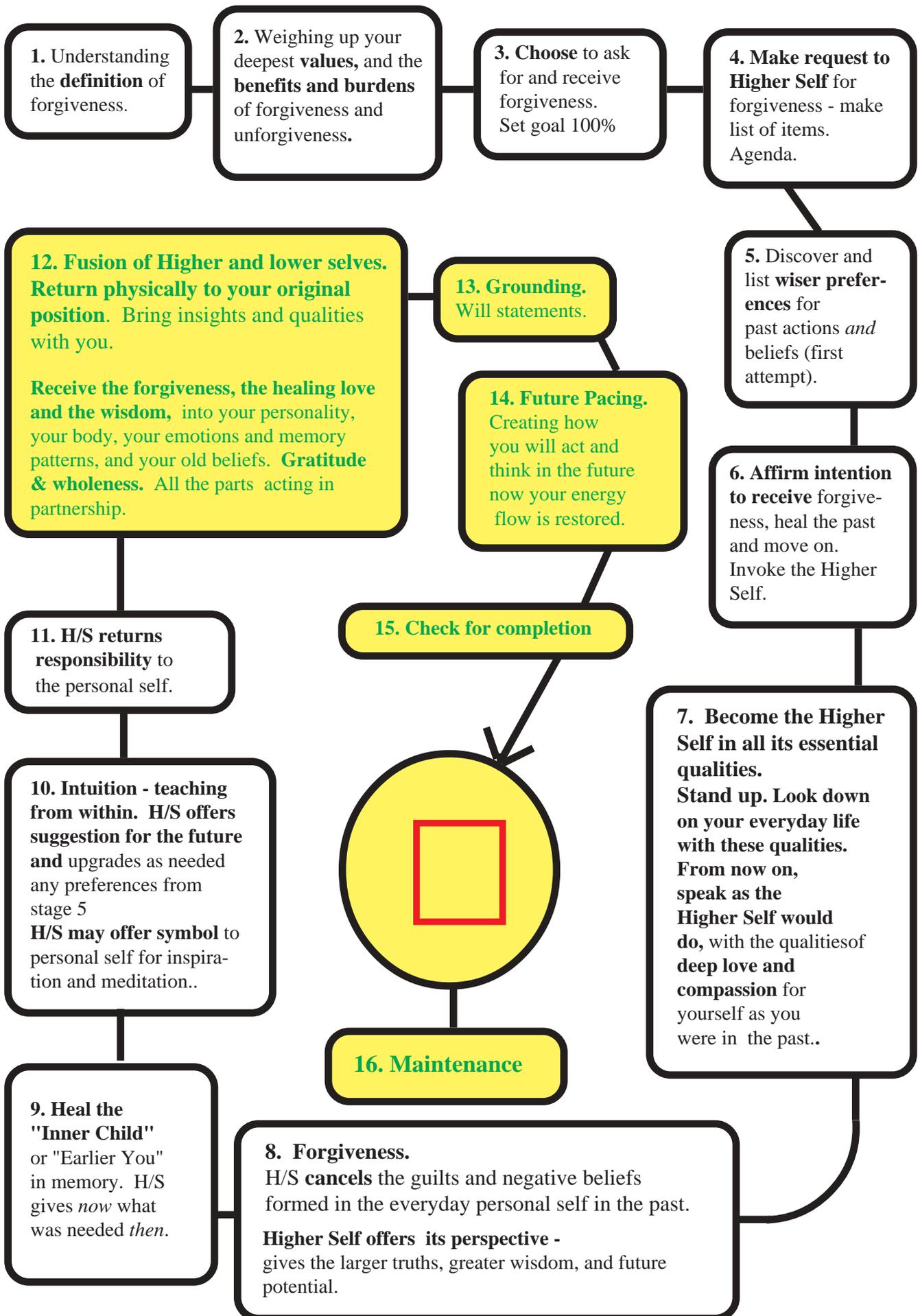
The Process of Self-Forgiveness: **Early Phase**



The Process of Self-Forgiveness: Middle Phase



The Process of Self-Forgiveness: **Final Phase**



Example of a Forgiveness Processes

In this chapter is an example of
Step 3 — Values 1, Benefits and Burdens,
Step 5 — Feelings,
Step 6 — Beliefs,
Step 7 — Preference Statements and
Step 8 — Values 2
of forgiveness processes applied to a person's self and both her parents.
The purpose is to demonstrate to you how to do these important steps, in which you have to create your own personal words.

You have seen that the forgiveness process consists of stages of preparation for the forgiveness, the forgiveness, the healing meditation, and practising future behaviours and mental attitudes. What is shown in this chapter is the *preparation* Yolande did leading up to the stages of actual forgiveness and healing meditation. I cannot demonstrate the latter steps here, because they were an *inner* experience for Yolande, as they would be for you.

I thank Yolande for allowing this material to be used to help other people to understand the forgiveness process more fully.

Yolande

(Note: In the history which follows I have put in *italics* the main headings under which the history was gathered. It illustrates not only the method of eliciting information, but also how a holistic perspective is offered to the client while the process of gathering information and gaining rapport is under way. It is important she come to see herself as a whole person, with all her strengths, and not just symptoms and problems).

Yolande's *physical* symptom was pain. It had started five years previously - pains in her back, neck, and head. She had been having regular and frequent treatments by manipulation for four years, with temporary relief each time. She had been told her pain was due to a twisted spine which should have received attention earlier and that it would need constant attention for the rest of her life. Around the time of the onset of these pains she had stopped menstruating for

eight months and her gynaecologist had suggested the reason was *emotional* problems, but she had been unwilling to accept that idea. She also had occasional problems with dermatitis and asthma.

Her father had died a few months before I met her. She had come home to help her mother for some weeks. At the same time she decided to take a new look at her life.

She did not present her complaints in the usual way by talking about her symptoms. When asked why she had come she said:- "To find out what is going on in my head. To get free of what I am stuck in".

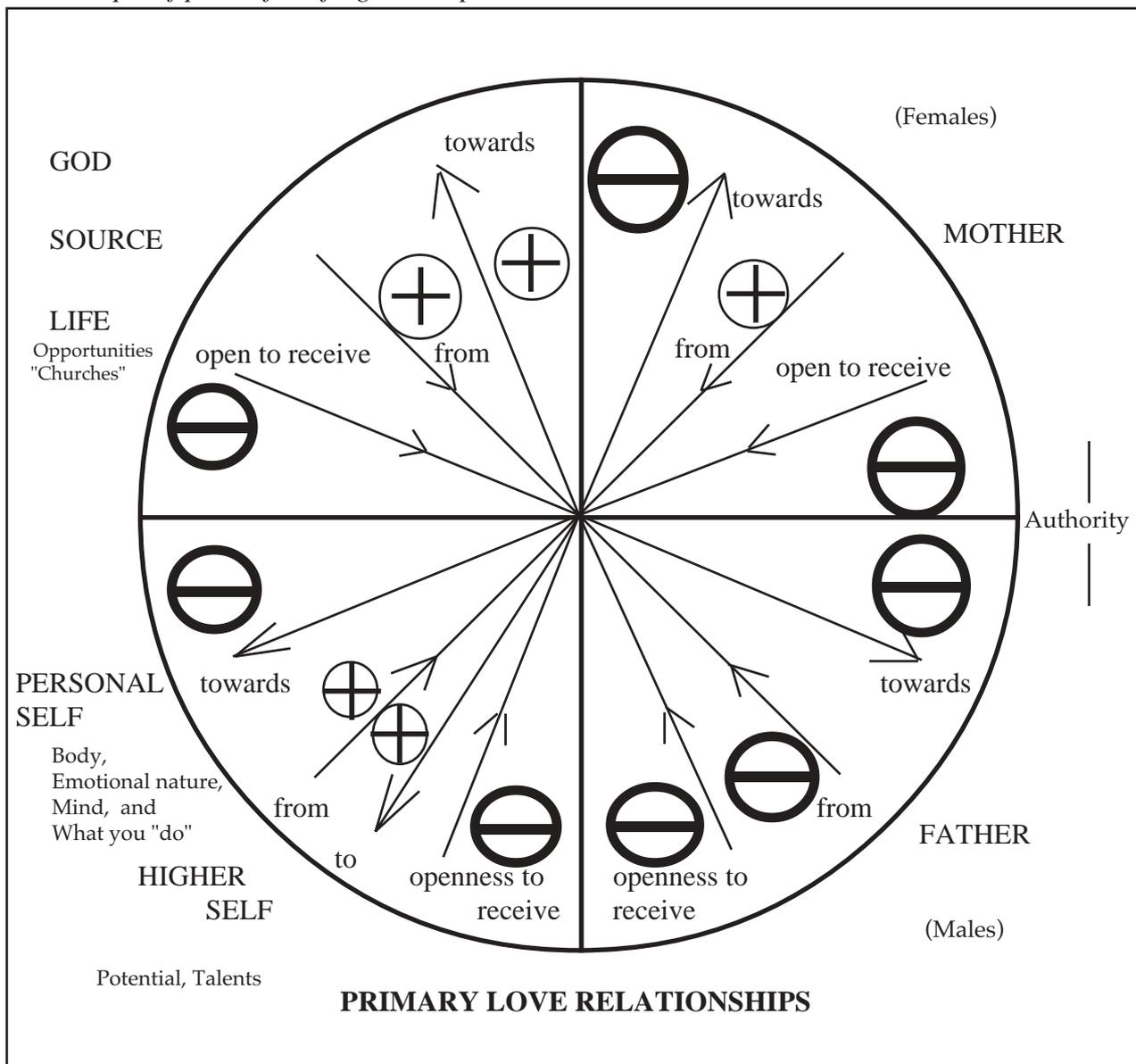
After mentioning her *physical problem* briefly she went on, "I have been filing everything away in my head for twenty-five years. I have become very uncomfortable being close to people - even my own family - over the years. My relationships with men have been very negative. I perpetually choose people who are bad for me. In my last two relationships I felt very invaded (though I allowed it). I started having the back pain at the end of a particular relationship..." (She had therefore made a connection between the *physical* and *emotional/mental* symptoms).

"My pattern with men is that I go for men that are inappropriate for me so that I do not have to commit myself fully. For example, two married ones. One was a (man of a different race and religion)..... who was rich and always treated women badly; one was an older married man. He was clearly using me, - and I was using him. I felt violated yet went along with it. In my last relationship I felt pressured to sleep with him because he spent money on me. *In this way I sacrificed most of myself. I went against my values...*" (my italics). She had made a connection with her *spiritual* self — in this case represented by her deeper *values*.

Asked about her *childhood* she said, "My father did things I did not like", though her very *earliest memory* (which can be a useful signifier of life patterns) was a happy one.

During her *teenage years* she felt unhappy, restricted, and misunderstood by school and parents. She had rebelled against her

Example of parts of the forgiveness process



SECONDARY LOVE RELATIONSHIPS:

All male figures including doctors, except her physical therapist and the person who introduced her to metaphysics

Yolande

Initial Muscle Response Tests

After her forgiveness processes were completed all these became positive

Example of parts of the forgiveness process

parents' religious tradition at 14, refusing to go to church. After getting drunk at a party she had been discovered having sex with a boy in her parents' bed. "All hell broke loose", she said, and the boy refused to have anything to do with her. She felt rejected by everyone.

Adult life: She was glad to leave home and school and study nursing, where at last she made some good friends, even though she did not like the nursing work. She described her first job at a hospital as an "unhappy nightmare", and decided to emigrate.

She was full of hope and excitement that she might find a "new beginning" in the new country, and things went well for her at first. Then she began a self-destructive relationship with the man of a different race. They moved to yet another country together. She broke it off and returned without him to the city where they had first met. Then she began a second self-destructive relationship.

Asked what had been the *peak experience* of her life, she described how when her father had been sick, he had built her a dolls' house and unveiled it for her. He had been home and "loved me with his time and energy". Most of the time when he was well he had been away working and not really "present" to her. (Such are the small but highly significant moments a child remembers and lives on later in life)

The *most important crisis* in her life had been deciding to leave the first relationship. Her *style of handling the crisis* had been to "do it slowly" (i.e. without really doing it), then to realise that it would never get better, to pray and ask for help within herself, and then to find herself deciding with a strength that surprised her "I am not going to put up with this any more!" (Here was a contact with the strength of the Higher Self).

Apart from the two relationships described already she had had eight other heterosexual relationships, and usually felt disgusted with herself. She had become less and less able to respond sexually. She had had one homosexual encounter early on which had been "comfortable".

She described her *strengths and good points* as being insightful, willing to work, compassionate, humane. She saw her *growing points* as learning how to take charge of her life, how to be more discriminating, self-

sufficient, and how to develop her intuition. The *qualities she wanted to develop* were to change from being judgemental about others to developing open-mindedness; to learn to express love; to learn to accommodate intimacy. Her *major satisfactions* were to be with good friends who were on the same wavelength as her, and music. Her *major dissatisfactions* were with her professional work and not being able to get close to others.

Her belief about the nature of humanity and our *purpose* for being on earth was that we are here to develop ourselves spiritually, to understand and enjoy life, and to learn to reach higher levels of consciousness. She believed in the *persistence of spirit or consciousness after the death* of the physical body, and in reincarnation.

Her *prevailing body state* was the pain mentioned before. Her *prevailing emotional state* was of "turmoil, of being on the edge of tears, of feeling confused". Her *prevailing thought* was "I have to get out of this position".

Her *goals* for the next five years included finding a satisfying career, becoming financially independent, finding a positive relationship, and having a child. She *perceived the obstacles* to her accomplishing this as being (i) not being open to the new possibilities for a career and (ii) her pattern of having destructive relationships with men. She saw herself as *needing to learn unconditional love* for herself, her father and males in general.

[The paragraphs that follow in smaller print contain technical information about the results of muscle-response testing, or kinesiology, which is the technique described in greater detail and with further references for those in whom it arouses interest in the Appendix. This is a technique that "reads" the body and nervous system in a way that quite reliably reveals the stress that a person is carrying. *It is not essential to understand or use this method to carry out forgiveness processes.* You can do forgiveness without any reference to muscle-testing, but it has been included in this book for completeness, and to show in greater detail what her patterns were.

Example of parts of the forgiveness process

Muscle-response testing showed a weakness on touching the “alarm points” of the spleen, large intestine, and kidney meridians respectively. According to Dr. J. Diamond’s book “Life Energy”, these meridians appear to be concerned with the following polarities of stress:-

- Inner security v. fear of the future,
- Self-worth and self-love v. guilt and self-criticism, and
- Sexual insecurity and ambivalence v. sexual security and balanced use of sexual energies.

It also revealed a partial desire to have back pain (it is common with any disease to find that a “part” of the person “wants to have” the condition), a major drop in life energy occurring at the age of nearly eight (using the Inner Flame Test), and there was present in her a tendency to commit herself to people and projects only partially].

Getting the Agenda

In the **Primary Love Relationships** she showed weakness of the Umbilicus Test (see Appendix). This result was analysed to find exactly where her love was blocked, by testing her reaction to each of the Primary Love Relationship questions: “I love my mother”
“My mother loves me”
“I am open to receive love from my mother”
She did the same for father, Higher Self, God (the Source of Life) and lower self in turn.

She weakened involuntarily to the idea of her love towards her father and herself, openness to receive love from her mother, father, Higher Self, and the Source of Life Itself. And to the statement that her father loved her. Her stress pattern is shown in the diagram.

The **Secondary Love Relationships** testing revealed a blocked loveflow towards virtually *all* male figures in her life, including all the doctors who had treated her at different times in her life. The only exceptions were the physical therapist who had treated her back, and a person who had introduced her to metaphysics and started her search for self-healing.

We agreed that her agenda included the following tasks:-

- Forgiveness of her parents, sexual partners, and herself, and healing her Inner Child (especially at the age of nearly eight).
- Cultivation of the qualities of confidence, self-worth, self-respect, self-esteem, deep acceptance of, and security about, her own sexuality as a mature woman.
- Developing a new career.

She accomplished all of these within a few weeks. I led her through the forgiveness processes, making notes as described in the text of this book. As I usually do, I gave her a copy of these notes at the ends of the sessions. She later went through each of the forgiveness processes again on her own, to reinforce what had happened herself. She typed out the parts of the processes concerning benefits, burdens, feelings, beliefs, and preferences, refining her own words as she went through the notes - she *made them her own*. Apart from the changes of names to provide protection of confidentiality, what follows is drawn from her notes.

As you see what she did, you will see more clearly how you can do your own work effectively. You will see how deep and how powerful some of the core negative belief systems she acquired earlier in her painful life were. This is her gift to you.

Yolande wrote as follows:-

Benefits from the healing work I propose to do:-

- * I will no longer be trapped in a negative pattern
- * I will be free to operate independently
- * I will be myself, rediscover who I am
- * I will be physically well, have higher energy levels
- * I will become a better partner
- * When I have a child, I will be a better mother
- * I will create better relationships with my significant others
- * I will regain my choices
- * I will will enjoy intimacy more.

