

Module Two: Video Number 1

The Essence of Radical Forgiveness

First of all, I think congratulations are in order. You passed the quiz for Module #1 so you are already 1/12 of the way through the course. Nevertheless, I do want you to try very hard to stay on the weekly schedule so you really do finish at the end of week 12.

You will be so proud of yourself and happy to begin your business right away if you do. It will all be fresh in your mind and you will be at your most confident, believe me. I know life has a way of interfering with the best-laid plans and throwing you some curve balls, but the fact is if you delay and leave gaps, your confidence will drain away quite quickly and the chances are high that you will never finish the course, let alone begin doing the work. Which would be a real shame.

Ok, that said, let's get on with this one. By way of a recap, I pointed out in the very first video in Module #1, that the 4-Strategies of Radical Living provide the keys to achieving peace, happiness, good health, and abundance. Not only do they help us awaken to the spiritual truth of who we are but are absolutely essential in helping us to actually stay awake — at least for some of the time. The strategies also contain the key to healing our own human lives and the world around us, through the practical use of the spiritual wisdom that each strategy contains. For now, though, we are focusing on two of them; Radical Forgiveness and Radical Self-Empowerment.

In this video, we'll focus on Radical Forgiveness and how it works, especially since this is the one that is the basis for all the others in the Tipping Method repertoire. We'll do Radical Self-Empowerment in the next video, and end Module #2 by looking at the tools and resources you will have at your disposal to be able to teach and coach both.

Radical Forgiveness is important because weaning oneself away from victimhood is really the first step in developing a Radical Living consciousness. We cannot be in a peaceful state if we are holding resentment and anger about things that have happened in the past or continue to rob us of our peace even now.

It is incredibly disempowering to make others responsible for our lack of happiness, especially our parents, our partner(s), our kids, our siblings, our boss, our co-workers, not to mention doctors, lawyers, the government, and other institutions who we think have caused us distress or even harm. No matter whether the issues that we have with these folks are small or large, it is still necessary to do the work on each one to clear that energy out of our bodies and raise our vibration.

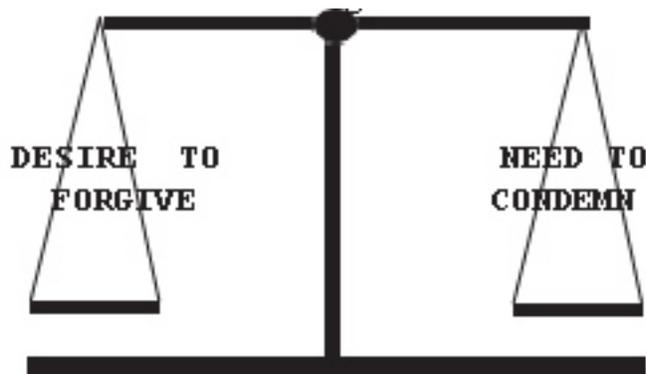
But first, let's look at why traditional or conventional forgiveness doesn't work for 99.9% of the population and then examine why Radical Forgiveness does work for more or less anyone who tries it, using the tools it provides.

For a start, traditional forgiveness offers no method or procedure to speak of that will bring you to a place of genuine forgiveness, which we might characterize as total freedom from any feeling of having been victimized in some way and devoid of any and all negative feelings or thoughts that were there at the beginning when the event first occurred.

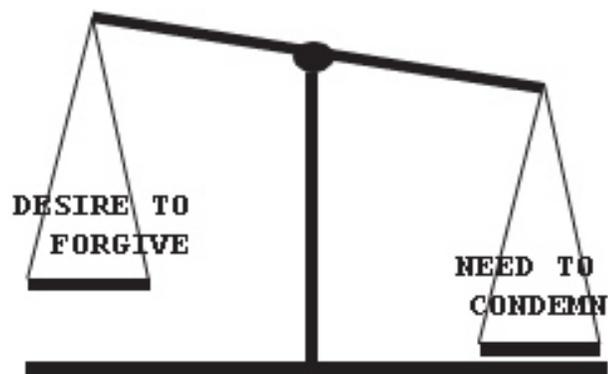
Meditation, mindfulness practices, and making a mental decision to forgive helps to some extent anyway, but only in the rarest of cases does it really achieve the result you want.

We do hear of cases where people claim to have achieved it, like mothers of sons killed by someone who they subsequently embrace and extend genuine love to, but it is very rare, so rare in fact that they usually end up getting featured on TV. I do have a name for this and I call it Extraordinary Forgiveness.

Notwithstanding the existence of that very rare phenomenon, the real reason why traditional forgiveness doesn't work is that it is attempting to reconcile two contradictory energies; the desire to forgive and the need to condemn. I illustrate this by representing the tension between these two energies by these two scales. It's relatively easy to balance the two over a small issue that is fairly easy to forgive.



However, the more you were hurt or damaged, the more the scales will naturally tip towards the need to condemn and the desire to be right than in the direction of forgiveness.



The need to be right is a very powerful subconscious drive and it will override any desire to forgive, which, of course, comes only from the conscious mind which is much weaker than the subconscious

mind. Add to that the fact that the brain experts will tell you that we are literally hard-wired for revenge, not forgiveness, and you can see why so very few people ever achieve or even want to achieve it.

Years of therapy will help, of course, but so long as there is any residual regret — not to mention pain — true forgiveness will remain elusive no matter how much compassion we bring to the situation and no matter how much we try to “*just let it go.*”

Now, whereas conventional forgiveness is hellishly difficult and takes forever, Radical Forgiveness is easy and fast-acting. The tools simply dissolve the pain and leaves you feeling peaceful and happy. The long-term benefits of Radical Forgiveness are better health, more energy, improved relationships, more prosperity, greater happiness, a lot more peace in your life, and so on.

