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WORK-IT-OUT WITH YOUR BEST FRIEND

“Where do I start?” Richard asked.

“The best place to start is to be clear on what you are doing and why. **The people who really *use* these worksheets tell me that they become the best friend they ever had.** Note, the emphasis is on *using* the tool. What the process does is give you an opportunity to confront directly your pain and the parts of your mind and life that don’t work; with them you will experience how you sabotage yourself, and give away your power. Then, most importantly, you will learn how to. The Reality Management Process is a way to uncover what perhaps you have hidden from yourself all your life and reclaim *all* of your hidden power.”

“I feel a little resistance to the pain part, michael.”

“In the ancient teachings, resistance’s name was satan, and you are not alone, nobody wants to feel their pain—until they understand. ”

“Understand what?” Richard asked.

“Pain takes its toll even when it is not consciously felt.”

“How so?”

“Recall our discussion about pain? Pain is the reflection of stored destructive energies. When people deny and restrict access to pain, the only thing they have accomplished is keeping it out of direct sight. Hidden or anesthetized pain is not *removed* from experience through denial or drugs. It is felt as the aches and pains of so called ‘aging,’ the twinge of emotional upset that floats in and out of our experience, the irrational outbreaks that destroy relationships, the ‘accidents’ that occur, headaches and *body* aches, degenerative dis-eases and the thousand irritations that subtract from the possible quality of life.

“There is an old saying that the brave die once, the coward a thousand times. When you are fortified with actual tools to face and heal whatever is hidden, trauma and pain are dismantled and removed from life. As you do this work, you will find your enjoyment of life, your sense of well-being and your aliveness increase in proportion to the amount of *Forgiveness* you do. In the past, if life was lived without tools, most found that facing an old trauma meant reinforcing it and being powerless to change. The *True Forgiveness* process changes all of that. *Shift happens!!* The issues of life can be faced and healed.”

“Okay, michael, I see the *why* of doing the Reality Management process, I’m not sure I understand the *what*.”

“The *what* is simple. If someone triggers anger, fear, rage, hate, vengeance, gossip or any other dis-integrative reality in you, it is your opportunity to heal yourself—not by letting them off the hook, but by changing the pain producing reality in your own mind.

“Whatever your experience of life is, every reality in your mind is changeable. You cannot directly change what happens in the outer world. People become frustrated and uptight when they continuously try to control life. **The way to change the outer**

world is through indirect influence—by changing the realities in your mind you shift your whole energy field and the patterns, realities and resultant behaviors that cause the responses people present to you in your life. As the pattern of your life shifts, the *ripple* effect changes everything you attract. If abundance is your issue, *pennies* turn into dollars!

The traditional translations of the Scriptures speak of the fall of man. Aramaic Scriptures refer not to a fall, but say we, ‘forgot how to live in abundance.’ Heal the poverty realities in your mind, whatever the form of poverty—relationship, money, work, joy, personal power, health or abundance—and a change in outer circumstance is pulled in *automatically* through the *Law of Resonance*.

“It is interesting to note how many will spend thousands of hours to learn and get good at a skill, but the most important skill of all, taking charge of and changing their own internal conditions, the conditions out of which their lives flow, rarely gets a second thought. This tool is one that, should you choose to master yourself, must be used on an ongoing basis. One worksheet around an issue just scratches the surface. This is a tool that requires ongoing practice!”

“Okay, I understand what it is we are about to do and how important it is. How do I pick a topic? What kind of topics are fair game for a worksheet?”

“You can do a worksheet on any person, place, thing or event that resonates a painful reality in you. It can be a present moment event or something from your past or even a future, anticipated event. You can also use your own emotions or yourself as the subject of a worksheet.”

“I could do a worksheet on conflict with women. I’ve had conflict with my mom, my sister and almost every woman with whom I’ve ever had a relationship, including waitresses!” he said with a grin.

“That covers a lot of territory, Richard. I would suggest you be *very specific* and choose a *mildly disturbing* topic for your early worksheets. A narrowly defined subject will produce the best results,” I recommended. “The first time you use this tool, it is best to start with something less than your bigger issues in life. This tool is designed to bring up unconsciousness and since lifelong issues tend to have a lot of unconsciousness attached to them, and it is best if you can start with something small enough you can stay relatively conscious. As you build strength through doing Reality Management Sheets, you can move on to bigger issues and situations.

“I suggest you keep a journal of your work and an ongoing list of ‘worksheets to be done.’ You will find it productive to do many sheets around your conflict with women and as you do them, watch how those relationships change.”

He was deep in thought before he spoke. “A worksheet on being close to my sister, Amy, might be a good starting point. It seems being close to people is a little less of an issue than conflict with women, though that is still a fairly big issue for me.”

“Normally I would suggest you wait until you have used the worksheets for a while before tackling that kind of issue. Since we are doing this together and you have support rather than doing it by yourself, let’s go ahead. You might want to date and number your sheets. (See worksheet form at end of this chapter, page XXXXXXXXXXXXX-183.)

“I suggest you get a three ring binder and keep your worksheets in it. In the future, each time you look back at old sheets, they will give you new gifts and new insights. **Step 1** on the sheet is about getting clear on the source of your reality. When you start each sheet with this reminder, it is easier to get past the externalization of pain and the inclination to either blame others or yourself. Blame, aside from a way to give away your power, is an avoidance mechanism.”

“**Step IA** acknowledges what *seems* to be true and gives you the space to write down your thoughts. You get a different perspective when you go through the action of detailing your thoughts, the basis of your realities, the output of your mind on paper.

“If there is not enough room, use another piece of paper. Some people write the entire form out in longhand each time they do a worksheet. In the first blank, in **IA**, you name the person, place, thing or event that triggers your disturbing or painful reality.”

“I put my sister, Amy, in this blank?” he asked.

“In this case, yes. If you did a worksheet on, let’s say, your car not starting, ‘car’ would go there. If you were to do a sheet on the idea we processed earlier today, ‘being stupid,’ you would put your name in the first blank. Next, you place your own initials between the brackets that follow the object of your attention, as a reminder that this worksheet is about *you* and a reality in *your* mind. You then write a brief description of what you perceived as happening.”

1. A. My mind convinces me that my trigger (“them,” “it,” “self” or the situation - name the object of your attention) my baby sister Amy (R.S.) causes my feelings (Describe what happened) was the favorite. (BREATHE) The Truth is: my reality is strictly internal, unique to me and is created out of my own thoughts! As I learn to accept responsibility for and change my dis-integrative thoughts, my realities will change.

“I’m seeing more and more of the Truth of that thought, michael, and am liking it! It is actually starting to feel like an empowering idea. I’m realizing that each reality I experience exists only in *my mind* and is totally changeable!”