Burdens of remaining the same:-

- * I will remain physically unwell and deteriorate
- * I will continue to attract negative partners and relationships etc.
- * I will operate from others’ values
- * I will have continued difficulty with intimacy

She decided to choose the benefits, and apply the forgiveness process to the relationship with her father first. (The forgiveness process can be applied to relationships with the dead in the same way as for the living).

(A) Forgiveness of father, James.

She followed the whole process as set out in the text. Here are the parts that were personal to her:-

My feelings

As a result of what happened between us I felt: Angry, misunderstood, unhappy, violated ++, not properly nurtured, afraid (mainly of doing the wrong thing), sad, different from other kids, envious of other kids, cheated ++.

My negative beliefs

As a result of what happened between us I came to believe that:

I was not good enough

I was not the perfect daughter

Unless I believed in and accepted your values I would not be loved and respected by you or my mother

In order to be loved and approved of by you and mother I must be studious, celibate, not smoke, take up an "acceptable" career (nursing was OK, medicine would have been better), go to church, have particular friends and listen to music (all chosen by you).

Women must sacrifice in order to keep a relationship together

***RELATIONSHIPS ARE MUTUAL SUFFERING FOR MUTUAL PAY-OFF**

Men are dominant, insensitive, out for one thing only (sex), threatening.

Men cannot control their urges.

About Money - you must scrimp and save money. I must not enjoy money. I am guilty if I "waste" it. Belief or trust in the providence of the Universe is foolishness.

Sex is an unenjoyable duty.

***AS SEX IS SO UNPLEASANT YOU MIGHT AS WELL USE IT TO MANIPULATE AND GET WHAT YOU WANT.**

The world is full of wickedness, corruption, people waiting to exploit me etc., Give someone an inch and they'll take a mile.

My Preferences and Values

I would have preferred:-

1. That you had gone out to work, come home, then stayed home and been there for us children after you came home.

MY VALUES: I VALUE PARENTS SPENDING PRIME TIME WITH THEIR CHILDREN AFTER WORK

2. That you had asked me what I wanted and acknowledged my preferences e.g. not forced me to play the piano.

MY VALUES: I VALUE OTHERS BEING ALLOWED TO BE THEMSELVES AND MAKE THEIR OWN CHOICES

3. That you had been more generous - *by which I mean* that you had allowed me to have things that were important to me, the nice clothes that I liked for example.

MY VALUES: I VALUE GENEROSITY AND GIVING GENEROUSLY OF MYSELF

4. That you had kept up with the changing times and accepted that it was OK to be different from how you were, and told me so.

MY VALUES: I VALUE ACCEPTING HEALTHY DIFFERENCES

5. That you had been sensitive to other's (especially Mum's) needs, that you had listened to other views than your own, and allowed others to have their way.

MY VALUES: I VALUE THAT OTHERS SHOULD HAVE THEIR NEEDS MET, I VALUE EQUALITY, POWER SHARING. I VALUE PEOPLE LISTENING AND TRULY TRYING TO UNDERSTAND OTHERS.

6. That you had taught me about sex appropriately, by which I mean that you had not exposed me to your erections, and that you had taught me that sex is part of a *loving* relationship.

MY VALUES: I VALUE SEX AS BEING A SACRED ACT BETWEEN TWO PEOPLE IN AN UNCONDITIONALLY LOVING RELATIONSHIP

7. That you had been less domineering and controlling, and willing to give others control and power.

MY VALUES: I VALUE POWER SHARING

8. That you had been more generous and relaxed with money, by which I mean that you had encouraged me to believe that I would always be able to make money, that I deserved money, and that I was free to enjoy money.

MY VALUES: I VALUE MONEY AS

SOMETHING TO BE SHARED AND ENJOYED. I VALUE THE PROVIDENCE OF THE UNIVERSE. I VALUE THE KNOWLEDGE THAT I DESERVE MONEY.

9. That you had told me that you would love and cherish me no matter what I did.

MY VALUES: I VALUE UNCONDITIONAL LOVE

10. That you had understood me, really listened to me, shown your willingness to learn how I really felt, and rejoiced in, and *valued* my uniqueness.

MY VALUES: I VALUE RECOGNISING OTHERS AS UNIQUE INDIVIDUALS WITH A VALID CONTRIBUTION TO MAKE.

11. That you had encouraged my curiosity, and discovery of other ideas, values, spiritual beliefs and attitudes.

MY VALUES: I VALUE GIVING SUPPORT TO OTHERS IN THEIR SEARCH FOR MEANING.

12. That you had laughed more, especially at your self.

MY VALUES: I VALUE FUN AND HUMOUR.

She then went on to complete the other stages of the forgiveness-of-others process (the energy ritual, or meditation of healing), with respect to her father, as described earlier in this book.

The following week she reported that she had felt good about herself for starting to undertake her self-healing work, and about forgiving her father. The qualities of confidence, self-worth, self-respect, and self-esteem were starting to grow in her.

The next task she decided upon was self-forgiveness.

(B) Self-forgiveness

Dear Higher Self, I ask forgiveness for:-

1. Being judgemental of others, blaming others, putting others down.

AS I LOOK BACK NOW, MY PREFERENCE WOULD HAVE BEEN that I had shown understanding and tolerance of other's differences.

2. For using people for financial gain (parents, boyfriends)

MY PREFERENCE WOULD HAVE BEEN that I formed relationships upon the basis of valuing the person, rather than what I could get from them.

3. For being impatient and uncaring to certain patients in my work

MY PREFERENCE WOULD HAVE BEEN that I had been sensitive, patient and giving to my patients.

4. For rationalising and making excuses for my errors.

MY PREFERENCE WOULD HAVE BEEN that I had taken responsibility and learned from my errors.

5. For going against my better judgement and inner values, and making a certain patient get up when she was not ready. For believing I was weak and incapable to the point where I was overpowered by another person's will at the expense of my patient (who collapsed).

MY PREFERENCE WOULD HAVE BEEN that I had trusted my intuition, acknowledged my own values, and acted powerfully.

6. For putting chewing gum in the girl's hair at the cinema.

MY PREFERENCE WOULD HAVE BEEN that I had had the wisdom to know when to leave a situation.

7. For hurting others physically (sister, schoolmates).

MY PREFERENCE WOULD HAVE BEEN that I had resolved conflicts without violence.

8. For continuing to pursue negative relationships and for "caning myself" for allowing myself to be abused.

MY PREFERENCE WOULD HAVE BEEN that I had learned from experience, and acknowledged that I deserved positive relationships, and that they are available to me when I choose and open up to them.

9. For closing myself off to love, and hating myself.

MY PREFERENCE WOULD HAVE BEEN that I had been receptive to love, and loved myself.

10. For belittling myself.

MY PREFERENCE WOULD HAVE BEEN that I had praised and acknowledged myself, given attention to the good in myself and helped *that* to grow.

11. For putting expectation upon others.

MY PREFERENCE WOULD HAVE BEEN that I had acknowledged that their way is just as valid for them (as my way is for me), and loved them just the same.

12. For fantasizing that physical injury would come to certain people.

MY PREFERENCE WOULD HAVE BEEN that I had dealt with things earlier, and released people to their higher good.

13. For depriving myself, punishing myself, and sabotaging myself (e.g. choosing negative relationships, bad jobs, unhappy living situation etc.)

MY PREFERENCE WOULD HAVE BEEN that I liberated myself, pursued positive opportunities, acknowledged that I deserve good things in life.

14. For feeling false guilt about James exposing himself to me. (She chose to use his name rather than call him “my father”)

MY PREFERENCE WOULD HAVE BEEN that I had acknowledged that it was his problem, and that I was innocent.

15. For feeling false guilt about boyfriends and sex etc.

MY PREFERENCE WOULD HAVE BEEN that I had chosen satisfying relationships and approved of my participation.

16. For feeling self-pity and believing that I was the victim of others.

MY PREFERENCE WOULD HAVE BEEN that I had taken responsibility for my own decisions and learning.

17. For criticizing myself for not being perfect. MY PREFERENCE WOULD HAVE BEEN that I had simply acknowledged my errors and got it right next time.

18. For going against my true values and sensibility, and submitting to the will of others. MY PREFERENCE WOULD HAVE BEEN that I had trusted and acted upon my own deepest values.

19. For being dishonest: Lying, stealing, ripping off the social welfare etc., believing that I couldn't get things honestly, and manipulating others.

MY PREFERENCE WOULD HAVE BEEN that I had always been honest, and trusted in the providence of the Universe.

20. For abusing my body (e.g. smoking, taking drugs, lack of exercise, inducing back problem, over-indulging in food etc.)

MY PREFERENCE WOULD HAVE BEEN

that I had treated my body with more respect and love.

21. For believing that *all others* are untrustworthy etc., because one person was. MY PREFERENCE WOULD HAVE BEEN that I had stayed open to each person afresh on their own merits.

22. For wasting time and under-risking. MY PREFERENCE WOULD HAVE BEEN that I had had the courage to change direction and try new things.

23. For over-valuing my physical attributes and undervaluing my emotional/intellectual/spiritual attributes.

MY PREFERENCE WOULD HAVE BEEN that I been well balanced and placed the correct emphasis upon *all* my attributes.

24. For withholding love and appreciation in the belief that giving love will invite invasion/violation.

MY PREFERENCE WOULD HAVE BEEN that I had given unconditional Love whilst maintaining my personal space.

25. For rejecting another person's love carelessly (she named someone here).

MY PREFERENCE WOULD HAVE BEEN that I had acknowledged and accepted his love for me gratefully and kindly, yet maintained my course.

26. For believing that I am “dirty” (i.e. have been “contaminated” by others).

MY PREFERENCE WOULD HAVE BEEN that I rejoiced in my learning experience and acknowledge my real value.

27. For believing that I am “bad” for going against my parents' values.

MY PREFERENCE WOULD HAVE BEEN that I acknowledged that my values are as valid for me as my parents' were for them.

28. For believing that I am unworthy, incompetent, less intelligent and capable than I really am.

MY PREFERENCE WOULD HAVE BEEN that I had had conviction in my own wisdom and competence, and believed and known that I deserve all good things.

29. For staying in negative situations when I should have left or done something better about them (through believing that I needed punishment).

MY PREFERENCE WOULD HAVE BEEN that I had had the wisdom to make immediate decision to change for my own good.

30. For not accepting a positive situation to develop myself better (for example, being more with the person she named in No 25)

Example of parts of the forgiveness process

MY PREFERENCE WOULD HAVE BEEN that I had felt safe and welcomed the opportunity to grow positively.

You will note that she has examined all the sources of her bad feelings and negative belief systems very *thoroughly*. She has built a series of positive images in her mind of how she could have been wiser, more loving or more courageous. She then completed the rest of the Self-forgiveness process as set out in this book.

The next week she reported that her back was “not too good, and her dermatitis was playing up” (it is not uncommon for physical symptoms to aggravate slightly when energy begins to move in a person’s energy system. Such aggravations are not necessarily a reason to stop the process). On the positive side, she had started a course of retraining in a new career skill. Living with her mother at this time had been bringing up all kinds of memories, naturally, and old patterns of relating to her. Her discomforts about her relationship with her mother were unchanged, and she decided to work on forgiveness of her mother.

(c) Forgiveness of Mother, (Lil).

My feelings.

As a result of what happened between us I felt:-

Irritation, anger, contempt for you, condescension, sympathy, pity, criticism, frustration, betrayal, fear, grief, envy of other children with “better” mothers, ashamed of you, guilt over not living up to your expectations, repelled by sex.

My beliefs.

As a result of what happened between us I came to believe:-

I was only to be loved if I adhered to mother’s standards

I was IMMORAL and had therefore lost and remained forever unworthy of the respect of my parents, society, and myself I could not be trusted

I would not be loved and protected unconditionally (I was not safe)

It was impossible for me to live up to your standards, therefore I could not be loved

My mother was weak and submissive and I would NEVER be like that

My father’s needs would always be put first
That marriage and motherhood are unhappy situations (and to be avoided)

That sex is a duty, difficult, and unenjoyable
That women are to be subservient to men, especially in the family situation

That there is no choice, women cannot get anything they want

That men would never respect me

That marriage and motherhood are devoid of beauty, just visions of drudgery, hanging over a kitchen sink etc

That sex is repulsive, a violation and contamination.

My Preferences and Values:-

1. That you had put limitations on James’s (father’s) behaviour, instead of encouraging and supporting it. That you had been assertive and taught me how to do that as well.

I hold this preference because: I VALUE PARENTS PROTECTING CHILDREN WHO CANNOT PROTECT THEMSELVES AND MEETING CHILDRENS’ NEEDS.

2. That you had owned and used your own power of choice and assisted in making decisions about money, domestic arrangements holidays etc.

MY VALUES: I VALUE TAKING AN EQUAL ROLE IN PARTNERSHIP DECISIONS - I.E. IN POWER SHARING

3. That you had taught me the reasons for your values system, that you had acknowledged the validity of other peoples’ values systems, and loved me in spite of our differences.

MY VALUES: I VALUE THE EXPRESSION OF UNCONDITIONAL LOVE

4. That you had taught me it was *safe* to explore different choices and values systems from your own

MY VALUES: I VALUE THE EDUCATION OF CHILDREN IN HEALTHY VALUES AND IN VALIDATING THE DIFFERENCES BETWEEN PEOPLE

5. That you had maintained your own individuality and interests, and kept part of your life separate from that of James and your children

MY VALUES: I VALUE MAINTAINING ONE’S OWN IDENTITY, ESPECIALLY WITHIN AN INTIMATE RELATIONSHIP

6. That you had realised your self-worth, and believed that *you* were worthy of getting your needs met

MY VALUES: I VALUE SELF-LOVE, ACKNOWLEDGING ONE’S OWN NEEDS

AND TAKING RESPONSIBILITY TO GET THEM MET (HARMLESSLY)

7. That you had analysed your own persistent unhappiness, your dislike for sex, your insecurity, your need to be protected, your lack of confidence etc. and taken responsibility for pursuing a healing programme for yourself

MY VALUES: I VALUE PERSONAL INVESTIGATION, CONTINUING SELF-DEVELOPMENT AND FULFILMENT, AND A COMMITMENT TO THE TRUTH

8. That you had assisted your own, and others' growth, by taking full responsibility for your own choices - and their consequences, and allowing others to do the same

MY VALUES: I VALUE EACH PERSON TAKING RESPONSIBILITY FOR THEIR OWN DECISIONS, AND THE CONSEQUENCES THEREOF.

She then completed the forgiveness-of-others process with respect to her mother.

After these processes she recognised very clearly how her negative beliefs had operated to create her life as it had been. She also began to appreciate that her deeper values had *not* been destroyed by what had happened to her. On the contrary, they had become stronger.

It is of interest that the kinesiological testing had not shown a block in love-flow *towards* her mother as much as an inability to be *open to receive* love from her mother *in the form in which her mother gave it*. She had set an unconscious condition in her mind about *how* her mother was to love her, but had not denied to herself internally that her mother did love her. This difficulty (in receiving love) had also been present with respect to her father, her Higher Self, and the Source of Life. After completing these forgiveness processes she tested strong again for all Primary Love Relationships.

I saw her once or twice in the town, and her presence was more radiant, she looked more "alive", her eyes were sparkling, and her movements were more graceful than when I first met her. Without any further manipulation of her spine, she appeared to stand taller. How can one objectify these impressions? In the East, the Chinese have always paid great attention to this quality that shines forth from the eyes, more than we in the West have done. They call it "Shen", or Life Spirit. If it is present and shining they know the outlook is good. The "Shen" in Yolande was beginning to shine forth.

I do not know if she completed the forgiving of each and all the other male people in her life, as I went overseas. When I returned she had returned to her home city.

Three months later I received a card from her:-

"My success story continues. I rarely attend the physical therapist now. I have been a non-smoker for three months (for keeps this time...) I completed my training course with good results all round. I feel very confident about taking the "New Me" to(name of the city where she was going)..."

Incidentally, she went on to write about spin-off improvements she had noticed in her relationship with her mother. Their time together had been very positive and healing for both of them.

Note also that *with the establishment of self-love, the self-destructive habit of smoking had fallen away automatically*, with no specific attention to it. It had not been on the "problem list" she offered me, yet it resolved in her favour. That more areas of a person's life improve than the presented "problem" is very common with forgiveness work, and a very exciting aspect of it. The corollary is also true, - it is rare in my experience for someone with negativity in the Primary Love Relationships to succeed in giving up smoking until the issue of self-love is healed through forgiveness.

How different than if she had continued to harbour resentments against her parents, and had returned to her adopted country without having done this work, still carrying negative energy patterns she had stored up over the years, the tendency to enter destructive relationships, and chronic muscle tension and imbalance in her spinal muscles.

