

The Heart of Healing

The Workbook

The Process of Forgiveness

Part III of III

- (i) Summaries of Forgiveness of Others and Self-Forgiveness Processes**
- (ii) Appendix: Muscle Response Testing and Further Resources**

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Heart of Healing

Part III

Forgiveness Workbook

Summary of the
Forgiveness-of-others Process
for your use

Summary of the
Self-Forgiveness Process
for your use

Appendix
Muscle Response Testing
Further Resources

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The Forgiveness of Others Process:

SUMMARY

Each step has the same Step number as in **Part II** where it is described in greater detail. Refer there as you need to.

You, the forgiver, should speak aloud and either you or your guide should write down the parts where it says "write". If you are alone, you may choose to write out the whole process. It is very important that you bring it all through your nervous system physically in some way - by either writing or speaking or both. In this way you imprint and set the principles in the neural networks of your brain and nervous system. You start to *embody* the principles. Forgiveness needs to be a whole person event, not just mental.

Early Phase. Preparation and mobilising the will as a personal self

Forgiveness agenda

Choose a relationship to work on

Step 1. Understand the Definition

Purpose: To remove all false ideas about forgiveness.

Forgiveness is the cancellation and permanent removal of conditions in the mind that block love, independently of the behaviour of others.

Step 2. Values 1

Purpose: To mobilise the will to heal using the power of forgiveness; to connect with the Higher or deeper layers of the Self.

Say aloud, or write, exploring your inner reactions:

- "I do value my health, creativity and strength *more than* justification and self punishment."
- "I value human dignity and right human relationships *more than* holding on to judgements, resentments, humiliation etc."
- "I value the full flow of Life Energy *more*

than its diminishment or blockage, through me or anyone else."

- "I value joy *more than* joylessness.
- I value being healthy and well *more than* being ill.
- I value feeling 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."
- "I value freedom *more than* continued imprisonment in my own negative beliefs and emotional and toxicity"
- If it is not already covered in the right way for you, add in your own words what you really do value *more than* its opposite which motivates you to do this forgiveness.
- Feel free to explore the differences between using the words: "**I value..., I do value, I am choosing now to value. I am committed to ...**"

Use whatever is best for you to affirm your intention to apply the forgiveness process. Make it your own.

Step 3. Benefits and Burdens

Purpose: To direct your will to produce benefits, instead of burdens.

Record in writing the benefits *to you* of forgiving the person you have in mind, and then write down the burdens of not forgiving them. Also speak them aloud. Think of as many as you can for this increases your motivation and mobilises your will.

"**The benefits of my forgiving(name the person)... could be.....**

The burdens to me of not forgiving(name the person)... would be....."

Step 4. Choice. Setting your goal

Purpose: To engage the will, set the goal, and the attitude with which to complete the task.

Say aloud or write:-

"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 forgive(state the name of the one to be forgiven)..... **COMFORTABLY, COMPASSIONATELY, JOYFULLY AND COMPLETELY, and that is my goal for today.”**

Middle Phase. Forgiveness of Others Process

Step 5. Feelings

Purpose: To honour your emotional reality, your hurt and your pain. To validate your feelings.

Say aloud or write:-

“ It is true, as a result of what happened between us, I came to feel.....”

List as many as you can and as far as you can make a distinction between feelings and beliefs, which come next.

Step 6. Beliefs

Purpose: To discover for yourself all the negative conclusions or beliefs that became set in your mind as a result of the hurtful events you are choosing to forgive. To recognise how these may produce negative results in your life. To prepare to change them to wise and loving mind-sets. To “drag your pond for the sharks, so that you may replace them with dolphins...”

Say aloud and write, or have your guide write for you:-

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

search for and write/say all the negative beliefs and conclusions you formed or might be forming, if it is a current situation.

Leave space between each for the improvements you will make later as you upgrade them all. Here is a check list of areas to search.

- (i) **That I was/am**
- (ii) **That you were/are**
- (iii) **That women are**

- (iv) **That men are**
- (v) **That relationships are**
- (vi) **That life, or the world is**

For a fuller search, continue, as may be relevant:-

- (vii) **That sex is**
- (viii) **That money is**
- (ix) **That work is**
- (xi) **That play is**
- (xii) **That authority is**
- (xiii) **That families (or children) are**
- (xiv) **That “God” (or, a certain religion, church, or sect) is**(explore your attitudes to these).....”
- (xv) **That politicians are.....**

Include any negative beliefs about other important issues in your life. Spend enough time to search out *all* negative beliefs you still hold because of your experiences with the person you need to forgive. List as many as you can.

You can combine Steps 7 and 8 for each preference, or do them one after the other after you have all your preference statements finished.

Step 7. Preference Statements

Purpose: To create in your mind’s eye exactly the behaviour that the person you are forgiving could have done or said that would have met your needs and prevented all negative emotions and beliefs from coming into existence. This is the “movie that restores balance”.

Complete the following sentence (as many times as necessary), for all the things you can think of:-

“Instead of what happened,(name the person you are forgiving)..... I would have preferred that you had.....(and here state all your preference(s))”

Speak out aloud firmly, and write all your preferences down, or have your guide write them out for you,

NB. Leave a gap between each for something you will do in Step 8.

Step 8. Values 2

Purpose: To restore self esteem and dignity by recognising that beneath each of your preferences lies a value which is important, which you stand for and believe in. These are sources of your inner strength. They were not destroyed by the person you are forgiving or by the unhappy events you are now healing. If anything, they may have become stronger. Perhaps they led you to make important life decisions, eg. about your life's work or lifestyle.

Look at each of your preference statements and find out the underlying value that was ignored at the time. For each one speak aloud

"I hold this preference because I believe in the value(s) of"

List the value(s) you discover underlying each of your preference statements, and write (or have your guide write) each one in the space you left after the preference statement to which it corresponds).....

After you have gathered all your values, go through them and say:

**"I believe in the following values.....
(speak them aloud).....
and I seek to express these values in my life."**

Example: "I would have preferred that you had kept the letter I wrote to you to yourself. I hold this preference because I believe in the value of *confidentiality* and *trust*. I would have preferred that you had consulted me before you didx.... I hold this preference because I believe in the value of *consultation*, and in *striving for consensus and unity in arriving at decisions which affect many people*. I believe in the value of *confidentiality* and *trust*, the value of *consultation*, and in *striving for consensus and unity in arriving at decisions which affect many people*. I seek to express these values in my own life."

Step 9. Acceptance

Purpose: To acknowledge and accept that what happened happened, it caused pain, and the event(s) cannot be changed; while at the same time to recognise that *you can indeed change your attitude* to what happened, so that no further harm eventuates. To acknowledge that your preferences were not fulfilled, and to prepare to let go of the demand that they should be.

As before, speak aloud or write, firmly :

"But for whatever reason, you did not meet my expectations, or were not able to. I have had enough of being uncomfortable about this. And I do recognise how all the things unhealed between us may keep coming up in my relationship with you or others, until I have healed them with forgiveness.

I now will to heal the effects of these incidents. 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. "

Step 10. Cancellation

Purpose: This is the key step in forgiveness. It is the cancelling and removing for ever of the conditions you have uncovered which were blocking love (i.e. the demand that your preferences be fulfilled). You use your will and utmost focused intention. This increases communication with your Higher Self, its transpersonal energies and qualities.

Say aloud, or write:

"I am now choosing to forgive and 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 that must be fulfilled for me to love myself(pause), you.....(pause), or anybody else.

Reinforce this with:-

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

You were (and/or are) totally responsible for your thoughts and actions.

I am giving you back your responsibility now. I release you to your own highest good. In doing this I accept back my freedom and power to express love and goodwill”.

It helps to emphasise this step by making a gesture with your hands of handing back responsibility, and accepting back your freedom and power.

Final Phase. Completion

Step 11. Healing yourself

Purpose: This is the creative use of your will and mind to facilitate the right inner conditions for healing to occur. You will use visualisation to draw in and direct the energy of love.

Either your guide will read this section to you or you will have made a tape recording of it in your own voice that you can play back to yourself, pausing it whenever needed. Naturally words can be changed to make them more fitting to you and your situation, keeping the essential meaning.

Guide or your own voice on tape: “Let your eyes close. Now lift up your consciousness to the level of your Higher Self, (True Self, *wairua*, Inner Self, Soul, Deepest Essence, Godself, - use whatever term is right for you). This is the invisible *source* within you of your love, wisdom, inner strength, and of all the fine and beautiful qualities which are waiting to be expressed, as indeed they are by all human beings. Some people imagine this as a source of light, like a star, above their heads.

Like a seed can have a tree within it, The

Higher Self has within it the blueprint, and the capability, for the best Self that you can become, and of all healing. Recognise its love for *you* .

Really become open to this part 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 of your livingness, and your capacity for love, wisdom and strength.

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. 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 Energy of your body

Guide or your own voice on tape: Invite and allow this love, (imagining it as light, or warmth, or however seems right to you), to flow first into those areas of your own body wherever you have felt pain, tension or disease at any time. This is like shining a torch around a room, into the darkened places, to light them. It may be helpful to name and love specific parts - for example the immune system and its glands, old scars, operations, injuries, and the “centres in the brain which control bodily rhythms, appetite, mood, pain control”, etc., whatever is relevant to your situation. For some skin conditions a gentle, cool light may feel better. Pay no undue attention to the problem areas however, - you are simply acknowledging their presence and sending gentle, soothing, healing love. You are moving towards images of health and wholeness.

Next, when you are ready to go on:

Invite and allow it to overflow into your whole body. Let this wave of love flow from the crown of your head to the tips of your fingers and toes, like a golden waterfall.

Let it flow from the outside surface, right into the core of your body. From the area at the base of your spine and behind your lower back into your pelvic area and legs, ... from behind your middle back into your abdomen,

... into your solar plexus area, ... from behind your chest between your shoulder blades into your heart and lower chest area, ... into your upper chest, ... from the area behind the spine of your neck into your throat and arms, ... and then up to your head area. Imagine it flow into all your tissues, ... bones, ... joints, ... brain, spinal cord, and nerves, ... and from your heart along all your blood vessels. Imagine it reaching and restoring to health every cell in your body. Do this from the place of loving peace in your Higher Self, free of all anxiety or forced wilfulness.

Become aware of the circulation of healing energy throughout your whole body. Be aware of this gentle, soothing, healing energy reaching every tiny cell. Be aware of the synthesis and wholeness of your body — how each living cell, organ and system has its place and part to play in the harmonious functioning of the whole body.

See your body functioning as a happy, healthy whole.
See it being used to produce some useful service in the world — no matter how small that service can be at this time, it opens a channel for love to flow through. Be aware that service can occur in many ways than doing things for people, it can occur through loving thought, through giving others the chance to give and grow, through the way you are....
Overflow love to all others who may have similar needs and conditions as yourself.

The emphasis is on the gentle wise circulation of energy and on a harmonious relationship between all the parts and the whole. You may see a symbol for this as you do it.

(ii) Healing the Emotional Nature

(Reminder: In this section, the person to whom love is being sent first of all is the person-you-were (and whom you still carry in your memory as hurting).
To save writing “the person-you-were” every time it comes up, the character□..... has been inserted wherever you would in fact put your own name into the process).

Guide or your own voice on tape: Now imagine that you can see in your mind’s eye a kind of video screen on which you can replay scenes from your past. This video is entirely

under your control - you can place it as near to or as far from you as is 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 choose. You are in charge, and your intention is simply to send love to yourself-as-you-were in important past situations as you review them.

When you are ready, continuing to draw the love flow down into your body, and now overflow it into your emotional nature. A way you can do that is to send love to your “younger-self-as-you-were-then” in those unhappy scenes.

See yourself in the video of your mind’s eye in the earliest scene with the person you are forgiving, in which you were hurt or disappointed. Imagine the love of your Higher Self going to□.....(insert your own name here) like a pair of very loving and caring hands, or like a very wise and loving being, and lifting□.....out of the scene and drawing□.....out 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□.....and brings all the hurt feelings to peace now. A deep and lasting peace. When□.....is ready, and perhaps even signals to you in some way that that is so, then watch as the love of the Higher Self gently places□.....back in the picture, ... back in the memory, ... at peace now.

You can now repeat this process in sequence with respect to all of what happened between□.....and the person you are forgiving. (Refer to Step 7. if you need to be reminded of the incidents). You can repeat 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 needs to be healed together in this way). You can trust the wisdom of your Higher Self to show you what you need to see. 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

goes to□.....and draws□.....to one side, out of the picture, and the love flows through those loving, caring hands into□.....bringing all the hurt feelings to peace, ... bringing it all to peace, ... now.

You let this happen for each of the different occasions you have referred to in your preference statements earlier.

(iii) Healing the mental nature

Guide, or your own voice on tape:

“Now, continuing to keep the love flowing into your body and through your emotional nature and memories, overflow the energy of love into your mind, to break up, dissolve, and heal all the hurtful negative thought patterns that came into existence at those times. You are going now to heal all the thoughts of harm to yourself or others, critical thoughts, negative beliefs about yourself or others, beliefs that are untrue in the light of the love, wisdom, and compassionate understanding of your Higher Self.

You can symbolise this by imagining a jig-saw puzzle on a tray, which represents the patterns of thought and beliefs which arose in□.....at the times of those past interactions with the one you are forgiving. The love and wisdom of the Higher Self shines down upon this tray like a ray of beautiful light, which somehow lifts the tray and tilts it, so that the pieces begin to slide off, separate completely, and fall down to the ground.