“In the next blank, **IB**, write your feelings. Be sure to use words that describe your emotions, not your thoughts. In our intellectually oriented culture we are often taught to substitute thoughts for feelings. For example, many might say, “I feel she

was the favorite.” You can’t feel ‘she was the favorite,’ because that is a thought, not a feeling. In some family systems feelings were not allowed expression, so it is difficult to find words for them. Sometimes our feelings come from preverbal experiences, before we had words for them and it is difficult to say what your feelings are. The box on the right is a place to draw and visually describe them,” I offered.

**1B. My feelings, also internal,
triggered by this situation anger.**

“This is easier than I thought it would be, michael.”

“Good! Sometimes, the next step is a little more of a challenge. The idea with *Step 1C* is to identify the thought you use to cause your feelings of anger.”

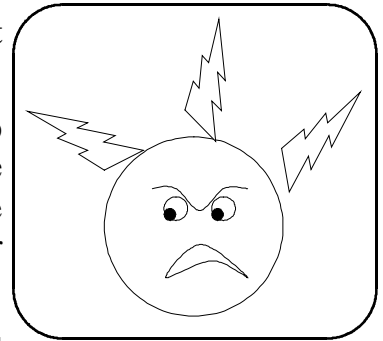
“I remember we talked about this earlier, but I’m not sure I quite get the idea yet. What does ‘identify the thought I use to cause my anger’ mean?”

“Recall the exercise we did earlier where you ran through a series of thoughts and discovered that our feelings are caused by our own thoughts? This step is about teaching your mind to be on the lookout for unconscious, disintegrative thoughts, reflected only as feelings. Habitually searching your mind for thoughts that cause disturbances gives you the opportunity to catch those thoughts before they do damage. The earlier you catch them, the easier it is to change old thought patterns.”

“That makes sense,” Richard said agreeably.

“What thought, specifically, do you have to think in order to be angry about your sister being what you perceived as your parents favorite?”

**Draw Your
Feelings**



“That’s a cinch. She had it easy, I got beat up all the time!” His voice went up a couple of octaves as he spoke. It was clear that his emotions were still right on the edge from the processing we had done earlier in the day. He had accomplished something uncommon for a man in our culture; he became safe enough to be open and vulnerable.

1C. My thought(s) that cause my feeling(s) Amy had it easy, I got beat up all the time!

“I’m still not quite sure how that thought causes my anger, though,” Richard added.


“You really don’t need to know how it happens, Richard, just that it happens. For example, if you held the thought, ‘How sweet, my sister had things so much easier than I did. I’m so happy she was Loved did not have to go through the tough times I did!’ how would you feel?”

“Delighted, I guess.” he answered.

“So, the actuality is the same. The only thing that changes for anger to become delight is the thought *you* think, right? And changing that thought changes not only your feelings but your reality as well. And your physiology. Notice the difference in your body.”

“I’m sure more relaxed . . . actually peaceful!” he exclaimed.

“And it’s all your choice. Notice you are the only one who has the power to select and maintain the thoughts you think. It always amazes me how many people think thoughts just because those thoughts are in their minds! So many have no idea that they have power over their thoughts, and the power to change them, even if those thoughts have been passed on from a hundred generations back. And, of course, who suffers from your negative thoughts?” I queried.

 **KEY THOUGHT**—Just because a thought is in your mind does not mean you are forced to keep thinking it. On a practical level, grace is the ability to change your mind any time you like!

“It’s getting clearer for me that I’m the one who causes me to suffer and it boggles my mind that I do it so automatically.” Richard grimaced. He paused as his thoughts jelled. “You know, I understood this concept about two hours ago when we were talking and was amazed by the whole idea. Now, it’s like I’m hearing the it for the first time. I am understanding, all over again, how my thoughts generate my feelings and it amazes me just as much now as it did two hours ago!”

“I can relate to that, Richard. It amazes me each time I teach it. Life works so differently from the way most of us were trained to think and, unless we retrain ourselves, we can slip back into the old blame realities easily. Our unconsciously held blame realities simply need to be undone, Forgiven. There is an unlearning process here and each time you rediscover responsibility it is because you have undone some of the old and added new brain cells to understand the idea of total ownership for the output of your mind. An important question to continuously ask is, ‘Who is in charge of what I think and feel?’”

“In the past it has been everybody but me! I am ready to take charge of my mind and be responsible for the thoughts I think. I’m finally taking in the idea that my feelings are a result of my thoughts and the words I use. So I guess I’ll also start taking full responsibility for them. I’m going to be more careful of the words I use and have more integrity in the way I act. Hopefully, all these things together will improve the results I produce in my life.”

“Great! *Step 1D* is pretty straightforward. You simply describe what it is you want to do to punish or avoid the trigger in *Number 1A*. Punishment might be anything; a sneer, a

degrading thought, leaving, or emotional, verbal or physical abuse—pointed at yourself or others.”

1D. I want to punish /avoid by yelling and getting rid of Amy.


“Many hide their punishment from themselves in many forms. They pretend they would never punish with thoughts of, ‘I just don’t want anything to do with them.’ All the while, abandoning someone can be the greatest punishment of all.”

“I never thought of avoiding someone as punishment, but when I think of my wife leaving, in essence, avoiding me, it sure feels like punishment from where I sit!” Richard lamented.

“I hear that loud and clear. Lets look at the effect of punishment and blame on the one who engages in it,” I suggested. “While each may bring apparent relief in the short term, the consequences of punishment and blame are always destructive to your personal power, your physiology, the way your mind works and your happiness!”

“Can a little anger really hurt you that much?” Richard was definitely not convinced.

“I’m not sure how to tell the effects of a ‘little’ anger, but I suspect if we were to quantify it we would find that anger is one of the major destructive forces to the *body and the mind*. It is an internally produced drug that suppresses pain and proper mental function. Often, we are so good at suppressing, we don’t have the opportunity to directly confront the effects of our hidden feelings until it is too late and we are facing a major degenerative condition or relationship trauma brought on by chronic anger.

 **KEY THOUGHT**—“The release of Noradrenalin (from anger) . . . we get stupid. When you are angry you loose access to up to 80% of your effective intelligence . . . is maladaptive and dangerous to your health.

Timothy Wilken, MD www.SynEARTH.net

“When angry, one tends to demonize whomever the anger is pointed at, a major internal lie, and a dynamic that never plays well in relationships. Anger shuts down digestion and immunity as it elevates blood pressure. Chronic anger is such a destructive drug, physically and emotionally, that it invariably leads to additional addictive behavior due to the need to suppress its painful effects.