She was convinced that doing the forgiveness processes had been the key for her.

She has also given you a graphic example of exactly how negative beliefs and attitudes lead to negative results in a person's life expression. Thoughts produce results - everything around you is the result of

Example of parts of the forgiveness process

somebody's thought. The world is the way it is now as a result of the sum total of people's thinking in the past.

A negative thought produces a negative result. Negative results can be traced back to negative thoughts. The negative beliefs she had about herself, women, men, sex, money and the world in general had *preceded* what had happened later in her life to "confirm" them. Only by changing her thought patterns could she become free of the recurring negative results. Negative thoughts do not generate positive results. Only positive thoughts can generate positive results. Only by changing the way we collectively use the power of thought will peace be brought to our fragile planet. The blue-print for health is in *consciousness*, whether for individuals or larger groups.

Doing the forgiveness processes as set out in this book is the fastest way I have seen to enable a person to discover *and change* such negative thought patterns.

It cannot be said too often that forgiveness is the cancelling and removing of the conditions in the mind that block the flow of love. It is changing negative beliefs. It is healing with love the child you were, the "earlier you" in your memories. It is coming to see with compassion the *whole* life of the one you forgive.

The need for forgiveness is probably present in all cases of tension, pain, or disease. There is no reason to wait until these occur before cleaning out the negative thought patterns from your mental household. Thoughts are living things; they create results; energy follows thought. It is therefore wise for each of us to discover exactly what negative thoughts we have "taken on" *before* they produce their negative results. Forgiveness is no more than basic mental and emotional house-cleaning.

Yolande has improved her physical symptoms and ended her nicotine dependency, true, but perhaps more important than that are the improvements in her emotional, mental, relationship and spiritual skills, though these are less visible and tangible. Medical treatments are usually evaluated on the statistics of cure

of the physical illness, and rarely upon improvements in the quality of life, because the latter is more difficult to quantify. The holistic perspective emphasises the latter — something does not lose its reality because it cannot be measured with technical instruments, but only with the Heart.

The scope of her personal growth

She has developed and practised skills in each of the following areas, to empower her in the future:

- Recognising her feelings and reactions, naming them, and deciding not to allow them to control her life.
- Recognising when negative beliefs systems are in danger of forming in her mind, and knowing how to self-correct them — *joyfully!*
- Knowing when love flow has become blocked, and self-correction is needed. She has the chance now of being able (*joyfully*, remember) to self-correct in future before she develops symptoms in the body, or at least she will be able to use her body reactions and symptoms to know when she must "scan" and see where loveflow has become blocked in her life.
- She has a list of the basic needs, and has become better at knowing what her own needs are. She is willing to be responsible for seeing that they get met harmlessly. Knowing what other people's needs are from their position in life, she feels more willing to help people to get them met harmlessly, without feeling personally attacked by their negative behaviour.
- She has also learned how to be clear about her own preferences, and this will help her to communicate more effectively in any future relationships and in rearing her children.
- She has started to love herself. The self-forgiveness process included Healing her Inner Child, especially at the age of about eight, when against her wishes the father had been exposing her to his erections in the bathroom. This increase in self-love is shown objectively in the (incidental) abandoning of the smoking habit (it had not been a goal of treatment), and by her giving herself the training for the new career - not one chosen for her by her parents, but one of her own choosing.

- She has learned about Life Energy flow. This subtle change of consciousness is difficult to describe to those who have not yet experienced the reality of energy flow for themselves. Everyday language however, does suggest that people are at least vaguely aware of energy flow in the many expressions such as “I feel drained”, “I am low on energy today”, or “I got a buzz out of doing such and such”, “So an so is a high energy person”, “So and so has good vibes”, and so on. Not only can Yolande be more sensitive to the real phenomenon of energy flow and the reactions of herself and others to it, but she has also learned *how her thoughts affect it and can be used to enhance it for good purposes*. She has learned the basic law of life that “energy follows thought”.

- She recognises the need for vigilance - the need to watch over her thoughts and their effects on herself and others. This is a sense of responsibility - a gift of group consciousness from her Higher Self.

- She has learned much about the Will. She has begun to retrain her will so that it is used in the service of her higher purposes and no longer in the service of her emotions, wants, fears and impulses.

- She has begun to balance Love and Will in her psyche and fully taken charge of her life for the first time. This can be seen as an *integration* of her mind, emotions and body with her spiritual nature.

All this is in fact quite a considerable expansion of consciousness, and she will never be quite the same again. Simple medical or spinal manipulation treatments for her pain would not have restored this kind of health to her.

Based upon my previous experience with the use of the forgiveness processes by people such as Yolande, I personally have no doubt that she will never again engage in any negative self-destructive relationships. I believe that major obstacles to her achieving her goals (of being in a positive relationship, having a satisfying career, becoming financially independent, and one day successfully mothering a child) have now been removed.

Forgiveness and Life Purpose

Yolande contacted me after a further year had passed, synchronistically, as I was writing this very chapter. She has continued to make good physical progress. But significantly, she has gradually discovered a more important purpose for her life than her existing job. After some deliberation on this theme, she has seized an opportunity when it came her way to enlarge her service, this time taking up a more fulfilling work in an underprivileged area of the world.

It is not uncommon for people who have completed their forgiveness work (and thus built the bridge to their Higher Self) to become conscious of their life purpose. It is held in the blueprint of the Higher Self, waiting to be received by the personality and put into action. Freeing the flow of love also frees life purpose. *If you do not know your life purpose, it is always be a good idea to complete your forgiveness agenda.* Ideas will flow to you in a way they did not before. Your openness to opportunities will increase.

Key Points to remember

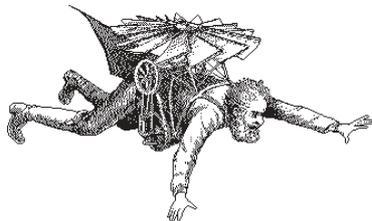
Yolande shares her story and parts of her forgiveness processes with you. She demonstrates how she worked out for herself the benefits of forgiveness and the burdens of unforgiveness, and all the negative feeling patterns and beliefs which arose when she was a child. She shows how she clearly stated her preferences and the values which underlay them.

The energy meditations she followed were those described elsewhere in the appropriate section of the processes. The changes in her through the three sessions were profound and long-lasting and exceeded the initial goals she had for herself.

The connection opened up to the Higher Self through forgiveness simultaneously opened the door to more significant life purpose, love of the many as well as the few.

(A) Role of the Guide, and (B) Overcoming Obstacles

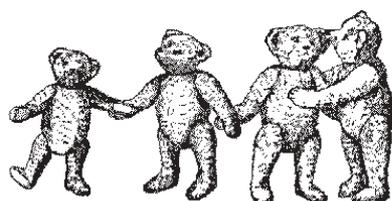
(A) On being a guide for another person, or guiding yourself if you have no guide available



While it *is* possible to do the forgiveness processes on your own, at the beginning it is usually easier if you are supported by a caring and loving guide, with or without a small group as supporters. They do not have to be super-skilled to do this if they are willing to follow the directions given. This work can be done very effectively in small groups of three or four in which participants meet weekly and take turns at guiding and being guided. Everyone will learn a great deal as you exchange roles and help each other. Here are some ideas.

Find someone who is willing to explore this material with you. You can take turns in guiding each other.

Or, you may be able to form a self-help group of several people who want help each other; there is a chapter about this later (Ch.6.4).



If you do not have a guide, it will help you to know what the functions of the guide include. Then you can ensure these functions are taken care of appropriately

Seating arrangements

I suggest that as the guide you sit *beside* to the forgiver, not opposite them. Whenever you sit opposite someone, you can encounter “transference” and “counter-transference”. This happens if the person projects onto you, the guide, feelings they may still have about the one they are trying to forgive (or some other person in their life). It is not helpful, although much use is made of working through the transference in lengthy psychoanalytical psychotherapies. Sitting beside the forgiver and facing “in the same direction”, encourages a supportive atmosphere of working in partnership. It can be helpful to support the forgiver, (with their permission), during any times of difficulty with a gentle hand placed lightly on their back, between the shoulder blades, which is where the heart centre is.

Practical tasks — the following functions need to be taken care of:

1. Reader

As the guide you will use the text of the process to assist the forgiver, and prompt them whenever necessary.

Remember, if you are doing the process on your own, you could make a tape-recording of the text (summarised in Chapters 7 & 8) in advance. Listening to the recording you can thus use your own voice as the “guide”. As the “guide”, you can use the “pause” button any time you need to concentrate internally. Some people prefer doing the processes in this way in preference to constantly looking to and from the book.

2. Recorder

You will need a large enough pad of paper (A4 or foolscap) and something to write with. It is a good idea to use different colour pens or writing style (e.g. longhand and capitals) to distinguish between items from the personal self and the Higher Self.

In the forgiveness of others process

you will be writing out such things as:

- **Steps 2 & 3** — any personal values underlying the forgiver's desire to do the process that are not included in the text; the benefits and burdens;
- **Steps 5 & 6** — the feelings and beliefs;
- **Steps 7 & 8** — the preferences and values underlying them.
- You will record any **insights or wisdom from the Higher Self**.

In the self-forgiveness process

you will be recording:

- The same kind of information in **Steps 2 & 3**,
- The forgiveness agenda in **Step 4**,
- The preferences in **Step 5**, and
- The **insights, belief-upgrades, intuitions and wisdom from the Higher Self** in **Step 10**.

In both processes

be alert to record **anything that the Higher Self gives to the personal self**.

This could include the **symbol; suggestions for improvements to beliefs systems; larger, wiser truths about the forgiver and others; suggestions for the current life situation**, and so on. The forgiver can use these notes afterwards as reminders, or seed thoughts for meditation.

4. Encourager, coach, patiently probing

IT IS IMPORTANT TO ENSURE THE FORGIVER BRINGS TO THE SURFACE **ALL** NEGATIVE BELIEFS AND **ALL** PREFERENCES.

If the forgiver holds on to one of these, their forgiveness may only be partial. You may have to be very patient. Honour the purpose of the process enough to ensure it gets given enough care and time.

5. Prompter

You may need to prompt the forgiver by reminding them of any scenes from childhood or earlier life that they have mentioned, to be brought into the love of the Higher Self for healing.

You will need to prompt the forgiver during the stages of being the Higher Self offering its perspectives, by bringing up each of the negative beliefs in turn for review in the light of the wisdom and compassionate understanding of the Higher Self.

6. Weaver of Self-forgiveness and forgiveness of others:

You may have to detect if there is a need for work on a "network" of interconnected forgivenesses, in order for the work for the forgiver to be completed. The forgiveness of others and the Self-forgiveness processes work synergistically together (see Ch.6.3).

Less tangible tasks

7. Linking all the parts into the Whole - psychosynthesis

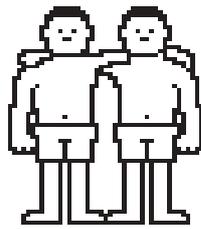


When guiding someone through their forgiveness process, you will be helping the forgiver to become a detached, compassionate, understanding and loving observer of their past and present sensations, feelings, and thoughts, no longer immersed so deeply in and identified so fully with their pain and conflict.

You faithfully watch over them as they initially create distance between their *subpersonalities* and their *observing self* consciousness, thus reaching their *personal self* (centre of conscious choice and will); and then as they create links in consciousness to their *Higher Self* and finally *identify themselves as the Higher Self* (Self-identification).

You encourage the development of their will, the key to their power to love, by always offering choices. The forgiveness process carried out correctly definitely brings the parts together, enabling the forgiver to become more *whole*, and to have easier access to all the levels of their psyche. It is like the process of creating a *symphony* out of a composer, conductor, the orchestra, and love.

8. Be a source of Unconditional Love



9. Remain Compassionately impersonal, neutral and detached while still loving

It is important that you yourself do not become over-identified with the forgiver's pain. Empathy and genuine compassion have a quite different effect (healing and growth) than do excessive pity or sympathy (which feeds into powerlessness on the part of the "victim"). Unconditionally loving people do not immediately take sides in a conflict. They are able to maintain love and goodwill towards both the "victim" and the apparent "oppressor" or "perpetrator".

Unconditionally loving people recognise that although the behaviour of an "oppressor" is harmful, the oppressor is often just as much a "victim" as the one who is apparently oppressed. Each can only be healed through love. It is an important role of the guide to support the *healing* of the forgiver, not their perception of weakness. It can be a very fine skill at times to remain impersonal in your love and support for the forgiver, *holding them to the task* at the same time as conveying your warmth. This will serve the forgiver best in the long run.

10. Self-identification

This is most important. If someone is trapped, identifying with one part of themselves - say, a powerful feeling or physical sensation, or a well entrenched belief, - then using a Self-identification exercise is useful. There are many different versions of this. The one that follows is a composite of several to include all the ideas that others have found useful. You could shorten to suit it yourself after you have used it several times. The guide and forgiver can also do this exercise together.

It is to be spoken aloud, or written, to embody it. The word "Self" here refers to Higher Self, or Soul.

- Consider each section carefully before moving on to the next one.
- Use your will.
- Keep it dynamic and flowing. Avoid drifting into a state of dreaminess.
- Discover the underlying principles, then make it your own.

Self Identification exercise

I am the Self
The Self I am.

- **I am a centre of awareness**
I am the constant and unchanging Self
I am a centre of calm vital energy
(Observe the body, emotions, feelings, and the mind. Survey the subpersonalities, your patterns of meeting needs, and your roles, like a conductor drawing together the orchestra)
- **I have a personal will and can make choices.**
I *can* make decisions and initiate action.
I *can* be in charge of my life.
I **will** to be in charge of my life and progressively align myself with the will of my Higher Self, which is higher than my personal will, and is the *origin* of divine intention, the best purposes within me.
- **I am more than just my body.** I have a physical body which is my precious instrument of experience, sensation, and action, and its condition may vary. I am its guardian and trustee. I **will** to nurture it and keep it well. I **will** to use it as an instrument of productive service.
My Higher Self is greater than the conditions of my body, - it is the *origin* of health, vitality, and the urge and power to serve within me.

• **I am *more than* just my feelings**, which are transitory and temporary, and

enable me to be sensitive. I have emotions and feelings which bring pleasure and displeasure. The choices I make about how I react determine to a great extent if I suffer or rejoice. **I will** to develop my sensitivity wisely and use it to increase my capacity for unconditional love and goodwill.

My Higher Self is greater than my feelings - it is the *origin* of unconditional love and goodwill within me, and of the power to express them.

• **I am *more than* just my mind**, intellect, memories, thoughts, beliefs, and

attitudes. I have a mind that I can use to reason, think, analyse, and plan. It is my precious instrument of perception and awareness in the outer and the inner world. Its contents are changeable. **I will** to train it well. **I will** to maintain the Goodwill Patterns, and use my mind as an instrument of positive creativity.

My Higher Self is more than my mind - it is the *source* of wisdom and intelligence within me, and of the power to use them.

• **I am *more than* my desires and impulses**, which impel me to activity to meet

my needs, sometimes with benefits arising, at other times with burdens, to myself or others. I can choose my direction. From now on **I will choose** what I will *aspire to express*- the fulfilment of the purposes of my Higher Self, which are greater than my personal desires and impulses.

• **I am *more than* just my imaginings** - about myself or others. Sometimes

these have been creative, at others destructive. **I will** to be in charge of my imagination and to choose the images that I create with greater care, so that they reflect my true purpose, values and goals, - the plans of my Higher Self, - which are greater than my imaginings.

• **I am *more than* any of my parts, or roles I play in life.** I have parts of me

(subpersonalities) that I have been unaware of - I continually become more aware of them and I will to be in charge of them. **I will** to meet my basic needs and bring harmony to conflicting opposites within my personality.

My Higher Self is the *source* of the qualities and power I need to do this. It is the *source* of intelligent love and will

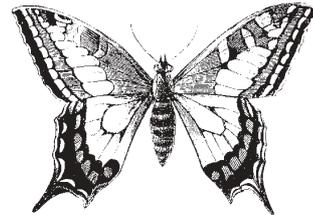
within me.

• **I will to be in charge of my life.**

I will to grow out of my past, into my potential.

I will to express the best in me in daily life.

**I am the Self
The Self I am.**



Once you have understood the principles you will be able to get the essence, and become free of the words given and alter them to suit yourself.

It often helps to use this exercise before doing a forgiveness process.

Here are some shorter variations, for the busy days. They are quicker to use to centre yourself once you have mastered the principles underlying the longer version. They have been very helpful to many people:

1.