It works, not by doing the usual stuff we associate with traditional forgiveness or conventional forgiveness, but by shifting the energy attached to the story that we have taken into our system. By that, I mean collapsing the energy pattern that has kept our story stuck in our body. We don't even have to know how it works. The tools and processes do it all for us, though in Module #3, I'm going to try giving you an explanation of how it works. So, stand by for that. It could blow your mind!

Another way of saying it, is that Radical Forgiveness occurs simply as a consequence of our using tools that take us through a number of steps that have the effect of opening us up to the idea that everything happens for a reason and that there are no mistakes.

If we could see the spiritual big picture (*which we can't, of course*), we would understand that the situation was divinely guided and happened not TO us, but FOR us. It was, in fact, meant to happen that way for the highest good of all concerned. Also, our Higher Selves actually called forth the experience for our healing and our spiritual growth. That brings us to the realization that, in spiritual terms anyway, nothing wrong ever happened and that, therefore, there is nothing to forgive.

Our rational mind rebels, of course, and tells us it's a crazy idea, but our Spiritual Intelligence knows the truth and hears our willingness to entertain that as a possibility, and then makes the required energetic adjustment to our consciousness.

It is not a mind-altering technique or is it a moral stricture that one 'should' forgive, but is experienced as a shift in consciousness, or a movement of energy both within ourselves and throughout the situation itself. Such changes that occur begin to look like **miracles**. But they are simply the proof that Radical Forgiveness works.

The fact is then, that when we understand that our life is unfolding exactly as it should and that everything is divinely guided, we find peace — even in the most unpleasant of situations or memories. When we understand that our enemies really love us (at least at the soul level), our hearts open and we are released from the victim archetype.

But, if you want to really understand Radical Forgiveness, you only have to read the assumptions listed on the handout. If you get them, you get Radical Forgiveness. What they imply is that if everything that happens to us in life is all part of a divine plan and meant to happen the way it does, then there is nothing to forgive. Period. That's it. Radical Forgiveness in a nutshell.

Sounds crazy, though, doesn't it? Yes, but only to our rational minds. Radical Forgiveness is a mystical experience, and the mind just simply can't go there. The only part of our psyche that can is our Spiritual Intelligence, which is the part of us that knows who we are, why we are here and what we need to create for our spiritual lessons.

To our Spiritual Intelligence, Radical Forgiveness makes perfect sense, and it knows exactly what to do to make it work – automatically. The physical body is the antennae for our Spiritual Intelligence which is why it is always necessary to use the tools provided to activate it. When we use the tools, we connect in through our Spiritual Intelligence to Divine Intelligence.

When it comes to explaining Radical Forgiveness as a 'how to' procedure, the easiest way to explain it is tell about the 5-Stages of Radical Forgiveness, the first 3 of which are the same as traditional forgiveness, in fact. It is only when we look at stages 4 and 5 that it becomes radical. We shall be going over these 5 stages in detail in Modules 4, 5, and 6 because knowing them will give you basic formula for describing every tool that you will be teaching. But for now, just let me list them for you.

1. Telling the (victim) Story
2. Feeling the Feelings
3. Collapsing the Story
4. Reframing the Story
5. Integrating the New Story

So, this is what we say to explain how Radical Forgiveness differs from traditional forgiveness. We point out that the first 3 stages are indeed more or less the same as conventional forgiveness. In stage #1, we begin by complaining about how we were victimized while at the same time becoming present to our feelings about what happened. That's the first 2 stages completed.

Then in Stage #3, we do our best to bring to the situation some understanding, compassion, and empathy for the person we're upset with, and perhaps even imagine walking in their shoes for a while. We also try to strip away all the interpretations, judgments, and expectations that we may have added to the situation and which had served only to increase our anger and suffering. That would, at least, leave us with the actual facts of what happened or how things really were at the time. But, that's where conventional forgiveness stops. It just simply can't go any further.

In spite of being empathetic and understanding of why this might have happened, we still haven't let our victimizer off the hook at this stage. We still hold that he or she (or an organization, perhaps) did — or is doing — something wrong or bad to us. We haven't really let go of our victimhood and therein lies the limitation of conventional forgiveness. It cannot free us from victim consciousness.

Radical Forgiveness, on the other hand, is designed to do just that and is the purpose behind the 4th and 5th stages.

In those two stages, we are invited to try 'reframing' our upset — that is, to see it through fresh eyes. Stage 4 asks us to be willing to look at the possibility that there might be a spiritual purpose behind everything that happens, and that what happened to make us feel victimized was actually what our 'spiritual self' had wanted for its growth, and our Spiritual Intelligence had created the situation for us.

When we become willing to embrace it as a possibility, not only do we feel immediate peace around the situation, but every aspect of our lives begins to change. This is because we begin to see everything else as being divinely inspired too, even when, to our human eyes, it looks terrible. Not only is it a shift in perception but a shift in energy too, which is why the effect is so far-reaching.

Once we do that, it clears the way for complete forgiveness to occur and brings us to the point of knowing that nothing 'wrong or right' happened. Once we get there, we begin to realize that, in truth, there is nothing to forgive. With Radical Forgiveness, therefore, there is no victim consciousness remaining.

People will inevitably ask, 'OK, I see the steps you go through, but I still want you to tell me, how does it work?' The only real answer we can give is that we don't really know. But, in Video #3 we'll try to answer that question.

In the meantime we'll see you in the next video.