“Richard, fear/hostility, punishment and blame are not your friends, they are a ball and chain. Each time they rear their heads, the mind tricks us by using corrupt data to form our realities which, in turn, gives us a false picture of what is going on in the actual world.”

“What do you mean by that?”

“Have you ever been accused of saying or doing something you absolutely did not do or say?”

“Yes, but I’m sure we have all been unjustly accused!”
Richard came back.

“Sure have, and what was the emotional state of your accuser?”

“Hmm. Every time I can think of, they were angry. I’ve never made that connection before!”

“And, notice how clear it was, in your mind, that they were in error. Obviously the person who accused you was not seeing correctly. Their mind, though they were convinced of the truth of their statement, had a defect in perception. That is what fear/hostility and blame do to the mind. Those energies are markers for corrupt data and, when the mind is using them it presents realities that are simply not accurate.”

“Man, is that ever the truth! I’ve had that kind of false accusation made toward me too often. It is cool to have a comeback for the people who pull that kind of stuff!”

“Of course, Richard, the important thing to get is that the last time *you* were angry, and accused someone, *your* mind was not telling *you* the truth. We all, at some time suffer from this disorder called Blockage of Truth and its greatest ally, hostility. It is an opportunity for new choices.”

Richard looked a little embarrassed. “Let’s look at *Step 2*, where you acknowledge that:

2. Fear/hostility and punishment distort my realities - they come from corrupt data and *always* show me a lie. With blame I hide my power. I now choose to end projection by accepting responsibility. I choose to see every part of my mind accurately, heal, and free myself ☒. (BREATHE)

“Remember, the mind always believes it’s right. In *Step 3*, it is time to put aside being right and acknowledge that even if you are right, the way you are feeling is self-destructive and it is time to let go of those feelings and release the blocked capacity to heal. Verbal release is a powerful way to initiate moving out old energies.”

“Wait a minute, michael, this sounds like I have to give in to people even when I know they are wrong. Being a doormat doesn’t sound any more appealing than having destructive energies rolling around inside of me.”


“Richard, feeling like a victim is just another way of giving away your power and covering your anger. Remember, this is about healing the destructive energies we carry and stop being so identified with them. You can still hold others accountable for their behaviors, however, through *Forgiveness*, you will be able to hold others and yourself accountable from a clear, functional mind and a Loving space that supports relationship rather than creating separation.

“To do Step 3, reference your answers from *Step 1*, check off the boxes and at the same time think the release thought or speak it out loud, if practical.”

3. I choose to let go of identification with my hostility or fear. I willingly release — my feelings (1B) , their cause, my thoughts (1C) , — my need to punish by (1D) — and my need to be right . (*BREATHE*)

“Remind me again. Why would I want to release my thoughts?” Richard asked.

“If you inflict pain on yourself with a thought, you let go of it so you can heal. If there is rage or fear in you as a result of that thought, it is *your* work to heal the rage and fear. Remember, you get the original, she gets the carbon copy. Many of us have been taught we need to be angry to get what we want. — who taught us that insanity? **In Truth, getting what you want is easier to create from a space of Love, peace and clarity than from a space of anger.**

 **KEY THOUGHT**—Getting what you want is easier to create from a space of Love, peace and clarity than from a space of anger!

“With this step you initiate release of the stress of anger held in your *body* and make an important move toward high level wellness and aliveness in the process. Health is not the condition of being free of symptoms. **In this work we define Health as the state of Conscious, Active, Present Love. An absence of that state is dis-ease and the beginning of *all* organic degeneration. This is knowledge that true healers have held for countless centuries!** Health does not originate in the body, true healing is not initiated with anything physical. True health is the active presence of Love, our True Being!

“Other benefits of letting go of disturbing thoughts are that you will have peace of mind and your mind will no longer need to create scenarios that justify your being angry.” He seemed satisfied that these ideas made sense and relaxed more with each step of the worksheet. The resistance that had shown up time and again earlier in the day vanished and he completed the verbal release process. I think it was a relief for both of us. Working with someone who is willing certainly is easier.

“**Step 4** is the act of acknowledging how you want to live. It is a commitment to live from Being - our True Nature. It is important to fill the void that is left whenever you release something. Recall we spoke about the power of words? When word phrases show up with ease in our speech, it tends to be more natural to create those circumstances. The person who uses angry words will tend to easily find circumstances about which to be angry. The person who regularly uses peaceful speech will find peace comes easily. Our words reflect the realities contained in our minds and what we are resonating or attracting into our lives.”

“It seems bizarre — I used to search for trouble — purposely! I consciously, or maybe unconsciously, went looking for it and behaved in a way that guaranteed I got it! When I think about the realities I had accepted in my mind, realities that were the source of my words, behaviors and the language I used to describe women, the *body*, intimate interaction and even myself, it is amazing I held a relationship together for even a week. I had no verbal respect for anything and blamed everyone else for being hostile, while the truth is I had goaded them into it! I always blamed them, but it was I who was cruel!”

 **KEY THOUGHT**—“All cruelty comes from weakness.” The Roman Playwright Seneca

“Word patterns and realities are structured in our minds at an early age and relate to the Power Person dynamics discussed in our Co-Dependence To Inter-Dependence Workshop. Becoming conscious of, taking charge and changing those patterns takes


intelligence and commitment. A decent, intimate relationship is impossible if the words we use to describe ourselves, the *body*, the opposite sex or our relationships result in degrading feelings. In the Aramaic Scriptures, it was said that he who could rule his tongue was mightier than he who could take a city. It takes someone willing to live a big life to clean up on that deep a level.”

Richard admitted his language had been pretty “raunchy” for most of his life. He could see that his thoughts caused his feelings and decided he was ready to feel better about life, his *body* and those with whom he had relationships. He liked the idea of maintaining the condition of Love in his mind and voluntarily took time to do the exercise on restoring the space of Love. (PagesXXXXXXXX-72) He made a commitment to continue that exercise as a daily practice.

4. I connect to my Original nature — Love. I choose Serenity ☒, Happiness ☒, and to source my reality through Love (Rakhma) ☒. I willingly go through the physical/mental/emotional symptoms of healing ☒.

“I recall what you said earlier about the symptoms of healing (Pages XXXXXXXXXXX-136) and I’m willing to do whatever it takes to heal. I feel lighter than I have felt in a long time. I’m relieved. When I think about what is happening in my life, it seems as though I can handle it.” He had a slight glow, and it was great to be part of, receive from and watch his transformation.

“So often, we turn the way we feel over to an outside source. It would be good to rid yourself of that habit. There are lots of people who want to run your mind—the media, advertisers, movies, governments, religious leaders—just about everyone. It’s time to take our power back! I recall the words of George Washington Carver, the genius who spawned the peanut industry, a black man in the South in the late 1800’s and early 1900’s. He suffered much abuse, yet retained awareness of who was in charge of his mind. His comment on personal power was, ‘I will never allow any man to so defile my soul so as to cause me to hate him.’”