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

The “thought space” is now becoming free again - available to you to create 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” can go back into□.....s mind, fresh, purified. They will be able to be used in future to make thoughts which are more true, - true in the light of the love-wisdom of the Higher

Self, more compassionate, more loving, more wise, and more appropriate at this stage of your life.

In this way the “partial truths” you came to adopt at the time of the experiences with the other person come up for review and make way for the larger truths and deeper understandings of the Higher Self. (Refer to the notes made for Step 6 to upgrade the old beliefs).

Let each of the negative beliefs you have uncovered earlier in the forgiveness process be brought forward in turn. You are going to invite in and allow the light of the Higher Self to shine down upon them, one by one, and “see” the deeper, larger truths about you,□.....men, women....., the world....., life..... , family....., relationships, children....., authority....., money....., sex....., authority, “God”, politicians....., or any other areas of negative beliefs you discovered earlier...

For each of the old beliefs, you are going to let your Higher Self reveal to you the Truth which is to replace it. The guide can prompt you to turn your attention to each in turn. Make a note of any that are important - write it down or have your guide write it down. Make these notes in the spaces you left between the original beliefs uncovered in Step 6.

For example, using the following phrase style may assist you:

“The real truth about□.....is”
“In the future it would be wiser, more compassionate, more loving , or would generally serve better, for□.....to believex,y,z.....about.... (men, women...etc.)”

“In the future□.....can learn to”
Phrases like these tap into your higher levels of wisdom, understanding, compassion - they connect you with the Higher Self.

You are going to invite and allow it to reveal to you the good that has or may yet come out of all this.

Allow the old, negative beliefs be replaced with new ones, as you invite in and allow the energy of love to heal the past and bring in new beliefs and thought systems that will serve you and others better.

Invite and allow the love to “run through the

corridors of your mind”, seeking out and cleaning out all of the negative beliefs and thought patterns, and replacing each one with a wiser, more loving, more compassionate and understanding belief or thought pattern.

You (and your guide) will be vigilant that the new beliefs do contain wisdom and love, and are not coming from your “inner critic” or another negative part of yourself. If that were to happen, you will pause and set aside the separative tendencies of the concrete mind. Open once more to the wisdom of your Higher Self. You will be surprised how this simple intention will open the gates to your intuitive wisdom, bringing in larger truths and more inclusive mind-sets.

Speak aloud the new beliefs, and write them down, or have your guide write them down.

“The real (larger, deeper, more complete....etc.) truth about□.....your name) , is...

The real truth about the nature of you (this “you” refers to the person you are addressing in your mind as you forgive them) is

The real truth about the nature of men is ...

The real truth about the nature of women is ...

The real truth about the nature of the world, life, is ...

The real truth about the nature of children is ...

The real truth about the nature of family is ...

The real truth about the nature of relationships is ...

The real truth about the nature of sex is ...

The real truth about the nature of money is ...

The real truth about the nature of authority is ...

The real truth about the nature of God is ...”

Or, “In the future it would be wiser if you acted out of the belief that”

Step 12. Healing the Relationship

Purpose: To harmonise the energy patterns between yourself and the person you are forgiving.

Guide or your own voice on tape: “With your eyes still closed, continue to feel the energy of the love of the Higher Self flowing into you, filling you up physically, emotionally, and mentally, warming your heart, and flowing through you. Then visualise and imagine the energy of this love overflowing joyfully through you, both from behind your heart and guided with wisdom from behind the region of your forehead, like a fountain or rainbow of living light, flowing out to this person, to surround them, as they were when they were just born.

You can imagine him or her as just a baby, naked and defenceless, and you can begin by overflowing love to this person as he or she was when just a baby. At this point you don’t even know that you and he (or she) will meet later, and nor do they. Just a human baby.....and you can easily send love to that baby.

Next, begin joyfully to overflow the love to this person as you imagine watching them start to crawl, then to walk, and to go through their particular childhood. “Meet” 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 them, certain experiences with their particular mother,... father, ...teachers, ...brothers, ... sisters,.... family,.... friends,partners,enemies.... certain things that will condition them to becoming the way they are when you come into each other’s life.

Now continue to let your love overflow joyfully out to them through all the experiences which you have previously described in your preference statements, and in which you have already sent love

to□.....as you were then.
Include any other times that come to mind now that were not recalled previously. Allow this be done now, 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 flow into you, now or in the near future.

Take all the time you need to do this stage fully. At some point it will be affirming to say aloud, or write:

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

And overflow the energy of love again, joyfully.

Observe whether your image of the person changes at all.
Check whether you have fully released them and let them go.

If it seems relevant, add:

“I ask you for your forgiveness for any parts I may have played in creating what happened between us”. And overflow the love again, joyfully.

Step 13. Grounding the forgiveness: the “I will to.....” statement

Purpose: To continue the process of building into your repertoire of behaviours the Goodwill Patterns. To ensure that what you have done inwardly so far will bring positive results in your outer life.

Say aloud firmly, or write:-

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

And allow the energy of love to overflow again, in waves.

Step 14 The Seven Patterns of Goodwill - re-minding

Purpose: To re-mind yourself of the Goodwill Patterns, and of the fact that you are free to practise them independently of anyone else’s behaviour.

Continue, aloud or in writing, as if addressing the forgiven one:-

RUKHA:

“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.**

KHOOPA:

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:

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 willing to meet your needs if it practical for me to do so .**
- (Obviously clear communication will be vital to the practise of Makikh).

CLEAR COMMUNICATION:

“You do not have to change, (or have been different in the past), for me to make the effort to understand you clearly. Nor do you have to change for me to learn to communicate clearly and to ensure that my own needs, preferences and meaning are understood.

You do not have to change for me to put all

necessary effort into overcoming any barriers of language and non-verbal communication between us, while remaining tolerant of the differences in our styles of communication.

ABILII:

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 (whatever is blocking the flow of the energy of love), and self-correct it with joy!
(Such errors or being “off-target” could be: criticism/blaming/hating of myself or others, false guilt or fear, resentment, excessive grieving, depressing myself, envy, holding expectations, not giving responsibility, withholding love, unforgiveness, closing myself off, looking for and recounting the bad, not being fair-to-all etc., etc. See Self-forgiveness Process)

KENOOTA:

You do not have to change (or have been different in the past)
(i) 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 You may get ideas about how to do this.)

DADCEAN B’LIBHOUN:

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, the value of the different viewpoints of everyone else, and the interconnectedness of all people and all kingdoms in nature.

RAKHMA (ALL OF THEM TOGETHER):

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

Step 15. “Future Pacing” the change

Purpose: To change the habitual patterns of the past and create new patterns in your nervous system. This is done by rehearsing in your mind how the increased flow of the energy of love and the changed attitudes and beliefs will alter your behaviour.

Start now to create and see in your mind’s eye how you will think and behave in real life situations with this person, or people similar, in a few days or weeks from now. See yourself now acting with all love, wisdom, and inner strength, patience, understanding, compassion, or any of the other qualities of the Higher Self that are needed. How do your eyes look? How do you walk? How do you move, gesture, speak, write, relate to others? See what difference there is, now that you are no longer controlled by the old beliefs systems, emotional patterns of reacting. See yourself acting in ways that show a strong love, wisdom and inner strength.

You will be surprised how often you receive inspirations from your Higher Self on how to do this, as well as the actual qualities you need to put the ideas into action.

Next create and see in your mind’s eye how you will apply the Goodwill Patterns to your relationships in the coming days or weeks. Make pictures of yourself acting in the way that is the best you can imagine, as you draw in more and more wisdom and love from your Higher Self.

Here is a check list. In your future scenarios, make sure you are:

☛ Taking the time to create peace within before coming to a decision or course of action.

☛ Discovering what are each person’s basic needs in the situation. Imagine yourself using the List of Basic Needs (P. 13) to do this more easily. See yourself finding ways these needs can be met harmlessly and what could you do to help this along.

☛ Ask inwardly and ideas will often come.

☛ Discovering what would be Fairest-for-All in this situation. (more than legal justice or revenge), and working towards it.

☛ Looking for what is the good, or potential good, in the other person(s). In yourself. Looking for the good that might be brought out of the situation. Seeing how you can selectively give your attention to it, and withdrawing your attention and energy from the “bad”. The enlightened response to imperfection is to seek to heal it. You look for ways you can honour the healing (en-wholing) potential here.

☛ Checking - Are there any errors in your own mind that need to be corrected joyfully? Is Self-Forgiveness needed to correct these? Have you searched deeply and honestly?

☛ Taking the widest possible (helicopter or eagle’s eye) view, including all the interconnectedness of people and nature, of past, present and future chains of cause and effect. As far as possible seeing things whole — the big picture.

☛ Striving for clear understanding and communication.

Ideas will come. If you act on them with discrimination, the flow of such ideas will increase. This is one aspect of genuine intuition.

Gratitude to the Higher Self

Step 16 Check — Is it complete?

Biological feedback check - by the way your body feels, or by muscle testing, confirming that your process of forgiveness of this person is complete.

Step 17 Maintenance

Purpose: to maintain and increase your skills.

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

Practise, practise, practise, and if you can create a small support group to assist each other, do so.

List of Basic Needs

Needs are necessities of life, and failure in their being met leads to diminishment, failure to fulfil potential, and maybe illness or death. The most important needs may have a different pattern of emphasis for different people, or for the same person at different times in life. "Special love" and "Special hate" relationships are often based upon expectations of meeting or not meeting needs.

Being "for-giving" means being open to others getting their needs met as well as our own. "Do unto others as you would have them do unto you" takes on a more practical meaning as we become aware of each need in turn, and examine our behaviour around it, in ourselves and others.

PHYSICAL: Food, liquids, sanitation, shelter, **space, sleep**, oxygen, light, warmth, exercise - all of good quality and in the right amount and timing. Enough moneyflow, or ideas on how to get it harmlessly. (=access to enough of the earth's energy. How much is "enough"?)

PSYCHOLOGICAL: To have **security**, to **receive love**, (incl. affection, right touching, tenderness, gentleness, mutual trust with absence of fear), to be cherished, to **belong** (to family, group, or tribal tradition), to be deeply understood, to be deeply **accepted and recognised**, to , to **be forgiving**, to have self-respect, to have **self-esteem** (esp. from parents or parent figures.) To **give love**. To **love one's self** (one's parts, one's history (especially the Inner Child), one's potential)

SEXUAL: To accept and respect one's own body and the bodies of others. To accept feelings and urges as proper and vital (even if choosing to not always act on them). To learn the difference between sexual and affectionate touching, and be comfortable with either. To accept one's need for psychological and physical intimacy (sexual intercourse does not always remove loneliness and estrangement). To learn what it is to be a man or woman, and how to be with a person of the same or opposite sex appropriately. To accept one's sexuality and the sexuality of others. To accept one's desire to reproduce, protect, and nurture children or, to find a channel for one's creative energies that is wise, loving and satisfactory.

SELF-ACTUALISATION NEEDS: To **grow**, to develop our potentials, and to **have challenges**. To be curious, to find out, to know, to understand, to **seek meaning**, to achieve progress, to gather the resources that one needs while still recognising the needs of the whole of which one is a part (ecosystem, groups etc.) To **choose, to make choices and learn** how to use Time skilfully and wisely, from what happens. To **develop one's capacity to love**. To **train oneself in the right use of the will**.

AESTHETIC NEEDS:

Beauty in sound, form and colour. Fun and humour.

FREEDOM:

To **speak and to be heard**. To **choose**. To do what one believes is right for oneself if it is harmless to oneself and others. To inquire. To defend oneself. To be just, to be honest, and to be fair.

SPIRITUAL NEEDS:

To **grow and live as a soul-infused person**. To improve (spiritual and other) skills. To **practise the Goodwill Patterns**:- Makikh, Kenoota, Khooba, Abilii, Rukha, Dadcean Libhoun, & Clear Communication (see each of these in the appropriate section of this manual). To **learn and practise unconditional love**.

To know one's deepest values, and to develop a **stable hierarchy of values** by which to make decisions.

To **have meaningfulness in one's life**: To relate to others, individually, in group, and as a human family, in meaningful ways. To **be able to contribute**. To relate to something greater than oneself. To recognise a scheme of things in which we have a part - a pattern in which we belong, with a purpose to account for the vicissitudes of life. To have a sense of **inner life** - of an inner "essence" impregnating the material form within which we live and move, some subjective, spiritual, "plus" factor, *no matter what it may be called*, which links us with some wider field, suggesting continuity. At a very deep level each human being knows they are part of something larger than self, larger than the life visible to them, larger than the earth-system, more than three-dimensional. We need to **have a loving attitude towards the Source of Life**.

To **have order**. To **be able to contact one's own inner source of peace** and express the peace and other qualities latent within the Higher Self Harmony. To seek for **truth**, and to understand ourselves - our composition and why we function as we do.. To **trust life**.

There is a deep need to **serve others and develop one's potentials**.

II. Shortened Forms of the Forgiveness-of-others Process.

Done with full commitment and integrity, the Forgiveness of Others Process outlined so far can be a very deep, intense process.

To do it properly can take an hour and a half — even several hours for difficult relationships that have been painful or complex. The process can even need to be spread over several days.

Value the benefits enough to give it the necessary time. You would want any surgeon who is to operate upon you to give your operation enough time. You would want any mechanic who is to service your car to give it enough time. You must give your own household enough time. At the beginning of an adult's forgiveness work there is usually "a pile of shit" to clean out, as some people earthily put it, because the residue of unforgiveness has accumulated over years. The full length processes may be necessary for this initial clean-up. Once that has been done, you will have the skill and you will easily manage the minor irritations of daily living quicker. You will find ways to shorten the process.