- **I am not my body alone.**
- **I am not my feelings alone.**
- **I am not my mind alone.**
- **I am not my desires and imaginings alone.**
- **I am not any of the *contents* of my consciousness alone.**
- **I am a centre of pure consciousness, awareness and will.**
- **I have a will, can make choices, and can direct all my parts.**
- **I am my True Self (Higher Self, or Soul), a spiritual being having a human experience, and sharing with all others of the human family.**
- **I both am and have a synthesis of purpose and will, love and wisdom, intelligence and adaptability, beauty, creativity and harmony, curiosity and knowledge, dedication to high ideals, and the power, in some measure, to bring these into the world where I stand now.**

2. I am a living, loving willing Soul.
3. In the centre of strong Love I stand.
4. I pour out love on all I meet.
5. May the will of the Soul guide my daily life.
6. Or this, which comes from the writings of Alice Bailey:

*The joy of the Divine Self is my strength
In the Centre of all Love I stand
From that centre, I the Soul will outward
move
From that centre, I the one who serves will
work
May the Love of the Divine Self be shed
abroad
In my heart, through my group, and
throughout the world*

11. Lifting in Consciousness

As the guide you help the forgiver to use the different stages of the process to lift their consciousness progressively until they are identified with their Higher Self level of consciousness, *for it is here that forgiveness takes place.*

- **This is the secret and power of the whole process - recognition of the reality of the Higher Self and identification with its qualities, its love, compassion and forgiveness. The emotions cannot forgive.**
- **You hold the precious truth that the forgiver is a Higher Self, and so are you.** The one you are guiding *is* capable of unconditional love and forgiveness. Each of us is. It is when the connection with the Higher Self is *temporarily* weak or even lost to us as personalities that we lose our loving nature.

12. Evoking the Will of the Forgiver

Conscious choice and the right use of the will is central to the forgiveness processes. You help to evoke the Will of the forgiver. For example, by asking “Are you ready for the next step?” you keep the forgiver in charge of the process, enabling them to decide their own speed.

13. Attitude of joyfulness and partnership

You maintain an atmosphere of joyfulness and partnership. This work is amongst the most beautiful that anyone can do. It has always been a great privilege to work with someone in this way.

14. Do your own forgiveness work

It is worth being aware that no guide can take another into the realms of forgiveness without currently working upon themselves. You cannot teach unconditional love and forgiveness without living them.

Very few of us are yet expressing unconditional love to the full, - but when we are all moving in that direction, we can help each other. You do not get a degree in forgiveness and unconditional love and that is the end of the matter. Life offers new challenges. We move from one experience to another; we are all learning. By using the principles of this process to maintain love and harmony *within our own families and workplaces*, the more we can help others to use it effectively.

15. Gratitude

Sharing in this work with another may give you a sense of the beauty of the underlying plan of life, and growing humility. It certainly has for me. There *is* a pattern of beauty underlying all relationships, even painful ones. Pain can bring a reward of increased light and love. Growth emerges from challenges we meet by expanding our capacity to love. There is no need for forgiveness to be sorrowful or “hard work”. It can be happy and joyful. It is the *healing* of memories. It is *empowering* to the forgiver. It increases their *will* as well as their *capacity to love*. It is working with the life force, to free its flow. It is an *act of celebration* of life itself.

From you I receive
To you I give
Together we share
And from this we live.
(Ancient Song)

(B) Overcoming obstacles

Trust your Self

After twelve years of use, I have come to trust this process very deeply. Do not underestimate either the process or yourself - it is my belief that *you*, within your Self, know the answers about overcoming any obstacles. The answers are within the guide and the forgiver, and given a little time and patience they emerge. The sincere application of these processes has always produced some good outcome. Time and time again I have seen this happen, that the forgiver themselves will find their own way round their obstacles. What we may be tempted to call the “obstacles” in fact are what bring the lessons we most need to learn. By approaching the obstacles in this way, by *blessing* them, they yield up their own gifts. The material itself, and the obstacles, together make a wonderful Teacher. Obstacles can be minor or major. Minor ones include the following:

1. If the forgiver stumbles on the way and wants to back off from forgiveness.

(a) Sometimes this is because of a misunderstanding about the nature of forgiveness, which the guide can help correct. Refer to Ch.3.7.

(b) Sometimes it is because they have not realised fully, or have forgotten, that *to not forgive is to perpetuate their own suffering*. They may need reminding that to remain in a state of unforgiveness is to inflict harm upon themselves. To not forgive is to continue the abuse of the Inner Child in the memory. That Child needs love to flow again.

Returning to their values statement and benefits and burdens (Steps 2 & 3) can help to get past obstacles. The forgiver remembers that to obtain benefits, not burdens, is their goal, and that they value love, health, joy *more than* hate, illness, misery..... They return to the task with renewed energy.

2. Difficulties in moving with awareness between the different levels of consciousness:

The most challenging part for the person doing the Self Forgiveness process lies in acquiring the skill of being clearly aware of the distinctions between the three levels of consciousness, and of moving between them. In the Self-forgiveness process the forgiver will need to be well centred in the personal self (which means able to make firm choice and use the conscious will) by the end of Phase I.

On rising to the Higher Self level in Phase II, sometimes the forgiver “slides down” again to the level of a subpersonality in response to the emotional material that is being processed. In another way of looking at it, a subpersonality may “get up with” the Higher Self and try to dominate the process. This can be so especially if the forgiver has a very over-developed “critic”, “victim”, or “I’m so easily confused” subpersonality. The “critic” may even pose as the Higher Self — a “pseudo-Higher Self”! If that happens the words coming through from the “Higher Self” sound harsh and unforgiving.

Moving “higher” physically and in consciousness usually works, though I remember vividly one occasion when we had to do this eight times, moving through eight different subpersonalities before the person was able to identify fully with the Higher Self.

If moving higher does not prove effective, then as a preliminary step it might be necessary to include further education about self-identification and subpersonality work. This would include deepening the forgiver’s understanding of various psychosynthesis principles - namely subpersonality’s, disidentification, self-identification, recognising subpersonality patterns in a non-judgemental way, maturing them and integrating them. Sketching them, gestalt dialogue with them, psychodramatically enacting the parts and their way of relating to each other are among the many methods which have assisted this process. This subject is taken up in more detail in the next few pages, and you are also

referred to the books on psychosynthesis listed in the reading list at the end of the book.

3. Problems with entrenched subpersonalities

What follows here is very important, and may be of assistance to anyone who has major difficulty with the Forgiveness Process. It is an application of the model of the human being put forward in the first part of this book, and especially the notion of subpersonalities. It will therefore serve as a revision of that subject. Subpersonality patterns (no matter how apparently unproductive, harmful, or in conflict with each other) come into existence to serve basic needs, and have a good intention.

An example of subpersonalities affecting a forgiveness process, also to illustrate the weaving together of Self and other forgiveness processes:

Collette

Collette asked to do a Self-forgiveness process. She enjoyed few good relationships with others. She felt that she had built an impenetrable “wall” around her, keeping people away. Her forgiveness process went on laboriously, confusing both her and her guide.

Towards the end of Phase II, as the Higher Self, she had an insight. She suddenly “saw” back into her past. She saw in her mind’s eye a scene of herself from childhood. She had been a very sensitive child, devoted to animals of all kinds. She had been betrayed by some school friends in a very cruel manner. They had held her down while they tortured one of her pets. She had been forced to watch helplessly. The schoolteacher who discovered what was going on did not protect her or do anything to teach the other children about how to replace cruelty with kindness. Collette had felt that the teacher almost took sides with the others, and wanted to know why she, Collette, was making such a fuss!

This incident had devastated little Collette. From then on she had lost all trust in “friends” and “teachers” and had built a wall around herself. Small wonder. “Getting confused” was her way of withdrawing from stressful situations. Physically she developed asthma. The strategy “worked” — in the sense that people left her alone. But it did not “work” in that from then on she never became close to anyone.

Forgiveness of those children and that teacher was very much needed. She had hated them for years. She had “choked” on what they had done, — literally, by closing her airways..... She was still punishing *herself* years later for what *they* had done. Her life had been unconsciously dominated by the core belief in the untrustworthiness of others and her own powerlessness. She felt suffocated. The guide asked: “Do you not value having the capacity to take a full breath, to have free, joyful and loving relationships in your life *more than* holding on to bitter feelings, a sense of suffocation, and imprisoning yourself behind the walls of your negative beliefs?”

She went through the forgiveness of others process with respect to the children and teacher, starting at the beginning, and still with an occasional tendency to “get confused”. When she reached the stage of sending love to the people she was forgiving, she stopped dramatically and said: “What they did was unforgivable! I will not send love to them!” Then she said she was “confused” again.

Collette then realised that she really had to start using her mind clearly. To continue to “get confused” instead of healing herself was only going to perpetuate the pattern that was not letting her have a decent life. She had to realise that “getting confused” and withdrawing was no longer serving her.

She had to realise that forgiveness was the cancelling of the conditions in her mind which prevented the flow of love, and had nothing to do with pardoning the others or condoning their horrible, cruel, behaviour.

She really wanted to be free of old patterns and become the loving person she was capable of being. She began to see that “getting confused” was not her real or total Self. It was nothing but a subpersonality that

came into existence to protect her in times of stress. She could be grateful to it for how it had helped her in the past, and now she could upgrade its style.

She was able to complete the forgiveness, with a great deal of power. After this she began to develop relationships with others that were more rewarding and constructive. She also became artistically creative.

In due course, she felt ready for another step. Something more was coming up from her unconscious mind for healing. She was beginning to notice that she had an underlying belief that she could never be “successful”, which was limiting her in her approach to life’s opportunities. She attended a second forgiveness seminar and completed some more forgiveness work. In the course of this work she uncovered two more core negative beliefs.

She had clear memories of her birth. One of her core negative beliefs was based upon her outrage at the insensitive way the doctor who delivered her had handled her. She felt that he had not “seen” her as a human being, with all her fine qualities and sensitivities. She concluded that even as a baby she had come to believe that her sensitivity would be ignored by other people, and life was not to be trusted. Thus an element of this core belief existed even *before* the incident with the cruel children... Energy follows thought....

The other belief was to realise that her whole family laboured under the belief that they would *never get anything right or be successful*. She had absorbed this from the collective family unconscious like a sponge, and had based her life upon it as if it was “The Truth”.

She could then see how these two beliefs had manifested in her life story. Forgiving the doctor, and herself for taking on the “family legend”, freed her to change the patterns of behaviour that had grown out of these core attitudes

Some months later she set off on a journey to her country of origin, to further heal her relationships with her family and to develop her artistic talents.

The subpersonalities that are the most usual obstacles

There are six “subpersonalities” (the gang of six!) which, if overdeveloped and unbalanced by their opposites in a person’s psyche, can cause difficulty. You recall that subpersonalities are like miniature selves within your personality, clusters of behaviours, expectations, emotional reactions, thought patterns, and beliefs about the world.

Each subpersonality is a pattern developed earlier in your life to try to meet one or more of the basic needs. It will come into effect later in your life whenever that need is not met. It may get “triggered” whenever you find yourself in a similar situation to the time it first arose.

As an example, I am sure that you recognise that you may not behave or think exactly the same way when you are parenting your children in *your* own home or are out at work, as when you are with your own parents in *their* home. You may be “quite a different person” as a customer than as a server, “different” as a health professional than as a patient, “different” as a student than as a teacher, and so on.

Role of Guide and Overcoming Obstacles

The following six styles or patterns may interfere with forgiveness work (and much else in your life):



• **A harsh “Inner Critic”**. This inner voice is really trying to get *approval* for you. It echoes voices of those who were critical of you when you were young. If your family, teachers, or peers were critical of you, then the “inner critic” you developed will relentlessly tell you that you are not getting things right, you are incompetent, stupid, inadequate etc. It tells you what you “should” and “must” do. It tells you that you must not be too “different” or “what will people think?”.

It distorts your natural growth away from becoming your best and most creative Self. You become someone else’s dream, usually suffering great inner conflict. Nevertheless it *is* trying to help you to win approval. It is, however, the opposite of unconditional loving self-acceptance.



• **A fearful “Inner Saboteur”**. This inner voice is really trying to keep you *safe* and tries, in many subtle ways, to hold you back from taking risks. It is responsible for *security* needs. If you took a risk once and got badly hurt or rejected, or if you were told that you must keep safe at all costs and believed it, then this subpersonality can almost prevent you taking any risks.

It sabotages your growth , though it *is*

trying to do you a good turn by keeping you “safe”. This “Wimp” subpersonality is the opposite of the “Warrior” (or “Warrioress”).

• **A powerful “Inner Victim”**. This inner pattern is expressing your need for unconditional *love* and *empowerment*. Can you understand the paradox — “powerful Inner Victim” — it controls your life and many people around you, yet you believe you are powerless. It arose at times when as a child you were abused and damaged and had no power to prevent it.

It warns you that people and even life itself are dangerous and untrustworthy, and you may be victimised at any time. This subpersonality can cause you to feel helpless and yet to use any illness or disability you have to control others by manipulating them. In this way you “force” others to show sympathy for you by using the *power of pain and misery*. Unfortunately it also antagonises these people. It can be extremely painful to recognise this pattern if it is within you. It is the opposite of true empowerment.

• **A heavy “Inner Depressor”**. This is the inner voice that is seeking to help you find *meaning* and to *get back on target for your life purpose*. It tells you that you are depressed, discouraged, and life is not worth the effort - but often forgets to add that this would be different if you only contacted your Higher Self and did whatever your true purpose for life was. With this subpersonality, life does not seem at all worthwhile, and suicide begins to seem a better option. It tells you lies about yourself. This is not to deny that depression can be caused by other reasons - some have a hormonal, nutritional or ecological basis, some have their roots in socio-economic wrongs that need changing. **DE**pression is the antithesis of **EX**pression. Especially is it the opposite of the joyous expression of the True Self.

• **“Confused”**. There is a pattern of becoming confused, or of acting in a distracting manner. This can be an example of tertiary anger, in which anger is subtly passed on to someone else and not shown directly. It is usually trying to get attention and help - to meet your needs for *recognition*. It can occur in a child who is trying to get parents to make peace with each other. The child’s troublesome

behaviours cause the parents to unite, either against the child or in concern about the child, — but at least they unite! It can be an sub-species of the “inner saboteur” style. Acting confused means you can avoid the risk of making a mistake. It is the opposite of clarity and seeing things as they are.



• **“Addict”** This includes patterns of misusing the will to engage in behaviours that cause harm to yourself and others. The addict gets “withdrawal symptoms” if the object of their addiction is missing, whether it be cigarettes, alcohol, drugs, glue, work, gambling, or even the company of a particular person or persons. There is plenty of will-”power”, but it is directed in the service of the addiction instead of health and personal growth. It is the opposite of true inner freedom.

This is a complex subject, and the literature on addictions is very large. The basic pattern is lack of love. There is lack of self-love and unwillingness to receive love. Self-destructive behaviour is a manifestation of self-hatred. Such hatred arises from traumas as a child, false guilt arising from times of being abused, and so on. The death-wish is more active than the life-wish.

The drugs, alcohol, glue, etc may be used to turn off the pain. And on top of that there is the effect of the drugs themselves on the nervous system, and there may be genetic factors affecting this. Group therapy is valuable because the tough love of other addicts approaches unconditional love, and there is a different energy field.

I have not yet found one addict who did not have a negative umbilicus test, with patterns of markedly blocked love in the Primary

Love relationships. Many addicts test weak for the Stomach meridian test point, hence the sense of emptiness and craving. They do not know how to be *contented*. They need to meet their need for inner peace. Perhaps this is why some who learn forgiveness and a wise form of meditation, or learn inner peace techniques with biofeedback training can leave their addictions behind.

The most important need is to practise forgiveness and restore the flow of love, for that which brings inner peace. Yet the addict is just the one who may fail to keep appointments, “not have enough money” for the therapy (though enough for the addiction!), sabotage themselves, criticise themselves, and get depressed and confused! Which leads to the next section.

• **When two or more of these subpersonalities gang up and hunt together.**



Not infrequently, two or more of these patterns coexist in someone.

The “gang of six” can hunt together, in different combinations. The stronger they are, the more chaotic the inner life becomes, the less worthwhile life seems to the person, and the likelihood of an illness-wish or death-wish taking root increases.



Each of these patterns or “subpersonalities” is an expression of a time when a basic need was not met, (usually in childhood or teenage) for, usually,

- Approval, sense of belonging
- Safety or security
- Unconditional love and empowerment
- Meaning, upliftment or encouragement, and true Self-expression
- Acceptance and recognition of self
- Inner Peace
- Forgiveness

The patterns come into existence as the best thing a child can do when its needs are not met, under the circumstances prevailing *then*.

Stressful situations later in life can “trigger” the similar pattern again, creating inner conflicts and pain, limiting your potential and healing. You are being *willed by* your emotions and by the decisions about yourself and the world (conclusions and beliefs) you arrived at in the past.

The forgiveness processes as currently set out can usually take care of these obstacles.

If you get stuck with any of these patterns, go back to the values statement at the beginning, and you will access your *higher will*, enabling you to go on. You may need however to learn more about subpersonalities and how to heal them - if so, see the reading list at the end of this book.