 KEY THOUGHT—‘I will never allow any man to so defile my soul so as to cause me to hate him.’
George Washington Carver

“That is pretty powerful! You know, michael, there are a lot of sayings out there about what ‘real men’ do. It sounds like ‘real men’ are in charge of their own minds and lives and operate on Love. That’s a whole new definition for me!”

“I agree. The need to play the tough, macho roll, cutting off another’s head in order to appear a head taller, is a sure sign of weakness masquerading as strength. The truly powerful do not yield up control of their behaviors to the environment and are powerful enough to uplift even their apparent ‘enemies.’”

“**Step 5** is designed to restore Love to your mind and confirm that you have done it successfully. If hostility or fear remains active you will not be able to see what you Love about a person or situation. **When you can see what you Love, it is because the condition of Love is in your mind. When the condition of Love is in your mind, then you can Love what you see.**”

5. I choose to Love Truth and restore the condition of LOVE (Life) to my mind ☒. Self-test—a Loving thought I have about (1A) is: Amy, in spite of my behavior, still reaches out to me often, Myself: I’m becoming responsible.

He looked a little sad as he processed how he had pushed his sister away. Several minutes passed before he spoke of the loss he was feeling and the deep Love he touched into, a Love for Amy he had long since lost to his ever-present childhood hostility.

“Take a breath, Richard, and let go of your thoughts and feelings of loss and perhaps you will no longer transfer those expectations onto your relationships with women.

“In **Step 6** you identify what you want. It is important to be aware of thoughts of avoidance and make sure you use only words that reflect what you actually want.”

“You mean ‘What I really want is not to be angry at Amy.’ Is that an appropriate answer in **Step 6**?” he asked.

“*What is it you want?* You sound like you are really clear on what you *don’t* want, but the more you don’t want it the more powerfully you will create it in your world.”

“How so? I don’t see what’s wrong with what I said.”

“You heard something I did not say. It has nothing to do with being wrong. Remember, there is an energy dynamic in focusing and it is a creative act; your words reflect what you are creating. **What you focus on you create. Focus on what you don’t want and, through avoidance, you automatically resonate or draw into your space what you are avoiding. It doesn’t matter whether you focus on something out of Love or out of hate—if you thought it, you got it!** This is an issue we cover in depth in the workshop, *On Creating Consciously*.”

“How would you suggest I word what I want, michael?”

“Sounds to me like you want to be Loved and appreciated as much as your sister.”

“That’s it! That’s exactly what I have always wanted!” Emotion welled up as he thought about the possibility of actually being loved and appreciated as he said his sister had always been.

6. I want # 1A to: (state, in positive words, what you want from # 1A) to be loved, appreciated and cared for as much as Amy.

Richard agreed that he could see the difference in the energy he was putting out with the two different thoughts about what he wanted. He was particularly impressed by the change in the way he felt as he switched back and forth from what he wanted to his avoidance thought, ‘I don’t want to be angry with Amy.’

“I’m amazed as I pay attention,” Richard confided, “how each of those thoughts effects the way I feel. You said I would be

more sensitive to my feelings if I refrained from smoking and coffee. Could there be that much of a shift in my awareness after just a few hours?” he inquired. I let him know that I thought it could make the difference and it was probably a combination of factors, including the fact that he had processed through a lot of emotion and cleared lots of baggage out of his mind during our one day mini-intensive.

“**Step 7** is an acknowledgment of personal responsibility and the awesome power of our thoughts. It is the step of growing out of long-held childhood fantasies and infantile thinking and accepting responsibility for the output of your own mind. **Only you cause you to feel and feelings inform you of the quality of the mind energy in which you are engaging.** Every thought reflects a current or an unconscious ancient choice, often generational thoughts, and every feeling is the result of those choices and informs us of the quality of our choices. They are a direct feedback mechanism.”

7. With thought I structure each reality in my mind/body. If I’m in Pain, my thoughts are off target, in Error ☒.

“**Step 8** offers the opportunity to distinguish between responsibility and the mind’s cheap copy, blame. It’s time, Richard, to decide what your source is—blame or Love. Time to look at what really causes your pain and recognize that every reality output from your mind follows a pattern.”

“Been there, done that! Got that T-shirt!” he exclaimed. “Blame clearly hasn’t worked for me. I’m ready to go another route. I’m ready to use *Forgiveness* to change every pattern.”

“Also, people often think that as a result of some “terrible” thing they have done, or had done to them, that forgiveness could never take place. Fortunately, True Forgiveness is not about being let off the hook for an act committed. It is a tool for removing the disintegrative energies in which we have been

entangled. Every reality, every insanity we have done, or had done to us, is changeable. In the active presence of Love, all offensive energy dissolves. It does not matter how depraved or twisted, if Love is Conscious, Active and Present, healing happens! When you can bring your hidden pain to Love, a transmutation occurs!”

8. I accept responsibility and release blame for my self-inflicted pain. Every reality of hostility/fear in my mind is changeable. I now choose to re-connect to my Original Being — LOVE — instead of my upset ☒. (BREATHE)

“You might get the idea from this that we are encouraging you to go back to Love and make it a habit. That is a key part in the process. Keep connecting with your Being until that is where you live. I suggest you make it a number one priority in your life!”

“It certainly feels better than the hostility I usually live in, but why is it so powerful? What is the principle behind it?” Richard inquired.

“Have you ever held a newborn child in the first hours of its life, and, if so, how would you describe the essence of that child?”

He thought for just a moment. “Why, I would have to say absolute sweetness. Beauty, the essence of Love! I-I remember Amy that way,” he said as he softened.

“I’ve asked that question of tens of thousands of people from many different cultures, Richard. One hundred percent of the time, the answers I get are always some variation on the theme of Love, never anything else. Love is the very essence of our Being, Richard, and when we give that up, we give up Life itself. This work is about the restoration of Being, of Life, of Love to us. Any goal inconsistent with Being will only produce realities of hostility or fear and must be released.

“Recall earlier, I asked if you had ever done anything you regret and what you felt when you did it? And, like the tens of thousands of others who have answered that question, your words were all based in some form of hostility or fear.” Richard agreed. “Notice no descriptors that relate to Being, to Love are in awareness when in hostility or fear. That is because hostility and fear are reflections of the state of Non-being. When they are active, we are functioning out of corrupt data, false realities and a Non-self that exists only as a false idea of self held in brain cells. It is only a state of *apparent* existence. No actual life is present in that state. The newborn starts out as Love and most are dead (to Being) by the age of four!