Please realise that each of the stages given in this book have been included because at some time or another, someone has found it valuable, even essential. Many of the stages, or the wordings, have been suggested by different students of forgiveness. It is the collective work of a large group of people.

Once you have mastered the principles, it can be shortened. There are many ways of choosing the words using them. Once you have understood these principles, you will shorten the process and make it your own. The more often you use it, the quicker this gets.

There will be other reasons for modifying it. The needs of children, teenagers, adults, those from different ethnic, religious, social and educational backgrounds may mean the process needs modifying. A slum, mental hospital or prison is a different environment to an affluent suburb, a university, or medical clinic. People with different learning styles

(coming from visual, auditory, kinaesthetic and oral traditions for example) will need different approaches. Among those who read this book will be those who will find new ways of applying these principles in very different environments. They will find ways to present them with new methods, — videos, plays, films, songs, and so on.

What I have tried to do in these books is to give as *thorough* a statement as possible of the stages and principles of the forgiveness of others process. From the readers of this will come those who have special skills in the areas mentioned, who will adapt this material to the needs of those with whom they work. This is right and appropriate. Perhaps you yourself can already see creative ways this material can be adapted to your place of work or family. This "stepping down" process will be needed to make available the principles of the forgiveness process to all those who need it.

It is important to be able to free yourself *rapidly* from the effects of everyday irritations and not let them accumulate. The following story illustrates how Keith abbreviated and applied the process to meet his needs.

The "Travelling Forgiveness"

Keith

Keith and his wife had an argument one morning before he left for work. Bad feelings had been brewing between them for some weeks, and had come to a head that morning. As he was driving along the motorway, Keith narrowly missed having an accident. He realised that he had been driving carelessly. He had been thinking more about the incident with his wife than attending to his driving. He had been gripping the steering wheel grimly, feeling resentful, not only towards his wife, but to all the other drivers on the motorway. He had been thinking up smart ways to "get even" with her; feeling bad about himself for what he had said in anger; and more. He was an "accident waiting to happen".

He decided he needed to do a forgiveness process - he pulled off the road into a lay-by for this purpose, and stopped the car.

“Catherine”, he said, “I value healing our relationship *more than* proving you wrong. I would have preferred it if you had done “x” and said “y”. However you didn’t, and I do not want to go on feeling resentful, nor do I want this to affect my driving and cause an accident. Nor do I want to have another bitter argument tonight. I cancel my demands that you should do things my way, you are a free person and responsible for your own life. I respect you and your right to a different point of view.

I can now love myself again (and at this he relaxed his body, calmed his emotions further and cleared his mind). And now I send you this love without conditions”. He overflowed his love to her through her whole life.

Inwardly he addressed his Higher Self:

“Dear Higher Self, I regret failing to listen to my wife’s point of view this morning, saying unpleasant things to her, and trying to prove her wrong. For this I ask forgiveness.”

He then identified with the Higher Self (the deepest wisest and most loving part of himself) and found the following words coming to him, as this ever present Wise and Loving part within him addressed his everyday self:

“Dear Keith, I love you just the same. I do forgive you. I know how it was in the past for you, not only this morning, but also when you were criticised by your primary school teacher Mr. X, for not getting things right in school, and also by your parents.

I send love to the little boy you were as well as to you now.

I cancel your belief that you must always try to be right, and your tendency to try to prove others wrong. There are many points of view to any question and all can have some part of the truth.

I give you the gift of humility, and a sense of right proportion.

You will now find it easier to understand your wife’s point of view.

You will be able to see her needs more clearly and be more willing meet them if you can.

You will be able to concentrate more upon getting the needs met in a situation than upon “winning” an argument.

I send you all love now to nurture you on your path today”.

Keith then spent a moment to receive this forgiveness into himself. He experienced great relief, his body felt relaxed, and he felt gratitude to his Higher Self for having this capacity. He realised again that when he acted from this level, he *was* his Higher Self, *using* his mind, emotions, and body wisely to improve the atmosphere in his family. He felt whole again.

This took about ten minutes.

When he drove off again Keith was very aware that his driving was far safer and more skilful than it had been for months. He was calm and peaceful. When he arrived at the office he found himself able to be patient and unruffled, even when those around him were irritated by difficulties. Some people commented upon how well and peaceful he seemed. His boss thanked him for being able to see ways through difficulties that had been developing in the business.

He called his wife and apologised. They agreed to set another time to discuss the issue and he promised to listen to her this time. When he returned home she had set flowers out on the table - something she had not done for months. They quickly resolved the original problem.

At a follow-up with his doctor, who had noted that Keith’s blood pressure had been up a bit lately, the result was normal.

Forgiveness of Others - Another shorter version

This is adapted from the book “Unconditional Love and Forgiveness” by Edith Stauffer.

Edith Stauffer was the first person from whom I learned about forgiveness. She got much of her inspiration from two remarkable people. Roberto Assagioli was the founder of psychosynthesis, and Dan MacDougall, a lawyer who successfully helped re-offending criminals to change their lives through forgiveness. His inspirations came from the Khabouris manuscript, an Aramaic document found in the Dead Sea Scrolls. Edith has studied forgiveness for many more years than I have, developing the forgiveness process in her work as both a counsellor and an inspiring workshop leader.

The following process was adapted from her book “Unconditional Love and Forgiveness” (which I heartily recommend to you), and modified by Anne Verity for an international correspondence course in Psychosynthesis. It shows you that there are many ways of using the principles. Each person gives a different emphasis to certain parts according to their own experiences with it and who is doing the process.

Preamble: Forgiveness is a willingness to hold a certain attitude. It is a willingness to move forward. It is a willingness to be more comfortable and suffer less. It is a willingness to take responsibility for oneself and to allow others to take responsibility for themselves. It is a decision not to punish oneself for the wrongs done by others, or other circumstances. It is a decision to reenter the flow of love and life.

1. Say to yourself, “I choose to stop punishing myself for what (name of person) has done (or is doing).”

2. Imagine the person you wish to forgive as if they were seated in a chair in front of you. If you like you can use the chair, or a cushion or coloured cloth to represent the person. As you hold this image of the person in front of you, tell the person out loud what they have done or not done, that it hurt you, and how you felt about that and what effect it had on your life. Give

yourself the opportunity here to express all the emotions that you are holding onto in relation to the issue. When you feel complete at this level go on to the next step.

3. Give voice now to all your expectations that were not met. Say to the person using their name: “.....I would have preferred that you had said or donex..... What I really wanted from you wasy.....”

Express these in the positive sense i.e. “I would have preferred that you had loved and respected me by” and not “I would have preferred you hadn’t been so cruel to me...”

4. Then say, “But you didn’t do that.” or “That did not happen” Let that realisation come into your body.

5. Examine your willingness to cancel your expectations. This does not mean that you condone or pardon the offense. Rather, you recognise that the person did not do what you wanted and needed. You now choose to be released from the negative emotions that you are holding onto in relation to the issue. When you are willing to cancel your expectations continue: “I don’t want to hurt myself any more for what you have done. I’m tired of the discomfort I get from all this. I want to finish this now. I choose to heal this and let it go completely. I am choosing to be free of it.”

6. Say, “Therefore, I cancel all demands, expectations, and conditions that you do (or say or be) what I would have preferred in the past and now”. For each one in turn, say: “I cancel my expectation that you

.....x,y,z..... and I give you back full responsibility for what you did”.

Remember to use the same positive wording that you used when you spoke of your expectation.

Finish with: “I cancel the demand that you be any certain way. You are totally responsible for your actions, and I release you now to your own good.

7. Close your eyes and open to the presence of your Higher Self. Feel the

overshadowing love and wisdom of that Greater Self within you. Feel the love that the Higher Self has for you. Feel that compassion and love from the Higher Self; allow it to flow through your consciousness right into your body, permeating every part of your being. When you feel yourself well-established within the flow of life and love of your Higher Self, send a beam of unconditional love out to the person you choose to forgive. Name the person and say:- “....., I send you my unconditional love and forgiveness just as you are and have been, and I release you to your own highest good.” Feel this love flowing out from you to this person. Take your time to feel and experience this.

9. Now be aware of your body and how it feels. Find out if you are still holding on to any demands that this person change in any way. If you do not feel release, repeat the process, - for each action you are holding against this person. The mind cannot do a blanket forgiveness - each incident will need to be treated. Always examine your willingness to be free. If you do not find release, there may be another related incident that is not yet in your conscious mind. If it feels blocked, ask within yourself: “Is something else blocking this process?” Usually an answer will come to you quickly, and you can proceed to process it.

Turn your attention again towards your Higher Self. Ask mentally: “What is the learning in this for me? What do I need to do to take care of myself and prevent something like this happening to me in the future?” or any other question that seems appropriate. Often very clear insights come to you at this stage from your inner wisdom. If they do not come immediately they may emerge in your consciousness during the next few days.

10. Feel deep gratitude that you can feel love from your Higher Self and can send it out to the forgiven one. A sense of relief will come.

11. There may be some decision you need to make to ground this

experience. Some will statement you can make and affirm to yourself daily for the next few days. Frame this will statement for yourself along the lines of: “I will to comfortably hold the attitude of.....” or “I will to effectivelydo whatever it is you need to do.....”

If you need to, refer to the longer version for more detail and precision that is sometimes necessary to make it complete.

The Forgiveness Process can be done often - for small hurts or severe emotional trauma. It works any time we feel love is blocked. Repetition begins to make it “second nature” - a good habit, like washing dishes or cleaning teeth!

Forgiveness of Others - another shorter version

(courtesy June McCarthy):

I felt hurt (and/or am still hurting) about what happened.

I would have preferred that..... (all preferences)

I forgive you for not meeting my preferences.

I embrace you in my heart, and now I release you (visualising this). I set us both free.

Thank you for helping me to learn more about the nature of love.

Many other adaptations of the principles of forgiveness will emerge, for there are many creative people.

A Forgiveness Week — preparation and meditation outline

From the Gajalamawa Foundation, 25 Grey St., East Melbourne, Victoria, Australia 3002, and used for International Forgiveness Week, January 31st-February 6th each year, which I believe was suggested by Robert Mueller and others of the United Nations.

Jan 31 Forgive living members of your family

Feb 1 Forgive friends and fellow-students

Feb 2 Forgive associates in your work situation

Feb 3 Forgive across local and international political lines

Feb 4 Forgive across religious, ideological and racial lines

Feb 5 Forgive deceased persons in any of the above categories

Feb 6 Have you been ABLE TO UNCONDITIONALLY GIVE YOURSELF TO OTHERS BY ABSOLVING THEM AND SO “FORGIVE” YOURSELF?

Preparation for the Week of Forgiveness, Jan 25-30th

1. Maximal honesty through the entire period is essential
2. Question whether you truly feel the urge to participate in this work of goodwill
3. Are you prepared to face some none-to-flattering truths about yourself for the sake of this work?
4. You may have to dig deep to uncover your resentment(s). We are very good at covering up! Remember it is the personality that takes hurt and resents and hides, not the inner Essence.
5. Decide the person(s) and/or groups in each of the first six categories *for* whom to *give*. If there is more than one, repeat the meditation procedure for as many times as required on that specific day, or carry over to days on which the categories may not apply in your case. Also consider that careful unbiased scrutiny could reveal the advisability of practising forgiveness where, unconsciously, resentment has been transferred to third party (ie you may feel able to forgive a hurt inflicted upon you, but not if the same hurt has been inflicted on someone else).
6. Be methodical and work with discipline. List the names in advance of those to be

“given for”, so as to leave all of your available time for the work itself.

7. At what time is it best to do the forgiveness meditation? The choice is yours. If you have an established meditation routine it could be preferable to find an additional time to slot this work in. It is suggested that you practise it each day unfailingly.

8. Support your meditation work throughout the week and thereafter by implementing new attitudes and by actively living them.

Suggested Forgiveness Meditation Outline

a) Use your customary settling-in mode; then speak mentally:
“May I, together with all people everywhere, respond to the keynote of the Universe and give myself for others”

b) Visualisation

1. Imaginatively choose a congenial place (room, garden, etc.) supportive in its atmosphere of harmony and peace, sheltered from any disturbance.

2. In the distance, recognise the appropriate person or group against whom you harbour resentment, and invite them to slowly approach you.

3. As the distance between you diminishes, imagine yourself advancing, until, when close to each other, you perform a gesture of your choice which, to you, symbolises forgiveness. Endeavour at this point, insofar as it is possible from the point of view of memory, to make eye contact with the person concerned. maintain that contact, feeling warm healing energy flowing out from your eyes into those of the other(s). A short steady and unwavering contact is preferable to one longer, distracted and tending to abset-mindedness.

4. Gently release your one-time adversary, now a friend and co-aspirant upon the spiritual path.

c) A poignant moment of alert stillness.

d) Mentally recite:
“Let the Forces of Light bring

Illumination to all mankind
Let the Spirit of Peace be spread abroad
May men and women of goodwill
everywhere meet in a spirit of cooperation
MAY FORGIVENESS ON THE PART
OF ALL BE THE KEYNOTE AT THIS
TIME
Let Power attend the efforts of the Great
Ones
So let it be and help me to do my part

OM OM OM

(Steps 2 & 3 to be repeated if the aim is to
forgive more than one person each day)

On using shortened versions

If you find that any shortened version
you use does not bring about a complete
forgiveness, return to the longer version
and work it through carefully.