The forgiveness process is likely be essential in healing these patterns. The fact that these subpersonality patterns can act as obstacles to the forgivenesses is no reason to refrain from using them at all. It is a reason to apply them diligently.

Antidotes and Strategies

•For the Inner Critic and the Inner Depressor:

Approve of yourself for doing this work and **Encourage yourself** for seeking to become aligned with your Higher Self. This will start the flow of love, courage and appreciation, as an antidote for excessive self-denigration and depression, (thus neutralising the negative effects of the Inner Critic and Inner Depressor, by maturing their patterns).

•For the Inner Saboteur:

Realise that you cannot grow without

taking some risks. This will help to counteract the sabotaging inner voices, and heal the Inner Child who learned that risk-taking was unsafe, and heal the fears at the core of the Inner Saboteur. Deciding to practice courage, even if it is only the “courage of desperation”. This will eventually lead you to the “courage of the flaming heart” - the courage to be your True Self. It takes courage to embark upon a programme of forgiveness. Every time you complete a process increases your courage and will. Many people start their development of the quality of courage by taking up martial arts or risky sports. The benefits overflow. Wise teachers of these subjects usually recognise how much inner service they do for a student when they help him or her to grow in stature while doing these pursuits.

•For the Inner Victim:

See how much you are suffering through self-punishing beliefs and actions, and recognising that you don't want to go on doing or creating that any more. This is very important in setting aside the tendency to feel/think from the victim or “poor me” stance in life. Loving yourself as a result of the Forgiveness Processes matures the Inner Victim towards becoming an Empowered Self.

• For “Confused”

Understand how this pattern came into existence to protect. It may also be a fact that your particular learning style was not matched by your teachers and parents.. Recognising that it is now known that there are many ways of learning (at least seven). Developing mental clarity. Finding out about other thinking and learning styles (from books on accelerated learning and lateral thinking, for example) can be a great source of encouragement to people who have this pattern.

• For “Addict”

Psychospiritual growth: Correction of the Primary Love Relationships (and umbilicus test) as soon as possible through forgiveness. Skilled help by trained professionals. Group work with fellow addicts, in a residential setting if necessary. Cultivation of Inner Peace through meditation or biofeedback training, the practise of Contentment and

Unconditional Love. Discovery of Life Purpose.

Work with the significant others: That those around the addict be involved in a constructive way. They also need to forgive the addict, and give responsibility to the addict. They must cease to do anything which enables the habit to continue (tough love).

Work with the physiology of the body: Once the intake of the addictive substance has ceased, (but not before) acupuncture can ease the discomforts of the withdrawal phase.

Electroencephalographic (brain-wave) biofeedback training is promising but is not yet widely available. It would fall into the category of teaching the person that they themselves can learn to bring peace to their system (as with certain forms of wise mediation) without reverting to the addictive pattern.

The use of further psychosynthesis methods.

Serious problems with healing and integrating subpersonality patterns can provide the material for very interesting work. An image for each subpersonality can be sketched. The subpersonality image(s) can be placed at a distance from the personal self. The forgiver engages in moving into these “spaces” and acting out each of the subpersonalities in turn, alternating with the True Self at the centre of a circle formed by these. The Self is enacted like a sun at the centre of the solar system, or a conductor at the centre of the players of the orchestra. The Self is the integrating centre.

In this way a system of disidentification and Self-identification is set up. Each of the subpersonalities needs get “heard” by the Self. They also get the chance to communicate with each other. The person becomes more centred in their consciousness in the True Self, at the integrating centre. As the dialogue between the Self and the parts proceeds, the Self begins to upgrade the patterns of each of the subpersonalities and bring them into a more harmonious relationship. This technique is called a subpersonality “conference”.

The emphasis must be placed more upon the integrating effect of the Higher Self than upon the separation of the parts. The Self can create images of how the parts are to be in the future. These are sketched and laid over the old ones. The ways the subpersonalities relate to each other is improved. The effect of this combination of right and left brain techniques done regularly is a progressive healing of the inner conflicts and alignment with the purposes of the Higher Self.

Forgiveness of the persons who were responsible for the wounds that led to the formation of the dysfunctional subpersonalities is also needed.

See the reading list for more information about books on psychosynthesis.

The Levels of the Self - revision

These are the key to understanding the forgiveness process. We need to become aware of and learn how to use all the 'levels' of our consciousness, - our Higher Self, our personal self, and our subpersonalities.

Our personality has many diverse parts in at least three levels:

At one level the subpersonalities are like the players in an orchestra, or the actors in a play, and need training and harmonising together. Much of our behaviour at this level is automatic and *unconscious*, especially if the patterns concerned work well and *get the basic needs met*. If they do not work well, then we experience pain or distress. We cannot usually change the patterns and tendencies unless we include the next level.

At the next level, there is our centre of *conscious awareness, choice and will*, the personal self. In the early stages of our development it can be quite independent, self-centred and selfish. As we mature, it becomes the agent of the Higher Self on earth and acts like the conductor of a fine orchestra or the director of a superb group of actors. It is essential to the materialisation of the finest qualities,

values, and purposes that the Higher Self offers.

At the next level is the Higher Self. When we are whole, or fully integrated, we are very much in tune or contact with our Higher Self, which is *group conscious*. In the analogy we have been using, the Higher Self can be regarded as being like the composer or author. It is the **source** within us of the "music" of the *higher octaves of love and will*, that are waiting to find expression in our everyday lives, and *to serve others*.

The composer, conductor and players are *partners*, needing each other to express the music. The author, director and actors of a play are all *partners* in the production, needing each other to create the drama. The Higher Self, the personal self, and the subpersonalities are also *partners*. They need to be integrated with each other to create our best life's work.

Just as the composer, conductor and musicians are evolving, so too are all the levels of our psyche. We are today capable of things that would have been unthinkable to our cave-dwelling ancestors.

At this stage in the evolution of mankind, the capacity to forgive, i.e. to cancel the conditions that are blocking the flow of love, exists *within all of us at the level of the Higher Self*, and it is one of the capacities we are to develop further, and to bring down into the other levels of our personalities, and thus out into the world.

What about Forgiving the "Unforgivable"?

You will recall the story of Shona, victim of child abuse by satanic ritual, in Ch 3.4. Working with her, and also with someone who survived the mass murder of several members of her close family, have been the closest I have come in my own practise to working directly with what some would call the "unforgivable" atrocity. Both of these situations challenged me deeply — could I have forgiven what these people were able to do? Could I move from great distress to a position of goodwill and unconditional love towards the perpetrators of these outrages?

The key is getting past this difficulty is to make a distinction between pardoning or condoning an action, and the forgiveness process, *which is cancelling the conditions that block love after a trauma has shut love down. It is to end our own suffering that we need to unblock love.* It is false beliefs about forgiveness that stop us doing that, *not* the awfulness of the offense. Review Ch 3.7 for more on making the distinction between what forgiveness is and is not. Forgiveness does not mean that you are weak or have to put up with further harm.

What I learned from these two people who had suffered so much was that the resources of love are inexhaustible. They became my teachers as much I was theirs. I learned that when we open ourselves enough to love, we recognise that perpetrators are just as much victims as their own victims. Their awful behaviour is as much a cry of pain and a cry

for help as the cry of a battered baby.

A word of encouragement

Even though I have written at length about how to overcome any possible obstacles, I would like to say that with the inclusion and refinement of steps 1,2,3,4 & 5, (values, weighing up benefits and burdens, setting the goal and attitude, getting the core beliefs and preferences for what would have been wiser), obstacles have not been much of a problem. The process of self-observation and *the flow of wisdom has been started*, and thus a connection with the Higher Self level has been made. The technique of moving higher physically works extremely well, enabling the forgiver to “look down” upon the different parts of the personality, seeing how they came into existence, and radiating the energy of love into them, healing them directly.

Even if you encounter obstacles to the forgiveness processes that are not covered in this chapter, you will be surprised
(a) how often you can find a way around the obstacle yourself with time and patience
(b) how often people with little professional training can guide this process once they have done it themselves, or seen it done once or twice.

Please write to the author with any new ideas you discover which prove effective.

(A) Role of the Guide - Key points

1. Reading the Process or using a self-made tape recording of it.
2. Recording
3. Patiently encouraging and probing
4. Prompting
5. Weaving the forgiveness of Self and others
6. Linking the parts into a whole (psychosynthesis)
7. Sitting beside not opposite the forgiver, to create cooperation instead of transference
8. Be a source of unconditional love
9. Be impersonally loving yet supportive, the client does not need your negativity or despair
10. Practise and teach Self-identification
11. Lifting of consciousness is the key to the whole process.
12. Hold the truth that the forgiver is a Higher Self, a Soul. The same is true of the guide.
13. Evoke the will of the forgiver by ensuring they make choices for themselves.
14. Maintain attitude of joyfulness
15. Trust in the power of the Higher Self
16. Do your own forgiveness work
17. Gratitude

(B) Overcoming Obstacles - Key Points

- Correct misunderstandings about forgiveness
- Not to forgive is a decision to perpetuate own self-punishment and suffering
- Upgrade belief in sin and *punishment* to one that ignoring natural laws leads to information which we call pain. This is *feedback* which can be used to understand natural laws. Then we can learn to cooperate with natural laws painlessly.
- Assist growth of awareness of the different levels of consciousness and the ability to move easily between them
- Learn about and teach the forgiver about the nature of subpersonalities. The Inner Critic, Inner Saboteur,

Role of Guide and Overcoming Obstacles

Inner Victim, Inner Depressor, Confused, and Addict are among the most usual subpersonalities likely to be encountered. They also stand to gain the most from the healing power of forgiveness. Healing of subpersonalities may involve forgiveness of others, forgiveness of self, cultivation of the opposite qualities to those in the overdeveloped subpersonality.

- Repetitive application of the forgiveness process, even if it may *seem* relatively superficial the first few times, can still have a deep effect and bring relief.
- Understanding about subpersonalities goes a long way to helping those with these patterns to see light at the end of the dark tunnel in which they feel trapped.
- Forgiving the “unforgivable” is possible when you realize the meaning of the Forgiveness Process is to heal yourself and your memories, to move on from the past. It has nothing to do with condoning or pardoning any bad actions, being weak, or putting up with further harm.
- Resources include the books listed at the end of this book, and/or psychosynthesis training centres around the world.
- The most difficult obstacle is remembering to **do** the process. Once laziness is overcome, ways are usually found around all the other obstacles.

Putting Self-Forgiveness and Forgiveness of Others together

“Forgiveness makes whole both the forgiver and the forgiven one” - Edith Stauffer

Getting to the root of the matter - Erica

This middle-aged professional woman came many years ago to one of the earliest forgiveness seminars I ever gave. She entered with a grim, set face, and announced that she believed forgiveness was “rubbish and only for the weak-minded”. However she volunteered to work in front of the group, much to my surprise — and apprehension, as you might imagine. She wanted to forgive her “overbearing and impossible” employer, for whom she had worked for six years. She was convinced he was entirely to blame for “causing” all the irritation.

After going through the process (in those days it was not as full and complete as it is now, because we still had a lot to learn), she described some relief in her tension, but hastened to assure me that “it” had not really worked.

I asked her to inquire inwardly of her Higher Self if there was something else. After a minute of silence she said, insightfully, “I see for the first time how like my *father* this man is. Odd that I never noticed that before.” So she did a forgiveness process with respect to her father. Again, some more relief, but not complete. Again, I asked her to ask her Higher Self what else.

Then she remembered a connection with her *elder brother*, and did a forgiveness process towards him. Again partial relief. Something was still troubling her. This time, when she asked within of her Higher Self, she was amazed at how an important piece of information suddenly came into her mind. She knew in a flash that *she herself* needed to do the Self-Forgiveness Process. She

processed this. Finally she arrived at the relief and inner peace of a complete forgiveness. She had found all the pieces of the jig-saw puzzle and put them together. Months later she told me that relationships with her previously “impossible” employer and colleague had improved greatly.



How did this tangle all fit together? When she was a small girl, her brother had done something naughty (but not very serious), and she told a tale about him to her father. Her father had been excessively angry with the boy and hit him. From then on, relations between her father and brother had deteriorated progressively. The boy became a rebellious ne'er-do-well at home and school. He began to underachieve at school, eventually becoming addicted to drugs. The beatings and abuse he received did not make him reform.

Deep inside her she carried guilt about being responsible for her brother's decline into degradation and poverty. If only she had not told that tale on him She carried anger at her father for the unfairness and severity of his punishments to the boy. As an adult, she was always irritated by anyone who reminded her subconsciously of either of them. The forgiveness process helped her to bring this painful pattern, stored for so long ago in her unconscious mind, up into the light of the Higher Self to be healed. She became free to enjoy her workplace and see her employer in an entirely fresh light.

It can happen that you need to put together Forgiveness of Others and Forgiveness of Self to clear a whole pattern.

There are two other lessons from this story.

1. Remember the useful maxim that “You are never upset for the reason you think.” She had always *thought* (until completing forgiveness process) that her *employer* was the problem at work. Until she did the forgiveness process she had no idea that her difficulty with him had its roots in her *own* past.

It is always worthwhile asking yourself when you are upset about someone’s actions whether they, or the situation, are reminding you of something in *your own past*, or of something *you* do that you *deny in yourself*.

Doing a forgiveness process helps you to uncover the pattern. Your awareness may come towards the end, or even after you have finished. You cannot know this before you start because the pattern is unconscious. It is natural to repress painful memories, even though the conclusions you drew at the time of the events persist, dominating your behaviour long after they have any relevance or utility.

2. In spite of her outward scepticism about forgiveness, something inside her had drawn her to the seminar and to volunteer to work in front of the group - something which takes courage and willingness. Her inner wisdom and the need to heal herself overcame her desire to sabotage herself and stay away from the course.

Patience and persistence pay dividends

Charlotte

Charlotte developed a brain tumour. It secreted an abnormal amount of a hormone which caused her to stop menstruating and to have milk come from her breasts even though she had never

had a child. She had an apparently very successful treatment several years previously. The levels of the hormone had remained at the lower level of the normal range for some years since the treatment ended. When she first came to me it was because the hormone levels were rising, suggesting the possibility of recurrence and the need for further investigations. Naturally she was gravely concerned. She expressed a desire to heal the painful relationship she had always had with her family of origin.

Concurrently with her physical medical investigation she also wanted to explore her inner emotional and mental worlds. As she did this she recognised that as a child and teenager she had been subjected to very intense and conflicting messages from her parents about whether she should have been born a boy or a girl. There had been conflicting messages about the role of femininity, mothering and nurturing.

Her outer physical condition seemed to mirror this struggle on the inner planes of her consciousness. Should she stop being a girl (stop menstruating) to be acceptable - or should she become a motherly nurturer (give milk - breast feed) to be acceptable? The tumour did both for her.

This exploration of the childhood and teenage pain, led her upon a journey of applying the forgiveness process to relationships with many significant figures from her past relating to this issue. She applied the Self-forgiveness process to change all the underlying negative beliefs she had acquired about herself on the way. She was patient and persistent, and finished as many as she could remember. The blood levels of the hormone began to fall.

There is no way of proving beyond doubt that the application of the forgiveness processes contributed to this beneficial physical change. It is worth bearing in mind, however, that even if it did not, the benefits to her mental, emotional and relationship areas of life were considerable, and well worth the time she gave it. If we look in the context of total person healing, the work she did so patiently was considerable. She felt she *contributed to her own healing*, she *no longer felt powerless*, dependent entirely upon the decisions and actions of specialists. She

returned to visit her family of origin, and did very creditable work on healing family relationships.

Putting Self and Other Forgiveness together in a couple relationship

Harold and Morven

Harold and Morven had received many benefits from doing the forgiveness process and wanted to become forgiveness teachers. At the time of this story Morven was attending some personal development courses. Days after one particular seminar, she found that she was still resenting some people she met there, though very little had happened outwardly between them. She was rediscovering the maxim, “You are never upset for the reason you think”.

By careful self-examination, she recognised she was repeating three old patterns of feeling, thinking and acting she had carried over from childhood. She discovered that one pattern she had was to avoid “certain kinds of people”. In their presence she would want very strongly to be somewhere other than where she was, and would withdraw. At the same time she felt a desperate *need* for approval from them. This was to counteract the pain of her own lack of self love and lack of acknowledgement of her own inner (and outer) beauty. On top of that pattern was layered her tendency to *not hear* the approval of others even when it *was* given, because it went against her deeply entrenched negative beliefs about herself. She was blocked to receiving love.

Her pattern was to be triggered by “certain people” into feeling angry and upset; to feel and believe she was unloved and unlovable; to withdraw; then to feel needy and desperately want to be needed and approved of; to not hear it when it was given; to deny that it had been offered; in summary, to be blocked to receiving love.

