

Module 11. Video Number 1

## **Other Radical Forgiveness Tools**

Welcome to Module #11. Now, at this point, having studied the Radical Forgiveness Worksheet in depth, watched the video of me taking JoAnn through it, and having practiced taking five people through it yourself, I have no doubt that you have mastered it. If you never did anything else but teach people how to use this amazing tool, you would still be making a difference to hundreds, if not thousands of people.

You've also experienced for yourself, the 3-Letters Process, and you have mentored at least one person through it already. So, you've nailed this one, too. That's incredible.

I hope you realize, now that you have these amazing tools at your fingertips, how ready and well prepared you are to begin coaching people. You can't yet claim to be a certified coach, but you can say that you're in training and in the practicum phase which allows you to coach people for a fee, that is, so long as you are truthful about it. So, why not take on a paying client now that you have the tools to give them? You can do it, I know.

As if that weren't enough, there are a few other things that you will be able to offer people as well as the 3-Letters and the Radical Forgiveness worksheet, that will give you even more ways to help people adopt the Radical Forgiveness Strategy as part of their Radical Living Lifestyle. These are:

- The Quick Radical Forgiveness Worksheet
- The Centrifuge Worksheet
- The Acceptance (of Another) Worksheet
- The Emerge-n-See 4-Steps Process and Worksheet
- 13-Steps Audio Process

We've already gone over the Centrifuge worksheet in some depth in **Module #8**, but I include it here if only to once again emphasize its value and to urge you to use it as a way to uncover what kind of interpretations your client has added to his or her story and how attached they are to those interpretations and assumptions. Also, as a way of discovering what core-negative beliefs that they made up as a result of their experience.

It is a very useful tool, and when you have a client fill it in under your direction, it gives them a way to see for themselves how they are seeing and holding what happened to them. A lot of insights and awareness can come from using that worksheet.

We've also previously made reference to the Quick Radical Forgiveness Worksheet as I just said, and I had you read the text that explains Stage 3 on that worksheet, Collapsing the Story. It gives a slightly different slant to Stage # 3 than the full Radical Forgiveness Worksheet gives, which make it interesting and different. It focuses the person's mind on just how much of their suffering is optional, so that's a good thing.

As I mentioned before, there may be times when you might use it before giving someone the full worksheet, especially if time is very limited, but on the whole it's best to do the full worksheet first

and then use this quick one either as a follow-up or when a client comes up with an issue that is relatively mild and doesn't necessarily need to do the full worksheet.

The reframe is made easy on the Quick Radical Forgiveness Worksheet by having those same phrases and statements as you found on the Reframe Language handout you got in **Module #10** right there on the second page of the worksheet. You may have to help them select the ones they resonate with the most and assist them in stitching them into a coherent reframe statement that pertains to the issue they began with.

Of course, you don't get the same opportunity to really teach the Radical Forgiveness philosophy to the same degree that you can with the full worksheet, but let's be clear, the worksheet experience is not a cerebral one. It's an instrument that shifts energy. So, the Quick one might do that every bit as well as the full one. So, don't think of it as a less good instrument. It's just different, that's all.

So, when you or your client downloads a Radical Forgiveness worksheet from our website, it comes as a 4-page document. The first three sides are devoted to the Radical Forgiveness Worksheet while the 4th side provides a worksheet we've not mentioned up to now and that is the Radical Acceptance (of Another) Worksheet, which I mentioned just now.

This worksheet is entirely complementary to the Radical Forgiveness worksheet for a couple of reasons. Firstly, I made the point that you don't have to like the person that you're forgiving. Most likely, by the very nature of the process, you will probably not like the person who has mirrored for you the very parts you find loathsome in yourself.

But, knowing what we know about how the Universe works and how our level of vibration is determined by where we hang out on a scale with Love at one end and Hatred on the other, we need to learn to accept the person just the way they are if we want to locate ourselves towards the Love end of the scale and maintain a high vibration.

Secondly, you will recall, I'm sure, that **Step #5** on the worksheet says, ***"My discomfort was my signal that I was withholding love from myself and the other person by judging, holding expectations, wanting him or her to change and seeing him or her as less than perfect."***

Well, if we are going to do more than give lip service to this statement, we need to find a way to truly come to accept that this person is exactly how he or she is meant to be and that our spiritual practice is to do our best to hold that as the truth. If you read that statement carefully, the implication is that love and acceptance are the same, that is in the context in which we are using the term acceptance. It is not that we are accepting them by making some kind of allowance, or that we are just tolerating them. No, it means extending unconditional acceptance and loving them just the way they are.

According to the following definition, acceptance it is the same as love:

**Love is the acceptance of what is, as is.  
Fear is the resistance to what is, as is.**

It doesn't come more succinct than that, does it?

Love is the acceptance of what is, as is and fear is the resistance to what is, as is.

But it is not easy to love and accept someone who has hurt you or you find objectionable in some way. So, that's why we have created this worksheet so that in the doing of it, we are actually asking Spirit to help us see the Divinity in this person so that we can accept them unconditionally. So, if you haven't downloaded it yet, go ahead do so and let's go through it together.

OK. Like all worksheets this one starts from where we are at the time, which is, to put it mildly, in a state of not feeling positively disposed toward the person we are doing the worksheet on. It could be a lot worse than that, but anyway, what needs to be put in Box #1, is everything we dislike about the person and what we find difficult to accept.

So #1 on the worksheet says:

**1. I recognize that I am finding it difficult to accept \_\_\_\_\_ as he/she is. The problem I have with him/her is:**

And, you just write in what that is. Now, be careful here. This could easily be a person that your client finds unacceptable but only in part. It could even be someone they love but only find a part of them as abhorrent, like their habitual drunkenness or even pedophilia - stuff like that.