“To “live” in this condition is non-life. To undo this condition brings us back to Life. In the process, a sort of “death” is experienced, and that is the death of the Non-self. And it can be terrifying to let go of Non-life to get back to our True nature. The ancient teachings counseled, ‘In order for you to live, you have to die.’

“The false, fear/hostility based self has to go, it has to be taken apart in order for our True Being, Love to come back into full expression. That is what True Forgiveness does and each worksheet opens the space for the balance of True Self, Non-self to shift until you live in full awareness of your True nature, Love, no matter what happens in your world.

“To heal that in us which is less than Love, we must short circuit the hold our Loveless thoughts and realities have on us. We must break the addiction to the chemistry of Non-being. To do that, we must collapse any reality that is less than Love and when we do, the underlying pain and trauma comes forward to be healed by the active presence of Being. The technology to do that was taught 2,000 years ago in the Aramaic and almost instantly disappeared from use.

“**Step 9** is the core of the *Forgiveness* process. If you hold a goal, any desire, in brain cells that trigger a reality keyed to hostility or fear, you will only see realities based in that corrupt data. Truth and accurate information from actuality will be blocked, they will be gated out and unavailable. Your mind is meant to be a light (read that Love) to guide you through the massive world of actuality. At any given moment your body’s ‘mind’ can only show you a tiny fragment of information, based on its content, at a time.

“If you are experiencing feelings of hostility or fear, you heal by collapsing the reality you are experiencing and thereby creating an opening into the unconscious dynamics that underlie your painful reality. By so doing, you, Love, bring the world you want to heal forward to be exposed and processed by the active presence of Love.”


“What does *that* mean, you totally lost me! Tell me that again.”

“Actually, Richard, more important at this moment is to know what to do next. In order to collapse the reality the mind is serving up, you must remove the driver, so to speak, that produces it.” Richard wanted to know how do that, where to find this ‘driver.’ “You have already identified the driver! It is the goal you held for Amy.”

“What do you mean, how does a goal become a driver? The driver for what?” he demanded.

“We are back to understanding how the mind works. At any given moment, there are trillions of ‘bits’ of information in the world of actuality. In order to build a reality, you must direct your mind to focus on a particular aspect of actuality. You do that by selecting a goal out of all your possible intentions. Many speak of the power of intentions but, in truth, it is the goals we set that have the power to cause the mind to produce results.

“All of the wonderful intentions in the world will not prompt *any* behavior. An intention never moved a muscle, nor prompted a word. It is the act of elevating an intention to a goal that is the mover of the mind’s intelligence and of behavior. This is a very important distinction in understanding how the mind works and one we cover in detail in the Workshops, *Laws of Living* and *Getting the Stress You Need*.

 **KEY THOUGHT**—The road to hell is paved with good intentions!

1855 H. G. Bonn Hand-Book of Proverbs 514

“Having identified the goal, what you want from *Step 6*, put it in the blank in **#9 A**. Now, recall, in Aramaic, the word ‘forgive’ means to cancel. Understanding how your mind produces the world you see, you are empowered to heal by canceling what you want, your goal, in a painful situation.”

Richard balked a little at doing this. “Why would I cancel what I want? That seems ridiculous, michael. I deserve to have what I want. You said that yourself.”

“I’m not saying you don’t deserve what you want, I’m saying that holding tight to a goal that produces pain keeps you in the pain cycle. Canceling your need for what you want opens the space for you to see your *own* blocks and heal the projected parts of your mind. You *do* deserve to have what you ask for and I also acknowledge you as a powerful creator! Why haven’t you created what you want?”

“I-I don’t know,” he stammered. “No one has ever cared for me and appreciated me the way I wanted to be. That has always been the problem in my relationships with women—and they are all the same. They are affectionate for a while and then become distant. OK, michael, I see that look on your face! I can hear your voice in my head before you even say the words, yes, I am the

one who was there every time and this is my pain. I'm not sure I quite understand it yet, but I cancel my need to be Loved, appreciated and cared for as much as my sister."

9A. The first casualty of desire is the Truth! Perception, meant to be a light, is the servant of purpose. If I hold any purpose more important than Love, my mind distorts my reality! In order to collapse my false reality (anything based in hostility or fear), and get back to the Truth, I cancel my goal for #1A to (copy exactly from #6) to be loved, appreciated and cared for as much as Amy (BREATHE)

Tears began to flow as, once again, feelings welled up from deep inside of him. A quiet sob filled the room as he spoke. "Why am I not Lovable? What is wrong with me? It feels like I've never known what it is to feel Loved, so I've become callused in order not to feel the pain. It seems so deep, like a dark hole that can never be filled. I can see now why I tend to intellectualize—it's been a way of avoiding feeling this."


"Is it possible, Richard, you acquired that belief when you were a child? Did functioning out of this suppressed pain prompt you to engage in calloused behaviors with women and drive them away? Is that what caused intimacy to disappear? Is the result you produce that you get to prove, over and over again, you are not Lovable?"

He wept openly as he faced the grim truth he had avoided for so long. "Keep breathing," I suggested gently. "You are accessing hidden places in yourself, places that your personality structure helps you to keep out of awareness. It is safe to access those places and move what is locked within. Remember to hold the space of Love, that is where the healing happens."

"But I don't understand. How did these floodgates open. I-I have not felt these kind of deep feelings or cried like this since I was a child. There is so much pain," he whispered through his tears. "I didn't know it would be this hard." We just sat in silence and breathed for several minutes.

As he regained his composure a little, I offered some thoughts. “The problem, Richard, when we use the drug, hostility, or any other drug for that matter, to cover what we don’t want to look at, is that we cannot feel. We snap at someone so that we don’t have to look at what they resonate in us, what is going on inside of us. Our behaviors are then driven by our underlying pain. We behave to keep from having to feel.

“Understanding this principle is what, I believe, lead Henry David Thoreau to pen the words:

 KEY THOUGHT

“The mass of men lead lives of quiet desperation. What is called resignation is confirmed desperation. From the desperate city you go into the desperate country and have to console yourself with the bravery of minks and muskrats. A stereotyped but unconscious despair is concealed even under what are called the games and amusements of mankind. To be awake is to be alive. *I never yet met a man who is quite awake.*”

“Thoreau had humanity pegged! We experience resignation, desperation, despair, sophistication (in essence, being phony), violence in every form, acting macho, conflict, picking on the helpless, an inability to be alone or in silence, the urge to kill, rage, drink to excess, do drugs, eat junk, steal, become pious, criticize, manipulate, control, condemn, compete, deny, lie, self-abuse and abuse others and go to war all to create a distraction to keep us from feeling and awakening. All of these behaviors are pathetic attempts at managing and avoiding our internal stresses. Notice, when stress builds, we do these things even more. And, as Thoreau says most are dead. To be Awake, in his terms is to live a bigger life than most even dare to think about. In each age masters have come offering tools with which to heal and, usually, those tools, and the work they said to do, is swept away by fear, dogma and intellectual study.”