**I have found in my own work with
people that going into negative core
beliefs can be very important** in clearing
a pattern. It may not be sufficient to
send love to another person — if you
continue to believe negative things about
yourself, or men, or women, for example,
such as “I am unworthy, and all men (or
women) are untrustworthy”.

I would be especially interested to learn
of any variations and ideas which prove
particularly effective and to learn about
the setting in which they were used.

Summary of Self-Forgiveness Process

Early Phase. As personal self

Step 1 Understand the Definition

Purpose:- To remove misunderstandings and enable the process to go forward smoothly.

Forgiveness is the cancellation and permanent removal of the conditions in the mind that block love, independently of the behaviour of others.

Step 2. Weighing up (a) Values and (b) Benefits and Burdens

Purpose:- To mobilise your will to undertake this process.

(a) Values

• Say aloud, or write:

(i) “I value my healing - physical, emotional, mental, and spiritual, - more than ill-health in any of those areas.”

(ii) “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).

(iii). “I value establishing the flow of love and joy through me again - more than

continuing their blockage any longer.”

(iv). “I value joy more than joylessness, love more than bitterness, being well more than being ill, feeling dignified more than feeling worthless, being creative more than being blocked.....”

(v) “I value freedom more than continued imprisonment in my own emotional toxicity and negative beliefs.”

Or, state your own important value system if it is not covered here.

(b) Benefits and Burdens

Purpose:- To continue to strengthen your will to complete the Self-forgiveness process.

• Write down the Benefits of forgiving yourself, and the Burdens of not forgiving yourself.

“The benefits of Self-forgiveness to myself and others could be.....”

“The burdens of continued lack of Self-forgiveness are likely to be....”

• Weigh them up - which do you want for yourself?

Step 3. Choice. Setting your goal and Attitude

Purpose:- To engage your will.

• Speak aloud or write:

“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 forgive myself comfortably, joyfully and completely. That is my goal now”.

Step 4. The Request to the Higher Self

Purpose:- To establish the link in

consciousness with your Higher Self.
“Dear Higher Self, I ask forgiveness for.....”

- Make your list, leaving wide gaps for the preferences you will write in later, and the upgrades you will receive from the Higher Self. Your guide if you have one could write this, leaving you free to concentrate on your inner process.
- When you have put down as many items as you can think of, use the following check list to ensure that you have not overlooked anything. It has been included here again for your convenience.

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. One student said: “I found myself wanting to find the ‘sharks’, so I could 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 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

Summary - Self-forgiveness process

- speech (gossip), or
- physically, or
- thought.
- “For the way I treatedx.....”
- 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,
 - 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?

CHECK 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”....

Step 5. Wiser Preferences

Purpose:To start the increased flow of wisdom from the higher reaches of your consciousness. To prevent your “inner critic” from interfering later with the process by having too much to say, by giving it opportunity to speak now, and to start to upgrade its style.

- Say aloud and write down:

“As I look back now, I realise that I would have preferred to have believed, (thought, said, or done) the following...”

- Write your wiser, more loving and courageous preferences in the gaps you left previously between the items you listed for forgiveness, as appropriate for each item. Leave enough space for any further upgrades from the Higher Self that may come later.

Step 6 Invoking the Higher Self.

Purpose:To further increase the connection being made to your Higher Self through the practise of inner request combined with your intention to heal. (You will notice that the statements about how fed up you are with the continued burden of unforgiveness are repeated often in forgiveness processes. The purpose of this is to give urgency and motivation to complete it as soon as possible).

- Say aloud, addressing your request inwardly to your Higher Self:

“I now will to heal the effects of all this. I have had enough 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.”

Middle Phase. As the Higher Self

Step 7. Becoming the Higher Self

Purpose:To utilise, through acting “as if”, the greater love and wisdom of the Higher Self. To go *above* the level of the emotions and mind, knowing that it cannot be solved at

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this level. To enter the spiritual levels of consciousness wherein forgiveness is easy and natural.

- Remember to “lift” your consciousness to the higher levels.

- **Move higher physically - stand up, stand behind your chair, and “look down” upon your everyday self as if from a greater height.** You fully identify with the qualities of the Higher Self - for example, patience, courage, acceptance, compassion, wisdom, unconditional love, forgiveness, dignity, peace, and so on.

- You will find that you are more able now to see far back into time, to see what was best for all concerned in any situation, to see the whole sweep of history, the interconnectedness of everything and everyone.

- Now you are able to look down at the personal self, (and the critical part, or other subpersonalities involved, if they are there) and at the whole personality and all its history, background, connections, and future possibilities. You see how life is a learning ground. *You* were not your wrong or bad past thoughts, feelings or actions. You were a person experiencing lessons in life. Nothing that you did in the past or do in the future can really negate the existence of the love of your Higher Self. “Mistakes” and crises are the successful stepping stones to greater wisdom, strength and love.

- Remember you must identify carefully with the qualities of the Higher Self

See the longer version for details if needed.

Step 8. Compassionate cancellation and upgrading

Purpose:The Higher Self forgives the the lower levels of consciousness -the personal self and subpersonalities. It removes from the mind the conditions that have been blocking the flow of love to self, others, and life. The Wise Parent Within heals the Inner Child, bringing painful feelings to peace.

- Start the flow of love with words such as

“Dear (use your name)....I do forgive

you and I really do love you. I 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.”

“Yes, it’s true that you didn’t always do the wisest, the most loving, or the most courageous things, and I love you just the same.”

“In forgiving you I am now cancelling all the guilts, and negative beliefs that became set in your mind at those times, blocking the flow of love.”

- You will bring each of the actions, beliefs and mind-sets for which forgiveness is being sought into the light of the wisdom and compassionate understanding of the Higher Self. The guide can remind you of each of the negative beliefs and actions that have been discovered earlier (Step 4) , one by one. The Higher Self will give appropriate response to them with phrases like:

“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,

“From now on you will be able to....

“A wiser belief for the future would be

“I give you the gift of(the needed quality)..... to use in the future”

(and in these and similar ways the wiser perspective of the Higher Self becomes known).....

- When this is complete, say:

“I send you all love now, without conditions, to nurture you on your path through life.”

- As the Higher Self you continue to send love and compassion to the personal self and/or Child That You Were. Let it flow from the Higher Self to your personal self, and to your Whole Life, from conception up to the present.

Step 9. Healing the Inner Child Process (or the “Person-you-were”)

(include this if it is appropriate)

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, see your memory’s pictures of you as you were in childhood, one by one, 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 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.

Step 10. Intuition - teaching from within

Purpose: To utilise the time of access to a higher consciousness to develop intuition, increasing the flow of inner love, wisdom and strength into outer life.

- As the Higher Self, you may have a symbol, word or phrase that will be meaningful and useful for the personal self to receive and use to meditate upon. Or, you may speak certain words of encouragement or advice. Ideas and inspirations that are offered to the personal self by the Higher Self at this stage can be very useful.
- As the Higher Self, look down and check for any ways the personal self may be blocking the process. Wisdom comes through for finding ways around them and is offered.

This phase in the process of Being the

Higher Self must necessarily be free flowing according to what comes up. The guide simply asks — “Is there anything else that needs to be heard or understood by the forgiver at this time?” or similar open questions. It is astonishing (to our mundane everyday consciousness) how profound yet simple the wisdom of the Higher Self is in response to such requests.

Step 11. Responsibility

Purpose: To start the process of returning to the everyday world of the personal self, bringing the qualities of love and wisdom. To remain centred in the personal self, which is responsible for using the conscious will, making choices that are no longer based upon emotional reactivity alone. To transfer the changes made internally into the outside world.

- When you sense the intuitive stage is complete, and still speaking as the Higher Self to the personal everyday self, say:

“I again give you back responsibility for the way you lead your life.”

- Check again: Is the personal self willing to receive this forgiveness and responsibility for life choices?

Final Phase. As the personal self again.

Step 12. Receiving the love and forgiveness.

Purpose: To accept healing and become your personal self again

- **Return back to your original position or seat.**
- Taking plenty of time, receive the forgiveness and love, and the symbol (if there was one), into your body, emotional nature and mind.
- 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 wherever you have felt pain, tension, or disease.

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N.B. You do not give undue emphasis to these “problem” areas, however, but simply 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 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 the area near the base of your spine and behind your lower back into your pelvic area and legs from behind your middle back to your abdomen,..... and into your solar plexus area.....from the area behind the spine between your shoulder blades into your heart area,..... into the upper central part of your chest, your thymus gland, the centre of immune system,..... from the area behind your neck into your throat and arms..... and then move on to include the 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).....

- **Most of all, however, be aware of your body as an integrated and harmonious whole. See how all these parts relate to each other as a whole. There are as many tiny 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 work together is an awe-inspiring, wonderful, miraculous synthesis worthy of love and healing..... let them be bathed and penetrated by this healing love now. Be aware how each living cell, each organ, each system plays its part in the harmonious plan for the whole body.** See your body functioning in radiant health, See it being used to give some valuable service in the world. Small or large, remember that service does not only mean doing things for others, it can mean loving thoughts, giving others the opportunity to

love, grow and serve. It can mean the right use of speech. All service opens the channels for love to flow through you. 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 effect.

- If the Higher Self gave you a symbol, you may want to place this symbol imaginatively somewhere in your body that feels appropriate. Be aware of the quality which it symbolises. If you like, be prepared to make a sketch or painting of it after this process, and place it where you can see it often. Meditate upon it. This helps to anchor the psychological energies carried by the symbol. You will find these qualities expressed in your life. You may also find more than one layer of meaning and inspiration in both the words and the symbols that the Higher Self gives you.

- Then receive the healing of the emotional nature by again reviewing all the important pictures, the memories from the past, one at a time, and seeing the Higher Self going to the you-in-those-pictures one by one.

- **Review the first scene. As a very loving pair of hands, or as a very loving being, the love goes and draws the person-you-were-then (.....□..... = your name) aside from the painful scenes holding□..... , cradling□..... if need be in just the way that was needed then,and the love flows now into□....., the person-you-were-then,..... through the loving hands of your Higher Self. Perhaps the Higher Self speaks the words that□..... needed to hear then, or simply, the love flows in silently,..... long enough for it all to be brought to peace, and only when□..... is ready, see how gently the Higher Self places□..... back in the memory, healed..... at peace..... a deep and lasting peace.**

- Repeat this as many times as necessary,

for all the scenes that the Higher Self shows you, from the earliest times right up to the present.

- Then receive the healing of the mind by 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 can use the symbol of the jig-saw puzzle tilted off the tray to represent the changing of the old thought and belief patterns, the pieces falling to the ground, separating, softening so they cannot go back the way they used to be,..... 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 can represent the old negative patterns of the mind being broken up, softened and cleansed before being returned to the personal self, with its free will, to be used by the mind again to make more valid patterns.

- Be aware (your guide can remind you what they are) of each of the new positive beliefs given by the Higher Self replacing the old ones.

- Let yourself realise that your slate is now clean, your life energy is free to flow more fully

- You may choose now to spend some time sending gratitude to your Higher Self

- A sense of wholeness begins to develop and grow within you. The parts of the psyche may be many, but you are also One. They all work in partnership. From now on you can choose which of the levels you currently identify with and can move between them all at will.

Step 13. Grounding:-

Purpose:To direct and set the will to bring this forgiveness into outer life. To re-mind you of the Goodwill Patterns.

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

- **Optional:** If you choose to remind yourself of the Goodwill Patterns, continue grounding the forgiveness as follows:

“I will to practise inner peace and restful poise, even when harassed”, (Rukha)

“I will to give selective attention and energy to the good in myself, others, and situations”, (Khooba)

“I will to look deeply for the true needs of myself and others, and to meet them if practical”, (Makikh)

“I will to understand the verbal and non-verbal communications of others and to communicate my needs and meanings clearly to them. I will to ensure that understanding prevails”, (Clear Communication)

“**I will to look for the errors in my mind which block love and self-correct them joyfully**”, (Abilii)

“**I will to work towards what is fairest for all**”, (Kenoota)

“**I will to see Life whole - with a broad perspective, seeing the interconnectedness of everything and everyone, past present and future**”. (Dadcean Libhoun)

“**I will to maintain and act with an attitude of Unconditional Love to myself and others, and towards Life itself.**” (Rakhma - Unconditional Love in Action)

Step 14 Future pacing.

Purpose:To create and rehearse new patterns in your mind and nervous system that will carry the forgiveness into outer behaviours.

- Imagine how you will be as you act out of this new overall pattern - at work, at home, wherever, seeing yourself in different situation expressing this love, wisdom, and inner strength. you no longer have the old negative beliefs. You no longer react in the same old way. You are free to choose how you respond. What is the *difference* that this

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makes? This is an active, creative stage.
How do your eyes look? How do you walk, speak, write, move, *now that the old beliefs and negativity are no longer with you?*

- How will you behave differently as you act out of the Goodwill Patterns? Fill in as much detail as you can. When you are satisfied with the images invite your unconscious mind to fulfil them. Merge them with you — either imagine yourself walking into the “new you”, or embrace the “new you” and bring the image inside your body. Either way works.

- Intend the quality of this future deeply.

