

The *Emerge-n-See*, 4 Step RF Process for Returning to Peace

Step One: “*Look what I created!*”

This first step reminds us that we are the creators of our reality. It is, therefore, an empowerment step. However, we create circumstances for our own healing, so do not assume *guilt* for what happens. Being quick to judge, we often use this step as a way to *beat ourselves up*. We say, “Look what I have created. Oh, it’s terrible — I must be a terrible person, a spiritual failure.” Please do not fall into this trap, for if you do, you buy into the illusion.

Step Two: “*I notice my judgments and love myself for having them.*”

This step acknowledges that, as humans, we automatically attach a whole string of judgments, interpretations, questions, and beliefs to situations. Our task involves accepting the imperfection of our own humanity and loving ourselves for having these judgments, including the one that says we must be a spiritually moribund person for creating this reality. Our judgments are part of ourselves, so we must love them as ourselves. Doing this connects us with what is actually 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 Three: “*I am willing to see the perfection in the situation.*”

The *willingness* step is the essential step 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.

Step Four: “*I choose the power of peace.*”

This fourth step represents a consequence of all the previous steps. By accepting that Divine purpose is served in this situation and that what appears to be occurring may be illusionary, 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 being totally aware of our feelings.