“But life beats us down so badly,” Richard chimed in.

“I offer it is not life that beats us down but our own unresolved unconscious dynamics. And we need to be willing to open the floodgates if we are to heal.

“How did you get the floodgates to open, Richard? You canceled the goal that held your painful, internal world in check. When you cancel your goal, the reality your mind is producing collapses. This opens an ‘energy window,’ so to speak, into your unconscious dynamics.

“Doing this sets up your mind to process through the unconsciousness and pain around the issue at hand and see a different reality. If you are in pain, your mind is holding to an insane reality. You need to collapse that reality in order for healing to happen.”

“But there is so much! How do I ever get through it all?”

In *Step 9B*, you get the chance to ask for assistance in moving through whatever comes to the surface as you forgive.”

“What do you mean?” he asked.

“There is a power that in Aramaic is called ‘**Rookha d’Koodsha**,’ often short formed **Rookha**. It was understood as a feminine elemental force in the human mind that undoes the effect of our errors and teaches the Truth. It literally means the ‘force for that which is proper’ for us as humans. This inner power has been known by many names, the Higher Power, the Holy Spirit, the Super Conscious, the *SuperProcessor*—that is why there is a blank where I encourage you to address that power with whatever name is comfortable to you. How about going ahead and asking now for that assistance?” He spoke the next step out loud and then grew very silent.

9B. I invite Rookha (Rookha d’Koodsha) to incline me toward healing ☒, restore me to my *original nature LOVE* ☒, assist me in keeping *LOVE* present ☒ and help to see and own the inner, deeper, hidden and projected parts of myself ☒. (*BREATHE*)

“What is happening, Richard? Are you breathing?”

“I’m really feeling sad, overwhelming sadness and loss. At the same time it’s a good sadness, if such a thing is possible. It almost feels like being washed. There is energy running through my hands, and my face is a little numb. I’m realizing that when I was a kid, my parents changed when Amy was born. I blamed my sister for the change in how I was treated by my parents. It seems like I’ve been really unfair to her. I’ve taken it out on her all my life, and she was just a beautiful little kid. She didn’t deserve what I’ve done to her and what I have continued to do to her even as an adult. I’ve treated her like she was a nobody—the same thing I accused my parents and women of doing to me all my life! Its so clear - I don’t understand how I could have missed this all these years. It’s so stupid.”

“Sounds like you could easily turn the abuse you’ve done to her on yourself. I’d suggest you be aware of that you be *Gentle* with everyone including yourself.”

“It doesn’t feel like I deserve it. I hate myself. I’ve been pretty rotten to her.” He was in self-pity.

“You’ve just uncovered your next few worksheets. I suggest you make a note for your journal or fill in **Step 1A** on some blank worksheets. You would benefit from worksheets on ‘deserving,’ on ‘self-hate,’ on “being stupid,” and on ‘being rotten.’ I think ‘self-pity’ would also be a productive topic to work with.

“I invite you to remember that the purpose of delving into these areas of your life is to recognize what you have done to yourself and others with your mind energy. One of the games of the human mind is to always reproduce its patterns and make the behavior connected with those patterns look like a justifiable action. Once again, what I hear is that your reality ‘someone is to blame and punishment is in order’ has been resonated, and now that you see your sister’s innocence, you are about to turn that reality on yourself. Remember, Richard, you are innocent, too. I

suggest you speak The Commitment (page 127) in the mirror to yourself and recognize you deserve to be treated Lovingly, gently and with respect. “In the Aramaic Scriptures, the mind was called ‘the Great Deceiver.’ It could take any situation and justify projecting its old realities, patterns and habitual behaviors into whatever happens. The task at hand is to bring Love into your mind and heal your tendency to abuse *yourself or anyone else, whatever comes up, whatever happens!*

“Do you see how the mind sets its trap? It is urgent, particularly when healing, to have a Law by which you live. Commit, in advance, to following that Law especially if the mind advises you to go contrary to it. The Commitment becomes a guidepost for decisions and behavior. It keeps you on track and away from falling into the tricks of the Loveless mind. The Law to use is that of Love. You can’t listen to the advice of an insane mind and change your behavior or make healing decisions.”

Richard was dismayed. “I’m not insane right now, I’m just angry at myself,” he shot back at me.

“Recall our definition of an insane mind is a mind without Love. The *First Law* is: keep the condition of Love in your mind, whomever you think about! Whatever happens!

“Your focus is on you right now, and you are ready to punish yourself for functioning out of the mind of a child who was in pain. You didn’t understand what happened when a new baby came into your home—how could you? In order to change the behaviors that come from such old internalized experiences, this is the process that must be done or, like many in the past, you will be saying to yourself, ‘Why is it the things I would not do, are what I do and the things I would do I cannot.’ You can resolve to do something, or never do it again, but if a behavior comes from an unconscious prompt, until that prompt is addressed with True Forgiveness that behavior will rule you. With the right tools you regain your power over your ‘self.’

“I would suggest you go back to *Step 8* and reconnect your mind to Love before you take any other actions. Remember the Law of Love applies to you too!”

“Okay, I really want to get through this. It seems like such a waste, the way I’ve been with my sister for so many years.”

“Great catch. Notice your words. Sounds like another good worksheet topic is ‘wasted relationships.’ It would be a good idea to make a note of that on your future worksheet list. Have ‘wasted relationships’ shown up anywhere else in your life?”

“Let me take just a minute and get centered in that Love connection, michael.”

We sat silently for a moment and Richard’s countenance changed. He seemed to settle a little and then spoke. “It feels as though every relationship I’ve ever had was a waste and I can see that I made the decision very early in my life that relationships weren’t safe. The Truth is, I think, that *I* wasn’t safe. I’ve been so angry ever since I was a child, I’d snap at anybody for what appeared to be no reason. I now see clearly that I was hurting and wasn’t going to let anyone get close enough to do it to me . . . AGAIN! I can now see that all my unwillingness to look inside is the very thing that has maintained the cycle of trauma instead of protected me from it.

“All of my adult trauma and pain has come out of my unwillingness to look honestly at my life—my own Blockage of Truth! My life drama is to be emotionally aloof and unavailable just as described in *The Celestine Prophecy*. It is clear that my attitude guaranteed I would be hurt over and over. I see why the intimacy left - I was always blaming and attacking - no wonder the women in my life left! I was rotten to them. The old saying, ‘There are none so blind as those who will not see,’ keeps coming to my mind. I’ve sabotaged my whole life!” Richard’s tears welled up once again. I waited, just holding the space, until the emotion passed before I spoke again.