Step 15. Checking for completion

How does your body feel?
Muscle test kinesiologically if you have a guide - the umbilicus test and also the statements:

- “I love myself”
- “I love my body”
- “I love my emotional nature”
- “I love my mind”
- “I love what I do”

(Check: Is what I do aligned with the purpose of my Higher Self?
Am I doing what I do with Love?
Can I put love into whatever I do now?
Are there any more adjustments I need to make?)

- “I love my ancestors”
- “I love my neighbour” (=all those of whom I am aware)
- “Life is a celebration”
- “The Source of Life, (Mother-Father God) loves me”
- “I want to live”

Step 16 Maintenance.

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

- Practise, practise, practise, and working with a small group will speed up the process of these skills becoming second nature to you.

Appendix

Getting Information from the Body Muscle Response Testing (MRT) (Also known as Behavioural Kinesiology — BK)

Muscle response testing is an interesting approach to answer the question “How do I know whom I need to forgive?” This appendix includes the Basic Test, Primary and Secondary Love Relationship Testing, the Umbilicus Test, and some more advanced kinesiological tests.

I am immensely grateful to Dr. John Diamond for the majority of what follows. He has been a psychiatrist in Australia and the United States, who went on to study the acupuncture system, life energy flow, and the relationship between these and health, as well as artistic, dramatic, poetic and musical creativity. He brings together knowledge from many areas. His books “Your Body Doesn’t Lie” and “Life Energy” are available through bookshops. His many other monographs, newsletters, audiotapes and personal teaching* have displayed in a masterly fashion many testing and therapeutic procedures which enable you to learn what patterns exist in your mind and emotions, and how to bring about beneficial changes. He is a stimulating and at times controversial teacher. He called this way of testing Behavioural Kinesiology, but others have since coined the phrase Muscle Response Testing which I think is more easily understood and have adopted.

At the time of writing (1993) I have been using muscle response testing (MRT) for eight years and can vouch for its usefulness in practise. Physiological biofeedback and MRT are big subjects. I can only describe a small fragment — enough for forgiveness work, and hopefully to stimulate your interest further. To use behavioural MRT beyond what is here, I advise you to seek out further information and training.

Using MRT for Forgiveness Screening.

You can find out whom you need to forgive (and to a large degree, whether you

have completely forgiven someone after using the forgiveness process), by using information your own body can give you.

This *could* be done with biofeedback apparatus, which consists of expensive electrical instruments to show how your body functions as different thoughts pass through your mind. The same principle is used in the “lie detector.” Thoughts set up changing patterns in the brain. These are transmitted by nerves to your body. Instruments show you changes in muscle tone, brainwaves, pulse, respiration, temperature and resistance to electricity of the skin on a VDU screen. The mind-body connection is vividly brought to your awareness as you look at these while you think about different subjects. The associated emotions of anger, fear, grief, admiration/envy, guilt, love all show different patterns. With biofeedback training you can learn to influence these patterns directly by changing the way you think. This treatment has a useful place in medicine and psychology, helping people modify their responses to stress, and to heal certain illness patterns.

With MRT, we can achieve our goal of getting information for the forgiveness work just as well and more simply and cheaply using direct testing of muscle locking ability, a function which is also influenced by thoughts and feelings.

Pronouns and gender: In what follows, you will inevitably find the word “you” referring to the “you” when you are the “tester testing the subject”, and at times, to the “you” when you are the “subject being tested”. I trust that the context will make clear what is intended.

Also, when the third person pronoun is called for, I will use a feminine pronoun to refer to the person being tested and a masculine pronoun to refer to the tester. This is done to avoid using the less elegant “s/he” and “him/her” all the time for both parties. No gender preferences are implied for either role (it could as easily be the other way round), but it is important in the descriptions to keep the two roles clearly demarcated.

Ethics and intention

•As tester, what you are about to do is enter a very important, one might almost say sacred relationship with the person you are about to test. The muscle tests are a dialogue with the unconscious mind of the person being tested. You are doing this to enable them to release blocks to their love. The spiritual nature of this task must be respected profoundly. Your *intention* is crucially important. Hold in your mind that the purpose of this work is to release the highest good for your client, yourself and others. It must not serve anything else. Any attempt to manipulate the results, or to imagine what the result should be, instead of being open to truth being revealed, might distort the results. I have found that if this guideline is adhered to, behavioural MRT is reliable and useful. Unusual or anomalous results will always be found to have a valuable meaning. Results that surprise the subject or tester can be very important. They throw light on how the unconscious mind is functioning. An attitude of *openness and integrity* is needed at all times.

•**Your own health is important.** When you touch the client to do the tests your energies mingle. If you are in a negative emotional pattern yourself and they are also stressed, *you can get readings from the client that are really readings of yourself!* I have seen this happen once in a striking fashion. Fortunately the person being tested recognised that the results were not in any way true for her. When the *tester* was tested, it became clear they were his results not hers. Therefore those who test others need to maintain their health. You need to do your own forgiveness work if you are to work with others without transmitting patterns of negativity to them.

The Basic Muscle Response Tests

are carried out as follows:-

• Face the person you are going to test, but do not look directly at her or have anything but a neutral expression on your face. Have her remove any watch, calculator, other battery-operated device, or jewelry and put them down at a distance from her body (not just in a

pocket), for they may interfere with the test. Have the environment as neutral as possible, with no music, prominent pictures, or fluorescent lights, if possible. Maintain a neutral expression on your face, and look either past the subject you are testing or downwards. This is to avoid influencing the test by direct eye contact or facial expression, for happiness upon your face will tend to strengthen, and negativity upon your face will tend to weaken her.

• If you are right-handed, you will probably prefer to use your right hand to test her left arm. Check that there is nothing wrong with her left shoulder and arm. Use the right arm if the left is injured. For the forgiveness agenda testing it is usually alright to use either arm.

• The person you are testing (to be called the “subject”) now extends her left arm horizontally at shoulder level, out to the side. For this first Basic Test, ask her to keep her mind as clear and neutral as possible. You then press her outstretched arm downwards with the palm of your right hand placed on her forearm near the wrist, firmly but briefly (1-2 seconds), to assess her ability to lock her arm in this position. I usually say “Lock you arm as strongly as you can”, or simply “Lock — strong as you can”, for each test, to remind her to do this. She should be able to lock the arm so that you cannot push it down with a strong but not overwhelming force.

• That is the Basic Behavioural Muscle Response Test, and it is called “testing in the clear” - i.e. with no modifying factors yet introduced.

• You may need to move your testing hand to different positions up or down her arm to find the best position, i.e. that balances you both. If you are very much stronger than she is you may have to move you hand up the arm to find the point of balance. If she is much stronger than you, you may have to move your hand further down. Mid-forearm or slightly lower is the most frequent position. You must discover for yourselves the amount of pressure that gives you both the sensation that the locking is effective and strong.

• Some testers use much lighter pressure and test as far down as to press on the subject’s hand, where the leverage is such that it is easy to overcome her arm locking. *They*

then decide for themselves if the person's strength has altered under different conditions. I myself prefer to use a stronger pressure, usually on the forearm, as I want the person being tested to *herself* feel the difference. The easiest way to do this is for her to know what is maximal strength for her and then find out if it weakens under different test conditions.

- You are not trying to exhaust the subject. From now on, you, and she, will be trying to notice any *changes* in her ability to lock her arm in this identical test carried out under different conditions. Technically speaking, this tests her ability to lock the deltoid muscle of the shoulder. You could test any muscle, because the body reacts as a whole, but this is usually the most convenient one. Also, the extended arm acts as a lever to amplify the responses.
- Always ask for maximal effort on the part of the subject, and apply strong pressure firmly but briefly yourself. There is no need for her to exhaust herself by trying to clench her fists or twist her elbow to lock her shoulder, and she should be discouraged from so doing.
- It bears repeating that it is wise to maintain a neutral expression upon your face, and to avoid looking directly at the subject, in order to reduce the changes in her energy that occur if you appear happy, and the fall in energy if you appear dejected.
- In the forgiveness work, there is nothing particularly special about which side or limb you use for this test, for you are looking for *changes* in power from the Basic Test result as the subject thinks different thoughts. For other kinesiological tests it might be significant which limb you use.
- If you feel that you want much more precision (say for research) you could use an instrument that measures the pressure you are applying, or have the subject squeeze a pressure gauge. Rehabilitation specialists and physiotherapists have such instruments for measuring muscle power. Or, an adaptation of a blood pressure measuring instrument could serve, as is sometimes used to assess the progress of hand grip power in arthritic patients.

Checking that you have a responsive system

What you are testing for next is any change in the power the subject is able to exert when doing this basic test under different conditions. Before going on to forgiveness testing it is wise to ensure first of all that the system of tester and subject is responsive and in rapport.

You test the following:

1. Ask her permission to stress her as you test, and when this has been given, test her arm as you pull some of her hair between finger and thumb with your other hand (it does not have to be done painfully) and find out if the arm weakens with this stress. It usually does. Energy is temporarily drawn away from the arm by the stressful distraction of discomfort of the scalp.
2. Test her when thinking and saying "Yes" aloud and firmly. Usually this is strong(er).
3. Test her when thinking and saying "No" aloud and firmly. Usually there will be an easily detectable weakening.

Those who do not weaken to thinking and saying "No" usually have been in situations where to be very stubborn and negative enabled them to *survive* in some way. It is as if they have been "switched" and now thrive on negativity, - however their relationships may be very painful or sadomasochistic. It can be difficult to relinquish survival patterns that worked well once, even when they work negatively later.

4. Test her when she is looking at a simple drawing of a happy face and when looking at a sad, glum face. Usually there is strengthening with the former and weakening with the latter.

Note that there can be *exceptions* to what I have suggested are the more typical responses. One exception to the usual pattern can be when she has been abused in the past by someone who smiled at her... This has been the case in every subject I have tested who weakened on looking at the smiling face which I use as

test object. It was this discovery that allowed me to overcome my initial strong scepticism against MRT. The memory trace of the abuse was still present in the body years after the event. The body rarely lies and this is the basis of the lie-detector. Another person weakened the *second* time they looked at the smiling face. This person realised that she had trained herself to smile when she did not mean it. To her, a smile was a sign of insincerity, and stressful.

•**Critical thinking:**

Now ask the subject to think critically about someone who has disappointed her and test her when she tells you she is doing this and ready. The majority of subjects will weaken.

It is a most significant discovery that when you think a critical thought of another person or of yourself, you weaken measurably. Once you realise this fact, you punish *yourself* with the effects of your own negative thought for the real or imagined wrong they did, if you continue with such negative thinking. You do not weaken if you confine yourself to condemning the action, but only if you condemn the person.

Testing can show that you may weaken the other person telepathically too, but a discussion of this effect is outside the scope of this book. There have been experiments showing evidence for the telepathic transfer of both positive and negative thoughts. The point here is that you damage *yourself* by negative thinking about anyone. You do not need to do that.

Now we can begin to understand the origin of the words “positive” and “negative” when they are applied to feelings and thoughts. “Positive” means “adding”, “negative” means “subtracting”. Thus certain thoughts *add* to the available life energy flow, and others *subtract* from it.

This testing during critical thinking of another person helps the subject to realise the damage she is doing to her own energy or pattern of relating by negative thinking. It increases motivation to learn and practise forgiveness which is — the

cancellation of the conditions in the mind that are blocking the flow of love and life energy.

• **Outside factors that can affect the result:**

You need to be aware that many factors may affect the absolute muscle power of a person, and thus test results if you do not take account of them. These can be reasons for getting what at first sight appear to be anomalous results. Certain broken rhythms (especially hard rock music) disturb the brain and function by entraining the brain rhythms and altering mood. The flickering of fluorescent lighting, certain food and chemical substances (e.g. alcohol, nicotine, sugar, drugs, etc.) that a person is affected by, electromagnetic fields (from battery-operated watches or calculators carried on your person, or mains-powered apparatus nearby), synthetic clothes, are all physical factors that may affect the basic test result in certain sensitive people, usually by registering as a weakening effect if they are inharmonious to the energy system. You are invited to read Dr. Diamond’s books and monographs to learn more.

The important thing is to be aware of these and remove such influences from the areas in which you are testing. Ideally the testing should be done in as neutral an environment as possible.

However, since in *forgiveness work* you will be concerned only with *changes* in muscle power as the subject thinks about certain people, more than with absolute readings, you can use the test with a fair degree of reliability.

•**Being present:**

Another factor that you can check for is right and left brain “presence”. Test the right and left arms (separately). They should be strong in the clear. Do it again when the subject says, “I am(their name, e.g. Joan)...here and now”. If one arm is weaker than the other as that sentence is said, you will usually find that a “part” of the person is distracted, thinking about something else, and they are not fully “present”. For example, a mother who is concerned about whether she will be away in time to pick up a child from kindergarten, may give such a result. “Living in the past” or “living in the future” are other factors that can affect this.

It is important to ask her to express whatever it is that is “taking her away” so that in her consciousness she may be fully present in space and in time. Once this factor has been brought to her notice, she will usually be able to “bring herself”, or focus her consciousness and attention fully, into the present time and place. The rest of the testing can be more reliable and convincing from then on. It is often so that the self-awareness that MRT brings leads the subject to make an internal self-correction automatically. Without the information the subject continues in old patterns unawares.

Rarely, this result (initially different tests for “presence” with each arm) occurs when there are several subpersonalities with which there is very strong identification, even true multiple personalities. That is outside the scope of the present work, but there is much excellent material about subpersonalities in the psychosynthesis books listed in the resources list at the end of this book.