She decided to change these patterns, and set out to do this by changing her physical appearance. She bought new clothes, and excitedly ventured forth to get a permed multicurled hairstyle, which she liked very much. She felt more confident and outgoing. Unfortunately, her partner Harold’s initial

reaction was one of horror - he was repelled by it. Instead of recognising his own fears that underlay this reaction, he attacked her verbally. This reminded Morven of how she had been put down as a child when she expressed her individuality. The whole occasion turned into a great disappointment for both of them. An irritation grew up between them that was quite out of proportion. They rationalised and justified their own point of view, each laying blame upon the other for lack of understanding.

From this interaction some of their basic patterns of unforgiveness were revealed to them. Old core beliefs and ways of perceiving the world which were not working, were coming up for review.

First the feelings: Morven was furious that Harold did not approve of her new image. Harold, although believing that he wanted what was best for her, was also angry at the new hair-style, *without knowing why*. Indeed you are rarely upset for the reason you think....

Blocked love causes the mind to search the memory for more evidence against the object of the blocked love. It can even cause the imagination to make up such “evidence”.

So Morven remembered other things that she held against Harold. For example he had declined to help her with some assignments for a course she was doing. He had talked too long on the telephone to someone, so his meal had spoiled. He had declined to help her with a certain task — doing a forgiveness process of those people at the seminar — insisting that she do it on her own. And more The rosary of carefully stored grievances was taken out and recited at length.

Harold began to fantasise about the possible demise of their relationship. An inner voice acquired from his parents (who had lived through the Great Depression) predicting a gloomy future started its dirgeful groaning within his head...

The beliefs: This episode had reinforced some of Morven’s unhealed core beliefs - namely that “I am on my

own. There is no one to help me. I need new friends — who really care about me — but I will never find them. I am unloved, especially by Harold — he only pretends. I am not important enough. When tested he *always* falls short. He *never* has enough time for me....
Conclusion: I am unloved and *unlovable.*” She had tried on occasions to apply the forgiveness process without a guide, but had become swamped by the negativity of her own inner critic telling her she was not getting it right, almost before she had started. She had always wanted someone to be in the room with her, for fear of being totally overwhelmed by the force of these dark negative thoughts, which had led to suicidal feelings in the past. After all, why continue to live in such a painful “reality”?

Harold’s thought pattern had been as follows. At one level he had been keen for her to find the inner strength to accomplish that task without assistance. He rationalised that he wanted her to become stronger — but there was also anger underneath that. He discovered the expectations and ambitions he had carried into the incident unawares. He had been more concerned with the needs of other yet unknown people than about Morven’s presenting need. He wanted to be sure that people could do forgiveness work without the need for a guide. He had underestimated the power of Morven’s inner critic, which he thought had been healed some time earlier, yet which had been strongly reactivated by his caustic disapproval of the hair style — which symbolised her attempt to step out of old patterns, mature and improve her self-image.

Morven stomped off. She tried to apply the forgiveness process on her own, - not towards the people she had intended originally, but towards Harold! Quickly she became caught in the dark stormy weather of her emotional seas. She became very fearful, *repeating feelings she had had as a child when she was being beaten with pieces of wood.* She felt as if she was surrounded by strong negative forces trying to carry her down into a vortex from which she would never return.

She also discovered she had another belief - namely that “The forgiveness process takes too long.” This belief had often caused her to sabotage herself, preventing herself from completing her forgiveness agenda, or applying forgiveness to many current occasions when she was disappointed in people. In this way she had allowed her negativity to accumulate, causing her to marinate in unnecessarily prolonged pain and suffering. Her identification with the “inner saboteur” and unconscious resistances had prevented her from taking the next steps into growth and freedom.

Some time later, Harold did agree to guide her through a forgiveness process, and she forgave *him* for the disappointments he had caused her.

But the forgiveness still did not seem complete. The joy and release was not apparent. Total forgiveness brings joy. What was missing was a Self-forgiveness.

Meanwhile, Harold managed to lift the level of his emotional pain, and suddenly recognised with surprise that he had an area of unforgiveness towards “women who had their hair frizzed.” He discovered that he had a belief system in his mind that “frizzing the hair” was a biological warning signal of some kind. On searching his memory he found he could recall no less than seven women who had left their partners after this particular change of hair style, including friends, clients, and his first wife before she had left him. The belief had grown in his unconscious - “Frizzed hair sends out a message of aggression - look out, man, she will walk out soon!” His emotions had reacted to Morven’s new hair style with deep fear, — a fear that this signalled her imminent departure from their relationship.

He was also desperate for Morven to *see her own beauty*, to no longer be dependent upon altering her *outer* appearance to get approval from others but for her to recognise her own *inner* love, wisdom and beauty. He grieved for the “lost” loveliness of her long silky hair. He had in fact often commented to her previously how lovely her hair was, but she had never really “heard” this, because his words got lost among the inner raucous voices of her self-critical negativity, “I am unlovable. I am ugly. Others are more

beautiful than I am. In any case men only pay compliments for one thing.....” These inner voices were part of a deeply held belief system which discounted love and approval even when it came her way. Harold felt her pain in himself every time this pattern became active in Morven. He would then put an expectation on *her* to change so that *he* could feel better.

Morven completed a self-forgiveness process, including the Healing of the Inner Child. Enough time was made available to do this very fully. Following a deep identification with her Higher Self she was able to heal and love the child-she-had-been during the times when she had received strong criticism, disapproval, and physical beatings. She changed the negative beliefs that had arisen then. There was a profound beauty and peace in the room when she did this, a Presence that cannot really be described in words. Over several months from that time on her life changed progressively. She was more able to acknowledge her own beauty, less dependent upon the approval of others. She became generally less needy. Instead, she put herself out into the world with increasing strength and love. They both came to realise that *enough time and thoroughness* must be given to the forgiveness processes, and that doing so is *worthwhile*.

Doing his forgiveness processes Harold healed his fears about her commitment to him, the negatively charged belief system around the meaning of “frizzed hair”, and his fear-based prejudice towards women with permed hair. He removed his expectations that Morven should conform to *his* blueprint for her. Using Makikh, he became aware of her Hurting Child Within and the reasons for her behaviour - her unmet current and childhood needs.

Now he could see the way the talented hairdresser had brought out Morven’s beauty *even more* by framing her face with her hair, in a way that had not been possible with her hair straight.

Quite a paradigm shift for both of them!

Perhaps the most important gain from this for Harold and Morven, has been that they now have (from their own forgiveness work) a growing skill for understanding each other.

They have a recipe for understanding each other’s “language” and restoring communication and loveflow between them. By developing this skill through their own experience they will be better able to help others.

Some months later the issue came up again in a slightly different way, again to do with outward appearances. Both became irritated and defensive for a short time. But this time they worked quickly on understanding the needs and motives underlying each of their behaviours. A new insight emerged, which was that Morven, as a child, only felt she received loving (or at least pleasant) attention when she was being dressed up for a special occasion. Therefore, having her hair done had taken on a very special significance for her - to appreciate her hairstyle was to nourish the Inner Child in her. To ignore it was to reject her. On the other hand, Harold as a child had hated “being dressed up” by his mother, who appeared to do this to impress her friends. Morven’s “language” of love and outward appearances was incomprehensible to him. The whole incident between them, which without awareness could have developed into tension and irritation was handled in less than half an hour. Both were left with a deeper appreciation of how the other had grown up, and of the need to value and understand each other’s “language of love” and the verbal and non-verbal symbols that meant “appreciation” more fully.

Their relationship from then on entered a new phase — of deeper understanding of each person’s unique gifts and qualities, and of their sources of difficulty and pain.

The importance of weaving together of the forgiveness processes of self and other is well demonstrated in their experience. The importance of Clear Communication and Makikh in action are also seen (i.e. setting out to understand each others’ “language” and to ensure full understanding, and seeing through to the true unmet needs and ensuring they get met).

This story demonstrates the value of going deeply into belief systems and their origins, for healing. Even apparently

“little” things that cause irritations between couples can have old roots at times. It is a useful maxim that “You are never upset for the reason you think...”

Harold and Morven have shown that couples can assist each other to apply the forgiveness processes, even when in the midst of irritations with each other. Along with other couples, they have established that the forgiveness process *can* be used together by couples *who have a genuine loving commitment to each other's growth*. For such couples a win-win situation can be created out of what was previously a lose-lose one.

It takes only a split-second decision to decide to do something, or to change an attitude. Remember though that belief systems are habits, patterns set in the mind over a long time, and changing them can require vigilance and repetition over some weeks until the positive belief system replaces the negative one completely.

Weaving together of Forgiveness of Self and Forgiveness of Others

Key Points to remember

1. Starting with one forgiveness process - be it Self-forgiveness or forgiveness of others - may lead to other connections. Be prepared to follow each thread faithfully wherever it leads, forgiving all the people and events you find, until you unravel the whole tangled knot. It can be interesting and revealing, like a detective story at times, as each clue leads you to another. Eventually the whole unforgiveness pattern is healed and you only have to heal new issues as they come up. It is always worth finding the *root* cause of the chain of incidents of blocked love.

Once you have cleaned your mental household in this complete way, the forgiveness processes become an almost unconscious mind-set of mental and emotional maintenance. With vigilance it can operate as an automatic instruction to your mind to continually remove the

blocks to your love and goodwill as they arise (Abilii). Your inner peace grows (Rukha). Your inner wisdom comes forth more often. Your inner strength helps you and others accomplish what seemed too difficult before. You express the love that was always within you.

It spreads out into all aspects of your life. You are that much closer to *being* your Higher Self using your personality, rather than being a personality which “has” a Higher Self — but only from time to time!

Whenever you forgive you bring a piece more of “heaven” (spiritual qualities) to “earth” (everyday material life). You see the good in yourself and cultivate it. You see the good in others and help them to cultivate it. You see the good that can be wrought out of situations and you cultivate that. You waste no more of your time cultivating the negative, lest you strengthen the negative in yourself. As you increasingly perceive and relate to the good in others, you now are strengthening the good in yourself. (All these are Khooba). You see the needs that cry out to be met and you want to do whatever you can to help them be met (Makikh). You see what is Fairest-to-all and strive towards that (Kenoota). You have a much broader and inclusive perspective - holistic vision (Dadcean Libhoun). You weave the pattern of Unconditional Love (Rakhma) into your consciousness and life with patience and persistence, and it is its own reward.



Forming a Self-help Group

In the last few years it has become clear that those who form small support groups of about three to five people are the most successful in making these skills work in their lives. They get the most out of this material. In different countries now these groups meet once every week or two, in some cases for several years, and are still gathering to support each other's personal growth. At each meeting one person does a forgiveness process with the intelligent, loving support of the others. They are similar in intent, if different in format, to the groups for Attitudinal Healing that grew from another stream of forgiveness teaching, the Course in Miracles.



These groups deepen the friendship between the members. Each person develops skill in guiding others as well as doing the process for themselves. The forgiveness work of each is encouraged by the nurturing enthusiasm of the group spirit. As each person does their work unconditional love in the group grows stronger. Members gain an experience of unconditional love that may not be available to them elsewhere. Obstacles to love have been overcome that might have taken longer if the members had worked alone. Gradually, quietly the benefits spread out into their families and community. I offer you this information, for you may wish to do the same in your own community.

Group Guidelines — Key points

I suggest that group members discuss and come to an agreement about the following — other groups have found it helpful:



1. Confidentiality.

This is essential to build trust. Without this

no progress can be made.



2. No competition, judging or making comparisons.

This is essential for acceptance and valuing of differences. It permits people to be open and vulnerable. Especially agree to not compare yourself with others, even inside your mind.



3. The use of "I" statements

This makes issues relevant and brings responsibility back to the speaker where change can be made. Conversations about people who are not present in the group ("They....", "people...", gossip) and the use of the word "you..." when in fact "I" is meant....etc.... all these mean that work for development of group members has stopped. Group members will need to help each other to use "I" statements about feelings and beliefs. A statement like, "I feel frightened when *x* happens" is different in outcome from "People get scared when *x* happens...." You cannot change that for which you do not own responsibility.



4. 100% Commitment

Participants need to realise that the life and success of these groups depend upon the commitment of the participants.

- Irregular attendance,
- arriving late,
- chatting about other things,
- failing to give complete attention to each other,

All these can all dissipate energy rapidly.

Whereas:

- regular attendance,
- arriving early and eagerly,
- focusing upon the work in a goal-oriented manner, and
- giving total attention and "presence" to the one who is speaking or working can give a totally different and very

dynamic experience for all the participants. The cultivation of a spirit of enthusiasm and of service to each other's goals will lift the group's energy to levels where healing can occur more easily.



5. The Voluntary Principle

This means that people feel free to share only what they want to share, and feel no compulsion to do anything with which they are not at ease in their conscience. There must be no group pressure on an individual to meet expectations. The group is unconditional in their love. This builds trust, safety, and speeds the work in the long run.

Group Work

1. Introductions. At the first session members introduce themselves and share their goals. The aim is to build trust and cooperation. At later meetings start with a round of sharing feelings, and especially for group learning, experiences with the forgiveness process and goodwill patterns since the last meeting. This is called "checking in".

2. Movement and relaxation. It is a good idea to do some movement as a group. Exactly what form will depend upon the preferences and expertise of the group. Free movements modelled upon T'ai Chi done to music is one form that has been adopted, or any movement that frees up the body from tension. Shared movements bring unity into the group. Someone might also lead the group in a simple centring relaxation and mind-calming exercise, or the Self-identification exercise (Ch 6.2).

3. Forgiveness Work

The group will assist each member to discover their forgiveness agenda and complete their work. By keeping a record of their forgiveness agenda each person will enable this to happen more easily. Marking off what has been accomplished will give a sense of achievement.

Groups need to ensure that each member gains skills in both doing and guiding the forgiveness processes by rotating the roles of guide and forgiver around the group. It is wise if the role of facilitator for each meeting is rotated around the group for similar reasons. Hold the meetings in each person's home in rotation. The reason for rotating roles is to prevent the more dominant personalities controlling the group, and to enable the less forward personalities to increase their confidence and competence.

4. Cultivating the Goodwill Patterns: Clear communication, Makikh, Kenoota, Khooba, Abilii, Rukha, Abilii...

Group members support each other in cultivating these mind-sets. Several groups I know of have chosen one of the Goodwill Patterns to work on in their daily lives for the time between sessions.

For example, your group might start with Makikh, the openness to see the true needs of another person from their perspective and the willingness to do what is possible to help those needs be met. In shared group meditation, each person ponders upon this quality, and visualises how they might practise it in their lives. Each morning between group meetings do the same, knowing that the others members are doing likewise. It is a shared group experiment in understanding and using spiritual laws. Try to notice when other people are doing it and give it some energy. Look for and find ways of applying it at work, or in your family life. Strengthen each other subjectively in daily meditation and in practise if the opportunity arises. *Cultivate* the chosen quality. Each person *designs their own project* for developing the mind-set of Makikh. Some group members will need to apply this quality to themselves and learn how to understand their *own* needs, but must always keep in mind the larger picture of their relationships with others, and ensure that they meet their needs harmlessly.

Agree to do an Evening Review Exercise. A short time is set aside each evening to reviewing the events of the day with especial attention to these matters:

How did my experiment with the quality of Makikh go today? When did I use it and what was the result? When did I fail to use it,

and what was the result? How could I have done better today in this regard? (Visualise this improved way of thinking and acting, so its pattern becomes set in the mind before the next opportunity to use it occurs).

When the group next meets, share experiences of the meditations, evening reviews, and daily practise of Makikh with each other before going on to the forgiveness work.

The following week a different Goodwill Pattern might be selected. Use them in weekly rotation, or if the group prefers, one pattern might be kept going over a longer period before moving on to the next. At the beginning of the group there is advantage in all working with the same one, because you will feel the support of the common endeavour. After the group is familiar with all the patterns, then each person might select the one they want especially to cultivate between meetings. Unity in conformity becomes unity in diversity.

In this way form a living laboratory and test out the effect of deliberately cultivating each of the Goodwill Patterns in turn. Even if there are set-backs, progress is inevitable as each of the qualities in turn is patiently built into the lives of all group members. Eventually group members are so familiar with these qualities that they can call upon the one they require in any situation immediately. Finally the Goodwill Patterns become unconscious and automatic to them: "What is the good or good potential that can be energised and drawn out of each person I meet and the situations in which I am involved? What are the true needs of each person, including my own? How could all these needs be met - there must be a way. What would be fairest to all? What is the larger picture? How is everything connected to everything else here, so that I do not get lost in too narrow a perspective? Are there any blocks (negative beliefs or distortions of the primary emotions) in me to the flow of love and goodwill that I can remove quickly and joyfully? Am I serving the cause of peace and coming from my inner peace?"