“Keep your breath open. You still have lots of life left. Let’s tie what just came to the surface back to some of our earlier discussions. Recall you said the women in your life were warm and Loving at first, and then they became distant. You then found you couldn’t seem to get close to them again. Your evidential mind was stuck in projection and externalization. Good catch! Your earlier thoughts were that *they* became distant and notice, with Forgiveness, you get to see the Truth.

He was overcome with emotion again. “I can’t believe what I’ve done—and I’ve beat everyone else up for what I’ve been doing to them all my life. I don’t know if I can handle this.”

“There is nothing to handle. Once you invite Rookha to go to work, the processing part of *Forgiveness* is not something *you* do. You simply open the door, and if you allow it to remain open Love does the rest. Just breathe and the energy will move. Remember—*healing happens!!*” Several moments passed as Richard went through waves of gut wrenching emotion.

“What do I do with all of these feelings?”

“Just hold fast to your connection to Love and be with them. Develop the habit of staying connected to Love. It is safe to look at and feel everything inside you. Your job is to open the door and hold the space. Locating and canceling the goal, then inviting Rookha to go to work is your part. That has the effect of allowing what in the ancient teachings was called the ‘veil’ of the temple (not a church, but the barrier of denial in your own energy field,) to open and move into process. Think of our earlier definition of processing. It is the capacity to hold *Love Conscious, Active and Present* when anything less than Love surfaces. **By choosing to *Love Truth*, you’ve gotten in touch with some of the issues that your mind hides. You opened the space for that to happen when you canceled or *Forgave* your need for what you wanted. This is the end result of *True Forgiveness!***

“When the mind has things backward, that is, believing that what is happening inside is caused by something outside, and you cancel your goal, though it seems backward thing to do, you allowed the file in your mind that kept issues hidden from your awareness to open. When these issues surfaced and were exposed to Love, the Truth became available to you and you began to let go—heal—these long-held painful realities. This is what healing looks like! You will no longer have to carry these burdens. Your life will change as a result of this processing. I stress, as strongly as I can, that this is the result of canceling your need for what you want, which is the key to opening the healing process!”

Richard regained his composure. “Where did that come from? I didn’t expect such a powerful upheaval. Do I feel relieved! I’m going to think about this for a long, long time. I don’t know what to say, I’m a little embarrassed.”

“I support you in letting go of embarrassment. What you just went through is right on target. It’s what our culture inhibits us from doing, especially as men— looking at, feeling and dealing with the insanity we go through in life. Our culture has warned us not to open ‘Pandora’s Box,’ but they did not tell us that if we never look into and clean out Pandora’s Box our lives will become like its contents. Can you see how the theme of what you have just uncovered has run through your whole life?”

“It has not run *through* my life, michael, it has *run* my life! That experience and the decisions I made to protect myself from getting hurt again have been at the root of just about every relationship interaction I’ve ever had! I’m ready to re-create my life differently. It *is* safe to Love and I’m going to do it! Nothing can stop me now!”

“Richard, I suggest you look at the words, ‘Nothing can stop me now.’ Recall the discussion about creating out of avoidance? Your words say you may be getting ready to set something up to stop you.”

“Don’t be so literal. That’s not what I meant.”

“I know that’s what you believe but your words reflect avoidance, and your words always precede your creations. At this moment it sounds like I’m being picky, but I’m reflecting back to you where your reality structure is taking you. Your words are the indicator. Words reflect the energies with which we *organ-ize our bodies and our world*. You’ve just had a powerful opening and insight, but there is still work to be done. Might I suggest you rephrase your intention to something such as, *‘It is safe to Love and I’m going to do it! Everyone, including myself, supports me in having Loving, connected relationships, especially with women and particularly with my sister!’*” He became emotional once again.

“In the Aramaic, you have just been born into a new kingdom, a new level of insight. It is exciting, but you have a whole genetic and life history that is going in another direction. Your mind has a store of realities that is inertia bound. Your reality structure will tend to keep you going in its direction, rather than this new way, as soon as it’s back in the driver’s seat. Your words indicate the ‘Great Deceiver’ is sneaking back in already.”

“I’m ready to move on. I like this new way of thinking and Being and I don’t want to go back to that old way. I can hardly wait to tell everyone I meet about what I’ve found!”

“Be aware that not everyone is going to want to hear what you have to say. Recall when you first called me you thought it would be a waste of time to get together? Remember the ‘don’t storm the gates’ warning? Just be aware that you have work to do and the *Forgiveness* process has just begun. There may be several layers of this and other old realities based on the childhood experience you just uncovered that will still come forward for healing. Those old realities will attempt to convince you they are true, but only because that is what you have trained them to do. Consistent inner work is the key. You can bet that the guy who

just yesterday pitched the latest World Series win is back practicing on the mound today. If you want to continue the process, you must put the pen to the paper and continue your work. We have just scratched the surface, I promise you.”

“I’m committed! What do I do?” Richard beamed.

“First, I suggest a commitment of five *written* worksheets a day for the next forty days. As you have just observed, the worksheets put you in touch with your unconscious dynamics. They initiate healing. In the ancient teachings, the unconscious is called the ‘desert’ or the ‘heart.’ Forty days in the desert is very powerful. Recall in those teachings they said, ‘Take care the heart for out of it are the issues in life’? Notice how the unconscious dynamics just uncovered have a way of sneaking in and setting up the realities in your mind, which result in the issues in your life.”

“It’s pretty clear to me right now, but doesn’t this put an end to it? I mean we already did a worksheet on this issue. Shouldn’t it be over?” Richard asked hopefully.

“It is possible, but, it’s not usually that easy. The *Master Teacher of Forgiveness* suggested seventy-seven times seventy worksheets on any given issue. To the ancients, seven was the number of completion and a zero added to that number is infinity. This means that you may do an infinite number of worksheets until you are complete with an issue. The real work begins now as transforming old dynamics in the mind is a process that takes time.

Recall there are years of old experiences, and generations of beliefs and insane interactions to overcome—aeons of what was called ‘wandering in the desert.’ This is the core of the Master Teacher’s work. It was often veiled by dogma and available only to those who had the, ‘*eyes to see and the ears to hear, - those who had the ‘brain cells.’*”

“I didn’t know what I was getting myself into, michael, but I’m glad I came. I’ll do my work and teach it to others.”

“Great! Once you realize what there is to be done, what else is there to do? Let’s cover the *last few steps* on the Reality Management Sheet and we can close for now.”

