

Module 10: Video Number 2

Proclamations and Final Steps to Finish the Worksheet

OK, welcome to the second video of Module #10 where we're going to finish up the worksheet. So, having done the reframe, all that remains for the client or for you to do is to read out loud the two proclamations, and then write a note to the person that you have forgiven, and write a note to yourself. So, let's read the first one on the worksheet, the first proclamation that is.

So, you write your name in there, of course.

17. I completely forgive myself, _____ and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself just the way I am in all my power and magnificence.

The importance of this affirmation cannot be overemphasized. Have your client read it out loud, so they really feel it and the words resonate within them, so they feel a strong sense of self-worth. Self-judgment is at the root of all our problems, and even when we have removed judgment from others and forgiven them, we all too often continue to judge ourselves. We even judge ourselves for judging ourselves!

COACHING TIP: Read these two affirmations along with your client. And, have them stand up to read them. This gives it a lot more power and your client will feel the shift more deeply. Stand with your client, just a little bit behind them and to one side. This gives them a great feeling of support.

And, the next affirmation #18, and in here you would put whatever word you think of as your Higher Power like Universe, or God, or Spirit, or whatever it is.

18. I now SURRENDER to the Higher Power I think of as _____, and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE, and I now restore love to (X). I close my eyes in order to feel the love that flows in my life and to feel the joy that comes when the love is felt and expressed.

It's at this point that we drop the words, the thoughts, and the concepts in order to actually feel the love. When we reach the bottom line, only love exists. If we can truly tap into that love, we're home free. We need do nothing else.

So, we take a few minutes to meditate on this statement and be open to feeling the love.

And, now in Step 19, this is when you write a note to the person that you have forgiven.

Step 19. A Note To You (X) _____ "Having done this worksheet, I.... completely forgive you (X) for I now realize that you did nothing wrong and that everything is in Divine order. I acknowledge, accept and love you unconditionally just the way you are.

Ok. So, you say to your client, "You began the Forgiveness Worksheet by confronting your victimizer. Hopefully, your energy probably has shifted since you began, even if the shift occurred only a moment or two ago. So, how do you feel about this person now? What would you like to say to him or her?" And, then give them some time to write something of an intuitive nature and don't judge the words that come forth. They may be very surprised at what they write.

And, finally, #20 which is where you write a note to myself, or they write a note to themselves. They can add whatever they like, but at the bottom of that box it says the following:

20. A Note to Myself: I recognize that I am a spiritual being having a human experience, and I love and support myself in every aspect of my humanness. I honor myself for doing this worksheet for I had to face my demons in the process. It took courage, willingness, and trust in the process.

All right. So, that's it. That's the end of the worksheet. It is true that doing a worksheet can be done alone once you've shown them how to do one, and have done a few of them that they can do them in 20 minutes or so. But when you take them through the worksheet for the first time as a way to help them really overcome a grievance or a long-standing issue with a lot of pain attached to it, you really need to take your time so as to make the most of the experience for your client.

I hope you got a great deal of benefit yourself from doing the worksheet with us as we went through it here in Modules 7 through 10. I hope and can imagine you are all fired up and ready to take your five people who have grasped at the opportunity to have you take them through a worksheet in the next two weeks. But, don't be nervous. You cannot do it wrong, and you don't have to be perfect. The worksheet is what does the work, not you, so do your best and log your own progress with each person. You never know, one or more of the people who do this with you might become a paying client for you. And I do mean paying. Yes, you will do this session for free as part of your training, but thereafter you decide on your hourly fee, and you charge it.

Have fun with this and with the book study group which you should be ready to start right now if you want to finish the whole training by week 12 or very soon after. So, we'll see you in Module 11 where I will speak of the other tools that we have available to use with clients.

So, we'll see you then.