5. Closure

A brief and dynamic meditation on the quality of Unconditional Love or the chosen Goodwill Pattern could be used. Group

members can relax, go inside and think for a time about:

- (a) Its value
- (b) Where it is already being expressed around them or in their own life
- (c) Where it is needed in their own lives and in the life of the planet
- (d) Visualising themselves doing actions that embody the chosen quality
- (e) Working with the "right brain" method of using a symbol for the quality, sketching it, putting it where it can "advertise" itself to them during the day
- (f) Radiating the chosen Goodwill Pattern to those might need it, but without trying to impose their own solutions on problems.

6. A word of caution

In presenting this material to others, ensure that you have done your own work as fully as you can before you tell others how good it would be for them! People react strongly against being told that it would be so good for them to learn how to forgive. It is *not* loving to them to stir up this negative reaction. Beware lest your enthusiasm becomes evangelical fanaticism, and thus "toxic" to others.... You do not serve them by creating resistance to something that might help them.

By contrast, if you make the material your own and made it effective for yourself, it will *demonstrate* in your life (as greater tolerance, patience, compassion, mental, emotional, even physical health, for example). People will be stimulated by your example to learn how you achieved the peace and unconditional love you are expressing.

Forming a Small Self-help Group

Key Points

1. Self-help groups are very effective in grounding this work.
2. Groups need to agree upon the guidelines which enable them to fulfil their function. Suggested topics for agreement include confidentiality; avoidance of comparisons and judgements, and competition; the use of “I” statements; 100% commitment; avoidance of idle gossip and chat; the voluntary principle.
3. The group’s work will include: Building trust and confidence; checking in; movement and relaxation; forgiveness work; exercises for developing the Goodwill Patterns; Closing meditations. Between meetings a Goodwill Pattern will be cultivated consciously by each person through meditation and practise. Thus a living laboratory is created in which you all explore the nature and application of psychospiritual laws.
4. You are counselled to work at incorporating this material into your own life expression *before* trying to convert others to it. Help others by example, rather than by preaching at them.
5. There are now many excellent books on self-help groups, including “In Our Own Hands”, “Co-Operacy”, and “The Zen of Groups”.

Forgiveness in Couples and Families.

When I first started to teach forgiveness seminars, I felt reluctant to have couples come together; I used to suggest that people in a couple relationship came to separate seminars. I did not recognise then that this was a projection of my own inadequacies in relationships. My prejudice was a reflection of the state of my own weakness. I was seeing in others what I was blind to in myself. I realise now that it was really because *I and my partner* would have felt uncomfortable if we had been at such a seminar together. I was also conditioned to believe that family members could not act as competent therapists to other members of the same family - I had been told this by other therapists, and there is a grain of truth in this. It is not the larger truth however. When a series of couples did come to forgiveness seminars and worked extremely well together, I had to revise my ideas.

So the questions comes up:

- Is it possible for members of a *couple* to guide the other through the forgiveness process, *even when they are in conflict?*
- Is it possible for members of the *same family* to use this material together, *even though they are in conflict?*

The answer for me is now a definite “Yes”. But certain conditions have to be fulfilled.

- Each person of the couple or family must have a *loving commitment to the spiritual growth of the other(s)*.
- There must be *goodwill*.
- There must be an intention to *heal despite any conflict*.
- There must be a shared goal to *make all conflict creative*.

The roles of the guide must be addressed more carefully than at other times, and it must be separated from the role of partner or family member. It is wise to have a little ceremony in which the guide says something like “For the next period of time I am not in the role of your partner, I am in the role of your guide” and at the end, to derole in a similar way “I am no longer in the role of your guide, I am now reverting to my role of partner”. The forgiver needs to do something similar. Especially if doing a forgiveness for the relationship with the

partner, be quite sure that something is used (a chair, cushion etc.) that is placed in front of both of you to represent the partner being forgiven. In this way the problems of overlapping roles and role confusion can be avoided.

Guiding each other through forgiveness processes can be rewarding. Done in the right way it deepens understanding between couples. It can teach the couple to overcome the transference that occurs in the ordinary course of their relationship. “Transference” is the name given to the confusion that happens whenever a person unconsciously reacts to another in a certain way because they remind them of someone else, a parent or teacher, for example.

If there is not enough skill for one partner to guide the other, all is not lost. Having a partner sit in on the forgiveness work being done by the other can deepen the level of understanding between the two of them.

I do not think any rules can be laid down for this. Situations can be very different and fine judgement may be needed. Also, times and attitudes are changing quickly. Not long ago there was very little public discussion about matters like alcoholism, domestic violence, and sexual abuse; to be in psychotherapy had a stigma attached to it. Now people are realising that *everyone* needs to do personal growth. Personal growth is a better word than psychotherapy as it carries no stigma. There is more public discussion about sensitive subjects. Soon the forgiveness process will be recognised as something very ordinary, like brushing teeth or washing dishes. Then the idea of couples helping each other with forgiveness work will be accepted.

Unconditional love and forgiveness training will come to form part of responsible preparation for living together and parenting. It will become part of the training of educational and health professionals. It will become part of the normal educational process, and no longer limited to the personal growth and therapy situations. Its principles will become part of normal thinking and will be applied in politics,

economics and business relationships.

To encourage experimentation in this direction I give next two examples

- (i) of how a couple used this material together
- (ii) of how it was used within a family:

A couple work forgiveness together

Angela and Peter

Scene 1

Angela and Peter have a basically good relationship of many years standing, but have not made love for some time. There have been many calls upon them; the stress of late shifts and fatigue has worn them out. A common enough scene in times of economic pressure.

Angela is due to leave in two days time for twelve days on business. They are both lying in bed, around midnight, too exhausted to do more than just cuddle. They sleep, the alarm is set for seven o'clock, when another busy day will begin, the last day before she is due to leave. Angela has set her goal to wake at seven.

Peter wakens at a quarter past six, and wonders whether to wake her. Perhaps this is the only time their usual happy intimacy can be fitted into their busy schedules. He knows how tired she has been, but thinks that she will be more rested now. He also knows that on some occasions she has lamented that they had not made love as often as she would have liked. He freshens himself up, lights a romantic candle, and reaches out to her, gently and tentatively.

She cuddles up to him, but does not really waken. In fact, inside herself, one part is saying, "Let me sleep!"

Another part of her is saying "Continue to caress my back and eventually I will respond." She knows that in the past, Peter has overcome her reluctance to making love when she has been tired, and their shared experiences at those times

have been wonderful, her tiredness disappearing.

The caressing continues, but her body does not respond in the way it has in the past with gradual softening, consent, and invitation. It is in fact communicating "Yes" and "No" at the same time. She cannot decide exactly what she would prefer, to sleep or to make love. She cannot communicate her needs or her confusion. Her confusion transfers itself to Peter, who also begins to feel confused, then slightly irritated, and then rejected. He begins to pull back and stops caressing her. The whole interchange has been subtle, but the effect is devastating. Two bodies now lie apart in the bed, held stiff and tight-muscled. More damaging episodes like this, accumulating over time, can lead to the divorce court, or to one or both of them becoming ill.

Scene 2

Sometime between eight thirty and nine o'clock that same morning they are making love with all the beauty and wonder of deep intimacy. Their relationship has been given priority over "busyness", which takes care of itself anyway. They feel they have taken another step towards being with each other in a meaningful way. They have found the way back to love without conditions.

How did they turn around the tense, potentially damaging scene that was occurring earlier?

First, they diagnosed the situation more precisely using muscle response testing

They both knew about kinesiology, and about meridian testing as outlined in John Diamond's book "Life Energy". (See Appendix for more details about this). They were able to recognise the "double-bind" nature of the communications they were giving each other. Angela's communication was saying "Yes" and "No" at the same time. Peter's had implied "I want to make love" and yet had drawn back in the face of her confusing response. Ambivalence and inner conflict is a common situation.

They tested each other, and discovered that Peter's lung and kidney meridian point tested weak, and Angela's triple heater meridian. As each tried to work out the solution to their

problem, his right brain had become stressed, her left brain. The life energy in the room had dropped precipitously. He felt *attacked and sexually insecure*. She felt total *loss of enthusiasm*.

Angela went out of the room, feeling “as if a wire cage was all around me, and was being tightened, closing in on me.” She was hurting badly. She made a telephone call to her parents about something that needed their attention. She gave no clue to them about her pain, acting as if nothing was amiss, — she but realised later how the idea of calling home had arisen in her mind during her time of pain. But — you are rarely upset for the reason you think.....

Someone must start the forgiveness and get the love flowing again

Peter had begun to apply the principles of the forgiveness process. He valued right relationship *more than* continued resentment. His preference was that Angela made a clear choice between her need for more sleep and her need for intimacy, and communicated her choice to him clearly. He began to overflow love to himself in the situation of feeling rejected, both that morning and at earlier times in his life before he met Angela. He also overflowed love to her as a child when she had not been able to learn how to make choices or how to communicate her needs clearly. Then he sent love to her as she was now, overflowing from his heart and mind.

The other has more freedom then to do their forgiveness process in depth

She returned with a cup of tea for both of them, something she rarely did. She asked if he would help her with applying the forgiveness process. As she started recalling her feelings that morning, she crumpled into a deep painful sobbing. She was remembering how she had felt exactly the same feelings in several previous relationships with men. In those relationships she had felt used, treated as a sexual object, and her needs were not met. She had felt powerless, a victim. Others had the power over her. She had compensated for this by creating a lifestyle which appeared to be one in which she was “strong” and used a lot of will. But *inside*, her need for love and fear of rejection had dominated her reactions.

She broadened the forgiveness process, extending it towards these other men as well

as Peter. She expressed her feelings. She stated the negative beliefs and conclusions which she acquired in those highly charged situations. She stated exactly what she would have preferred they had done. She stated what her needs were that had not been met. She affirmed her belief in being sensitive to the true needs of others, learning how to make wise choices in life, and taking responsibility. She stated her decision to free herself from her negativity. She stated her acceptance of history as it had happened, and her intention to stop repeating her old patterns.

She then cancelled her demand that any of these men should have been different as a condition for her to love herself, to love them or to love anyone else. She gave them back responsibility for the way they had acted. In so doing she accepted back her own power to express love and goodwill. This opened the channel for her to receive. She opened up to love and life energy from her own Higher Self.

Physically: She was able to receive this love first into her own body, healing the tight muscles.

Emotionally: She was able to send love to herself as an abused, powerless child, unable to learn how to tell clearly about her own needs, and unable to learn how to make a conscious choice. The Child was held in the love of the Higher Self and brought to a deep peace. The Presence of Love in the room was electric.

Mentally: She then reviewed all her negative beliefs. She invited the wisdom of the Higher Self in to bring them up to date, healing them with larger, wiser truths about herself, men, women, sex, relationships and life.

Then the relationship: She overflowed love to each of the men in her life through their Whole Life, from conception, through the childhood experiences that conditioned them into becoming insensitive to the true needs of herself and others. She sent love to them through all the times of her disappointments with them, and right on up to the present.

Result: She then felt relief, and no longer divided by inner conflict.

The first partner then completes their forgiveness: Peter completed his

forgiveness work and was able to send love to himself as a child when he had been subject to the confusion of mixed messages in his family of origin, and to the pain which that confusion brings.

Result: It was in this state of being who they *really* were that they had then been able to make love, to soar together and to experience profound joy and oneness, to feel love for all life. They had been able to reexperience the *harmony and peace* which they knew existed at the centre of their relationship now that it was set free again. Indeed, it exists potentially at the centre of every relationship.

The energy patterns of the body cannot lie. They are what they are. If you learn to read their truth, and take wise action, that truth will set you free. Wisdom and love, head and heart, will work together.

Forgiveness in a family - an example

Melissa, (mother) Mandy and Linda, (her daughters), Dirk (Mandy's partner), and Josie (Mandy's baby)

Melissa was separated from her husband. Relationships had been strained in the remaining family for some time. During a Forgiveness Seminar, Melissa healed her side of the relationship with her ex-husband.

She subsequently interested her daughters Mandy and Lisa in using the kinesiological testing to discover the areas of blocked love within themselves. For example, Mandy, tested as showing blocked love *towards* her father, from whom she had been estranged for some years, *and unwillingness to receive love from him*.

Melissa was then able to help her daughters Mandy and Linda heal their side of their relationship with their absent father, guiding each through the Forgiveness Process.

Forgiveness can be telepathically

received: Mandy's father spontaneously contacted her *within days of her completing this*, with a gift for Josie, her baby, and an invitation to reconcile with him and visit him.

Melissa had helped her daughters heal underlying resentments *before* the negativity worked its way deeper into their physical systems or future relationship patterns.

Next, Melissa healed the resentments she had towards her son-in-law, Dirk through the Forgiveness Process. She also *showed* her daughters how she was doing this work, thus role-modelling for them how a mature adult can deal creatively with stress and *learn a more effective way of communicating*. After she completed this process she was able to reach Dirk's heart in a way that had not been possible before. She found she could listen to him and communicate her needs and point of view to him in a gentler yet more effective way. She wrote, "It restored open communications between us as a family...we all learned how important this is for loving relationships."

I would like to thank these people for being among those who are finding creative ways of using, adapting and applying this material to bring benefits in the lives of themselves and those around them. These are but a few of the examples I have known, and I am glad to stimulate you into finding your own. If you discover something along these lines you would like to share, please write to the author.

Forgiveness in Couples and Families.

Key Points

1. Forgiveness in couples and families *is* possible.
2. You yourself will find ways to develop this theme.
3. Please send new applications of this material to the author, for inclusion in later works of this nature, so it can be shared with others
4. Please share your experiences with as many people as you can. Promote discussion and let the ideas mingle and grow, so that healing may be more effective and rapid for more people.

Forgiveness in Business, Politics and Race Relations

Resentment affects Results

Improved human relationships between

- employer and employees
- co-workers and colleagues
- buyers and sellers
- wholesalers, retailers and customers
- commercial and environmental interests
- political rivals
- government and people
- indigenous peoples and the colonising races
- people of different religious persuasions and racial backgrounds
- all these depend upon healing the unconscious patterns of resentment and reactivity in the individuals concerned.

You will realise by now that there is always more going on beneath the surface than what *appears* to be happening to the casual onlooker. Invisible, disturbed energy patterns of unconscious resentments, especially the unhealed the Primary Love Relationships, carry over into business and political relationships and manifest throughout the world as recurring “problems” on the material plane.

Imagine a world in which candidates for political office are screened, not only for how they run their financial affairs, but, more importantly, for any underlying patterns of resentment *before* being given responsibility for the lives of others. It is required that they heal any negativity before they take up their appointment, an essential warrant of fitness.

Imagine a world in which opponents in conflict, whether industrial, political, educational, commercial, religious or racial, apply the Goodwill Patterns speedily *because they are second nature to them*.

Imagine the difference that time spent preliminary exercises in mind-calming, and

in healing emotions and negative beliefs could make to all kinds of negotiations.

Imagine the difference to the outer world if there was love freely flowing in all the interactions between the kinds of people mentioned.

Imagine the difference even a modest application of the principles in this book to underlying causes of blocked love could make to the world we will pass on to the children of the future..... Under the principle of reincarnation, in which more than half the world’s population believes, those children will be you and me. Cause and effect. We will learn the lessons eventually, — but how soon?

Forgiveness and Motivation

It cannot be stated too often that forgiveness is the *cancellation of the conditions in the mind that are blocking the flow of love*. These conditions include negative feelings - specifically the distortions of the primary emotions, and negative beliefs.

Some years into this work, it is dawning on me that there is an further layer of the psyche to be investigated than the ones described so far. In addition to the negative emotions or beliefs arising from trauma or disappointment with others, and possibly unconnected with trauma with others, there can be a *pattern of motivation* within you that needs healing with the self-forgiveness process if love is to flow freely. Perhaps this is a character defect carried over from a previous incarnation which the soul intends shall be addressed in this one.

This is a more subtle aspect of the forgiveness process which only became fully apparent to me in 1991, after eleven years of studying forgiveness. There is still a lot to learn. I still do not understand it fully. I write about it here to stimulate your thoughts about it.

Traumas and disappointments affect your *emotions* - that is easy for most people to see. That they affect your *belief systems* has also been shown, though it might not have been so obvious to you before you read this book. They also affect your *motivations*.

Negative motivation can be obvious or well hidden

An obvious example of negative motivation is revenge — Jealous Jack plots to hurt or kill Bob for stealing “his” girlfriend. This is the *crime passionel* - in some countries romantic passion disturbing the mind is considered a defence that mitigates the punishment for such a crime. Not only his *feelings* of hurt and rage are involved, he *believes* that Bob deserves such a punishment (“an eye for an eye, a tooth for a tooth” began all that), — he *believes* he has right on his side. He then becomes *motivated* to destroy the one he hates. There are many parts of the world today where people motivated by revenge

continue to destroy lives and civilisation.

As long as he remains motivated to hurt or destroy, this blocks the flow of love, and harm is likely to occur - if not to Bob, then to Jack, or to their girlfriend. That can only create a chain reaction of hate, bitterness, or illness. The negative charge or tension continues until it is healed.