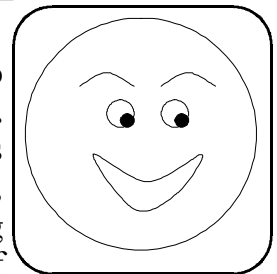
Richard had been looking at some of our HeartLand literature and said, “I want to be at the Support Team Super Intensive next year at HeartLand. I’m ready to deepen my process. How do I arrange that?”

“Let’s talk about that later and look at *Step 10*, which, in effect, you’ve already done, then we’ll complete *Steps 11 and 12.*”

10. I now feel cleansed and relieved and, about the situation in #1A see that neither of us deserve my hostility & I have much more work to do. I am willing.

Draw Your Feelings Now

“Notice in **Step 10** you are asked to describe the same reality as you did in **Step 1**. I invite you to notice how that reality has changed and that you moved from the outer, blame dynamic to the inner reality, seeing yourself more accurately—that is the result of True Forgiveness!”



“It feels like I could write a novel on the insights that are coming from the few hours of work we have done and this one worksheet. I hardly believe anything so powerful could happen to me.”

“Writing a book on your work today, hmm, I might just do that! I remind you that what you have done is a process and there are highs and lows. When lows come remember the thought, ‘This too shall pass,’ and it will, though it can take up to three days if you do your work. As you progress and build vitality you will reach even deeper parts of yourself and the process will intensify. I would

suggest you put your insights, everything you are thinking into a journal and keep rereading it. It will be fertile ground for future process and worksheet topics.

“In **Step 11** of the Reality Management Sheet, you purposely look for the Love in the object of your attention from **#1A** on the sheet and focus on gratitude. Gratitude is something you do for *you*, not her. Sometimes gratitude will elude you because there is still more work to do around an issue. Fake it till you make it! It will fill you with more of that healing flow.

“When you look for the Love in another, you not only strengthen it in yourself, but you are choosing humility. In the ancient Aramaic, humility, as opposed to the current attitude of being about putting yourself down, is the mental quality of being capable of looking for and cooperating with the good desires of others, with their highest and best, instead of being lost in your own projections. It is a powerful, healing habit to cultivate.”

11. I am grateful and choose humility by looking for and joining only with your highest and best, YOUR BEING, LOVE (#1A) Amy.

“That seems so natural and easy on this side of the Forgiveness process, michael. I can hardly believe the difference in how I feel about Amy. I have always resented her so much. I’m going to make up for lost time, I hope she is open to it. I can’t wait to tell her how sorry I am.”

“Remember our earlier conversation about being sorry?”

Richard nodded, “Would you please refresh me on that?”

“Our culture teaches us to focus alot on being sorry. When you get two creative minds focused on what they are sorry about, there is a tendency, because of that energetic reinforcement, to do more of the same. I have come to understand that when we make an error, it is powerful and healing to own and apologize for that error. Then I think it is best to explain what you are going to do *instead* of that behavior again. Detail, with the person you are

apologizing to, what you are committed to in the future. You have a much better chance of actually changing your behavior when you do that.”

“Got it! So, I can’t wait to apologize to Amy and let her know how much I care for her and how important she is in my life!”

“I hold the space for her to be open to you. Lets move on to **Step 12**, the final step on the Worksheet. In this step you create a new, constructive goal, toward the object of your attention. When your mind uses a constructive goal to produce its realities, instead of self protective goals, your life will change dramatically! To focus on what you want to create with them and see the end from the beginning is a powerful position to be in.”

Richard looked at me quizzically.

“As a creator, when you train your mind to think about what you want to create, as a result already completed, you give yourself a much better chance of achieving it. This is a principle we go into in the workshop, *On Creating Consciously*. Be clear that your focus is on exactly what you do want from the situation, as opposed to the mind’s tendency to go to what it doesn’t want and to create out of avoidance.”

11. I acknowledge us for creating TRUTH ☒, PERFECT LOVE ☒, and (structure a Loving goal with #1A) a close, warm relationship. I’ll be available and be responsible for my feelings ☒. (BREATHE)

“Relief and hope are what I feel now. It seems I’ve learned so much about myself—more than I’ve learned in my whole lifetime! What can I do for you, michael?”

“Richard, there is a principle in physics called critical mass; the threshold point where a seemingly small action transforms a large mass. Without charge to the sponsor, we accept every invitation possible to speak to groups. When an invitation fits into one of our regular tours, we pay our own expenses, present our travel workshops free and invite people to copy and give

away our materials so that our work is available without regard for the ability to pay. We do these things as our contribution to creating critical mass with these tools.

“Doing your work and sharing it with others will add energy to our family’s commitment to deliver these tools to every mind on the planet and is the greatest gift you could give us. We also invite you to support this work financially or in any other way you can. There is always work to be done at HeartLand and, with a dozen or so buildings and 17 acres, the donation of materials and/or labor is always welcome. Of course, doing and passing on the work is most important.

*“I believe a precious opportunity was missed two thousand years ago to heal a suffering, wounded humanity. It was our chance to regain our sanity, our dignity, and to function again as human Beings. Recalling that *Love of Truth* is the healer of blockage of Truth, I trust its transforming power. I believe that each mind wants to and will shift to the most rewarding way of living possible, once the possible is seen. The question is who will break through to the critical mass, who will make the possible available to humanity? Let me share a story, by an unknown author. that I think says it all!”*

Will You Make the Difference?!

“Tell me the weight of a snowflake,” a hawk asked a wild dove. “Nothing more than nothing,” was the answer. “In that case I must tell you a marvelous story,” said the hawk. “I sat on the branch of a fir, close to its trunk. It began to snow. Not heavily, not a raging blizzard, no, just like in a dream, without any violence. Since I had nothing better to do, I counted the snowflakes settling on the twigs and needles of my branch. Their number was exactly 3,741,952 when the next snowflake dropped onto the branch—‘nothing more than nothing’ as you say—and the branch broke off.” Having said that the hawk flew away.

The dove, since Noah’s time an authority on peace, thought about the story for a while and finally said with resolve, **“PERHAPS ONLY ONE PERSON’S VOICE IS LACKING FOR PEACE TO COME ABOUT IN THE WORLD.”**

"Richard, the next time someone resonates a reality that is less than Love in you, will you Forgive instead of attack? Will you be that voice for peace?"

EPILOGUE

Dear Reader,

The purpose of each tool in this book and our work is to support the *healing of ourselves, each other and the planet.*

People from many nations are working with and supporting these tools. Will you join with our International *HeartLand* family in being *response-able*, using the tools and perhaps become *the voice* that will bring peace and healing to the world?

If anger or upset *in any form* play a part in your relationships or life, will you choose to be a voice for peace?

In Smiles and Blessings,

michael, jeanie,

michael jay and christa jay