I simply indicate here that if you suspect major internal conflict between subpersonalities you can develop your use of MRT creatively by testing for whether each of the basic needs is met. Test her as she says “My basic need for is met fully and appropriately”, and go through the list of Basic Needs. You will both get many clues about subpersonalities from this, and begin to take steps to meet the unmet needs more appropriately.

• **Rapport and respect:**

All of the tests so far have been preliminary “clearing” tests. They help to establish a rapport between you and the subject. Sometimes the subject is rather concerned about the testing. It may seem very strange to them. Not everyone is able to think in terms of energy flow and body-mind connections. It is a large step to take. If she seems concerned in this way, I may test by asking her to say “It is alright for me to go on being tested in this way” as I test the arm. If it goes weak, (i.e. the idea is stressful), I will explore any concerns the subject has, and deal with them in a way that enables the test to come strong before proceeding further.

This demonstrates *basic respect* to the subject. I would not continue if I did not have her permission *consciously and*

unconsciously demonstrated to both of us in this way. It would not be respectful to her. Fortunately for the purposes of the forgiveness work, most people who have got as far as this really do want to learn.

A word of warning:

Kinesiological testing should not be done on someone who is unwilling to learn about their unconscious mind in this way, or on anyone who is frightened of the procedure, until that fear has been acknowledged and healed. Nor should it be done as a party game. Knowledge from the unconscious mind needs to be brought to the surface only with respect, patience, precision, and in an atmosphere of trust, unconditional love and safety.

Remember, you and your subject are interested in the *changes in the basic test result* that occur as the subject thinks certain thoughts, and these changes can be detected if the physical conditions are kept the same throughout the test session and you have good rapport with each other.

Getting the forgiveness agenda

Because of the interdependence of all creatures, ultimately the secondary love relationships include all of whom you are aware (even if they are distant), or have known in the past (even if they are deceased). It is a natural law that we do not experience the fullest joy until we can love all those of whom we are aware independently of their external behaviour.

Make a list down the left-hand column of one or several pages of all the people in the subject’s life suggested in the list which follows that she wants to be tested for.

Beside each one you will record the results (strong + or weak -) of testing as the subject says for each one the statement: “I love(name) ...” You will deliberately searching for any which weaken her.

For any that she tests weak (-) on, ask her to recall the incidents that caused or still cause her discomfort. She can then proceed to apply the Forgiveness Process

for all such incidents where she felt hurt or disappointment, until she is clear.

Test again and record the result. If the subject has *completed* a forgiveness process fully, the test will become strong (+). If she still tests weak for any of them, she will do the Self-forgiveness Process for any aspects of her own behaviour towards that person or persons about which she still feels badly, or negative beliefs that arose at the time, and record the new BK test result.

So here goes. Test the power of an indicator muscle as the subject thinks of a certain person and says,

“I love ...(use the name)...”

If the arm weakens ask the subject what it means. Usually she will know. If the test is weak a memory will very likely surface of a hurt or a disappointment with the person named. This may take some minutes. The test has brought to light an unhealed memory. This indicates the need to use the forgiveness process.

If the arm stays as strong as before or becomes stronger, it usually indicates a positive, loving attitude to the person being thought about.

The test gives to you both a “read-out” of how much the subject is currently blocking the flow of vital force (love, life energy, or goodwill energy streams) with respect to that person, *even if the events happened a long time ago* and even if she *thinks* (consciously) that she is no longer affected by the past events. or *thinks* that she has forgiven. An incompletely healed memory trace in their past is still in the body in the present time.

Of course, a negative test to “I loveX.....” does not necessarily mean that the subject does not love that person to some degree, or that she actively hates them, - but it is likely to mean that the relationship is or has been *stressful* to her. A parent may test weak for one of three children, for example. It does not necessarily mean that the parent does not love that child at all. It is more likely to mean that that is a stressful relationship for the parent and the flow of love and

goodwill is less stable and secure than with the other children. This may stem from a number of reasons — e.g. the child may not have been wanted, the parents had expectations of a different sex, and so on.

Attitudes to any or all of the people listed below could be tested for in this way over time, and any others who come to the subject’s mind. In this way the subject can get a list, an *agenda*, of what needs to be forgiven by her in order to restore the blocked flow of love and life energy.

The Primary Love Relationships

Ask the subject to say each of the following, and muscle test her for each one separately:-

1. a. I love my mother

b. My mother loves me

c. I am open to receive love from my mother

2. a. I love my father

b. My father loves me

c. I am open to receive love from my father

3. a. I love myself

b. I love my body,

c. I love my emotions,

d. I love my mind,

e. I love “what I do”. (You can then ask her “What do you do?” - and test for different roles she offers: e.g. “I love being a mother”, “I love my work as a”, “I love being a daughter”, “I love painting...”, “I love being a wife” and so on)

f. I love my Higher Self. (Higher Self, Soul, Inner Self, Deep Self, True Self, wairua,whatever is the right word for the subject).

g. My Higher Self loves me

h. I am open to receive love from my Higher Self

4. a. I love God, or, the Source of Life, the Ultimate Source, Creator, (use whatever word is right for the subject)

b. God loves me

c. I am open to receive love from God, or the Source of Life

5. I love my ancestors. (This last is an idea to be tested further. It may reveal an underlying attitude of collective guilt about things done in the past by racial forbears.

There is such a difference in attitude in New Zealand between Maori people to their *tupuna*, or ancestors, and the Pakeha (white, mostly European settlers) to their forbears. This might be true of descendants of the early settlers and of the indigenous people in other countries. It indicates another area for mental house-cleaning needed before racial harmony can emerge).

It is usually very interesting for her to find out where love energy is available to her and flowing well, and where it is stressful or blocked.

The Umbilicus Test

This is a truly remarkable test, that I first heard of from Dr. John Diamond. First test the subject as she touches her own umbilicus (belly-button, or navel). She is usually strong. Have her remove her hand. After obtaining her permission, you now touch her umbilicus, and test. She is still strong. Now have her place the palm of her free hand on the back of your hand your hand while it touches her umbilicus, and test her arm again. If she remains strong the test is “a positive umbilicus test”. If she weakens (and this can be sometimes quite marked) the result is called “a negative umbilicus test”.

Similar results are obtained if a point on the forehead in the midline at the junction of skin and hair is used, which John Diamond has called the thymion point. For subjects who have difficulty in trusting close contact (usually because of previous abuse) it is perhaps less intrusive than the umbilicus to use.

In my experience a negative umbilicus test result has always been associated with the presence of weakness of one or more of the Primary Love Relationships. It reverses to positive when those relationships have been healed with forgiveness.

The subject with a negative umbilicus test has difficulty in either:

- (i) in *giving* love to others or themselves (physically, emotionally or mentally)
- (ii) in *believing* that love comes to them from the energy fields mentioned (mother, father, Higher Self, or God the Source of Life)
- (iii) in *being open* to receive love.

The exact combination of the above patterns

will vary for each person.

Conversely I have only twice in eight years come across someone who tested strong on the Umbilicus Test and who yet had negativity when the Primary Love Relationships tests were done separately. I usually do both.

You do not absolutely need to know how to do the umbilicus test to do forgiveness work, because you can test the primary love relationships statements without it. The remarkable thing to me is that the umbilicus test is correlated with the Primary Love Relationships Tests so accurately. This is an extremely interesting phenomenon. I do not claim to understand the precise mechanism for this test. It is simply an empirical fact, and in my experience, reliable. Perhaps one day when we understand the human energy system more fully, the explanation will emerge. It is perhaps highly *symbolic* of the subject's relationship to Life. There is a *relationship* in the test with another person, the tester, and the place being tested is the place where Life entered her when she was a baby in her mother's womb.

The importance of a weak umbilicus test and Impairment of the Primary Love Relationships

A person with a weak umbilicus test appears to carry deeply *unconscious* anger that gets reactivated in certain situations. They seem to choose negative pathways in life more easily than the positive ones, thus *sabotaging* treatments for illness, or other moves towards better health, life expression, or relationships. They will even *avoid doing forgiveness* when they are the ones who need to do it most and would gain the most from doing so! The more negativity there is in the above tests, the more the balance between the life-wish and illness-wish (or even death-wish) seems to be progressively tilted towards the negative. After all, if you believe that you are unwanted and unloved by your parents, your Higher Self, and the Source of Life - *why bother living?* If you do not love your body, emotions, mind or what you do, why

bother to take care of your body, your relationships, your talents, your opportunities? If you do not love yourself, why *not* smoke, drive dangerously, have accidents, drink or eat too much, get sick, or damage yourself in some way?

A person with a decreased loveflow in their Primary Love Relationships is more open to the negative. I have not found anyone with a significant degree of illness who did not also have impairment in the Primary Love Relationships. The more ill they were, in general the more profound the negativity in the tests. This leads me to believe that the Primary Love Relationship Test could be one of the most important physical signs in medicine. It detects the presence of a vulnerability to an illness or even a death wish within the unconscious mind of the person. Patients who have complications, relapses, who fail to keep to appropriate health regimes, who go from one practitioner to another, for whom treatments work for a while or not at all and then move on to the next, who develop thick pages of notes related to many symptoms, illnesses or accidents all have this. Patients who leave a doctor who is helping them for one who doesn't, or who stay with a doctor who is not helping them are similar. There is a lot of activity on the surface and yet this core issue – blocked love in the Primary Love relationships – is rarely addressed in their medical or surgical care programmes. The cycle of failed treatments continues, to the frustration of all.

Healing comes from using the forgiveness process to restore love towards one's mother, father, self and parts of the self, Higher Self and "God", or "Life". Then treatments will have a better chance of success or may even become unnecessary.

Note that certain musical rhythms (e.g. hard rock) entrain the brain rhythms of listeners adversely and can activate the unconscious anger in people who have a negative umbilicus test – surfacing any tendency to self- or other-destructiveness. Thus we can see can be an increased incidence of destructive behaviour in those who listen to such rhythms. We need to be aware that there is such a thing

as pollution in the context of sounds as well as pollution by chemicals and radio-activity. By contrast, other kinds of music are so beautiful that they can lift someone to the point of wanting to live again and improve learning and memory.

It is crucial to find ways to lift the life energy in one with this condition (unhealed Primary Love Relationships) — "reparenting" them through experiences of beauty in form, touch, colour, sound, and fragrance, and through unconditional love, through teaching them the need for forgiveness and how to do it. It is vital that this core set of negative beliefs is changed.

The state of the Primary Love Relationships conditions nearly all other perception

Think of yourself as looking out on the world through a "lens" made up of your primary love relationships.

Your relationships with males and females, and with "authority figures" (governments, police, doctors, teachers, employers etc.) may all be influenced or "coloured" by your experiences with your father and mother (tested by muscle response to speaking statements 1 & 2 above).

Your relationship to your body, emotions, mind, what you "do" (career, roles, hobbies), and to your talents and your potential will be coloured by your relationship to your self and Higher Self (tested by statement 3).

Your relationship to life (tested by statement 4), and in a different way to churches, organisations, authority, and the opportunities life offers you may be coloured by your attitudes to "God" or "Life" (whatever you mean by those words as a result of your experiences with them in the past).

Your attitudes towards the word "God" and towards religious organisations is likely to have been affected by the kind of spiritual upbringing that you had - whether it was oppressive, rigid and dogmatic or wise, loving and tolerant.

Your willingness to allow good into your life has a relationship to your core beliefs about whether you are loved by these primary

figures, as well as to your *openness to receive love*.

Your relationship to your “ancestors” (tested by statement 5) may colour your attitudes to your “roots” - both to your forebears and to the land, sea and air that supports you. Healing these relationships is therefore important for planetary ecological reasons. Love of the land, sea and air needs to be restored quickly for the sake of the Earth, our Mother.

It is a matter for more research for us to find out how much inner strength and immunity a totally unconditionally loving person can build.

“Openness to receive”

Moira

Moira was a dedicated nurse, presenting with extremely low energy, turmoil and depression. She had a negative umbilicus test, yet she tested strong for love towards and from her parents and everyone else. I was amazed and puzzled. Suddenly the idea came to me to test her for “openness to receive” love. She tested weak for *all* the “openness to receive love” statements. She suffered from burn-out, and yet still believed she had to give and give and give.....and give. She had not learned to give to other people the gift of being able to give to her at times. Without the umbilicus test this hidden block to love flow would have gone undetected. Nor would she have been able to realise that to always give to others and never receive from them manipulates them into always being in your debt, and therefore can be used to control them. This direct experience from her own body of a deep truth about her way of serving and relating to others awakened her to what she needed to do.

A persistently weak umbilicus test often leads to the discovery that there is persistent and unconscious anger towards parent(s) or parent-figures. This may have arisen during your very early life, before you had the ability to understand words and therefore you cannot recall, or even antenatally. Its resolution may require, for example, forgiving your (natural) parents for not wanting you (common in adopted children),

or forgiving yourself for “causing” your mother pain at your birth, etc.

Occasionally, you will find that the death/illness wish is so strong in the person’s unconscious that the results of muscle testing are “consistently confusing”, if you will allow that phrase. It seems in these cases that the unconscious mind is refusing to give up information that would enable the person to do what they need to in order to heal. John Diamond calls this a reversal of the body morality, — the body tests strong for that which is harmful, and weak for that which is helpful. This person tests strong for “Hate is good, love is bad”. He has described some ways of tackling this problem. I know that the forgiveness processes can overcome it, but the negativity is often such that the person with it does not usually stay at the task long enough to complete the work needed. They sabotage themselves. The Inner Saboteur needs to be healed with psychosynthesis methods and forgiveness together. Fortunately this is not common, but those who work with many people will have to be alert for it, and more research is needed to find how to deal with it better.

