

## THE TEN-STEP RADICAL FORGIVENESS PROCESS

This process is **profoundly effective in releasing any judgmental, fear-based thoughts and emotions about people and situations in your life**, so that you see only the Divine perfection in everything and the opportunity to grow into an **awareness of perfect Love** that everything presents. After all, if life and the world are all an illusory dream, nothing that happens in this dream can be of the slightest consequence and affect your perfect inner peace and awareness of Love in any way, so there is absolutely nothing to fear or be upset about, no matter what may appear to be happening in the dream. This freedom from fear allows you to play the game of human life we are all playing consciously while abiding in the timeless state of Love that is who and what you truly are, which is **to be in the world, but not of it**.

The ten-step radical forgiveness process, with explanatory notes on each step, follows below:

### 1. Acknowledge the Negative Thoughts and Emotions

Bring to mind the thoughts and emotions about the situation and person or people involved that are disturbing your inner peace. This step is essential to start the healing process, because denial of negative thoughts and emotions leads to repression and suppression of them, which means that you are not consciously aware of the thoughts and emotions and cannot move to step 2 of the process.

### 2. Be Aware

Be fully present and aware of these thoughts and emotions, remaining somewhat detached and not letting yourself react emotionally to them so you don't sabotage this process. See yourself as separate from the thoughts and emotions you are observing in the mind of the person you thought was you previously. This is the beginning of the full realisation you will one day have that you are not really this person at all. Breathing deeply through your nose and raising your eyes to look upwards while keeping your chin parallel to the ground will help you to keep your mind clear and remain aware of your thoughts without involving yourself emotionally in them.

### 3. Remember that it's an Illusion / Dream

Remind yourself that the world and your changing perception of it, including this particular situation that seems to be upsetting you, is an illusion, a dream created by your ego mind to reinforce its false, fearful identity that is not real and that has never really happened.

### 4. Remember that it's your Projection

Moreover, everything you experience is your projection, even if it appears to be outside and independent of you, because there is only one mind that is dreaming the dream of the universe and the lives apparently being lived out in time and space. Whatever someone appears to be doing to you, you are in fact doing to yourself out of your own unconscious guilt that you have projected out into the illusion and manifested in the form of the situation and person who appears to be causing you to suffer and making you a victim. It is our own projections that lead to our perceptions of the world, so it is always you who are responsible for creating your reality.

### 5. Have Compassion

Be compassionate towards yourself and all others involved in the situation, knowing that you and they are doing the best they can in their current state of consciousness and all unconscious, unloving behaviour happens because people do not feel loved and is in fact a cry for love, so you and any other people involved in the situation need your love, rather than your judgment and condemnation, which only make the situation worse and strengthen your ego, in order to heal your mind and find the sanity and inner peace that are your natural state.

## 6. Feel the Emotions

Feel the emotions evoked by the thoughts you brought up in step 1 fully, experiencing all the pain and discomfort of these emotions briefly while remaining very aware that this is part of a healing process so you don't allow them to create a downward spiral of negativity that becomes hard to pull yourself out of. For this reason, spend no more than 2 minutes on this step.

## 7. Let Go of the Pain

Decide that you do not want this painful, negative feeling inside of you to disturb your inner peace and cloud the awareness of your true Self ever again, and choose to release it by letting go of all the effort it takes to hold on to the thought and emotion. Breathe in deeply and then exhale fully as you do this, visualising light flowing into you as you inhale and all the dark energy of the thought/emotion leaving you as you exhale. Allow yourself to revel in the peaceful sense of relief and freedom that you will feel as you release the toxic thoughts and emotions that have tormented and enslaved you for so long. Take at least 2 minutes, preferably longer, for this step.

## 8. Appreciate the Perfection

The mirror of this situation has helped you to see and let go of your own pain, so appreciate the Divine perfection in the situation. It has brought your own unconscious guilt that may have remained buried in your subconscious mind through your suppression or repression of it to your awareness so that it can be released and you can become aware again of the perfect peace, love and joy deep within you that are your true nature and what you deserve to feel all the time.

## 9. Be Grateful

Thank the person or people involved and the entire situation for being your teacher and for giving you the gift of bringing your ego's negative thoughts and emotions to your attention so you can release them and your mind can be freed from all the suffering these have caused.

## 10. Forgive and Release Completely

Say to yourself that you have totally forgiven the whole situation, the people involved in the situation and yourself for all your thoughts, words and actions related to the situation, that it has been dissolved into the nothingness it always was and you and everyone else involved has been healed through your forgiveness. Say to yourself as an affirmation of this: "I forgive you, *Name*, and I am forgiven completely. All is forgiven and released. We always are, have been and will be One Self and so I love you unconditionally as my Self."

This radical forgiveness process is based on the principles explained in detail in ***A Course in Miracles*** published by **The Foundation for Inner Peace**. To fully understand these principles, it is highly recommended that you study and practise the *Course*. For more information about the *Course*, visit [www.acim.org](http://www.acim.org) or Google search 'A Course in Miracles'. You can download a free copy of the original text (known as the 'Urtext') of the *Course* by visiting [www.lifebuild.com/membersclub/ACIMUrtext.pdf](http://www.lifebuild.com/membersclub/ACIMUrtext.pdf), but please note that this is the unedited Text without chapters, headings or paragraph numbering and does not contain the Workbook or the Manual for Teachers, which are the two other very important components of the *Course* that will help you to apply the principles detailed in the Text in your daily life.

You may also want to read ***The Disappearance of the Universe*** by Gary Renard before you read the *Course*, as it is a good introduction to the key ideas the *Course* teaches written in a conversational style and format, making it easier to read and understand than the *Course*. You can buy a copy of the *Course* and *The Disappearance of the Universe* online at [www.takealot.com](http://www.takealot.com) (if you are in South Africa) or [www.amazon.co.uk](http://www.amazon.co.uk) (if you are in the UK). If you'd like to receive a daily inspirational quote via email that will remind you of the principles underpinning forgiveness, please visit [www.lifebuild.com](http://www.lifebuild.com) to sign up to our mailing list. May Spirit guide you to forgive no matter what happens or has happened in your life and lead you back to a state of permanent peace, happiness and Love, which is what you really are.