

Module Nine Video Number 1:

## **Recognizing a Healing Angel When You See One**

Welcome to Module #9. We're still on the Radical Forgiveness Worksheet of course, but we are now really getting into the core principles of the philosophy of Radical Forgiveness and making our way to the 4th Stage of Radical Forgiveness, which of course is the reframe. If you're still with me on this journey, then I know that you are committed to finishing this course and becoming a brilliant Radical Forgiveness Coach.

Before I forget to mention the 5th and final stage of the Radical Forgiveness Process, which is not quite so dramatic as the other stages but is no less important for all that, let me just recap that its purpose is to integrate all the energetic shifts and changes that have occurred during the process from Stage 1 to Stage 4. It is necessary to do this since the victim story lived as an energy field within every cell of your body.

Stage 5 is where we do something of a physical nature to 'de-install' that old program to use a computer analogy and install the new one on your hard drive (which, of course, is your body), so it becomes a permanent replacement.

Breathwork is great for this but can be anything that involves the body, like walking, dancing, swimming - all the while holding the new story in mind as you do it. Even writing on the worksheet near the end where you have come to the reframe works so long as you use your voice while doing it.

OK, now back to Stage 4 and the 6 proclamations numbering from 10 to 15 on the worksheet. So, let's go through them one by one and pick out the meaning within each of them. So, let's start here with numbers 10 and 11 on the worksheet since the one follows right on from the other.

***10. I now realize that I get upset only when someone resonates in me those parts of me that I have disowned, denied, repressed, and then projected onto them.***

***11. (X) \_\_\_\_\_ is reflecting what I need to love and accept in myself.***

These two statements acknowledge that when we get upset with someone, they are invariably reflecting back to us the very parts of ourselves that we most despise and have projected onto them.

I will explain the mechanism in a moment but suffice it to say for now that if what you see in another person is upsetting you, it is resonating within you something deep in your shadow that you hate about yourself. If you spot it, you've got it, as they say. And the more offended you are by what you see, the more it is yours. If we can open ourselves enough to be willing to accept that this person is mirroring that part of for us and is offering us a chance to accept and love a part of ourselves that we have condemned and rejected, we get to recognize this person as a healing angel for us. And, at that point, the work will have been done.

So, watch the video in the Resources Section on projection.

What makes this easier is you don't have to like the person to forgive them. Just recognize them as a mirror, someone who's responded to your call for help in healing your shadow self. We will always draw people to us who will mirror our self-hatred and offer us the opportunity to heal the error and move in the direction of truth that we are Divine beings doing and being who we were meant to be. So, you thank their soul for showing up by checking off Steps 10 and 11 on this worksheet and moving on.

And, that's all you have to tell your client to do and to give up the need to try to figure out what parts of themselves are being mirrored. Usually, it is far too complicated anyway. Just let it go at that, and don't let them be drawn into an analysis. It works best without it.

**COACHING TIP:** You'll have to help a lot of people through this part, I guess, especially if you first have them write 10 things they dislike about someone else, and then you tell them those are the very parts of themselves they loathe and despise. Some they might admit to owning, but they will resist others vehemently. You will have to show how they can be symbolic of something that is not obvious and far removed from any direct correspondence. So, don't push them too hard on this. They may come to see it themselves later.

OK, now let's look at **#12. *Even though I may not understand it at all, I now realize that you and I have both been receiving exactly what we each had subconsciously chosen and were doing a healing dance with and for each other.***

So, here's yet another reminder of how we can instantly become aware of our subconscious beliefs if we look at what shows up in our lives. What we have at any particular point in time truly is what we want. We have, at the soul level, chosen our situations and experiences, and our choices are not wrong. And this is true for all parties involved in the drama. Remember, there are no villains or victims, just players. Each person in the situation is getting exactly what he or she wants. Everyone is engaged in a healing dance.

**13. *I now realize that nothing you (x) have done is either right or wrong. I am now able to release the need to blame you or anyone else. I release the need to be right and I am WILLING to see the perfection in the situation just the way it is.***

This step goes against everything that we've ever been taught about being able to distinguish between right and wrong, good and evil. After all, the whole world gets divided up along those lines. Yes, we know that the World of Humanity is really just an illusion, but that doesn't alter the fact that human experiences demand that we make these particular distinctions in our daily lives.

What helps us with this step is realizing that we are only affirming that there is no right or wrong, good or bad when seeing things from the spiritual big-picture standpoint - from the perspective of the World of Divine Truth. From there we are able to get beyond the evidence of our senses and minds and see Divine purpose and meaning in everything. Once we are able to see that, then we can see that there is no right or wrong. It just is.

This step also confronts you with the perfection in the situation and tests your willingness to see this perfection. While it never will be easy to see the perfection or good in something such as child abuse, we can be *willing* to see the perfection in the situation, be *willing* to drop the judgment, and be *willing* to drop the need to be right. While it may always be difficult to recognize that both the abuser and the abused somehow created their situation to learn a lesson at the soul level and that their mission was to transform the situation on behalf of all abused people as I have described in my book, we can nevertheless be *willing* to entertain this thought.

Obviously, the closer we are to a situation like that, the more difficult it is or becomes to see its perfection, but seeing the perfection does not always mean understanding it. We cannot know the reasons why things happen as they do; we must simply have faith that they are happening perfectly and for the highest good of all.

***14. I am willing to see that, for whatever reason, my mission or 'soul contract' included having experiences like this, and that you and I may have agreed to do this dance with and for each other in this lifetime. If it is for the highest good for both of us, I now release you and I from that contract.***

This statement is simply there to remind us that one of the assumptions of Radical Forgiveness, that we come into this life experience with a mission or an agreement with Spirit to do certain things, be a certain way, or transform certain energies. Whatever that mission was or is, we simply know that whatever experiences we are having are part and parcel of the role we came into play. Princess Diana's story is a great example of that. Please note that the last part of the statement absolves us from the need to know what the mission was.

**COACHING TIP:** Some people have a problem with reincarnation and the idea that we have soul contracts. Radical Forgiveness is not dependent on reincarnation being a core assumption so just tell them it doesn't matter if they don't believe it. It works anyway.

***15. I release from my consciousness all feelings of: (as in box 2b)***

This enables you to affirm that you release the feelings that you had noted in box 2b. As long as these emotions and thoughts remain in your consciousness, they block your awareness of the misperception that is causing the upset. If you still feel strongly about the situation, you still have an investment in whatever the misperception is - your belief, your interpretation, your judgment, etc. Don't judge this fact or try to change your investment. Just notice it.

Your emotions about your situation may come back time and time again, and you can make that okay, too. Just be willing to feel them and then release them, at least for the moment, so that the light of awareness can shine through you and allow you to see the misperception. Then, once again, you can choose to see the situation differently.

Releasing emotions and corresponding thoughts serves an important role in the forgiveness process. As long as those thoughts remain operative, they continue lending energy to our old belief system, which created the reality we now are trying to transform. Affirming that we release both the feeling and the thoughts attached to them begins the healing process.

Ok, that's it for Module #9. We're now ready to go into the next module so that we can finish out the worksheet with a reframe that has some specificity to the issue one would have been working on, which is to say, that which was noted in Box #1 on the worksheet.

OK. We'll see you in the next module.