For love to begin to flow, Jack needs to change this motivation to align it with the higher will of his Higher Self, which serves the best interests of the group, humanity. In his pain he might *think* that Humanity’s interests would be served well by destroying Bob. But Humanity’s interests are rarely if ever served by disregarding the free will of any individual, or by destruction of any of its members.

That is a rather dramatic example of how a disturbed motivation can block the flow of love. Finding the *hidden motivations* in ourselves that have been blocking the flow of love is not always so easy. This part of deeper exploration of the forgiveness process is still in its beginning phases.

My own learning came to me when I became ill for over a week, and it began to concern me very much. *Muscle testing did not show any weakness in the Primary Love Relationships or blocked love when considering anyone else*. Eventually something happened which enabled me to release a lot of stored grief which had accumulated in my body over a period of six to seven years (which re-minded me of the value of emotional expression, or catharsis).

I went through a Self-forgiveness process even though I did not test weak for lack of self love. It was extremely revealing to me, for I discovered I still carried certain negative beliefs that needed the self-forgiveness process to heal, and also during the process I discovered that my motivation for undertaking certain actions had not been free of spiritual ambition (selfish unselfishness). This was a surprise to me because I had *thought* I was free of that particular vice. Awareness and forgiveness enabled me to heal that, and the illness went away. This

was another lesson for me about the nature of psychosomatic illness. Indeed, all my own illnesses have been profound gifts of learning.

It is in *doing the process* that discoveries are made and insights come. They rarely happen as effectively in any other way that I know of.

As I started to explore this idea, I discovered that we can look a lot deeper into our motives and heal them, and when this has been done another step forward has been taken.

I do not pretend that what follows is a complete list, but here are some of the motivations that other people have discovered that block their love, and need to be healed in the light of the love, wisdom and strength of the Higher Self. They include motivation by:-

- “love” of comfort,
- “love” of sex, money or power,
- fear — the “love” of safety,
- hatred and revenge, “love” of destructiveness,
- selfishness — even the “good” kinds - spiritual ambition and selfish unselfishness,
- pride, especially intellectual pride, “love” of one’s own little ego
- separativeness, prejudice,
- cruelty,
- lack of respect for other cultures,
- lack of love for one’s own ancestors and the children who will follow us.

I am sure there are more. Perhaps you can think of others - please write to me if you find some, for they all need to be brought to light.

Beliefs that exist in the mind to support these motivations are often so subtle that they do not come to light in the beliefs search already carried out in the standard forgiveness screening tests. The mind can rationalise and justify most of these *motivations* in certain circumstances, and deny the harmful consequences, or project the blame onto others.

“What is wrong with being comfortable?” speaks one inner voice. On the surface nothing, until we see how our *collective*

“love” of comfort deflects millions of dollars away from purposes that would serve the health of the planet. The we can see how this blocks the flow of love towards who and what we value more deeply.

“What is wrong with punishing offenders?” comes the question, conveniently avoiding the use of the word “revenge”. So many countries practise punishment, even though it does not reduce the incidence of crime. Crime is increasing in many countries, not decreasing. It is deeply ingrained in our cultural beliefs that this is the proper way to manage revenge on those who commit crimes. Only by “seeing” the consequences of the cruelty and revenge, the build-up of hate, the vendettas, the persistence of ancient hatreds, the constant recycling of bitterness, can we “see” the need to search for a better way of *motivating* ourselves than revenge.

“What is wrong with wanting to get on, to make it in the world?” Yet the consequences of greedy competition for money, sex, and power do not lead to happiness for the human race in any consistent way. They are addictive. A child can see that if the money spent world-wide on weapons used to gain power over others were withdrawn from that purpose and redirected into solving the earth’s problems of environmental and resource management, it would make a major improvement. It is a question of changing our *motivation*, individually, nationally and internationally, to release the flow of love.

“What is wrong with keeping separate development - surely that maintains diversity?” the protagonists of racial separation say. You will have already noticed how subtly the mind can support the *motivations* that block the flow of love. The idea that we are “right” follows on easily, and humanity has used “righteousness” over centuries as a guilt-free excuse to oppress, kill, torture and maim millions of people ...

“What is wrong with cruelty?” can say one who tortures another to get information to save his friends in wartime, “It is necessary sometimes”. And thus he is motivated “of necessity” to *become like the one he hates*.

And what of pride? “Surely it is good to achieve, to accomplish, to be bright?” Teachers and parents said *you* were “good” if you did well at school. You seemed to be

loved if you did well. They were proud of you and you were allowed to feel proud of yourself. Yet for everyone at the top of the class feeling “good”, there were all the others who felt less “good” or even “bad” because of their “failure” to succeed intellectually. There is separation into the “good” and the “bad”, the less successful being sacrificed in order for the “good” to feel good. Envy enters the hearts of the underdogs as pride erodes the love of the successfully competitive persons.

The basis for true cooperation is lost as one group (the “have-nots”) becomes *motivated* to seek retribution, and the other (the “haves”) is *motivated* to defend itself against that.

Negative motivation can be quite unconscious, and exist in otherwise loving people.

If you honestly examine your motivations every evening for what you did in the day, you may get some surprises, even a shock or two! I did. There is need for constant compassionate mental housecleaning and purification of the will. Relentlessly weeding out the negative beliefs and motivations that take root from time to time in the upper levels of the mind is soul hygiene.

Whenever you do the self-forgiveness process, check to see if you need to bring any of your *motives* into the light of the wisdom of your Higher Self for upgrading. This may be an illuminating process, and free you to love in an even purer way.

Epilogue: Vision of a possible future

An increasing number of plays, films, videos, stories with forgiveness as a theme will come into being, and counterbalance the usually violent solutions to conflict shown at present. Already one country I am aware of (Sweden) has a society for ethical journalism. Several member journalists have begun to study the forgiveness process.

Forgiveness between groups and nations

The principles of forgiveness-of-others and of self-forgiveness apply to much larger contexts. An International Year of Forgiveness may lie in the future (though why not 1999A.D., and The International Year of Unconditional Love in the year 2000?). But some nations have undergone a process of forgiveness, even if not in full consciousness and openly, certainly in fact.

Human history has been littered with psychological pollution. Episodes of brutality inflicted by one group against another seem to happen somewhere all the time. No nation has not done harm to others at some time in their history. However, the human spirit has risen phoenix-like, again and again, in times of despair and desolation, to affirm the values of Love.

As I write this (1993-7), there are many apparently irreconcilable conflicts such as that in the Middle East, in Ireland, in the Balkans, in India and Asia, Africa and South America. Ethnic and religious conflicts abound on most continents. Racial prejudice is still with us. The needs of indigenous peoples everywhere need addressing urgently. The harm done urgently needs to be undone and healed. Greed and violence motivate many groups and nations in the last decade of the twentieth century, despite the fact that exploitation and wars have never produced satisfactory solutions to conflicts. Almost everywhere are residues of the ancient hatreds between races, between Catholics, Protestants, Hindus, Muslims, and other religious groups, between Semites and anti-

Semites, between the descendants of colonising peoples and the indigenous populations they overran..... A long chain of causes and effects stretch back to prehistory.

On the positive side, *some* of these conflicts have been almost entirely replaced with harmony and improved relationships. Others are on the way to being so. This is a tribute to men and women of goodwill who *brought love and goodwill in* to their particular situation to heal it. Examples include the healing of the American-Japanese hostility and the emergence of the European Community out of the ashes of the world war. Other will follow, for cooperation between nations is the only practical way to planetary survival, and cooperation requires love and goodwill. Only fifty years ago there were apparently irreconcilable conflicts between the Axis powers of Germany, Italy and Japan and the Allies. Then followed the conflicts between the Capitalist West and the Communist power blocs, between North and South Vietnam and North and South Korea, and these are in the process of healing.

In the more distant past of Europe lie conflicts that appear to be entirely healed and forgiven - the Vikings and the English, the Romans, Greeks, and many intertribal conflicts lost now in the synthesis of nations. It is similar in many non-European lands.

The ancient hatreds of the group mentioned in the paragraph (c) are almost extinguished. The ancient hatreds of group mentioned under (b) are still active as prejudice and occasional persecution. The ancient hatreds of group mentioned under (a) are still present hatreds. They are today creating their own legacy of "ancient hatreds" for future generations - unless action is taken, through the process of forgiveness *by groups*, to end the recycling of hate.

With enough time conflicts *inevitably* give way to cooperation, ancient hatreds *do* give way to brotherhood and synthesis. We might as well learn to understand this trend in history, cooperate with it and speed up the process. Ancient hatreds

must be healed. It merits our careful thought upon whether and how this can be done quicker than by the long processes of history. Can we *apply* the knowledge we already have?.

There are those we can learn from - the previously successful, the pioneer forgivers, but they were still working as individuals. Examples I have come across recently include the following. Ghandi was known for his forgiving attitudes, his desire to cooperate with the good intentions of his opponents. Jomo Kenyatta's first speech after being freed from seventeen years in prison under the British and becoming the leader of independent Kenya, was about forgiveness. General MacArthur's attitude towards the defeated Japanese he was supervising after the war was one of forgiveness. I do not know how fully the Japanese people have forgiven the West for dropping the atom bombs, but their dedication as a nation to peaceful solutions to today's conflicts is strong. Nelson Mandela appears forgiving in his attitude towards those who imprisoned him, centred as he is upon his greater purpose of freeing his people more than upon revenge for personal injustice.

From time to time you will read about, or see on television, occasions when an individual has risen above hatred and chosen to express love and goodwill. Endorse them, support them, give them energy in thought and/or practical ways. Write to encourage the media to select more of such stories for the news. Energising the good is how the pool of love will be increased, not by attacking those with whom we may disagree.

My own learning on this came from observing some people who had lost friends and relatives in a mass murder. They dedicated themselves to complete forgiveness of the murderer. I felt a deep humility (not one of my strong traits!). I felt awed and inspired by their will and courage. I also felt the *power of the group support* for them as they did this work. I realised how much can be achieved *by a group*, to accomplish what is sometimes too hard for a person standing alone.

I have recently become aware of a trust that exists to promote co-cultural awareness and healing between the indigenous Maori population and the historically more recently arrived Pakeha (or white, mostly European) peoples in New Zealand. They are discovering ways for the forgiveness process to be applied in their context. I have also been involved with the move in Australia by some of the indigenous Aboriginal population who are working to heal the legacy of bitterness and humiliation that has been part of their heritage from the rape of their culture by the colonising peoples of Europe. There are many old wounds in the collective unconscious to be healed in all countries. These people are among many worldwide seeking to find ways to use the principles of forgiveness and the Goodwill Patterns in healing the gulf between different racial groups. There are going to be a growing number of such groups around the world.

“There is no place more sacred than the place where hatred turned to love”

(From the Course in Miracles)

Some individuals seem to be able to carry out a seemingly “impossible” forgiveness. Some individuals seem to be able to forgive a group or nation. What can happen if *whole groups* can forgive *whole groups*?

I believe that public consciousness is continually being lifted. We *can* educate ourselves. The opportunities people who work in the media have for contributing constructively to this process are limitless. The time is ripe for this now.

Firstly individuals will apply the forgiveness process in their own lives. When enough individuals in a group know it and use it, a critical mass will be reached when the group as a whole can consciously apply the principles for relationships between itself and other groups. The power of massed thought is great, (though in the past it has been mostly aroused for aggressive purposes). The time is close when it will be possible for group thought to be consciously and more widely used for healing and peacemaking purposes.

When the critical mass has been reached, the consciousness of nations will become aligned with the principles of forgiveness. The process of forgiveness between nations or groups will proceed faster than it has in the past.

We can take heart from the speed with which the West in general has forgiven the Eastern bloc, Germany and Japan, and vice versa. We have seen how it is possible to separate those *actions* of a nation of which are unethical and of which we may disapprove strongly from the *people* who make up that nation, especially the growing children of that nation, whom we can still love with goodwill. We can learn from the many fine examples from history. It is a question of public recognition of the great need for forgiveness, of individual practise by sufficient people to reach a critical mass, then of achieving national learning and practise rapidly.

The stages of inter-national or inter-group forgiveness

These will be similar to individual forgiveness:-

1. What does each nation really value? There is room here for bringing into the open and making clear the different value systems of different cultures. In New Zealand for example, there is much to gain from all New Zealanders knowing more about the value systems underlying both the Maori and Pakeha (white, European) cultures. The media have a great responsibility to bring discussion of values out into the open, and to give it sufficient time.
2. What would be the benefits of forgiveness, and the burdens of continued unforgiveness and hatred, prejudice, etc., to each nation or group? This could be discussed openly through the media.
3. Making a choice between benefits and burdens. If enough men and women of goodwill align themselves with a progressive choice, it happens. This strength of united men and women of goodwill was seen powerfully in action after the attempted coup in the Soviet Union in 1991, and in the Baltic and Eastern European states in recent years.
4. Decision for healing, for bridging, for reaching out beyond the prison of separative pride and prejudice. Public opinion polls and referenda can involve people at grass roots in this process of national decision making.
5. Acknowledgement of the feelings of the nation or group, the hurt, anger, fear, grief, envy, guilt etc., through public ritual, including the use of television.
6. Discovery of the collective negative beliefs and motivations that arose during the time of conflict with the "other". Recognition of how these are producing negative effects, and will continue to do so unless changed. The wise use of television and radio are important for this stage.
7. Clear statement of preferences, and the values that underlie them. Clear communication of these and agreement about them. The language needs to be very clear, translators have a great responsibility. Again television networking will enable this phase to be worked through with wide participation from grass roots, right up to highest political level.
8. Acceptance of the events of the past, and re-affirmation of the intention to heal the imperfections of the past, rather than continue to perpetuate them through unforgiveness.
9. The act of forgiveness, the cancellation of demands that preferences be fulfilled for love and goodwill to flow. This becomes an act of each individual, recognising that many others are engaged in the same work. Each person to do this personally forms part of an invisible but very large group.
10. The act of love-flow, first for the self-healing of *one's own* nation - healing its physical nature, its emotional nature, its past emotional memories, its mental nature (beliefs systems), and its motivation.
11. Loveflow to the *other* nation or group - throughout their *whole life history as a nation or group, and to the babies the people once were, throughout their lives* - right up to the present time... This is the energy meditation of love and goodwill on a large scale.
12. The will - to persist and maintain the forgiveness and the loveflow, to overcome and eliminate prejudice in favour of brotherhood, sisterhood, and right relationships.

13. Reminding the group or nation of the power of the Goodwill Patterns - the *will towards* the following:-

- Clear Communication and Understanding of value systems
- Fairness to all in any situation
- Meeting the true needs of all
- Giving attention to the good in the Other and the situation
- Self-correcting one's own errors joyfully
- Seeing whole - the interdependence and interconnectedness of all
- Maintaining inner peace while contemplating these in order that the wisdom within each one can be heard.

All of these can be discussed, demonstrated on television, radio, in plays, musical, films, stories, in churches and so on.

It is the *group, as well as individual will* towards accomplishing these steps which will give birth to forgiveness and unconditional love between groups and nations in the future.

An International Year of Forgiveness

This book has been inspired by the vision of an International Year of Forgiveness in 1998 A.D. and an International Year of Unconditional Love in 2000 A.D. The "International years of....." sponsored by the United Nations have focused the attention and energy of millions upon the need of our time. Changes have followed in the hearts and minds of men, women and children.

Thus the International Years of Forgiveness and Unconditionl Love *could* be declared by the United Nations and sponsored by groups of all persuasions. Parents, school-teachers, children, senior citizens, leaders, followers, politicians, churches, books, films, videos, plays, seminars, workshops, radio and television programmes, musicians and many more would focus attention upon this theme for two whole years.

There have in fact been several preliminary efforts, notably by Robert Muller and others at the United Nations who put forward the idea of an

International Week of Forgiveness. Thus the idea of global forgiveness work is not new, but the time for the Year of Forgiveness is coming close.

The single most important need on earth today is for more love and forgiveness. Such a lift in consciousness on a wide scale will cause the necessary improvements in economic distribution and social structure. We must treat the causes of dysharmony which lie in human consciousness, not just the symptoms which show in the outside world.

An International Day of Forgiveness

After the Year of Forgiveness, an annual Day of Forgiveness could keep our minds focused on the task of individual and collective mental house-cleaning on a regular basis. The International Day of Peace on the third tuesday of September, or Hiroshima Day might be days that could be used. Or a different day could be chosen specifically. Perhaps the children of the world could choose a day that was even more fitting.

Even if the Year of Forgiveness and Days of Forgiveness do not occur "officially", they could still occur, without publicity of any kind, simply by the changes occurring in the hearts and minds of men, women, and children, everywhere, one by one.

**The Heart of Healing is
Unconditional Love.
The Key which opens the Heart is
forgiveness.**