**COACHING TIP:** If this is the case, you will have to carefully coax your client to really tell you what bugs them about the person, especially if he or she is co-dependent and very much inclined to defend the person or minimize their unacceptable behavior. Keep assuring them that it is only that part of them that is bad and that they can still love the other parts while they do this first.

**2. The main feelings I am experiencing within myself right now as I bring this person to mind are:** (Be totally honest and use feeling words.)

And, again, encourage your client to be truthful. Have them use the Feelings Checklist if they have trouble identifying their feelings.

**3. I honor my feelings and claim my right, as an awakened human being, to have these emotions and to be responsive to them. I value them because they give me good feedback about how I am seeing this person. AGREE DISAGREE**

You just check off agree or disagree. This is the same as #3 and #4 on the Radical Forgiveness worksheet. Owning their feelings and seeing how their feeling gives them feedback helps them feel their power and invites them to examine their right to object and even to respond.

**4. Even though I am not aware of what it might be, I am open to the possibility that this person is in my life for a reason and possibly is here to provide me a lesson or healing opportunity. AGREE DISAGREE**

Now in this step is where the person is opening to a reframe.

**5. I recognize that I may be using this person to not only create some fresh pain of separation within myself, but also to leverage one or more similar such instances of separation between myself and other important people in my life. For example:**

Now at this point, you may need to help the client identify other people they may have found objectionable in much the same way. It will be up to you to decide whether to broach the idea that these people are mirroring for the client their disowned shadow parts. And, this will depend on where you are with this client.

This next statement is an invitation to become open to accepting the person fully as a divine being who is living their purpose by being who they are and fulfilling their contract.

***I am therefore recognizing in this person, from whom I have withheld love and have judged, a soul-mate on a mission to awaken me to the truth of who I truly am, who he/she is, and who those are from whom I have withheld love previously. We are all part of the one Divine Essence. AGREE DISAGREE***

**6. Even though I know there is no requirement that I like this individual as a human being, nor approve his/her behavior in human terms, I am now willing to see the light in him/her and to know that the person's soul is Love, pure and simple and he/she is, therefore, perfect in every way. AGREE DISAGREE**

**7. I am now feeling a sense of Oneness with this person now and feel gratitude for this person being in my life. AGREE DISAGREE**

**Signed:**

**Date:**

I think you will find this to be a very helpful tool to use, not immediately after a Radical Forgiveness worksheet perhaps, but as soon as you feel that your client is ready to make that shift.

OK. Good. Now let's talk about the 4-Step Radical Forgiveness Process and the worksheet that goes with it.

I call this my **Emerge-n-See** Forgiveness Process. Unlike most of the other tools which you only use in moments of quiet reflection sometime after an upset, this is the process to use right there in the moment when something "upsetting" happens. Explain to your client, that going through these four steps in their mind or under their breath, even if they do it through clenched teeth, will stop them going to "victimland" and become stuck there for a considerable time. Again, this will almost certainly be a case of fake-it-till-you-make-it, but it works anyway. There's a little video on this and if you watch that you'll see what I mean.

Give this tool to your clients when they have come to understand how Radical Forgiveness works and are ready to have it be part of their everyday experience. It's a good idea to have the 4-Steps printed on the back of one of your business cards. Not only will they have a valuable and potent Radical Forgiveness tool in their purse or wallet, but it will be forever a reminder of you.

**Step 1: "Look what I created."**

Now, this first step reminds us that we are the creators of our reality. We have to take responsibility but do so free of any self-judgment or criticism. Being quick to judge, we often use this step as a way to beat ourselves up. We say, "Wow look what I've created. Oh, it's terrible - I must be a

terrible person, a spiritual failure." Please don't fall into this trap, for if you do, you buy into the illusion. So you have to coach your client in this way.

**Step 2: "I notice my judgments and my feelings, but love myself anyway."**

This step acknowledges that as human beings we automatically attach a whole string of judgments, interpretations, questions, and beliefs to situations. So, our task involves accepting the imperfection of our own humanity and loving ourselves for having these judgments, including the one which says we must be a bad, spiritually-moribund person for creating this reality. Our judgments are part of ourselves, so we must love them as we love ourselves. This connects us with what actually is happening in our body and mind and brings us into the present through our feelings. Our energy then shifts quickly and allows us to go to the third and fourth steps of this process.

**Step 3: (This is the Radical Forgiveness step.) "I am willing to see the perfection in the situation."**

The willingness step represents the essential one in the Radical Forgiveness process. It equates to a prayerful surrendering in the moment to the divine plan and the willingness to love ourselves for not being able to see this plan directly. Another way to say it is, "I am willing to see the hand of God in this situation."

**Step 4: "I choose the power of peace."**

This step represents a consequence of all the previous steps. By accepting that divine purpose is served in this situation and what appears to be occurring may be illusory, we choose to feel peace and to use the power of peace in whatever actions are required of us. The power of peace is found when we are totally present in the moment, acting with clarity and focus to do whatever may be required and be totally aware of our feelings at the same time.

Encourage your clients to practice this four-step process as often as possible. Try to get them to make it a part of their awareness. It gives them a way to be in the moment throughout their day.

In the Resources Section, you will find an actual worksheet based on the 4-Steps process. This simply provides an opportunity to externalize the process. The third step is expanded to include some thoughts about how the perfection is actually revealing itself. It's quite possible to do an evening seminar or a webinar using just this one worksheet.

So, finally we are going to go to the 13-Steps to Radical Forgiveness, but that is going to be in the next video. So we'll see you there.