At times death is the soul’s choice and the right course for the person, and working with the methods described in the work of Elizabeth Kübler-Ross are very helpful. Facilitating forgiveness can be an important part of working with the dying and their families, and has been described by Ramona Clark (“Forgiveness in the Hospice Setting”, in the journal Palliative Medicine 1990).

Secondary Love Relationships

People you could use the muscle response test for:

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 till 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 were;-
Those who caused you to have feelings
that still linger on:-
eg. 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 eg. 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?:-

The subject will apply forgiveness processes to the incidents with all the people to whom she tests weak. The test can be done again at the end of each process. A complete forgiveness will be accompanied by a restoration of complete power to the subject’s arm. *Incomplete restoration of power suggests that there is more work to do.*

You may have noticed that it is not necessary for someone to have done something definitely “wrong” for the forgiveness process to be applicable — only that what they did caused you enough disappointment for you to block the flow of love and life energy.

Power issues

Notice you could group the people you have known into roughly three groups:

- (i) Those more powerful than you.
- (ii) Those of equal power to you.
- (iii) Those weaker than you.

You may be able to see a pattern of having troubles with one or two of these groups more than the other(s).

Love directed:-

- (i) to those stronger than yourself (authority figures) has the qualities of reverence, (trust, confidence, gratitude, and hero-worship);
- (ii) to those of equal strength, of the desire for mutual help;
- (iii) to those weaker than yourself, of benevolence, (tenderness, compassion, gentleness, protection).

Hate in these directions is different in quality too - namely

- (i) to those stronger than yourself (authority figures) has the qualities of fear, (mistrust, treachery, vindictiveness, deceit, servility, cowardice, disobedience, revolt, revenge)
- (ii) to those of equal strength, has the qualities of desire for mutual injury, - (combativeness, jealousy, insolence, aggressiveness, disrespect)
- (iii) to those weaker than yourself, has the qualities of scorn, (harshness, cruelty, oppression).

Can you discern what your tendencies might have been? Are there any connections you can make with your own childhood experiences of love and power? Most people find it easy to love “downhill” – i.e. those smaller, weaker or sicker than themselves. They find it more challenging to love “uphill” - i.e. to love those with power - politicians, government departments, police and so on. Some people find it difficult to love weaker people, scorning them instead. Some people cannot love those with more power – always want to drag them down. Unconditionally loving people can do it in all directions, loving both the strong and the weak, both the victim and the oppressor, who is also in their own way a victim.

Possible causes for incomplete strengthening after application of the Forgiveness Process:

Let us suppose that your subject finishes a forgiveness process on someone. She tested weak for “I love ...x...” at the outset. When you test afterwards “ she fails to become completely strong – such a result may happen sometimes. More work can be needed :-

- (i) If there has been inadequate clarity, definition or completeness of the preference statements.**

An incident may have been left out, which comes to mind after a time of reflection. The subject may recognise that there is one or more preferences that have been omitted. Ensure that the preferences statements are clear, contain no negatives or vague words, and are complete.

- (ii) If there is an associated self-forgiveness needed for any parts the forgiver played in relationship to the one they are intending to forgive.**

In which case, weave the Self-forgiveness and forgiveness of others together.

- (iii) If there is someone else in the causal chain - someone else *like* the person who is being forgiven, from earlier in life, (usually a parent-figure or teacher).**

This usually becomes apparent after a time of inner reflection after the question — “Is there someone or something else?”

- (iv) If the forgiver is not engaging enough will in the forgiveness process and is still “holding on” to something.**

The reasons why people may be unwilling to forgive are usually twofold:

- (a) They may not be clear that they are *punishing themselves* by remaining unforgiving.**

The values and Benefits and Burdens steps may need to be repeated.

- (b) They may misunderstand the true nature of the forgiveness process.**

Some people have thought (when they first started to explore the nature of forgiveness) that “forgiveness” means one of more of the following, which it is not.

A Reminder - What the Forgiveness Process is NOT

- Allowing the other person to continue harmful actions
- The same as pardoning someone, which is being merciful and letting someone off a merited punishment.
- Being a “doormat”, “victim”, “weak”, or a “martyr”. Becoming helpless and passive, which is most often done from a

very unforgiving stance.

- Losing being “right”, or losing the chance of proving the other person “wrong”, which is justification.
- Too painful to do. Too difficult to do. Nor is it “too easy to do and therefore meaningless” (as one person said to me once).
- Making other people change, or apologise.
- Something you “have” to do.
- Something you do “at” another person, or even tell them that you have done, especially with the intention to put them down.

Returning to the values statement and benefits of forgiveness weighed against the burdens of unforgiveness can help to overcome this.

(v) Occasionally, forgiveness can be held up when “past life” material is surfacing.

This is a controversial subject. I have certainly seen “past life regressions” benefit some people. I have undergone such experiences myself and conducted “past life” therapy sessions with certain clients when all else seemed useless. The results were helpful. It is not wise to reject this method as “unscientific” and it is not necessary for the “past lives” to be verifiable for psychospiritual benefits to come about. It is quite possible to engage ethically in this work by acknowledging that the unconscious mind works with symbolic language and such images as emerge during such a session are a form of symbolic language. The “truth” or “untruth” of the images can remain classified as an opinion without interfering with the therapeutic benefit.

Those who accept the idea of reincarnation find the idea of past life therapy easier to accept as more “real”. Since I have begun to ask clients about their core beliefs about death and the hereafter, virtually all say they subscribe to a belief in cyclical incarnation through a series of lives for the purpose of evolving consciousness, learning how to love more deeply, to serve others, and to gather wisdom.

Those who access “past life material” in

dreams or with past life therapists are strongly advised to apply the forgiveness process to that material if it contains traumatic memories in just the same way it would be applied to this life material. I advise all who ask me about this matter to first learn and master the forgiveness processes before seeking to do past life regression therapy. It is wise to learn to apply the forgiveness processes to your present life situations first. You can then apply it speedily to whatever you discover if you explore “past life” material. I have seen “this-life” situations improve considerably when this has been done, especially if they come to discover or believe that they have been together in a past life with a person they have a relationship difficulty with in this life.

Further comments on exploration of the deep unconscious

Nowadays there are many resources for exploring your own deep unconscious available to you. There are many good workshops open to the public in which intense and powerful experiences can be obtained, using a variety of hypnotic techniques, breathing exercises, and group pressure. These can bring to the surface old feelings, reactivating the pain of the level of the divided self. Good can come from such experiences if the person is strong, can observe themselves with compassion, and if the material is healed as it surfaces. There are from time to time casualties from such experiences, however, and there is often inadequate support and follow up for these people. I have some reservations about deep exploration methods *unless you can quickly move on to using Forgiveness to heal whatever material surfaces*. My reasons are that regressing to the “earlier state” brings into the present old patterns of thought, feeling and behaviour that are painful and usually no longer appropriate. I have seen several such cases. After such an experience the person found themselves living in the present with the mind-set and emotional pain of their inner child. I believe that much pain could have been avoided and more benefit obtained if the participants had *learned how to forgive before entering the arena of regression therapies.*

Supposing you suspect that you have suffered a deep trauma yet you have no conscious recollection of it

I believe that it is safe for you to explore your unconscious for this (or even previous lives) *provided you know how to do the Forgiveness Process and are willing to use it* for any traumas that are brought to light.

First of all, remember that the goal is to restore the state of love and develop the everyday expression of the qualities of your Higher Self *now* much more than to find out what is “wrong” in the past.

Here are a few suggestions:

1. It may be possible to forgive your parents and yourself for “whatever it was before I can remember”, and self-correct the umbilicus test.

2. It may be possible to discover what the root-event(s) were by methods which involve regression, e.g. skilled hypnosis, Well Spring Alignment to music, or rebirthing, psychodrama, bioenergetics, or other emotional release therapies, although the information gained is not always verifiable. *Remember that forgiveness is to be used with the insights gained.*

3. It may also be possible to self-heal by affirmations, which are used to impress your unconscious with the desired thoughtform. Repeatedly saying something like “Every day I choose and will to love my Mother (Father, Self, Life) more and more ” etc., starts to move the chosen psychological energies, even though at first you will experience your conscious or subconscious resistance to these words (like the inner voice of “That’s not true!”).

If there are inner resistances to owning the desired belief, saying or writing down the affirmation and whatever inner resistance comes up repeatedly over time may also bring to consciousness the incidents which need to be processed through forgiveness. Eventually the resistances run out if there is enough intention to adopt the affirmative belief completely, to be willing to accept the consequences, and to be responsible for the results. There are many books on how to use

affirmations available now.

My experience is that affirmations alone may not always produce the desired results *unless* coupled with the practise of forgiveness and the restoration of love towards self, others and the Source of Life.

4. You may lift your life energy by undergoing a nurturing experience of unconditional love through a course of skilled Rebirthing, a Well Springs Alignment to Music, a loving foot, head, or body massage, the experience of an unconditionally loving therapist or person in your life. A “Remothering Experience” as outlined in John Diamond’s monograph; “The Remothering Experience - How to Totally Love” can have a similar beneficial effect in restoring your life energy to a level at which healing can occur, or at least begin.

5. You may discover and do the creative activity which heightens your life energy *more than any other*. John Diamond has called this your “cantillation”. It could be singing, dancing, playing music, painting, sculpture, building, photography, poetry, or whatever expression of your inner beauty and talents you can *put your love, heart and soul* into. Then you transpose this quality of energy to other activities in your life. (See the other works of Dr. Diamond, - “The Life Energy in Music”, “Life Energy Analysis - a way to cantillation” etc.)

You may need an experienced guide for this work, or you may be able to achieve it on your own.

You have a right to seek out experiences of giving and receiving Unconditional Love. You have a right to be creative and to complete this Forgiveness work. Work at it until your umbilicus and other tests are strong and stable.

Completion

In due course, with persistence, the agenda is completed, and all that remains is daily or weekly maintenance.

Your work is complete when all the

people on your list test strong. Keep records of your progress, the dates the different when the different tests became positive, and how your life changes as you do this work.

Approve of yourself as you do this mental housecleaning. You are a truly wonderful person, part of a humanity engaged in the task of purifying consciousness. Each person who liberates the love that is within them adds this to the energy field of the earth.

Your emotions tell you when the flow of love is blocked, that is, they are *sensitive*. Physical events in your body, the meridians and the nervous system give you feedback through muscle testing or biofeedback instruments.

You are never out of relationship with anyone, even those who have died physically, for their memory lives on in your conscious or unconscious mind. Forgiveness of deceased persons is extremely valuable.

The healing of memories is your responsibility, no one else can do it for you.

Other muscle response tests useful in getting the forgiveness agenda

The Inner Flame Test

For this test, the subject looks into a mirror, and is tested as she looks first of all, into her left eye, then her right eye. If she tests weak for either of these, then find out when “the light dimmed or went out of the eye”. This is a major and sustained drop in the life energy, often occurring when something happened that was a severe emotional trauma, or the “last straw”, i.e. an event that came at the end of a series of traumas that was “just too much”.

You can test the subject as she looks into the affected eye for when she was, say, half her present age. For example: “At twenty years of age, speaking to your body-mind,at twenty years of age,

.....look into your left eye,” and test.

If it is still weak, go back further. Eventually you will find an age at which the test is not weak, say 5 years’ old. Then come forward, one year at a time, say, 6,7,8,9,10.... years old.

You are trying to find out the age at which her inner flame went down and stayed down. As you come forward in time you will find that as she thinks about herself at a certain age, the test goes weak, and you will be reasonably accurately able to locate an incident in her life which was traumatic, embarrassing, or “the last straw” in some way. By going in “brackets” of months or even days you can locate the moment it happened. At times it can be remarkably accurate. I have seen patients locate “the time the light in their eye went out” to a time *before* birth, and their body shows the traces of a trauma that occurred to their mother during the pregnancy. The baby picked up the negativity of the situation in which the mother found herself as if it was their own. Checking with their mother can sometimes bring to light events that really need healing with forgiveness.

The healing of the memory of the incident discovered by this test by *applying the forgiveness process* to it can be extremely beneficial to a person’s life expression.

The will-to-wellness and the will-to-illness tests

A lot of trust is needed between tester and subject for this test. The subject needs to be really willing to look within themselves with love. I usually ask if this trust exists before doing it.

Test your subject for the statement “It is O.K. for me to be tested like this” before doing this test. If the result is negative ensure the subjects feelings are respected fully.

If strong, test for “I want to be well”. If she tests weak and has a known illness, test her in turn for different illnesses.

“I want to have.....cancer, heart disease, an accident, M.E., arthritis...etc.”(include in the list the name she calls the illness)

You and the subject may be surprised to find that she tests strong (a kind of “yes”) to that illness but *not to any others, or at the most*

only one other.

This seems quite specific, even for the organs involved (e.g. cancer of the affected organ, but not anywhere else).

This may mean that a *part* of them at some time experienced a trauma and *unconsciously formulated an illness wish* (“I’d rather be dead than go on like this! The illness or accident I want is” kind of thing). It may have been conscious or *unconscious*. Yet it was sustained. It may have been based upon seeing the benefits someone else was apparently getting from illness or injury. It may have been only a fleeting thought, but the unconscious mind took it like a command and started to create the conditions for the goal to eventuate.

You can test for the age this decision was made. “At the age of ..a,b,c, etc... I want to have ...X...” for different ages in turn. Up to a certain age it will be weak (=“no”), and after a certain age it will be strong (=“yes”). The curious thing is that you sometimes find that she made the decision to get X (the condition or illness) at an age when she could not have even known what X was. The body seems to know what you are looking for — that is the key incident that set the scene for the illness and which needs healing with forgiveness.

In workshops I have led, between 30 and 50% of people there can recall consciously a time in their lives when this happened and they made a death-wish. But it can be *unconscious* too.

It can be a very important part of the healing process to locate the incident(s) and apply the forgiveness process to the memory of it (them). It is very important to remake the decision made at that time into a choice for love and life.

A final check

If you still do not know whether you need to forgive a person or yourself, test yourself as you say

“I need to forgive ...x...” or “I need to forgive myself about.....”.

“There is still someone else I need to forgive”.

“I have completed my forgiveness work .”

Your body will give a “yes” (strengthening) or “no” (weakening) response which you will easily understand. You do not need a therapist to tell you, your own body can do it.

Two Cautions

1. Caution in interpreting the Muscle Response Tests are needed.

It has been mentioned briefly before. If the person doing the testing themselves has serious negativity in their own energy pattern, this may transfer itself to the one being tested. Also because a basic premise of this book is that “energy follows thought” the possibility arises that test results may be affected by serious negativity of people in the room. This is the reason that many people do not consider MRT to be “scientific”, because the results are not always the same with different testers.

However, if you work with it carefully and deeply, aware of the interconnections between energy systems, you will usually find a reason for anomalous test results. Observing different test results was what convinced me that “no one is an island” - we may *appear* to be separate physically, for we *appear* to end at our skins. But mentally and emotionally we are interdependent energetically. The world is the way it is because of the way thought has been used in the past. Its future is hourly being built by the thoughts humanity creates in the present. Now that we know that fact we are responsible for taking care of the *thought field* of the Earth. For this reason we must master the forgiveness processes and the skills of unconditional love.

2. Avoid any temptation to use muscle testing as a party game.

It is entry into the unconscious of the subject and should only be done with deep respect for his or her privacy and integrity.

3. Experiment wisely for yourself and you will make very interesting and helpful discoveries.

Further Resources

Information about seminars on the Unconditional Love and Forgiveness Process can be obtainable from

Whole Life Endeavours,
(Dr. G.A.Pettitt), 81, Cambria St., Nelson,
Nelson, New Zealand, Tel: +64-3-548-4400;
Fax: +64-3-548-1241. In New Zealand (03)-
548 4400, email: gpettitt@ts.co.nz
Forgiveness Process Website:
<http://www.ts.co.nz/~gpettitt>
Psychosynthesis International,
(Edith Stauffer, PhD) P.O. Box 279, Ojai,
California, CA 93024, USA. Tel: +1-805-
646-7041 Fax: +1-805-646-9338,
email: psi@west.net,
Website: <http://www.healthy.net/psi>

Books and articles about Love and Forgiveness

“Unconditional Love and Forgiveness”
by Edith Stauffer, PhD., Publ. by Triangle
Publishers, Box 1416, Burbank, California,
91507. USA. (1987),
Obtainable from Psychosynthesis
International, P.O. Box 279, Ojai,
California, CA 93024, USA. OR: Synthesis
Distribution, on the Internet, at [http://
members.aol.com/SynthesisD/catalog.html](http://members.aol.com/SynthesisD/catalog.html)
OR: the Psychosynthesis Trust, PO Box 301,
Motueka, New Zealand.

The Khabouris Manuscript,
an ancient text in Aramaic, translated and
publ. 1970, by the Yonan Codex Foundation,
Atlanta, Georgia. This is the source of the
Aramaic words used in this book that
describe the mind-sets that lead to
Unconditional Love.

“Forgiveness: a teachable skill for creating and maintaining health”

by G.A.Pettitt, 1987, New Zealand Medical
Journal, Vol 100, No 820, pp 180-2. Some
medical; applications of the Forgiveness
Process.

“Changes of Heart: the role of love and will in illness and wellness - part III”

by G.A.Pettitt, 1988, New Zealand Medical
Journal, Vol 101, No 853, pp 573-4.

"Bringing More Love Into Your Life: The Choice Is Yours,"

by Eileen Caddy and David Earl Platts, ISBN
0-905249-75-5, Findhorn Press, Forres,

Scotland. A step-by-step 288-page guide
using psychosynthesis principles and
techniques with chapters on the Will,
Identification, Disidentification, etc., and
more than 125 exercises designed and
sequenced to take readers through their
own personal process of introspection and
discovery.

"Choosing To Love,"

by Eileen Caddy and David Earl Platts,
ISBN 0-905249-90-9, Findhorn Press,
Forres, Scotland. A summary of excerpts
from "Bringing More Love..." for people
wanting just a straight theoretical read
without most of the exercises.

“The Road Less Travelled”, “The Different Drum”, and “The People of the Lie”,

by Scott Peck, MD, publ. 1978, 1987,
1983, by Simon and Shuster, 1230, Ave.
of Americas, New York, 10020. (About
the psychology of love, community
building and evil respectively)

“Love, Medicine and Miracles”, and “Peace, Love and Healing”

by Dr. Bernie Siegel (Arrow Books
London 1988 & Rider/Century
Hutchinson London 1990 respectively).
(A surgeon shares experiences learned
from his exceptional patients concerning
the role of positive attitudes and emotions
on their healing).

“Teach Only Love”, “Goodbye to Guilt”, “Love is Letting Go of Fear”, “One Person Can Make a Difference”,
and other writings of Dr. Jerry Jampolsky,
(on the principles of attitudinal healing.
His writings have roots in “The Course in
Miracles” 1975, publ. by the Foundation
for Inner Peace).

“The Art of Loving”

by Erich Fromm 1957, now in Bantam
Paperbacks.

Elizabeth Kübler Ross and Steven
Levine’s books on aspects of Death,
Dying, and Love, and the Elizabeth
Kübler Ross Foundation’s workshops are
recommended for their fine teaching
about unconditional love.

“Forgiveness — how to make peace with your past and get on with your life”

by Sidney and Suzanne Simon, 1990,
publ. by Warner Books, New York.

“Peace Pilgrim”

compiled by her friends. (Inspiring story
of a remarkable woman dedicated to
peace through love). Published by Ocean
Tree Books, Santa Fe, New Mexico.

Obtainable from Friends of Peace Pilgrim, 43480, Cedar Avenue, Hemet, California, 92544, USA. Tel: (714)-927-7678.

“Service, — the expression of Unconditional Love”

p. 164 of “Feeling Great, a personal programme to speed healing and enhance wellness”, 1983, by Jeanne Segal, PhD., publ. by Newcastle Publishing Co., PO Box 7589, Van Nuys, USA.

“A Little Book of Forgiveness”

by D. Patrick Miller, 1994, Viking/Penguin

“Forgiveness and Other Acts of Love”

by Stephanie Dowrick (author of “Intimacy and Solitude”), 1997, Viking/Penguin

There are many similar books in any good bookshop nowadays as the subject of forgiveness is one whose time has come and there is growing interest in the subject.

Books on Psychosynthesis

“What We May Be”,

by Pierro Ferrucci, publ. by Turnstone Press, Thorsons Publishing Group, Wellingborough, Northamptonshire, NN8 2RQ, England.

“Psychosynthesis”, and “The Act of Will”,

by Roberto Assagioli, publ. by Turnstone Press, England

“Transpersonal Development”

by Roberto Assagioli, publ. by Harper Collins, London.

“The Unfolding Self” (Psychosynthesis in Counselling) and “Growing Whole”, by Molly Brown, publ. by

Psychosynthesis Press, Los Angeles, California; Her address: PO Box 779, Fairfax, California 94930, USA.

“You’re in Charge!”

(A guide to becoming your own therapist) by Jeanette Rainwater, publ. by De Vorss & Co., PO Box 550, Marina del Rey, California 90291, USA;

“Psychosynthesis in Education”

(Psychosynthesis for teenagers and those who work with teenagers) and

“Psychosynthesis in Counselling”

by Diana Whitmore, publ. by Turnstone Press;

“He Hit Me Back First!”

by Eva Fugitt, (Psychosynthesis for young children, their teachers and parents) publ.

by Jalmar Press, 45, Hitching Post Dr., Building 2, Rolling Hills Estate, California 90274, USA;

“Psychology With A Soul”

(The story of the evolution of psychosynthesis and its connections with other disciplines) by Jean Hardy, publ. by Routledge Kegan Paul, 11, New Fetter Lane, London, UK.

“I - the story of the Self”,

by Michal Eastcott, publ. by Theosophical Publishing House, Wheaton, Illinois, USA.

“Changes of Heart: the role of love and will in illness and wellness - parts I & II”

by G.A.Pettitt, in the New Zealand Family Physician, 1989. (medical applications of Psychosynthesis principles).

“Soul Play”

by Vivian King (published in 1998, by Ant Hill Press, PO Box 10, Georgetown, Mass. 01833, USA). The metaphor of the Inner Theatre makes psychosynthesis principles easy to understand..

For information about further training in psychosynthesis

Training in psychosynthesis can be obtained in many countries through the centres in larger cities. There is an **International**

Psychosynthesis Directory listing centres and practitioners throughout the world obtainable from the Psychosynthesis and Education Trust, 92/94 T ooley St., London Bridge, London SE1 2TH, England or, send a cheque made payable to David

Earl Platts for 12 pounds sterling or 19 US dollars, including air mail delivery, to 7 Oakwood Gardens, Knaphill, Woking, Surrey GU21 2RX, England..

Training by correspondence for those not near such a centre can be obtained from:-

Psychosynthesis International, (Edith Stauffer, PhD) P.O. Box 1110, Ojai, California, USA. Tel: and Fax: +1-805-646-7041 or from **Psychosynthesis Distance Education, Psychosynthesis Trust**, PO Box 301, Motueka, New Zealand

You can also visit various Psychosynthesis Webpages at the Delphi Forums website. Go to: <http://my.delphi.com> and then search for “psychosynthesis” OR search for “psychosynthesis” on the usual web search engines, as new sites appear from time to time.

The Association for the Advancement of Psychosynthesis (AAP), PO Box 597, Amherst, MA 01004-0597, USA

On Kinesiology and Life Energy

“Life Energy”, “Your Body Doesn’t Lie”, and many monographs, newsletters and tapes by Dr. John Diamond, MD, obtainable from The Diamond Center, PO Box 381, South Salem, New York, NY 10590, USA. +1-914-533-2158, Fax: +1-914-533-2408.

“Vibrational Medicine”, by Dr. Richard Gerber, MD, publ. by Bear & Co., Santa Fe, New Mexico 87504-2806, USA.

Miscellaneous

“Joy and Healing”, and “New Dimensions of Healing”, by Torkom Saraydarian, publ. by the Aquarian Educational Foundation, Box 267, Sedona, Arizona, USA.

“Healing Research”, by Dr Daniel Benor (2 vols), 1992-94, Helix, UK and Germany

“The Anatomy of Spirit”, “Why People Don’t Heal, and How They Can”, by Caroline Myss, PhD, 1997, Bantam

“The Chakras and Esoteric Healing” and “Ray Methods of Healing” by Zachary Landsdowne, 1986 and 1993, Weiser, USA.

“The Esoteric Healing Handbook”, “Practical Guide to Esoteric Healing”, and “Advancing in Esoteric Healing” by Alan Hopking, Godshaer Publishing, UK.

“The Seat of the Soul” by Gary Zukav, publ. by Simon & Schuster, New York, 1990.

“Values Clarification” 1972 and 1978 by Sidney Simon, Leland Howe, and Howard Kischenbaum, publ. by Dodd, Mead & Co. New York.

“The Restoration of the Intangible in Medicine” (A new paradigm for medicine). by Prof. Marco De Vries, The Helen Dowling Institute for Biopsychosocial Medicine, Mathenesserlaan 183, 3014 HA Rotterdam, The Netherlands. publ. by the Institute of Psychosynthesis, 1, Cambridge Gate, London NW1 4JN U.K. This institute conducts research into the methods of psychosynthesis applied to medical problems.

On Meditation

Booklets for the Meditation Group for the New Age, and The Group for Creative Meditation, are put out by Meditation

Groups Inc., PO Box 566, Ojai, CA 93024-0566, USA. This is an excellent series of booklets that guide the beginner very soundly.

“Active Meditation - the Western tradition”, and “The Light Within Us”, by Robert Leichtmann and Carl Japikse, published by Ariel Press, and obtainable from Light, 3854 Mason Rd., PO Box 249, Canal Winchester, Ohio, 43110, USA.

“The Science of Meditation”, “Psyche and Psychism” and other books by Torkom Saraydarian, publ. by the Aquarian Educational Foundation, Box 267, Sedona, Arizona, USA.

“Meditation in a Changing World” and other books by William Bloom publ. by Gothic Image, 7, High St., Glastonbury, Somerset BA6 9DP, England.

Some sources of further esoteric training

The School for Esoteric Studies, 58, Oak Terrace, Arden, North Carolina, NC 28704, USA, offers distance training by correspondence in esoteric studies and meditation, as does the **Arcane School,** 3, Whitehall Court, Suite 54, London, England SW1A 2EF.

There are an ever increasing number of good resources available nowadays. Ask around in your area, search any good bookshop, or the InterNet, and follow the leads that come to you. You will learn to use your intuition and develop your powers of discernment as you do this.