

**Question:** The following response comes from an email sent to a personal friend who was pleading for relief from his life, he was on the brink of suicide. He had no previous introduction to Michael's work so the response contains a lot of explanation/detail of why and how forgiveness works.

**Reply:** WOW the context of your email sounds desperate and confused. I have a "tool" to share that will work – trust me – it may seem radical. I will try to explain as best I can via email – I can provide additional documents that contain notes from our workshops that will give a deeper explanation should you want more. At the end of this email I have attached the link to download the "Reality Management Worksheet" which is the tool that will change your mind and thus your life. But read my explanation first before you go straight to the worksheet. AND part of this will sound like what we have been taught all our lives from a spiritual perspective and part will be from a physics perspective – bear with me and see the connection between the two and then you will better understand HOW you can change the way your life seems to be going. You said in your email “a problem I have” and “I’m back in my rut.” so you are acknowledging already that this is a pattern and you have claimed it as yours – that’s a good start. Now read on please....

The Creator made us in his own image – and scriptures say “God is Love” – therefore we are Love. It is the **stuff we are made of, it is where we live, move and have our being** – it is not something we “do to” or “give to” another person. If we don’t “feel” like love then it is because we have an “overlay” that is taking us out of our true nature. Removing that “overlay” from our being is called forgiveness in Aramaic (which was Jesus’ original language) – forgiveness has nothing to do with the other person – that is “pardoning”. Which is a nice thing to do but does nothing for what’s inside of you.

We are an energy system of electrons, protons, neutrons and light....and there are only two qualities of energy relative to our systems, integrative (builds us up) or disintegrative (tears us down). Anything less than our true being (Love) is disintegrative to us - scriptures call this energy “sin”. These energies include fear, hostility, anger, pain, vengeance, plus anything else we experience that is less than love. We enter this life with some generational stuff but once we become an “individual” it is ours – we can’t continue to “blame” our ancestors for the way we are – we have the power to change our life if we do not like the way it is going. And we can make the change for everyone in the bloodline both forward and backward. We have the power to clear up the generational issues for ourselves as

well as for our parents (and other ancestors) and for our kids so they don't have to deal with it. That is power!

You are giving your power away - to others, to your situation at work, to your management. You have the power to change the way you feel, not them. You have the power to change your mind thus change your feelings and change your physiology. Take your power back. Read on, my friend.....

The purpose of life is joy, vitality, happiness and love. When we place disintegrative energy in our system we create a breakdown and the beginning of our own death. God (and Life) does not want us to destroy ourselves so now life's purpose changes to show us the areas we need to clean up. People and events will come our way (drawn to us through resonance) to bring it up for us. Usually though, we blame them for what we feel and never truly face our own internal crap. We may "forgive" them (actually just an act of pardoning) but our pain is still in tact and we will get to face it again and again until we decide to give it up...this is what the worksheet helps us do...step by step to clean it up. God has given us a feedback mechanism (our feelings) that tells us when we are off base or have something in our life (sin) that needs to be cleared out. Let me interject here that in Aramaic the word "sin" is an archery term that means **off the mark, take another shot**. It is not an evil condemnation thing like we are led to believe - that is a control tactic (howbeit unconsciously done, we are in fear of our sin and do what we are told to get back into grace). Most important here - remember if you feel something - it is yours.

We must first take responsibility for what we feel. We are not responsible for what or who triggers the feeling - they are responsible for what they do or say. Yes they may do something "off the mark" and they need to be held accountable for their action - this does not let them off the hook. BUT we are in charge of our own feelings and thoughts and those we can change - then we are saner to hold the other person (our trigger) accountable.

The first law is to love God, neighbor and SELF. Christ conquered death and hell and said he came to show us the way and that we could do what he did and greater - do we believe what he said is true? He brought a body of work to be done not a belief system to believe in. Yet it is easier to just call on his name and not do what he said to do. We are to take up our cross not his and do our work - we are to live in the mind of Christ which showed the love of God regardless of the circumstances. He chose to stay connected to Love (to God, his Source) over anything the world could send his way. Your cross right now is this overwhelming

“sinking into your rut” – you need to cancel your goals for things to be different and reconnect to your Source (Love). Love yourself more! Stand in the space of love even in the face of your "enemies". It takes practice to stay there all the time but it can be done – Christ did it and said we could too.

Let me share a little story here: There was a rose and a butterfly that fell in love and had a marvelous time together until one day the butterfly flew away. The rose, because it thought there was nothing more important than the love of the butterfly, uprooted itself to give chase. What happens to the rose? It dies! Why? Because it made something else more important than staying connected to its source. When we disconnect from our Source (God or Love) we initiate the beginning of our own death. This job and your schedule are not worth the price. Reconnect – you can change your mind. Feelings are shadows of thoughts. Change our thoughts and we can change our feelings. Now read a little more how our thoughts become our physiology – thus becomes our disease (or dis-ease).

We have in our being, right now, every frequency we will ever experience for the rest of our lives. What changes will be what we put in or take out. Feelings and thoughts are molecular, every thought we think produces molecules in our structure (neuropeptides) and those molecules travel our system and land on a cell with a matching receptor site and the cell replicates the molecule physically. This is proven in the laboratory. We now live with the chemistry of our thoughts. Our molecular structure becomes our cellular structure...we must become responsible for our own being. Our energy is organ-ized.

Our behavior (reality) is driven by the goals we set. We need to not allow "life" to run our behavior - if we don't determine & control our goals then someone else will set them for us. Scriptures say we are in this world not of this world. We are taught in this society to turn our goals over to parents, teachers, bosses, political & religious leaders and they will "frame" the goals and then we will "set" the goals based on their call not our own. Advertisement is for the same purpose - to frame our goals of which products to buy. Guard the portals of your mind. When we allow others to frame our goals we feel resentment and powerless...but we can take charge of the goals we set and empower ourselves.

Now we ask, “Why would we want to cancel a Good Goal? A goal I deserve.” The goal we hold is the driver for our behavior and we can't change our thoughts/feelings without letting go of the goal. Our "object of attention" is only a trigger for what we have suppressed in our own structure not the cause of our

feelings. Mind energy in our mind becomes the flesh (the world) we see and our body becomes a "doer" of that action.

If you have been in a painful reality 87 times with 42 different people - you are the one that has been there every time. You have something to do with your life. Responsibility. Be careful where you let your mind go - it is the father of liars. Suspect every reality your mind delivers - if it delivers it in the form of a body - it is a projection. Think with the mind of Christ not the memory bank of red clay (Adam).

Notice your breath - are you holding it? Holding the breath, or shallow breathing, is the mechanism we use (unconsciously) to not look at something that is up in our face. It is a denial mechanism. Holding the breath increases carbon dioxide in body and acidity of the body increases – this weakens the body. We need to be more alkaline. You are not facing what is truly up for you and your body is feeling it physically. Our mind-body-soul are all connected.

Uncancelled goals increase our stress level. We have to either achieve the goal or let it go...the mind won't automatically release a goal...it has to be told to let it go. We only have so many resources and when they are all used up on goals we can crash our system, like an overload computer. We need to keep all resources available - cancel goals at the end of each day. We may reset them later but cancel each night.

None of us experience any reality that is not already in our systems. What you are experiencing is the result of something you have within you that you have not dealt with and it is literally killing you. Do a worksheet – cancel the goal you hold and reconnect to your “being”!

Keep love conscious, active and present when something less than love comes up and healing happens. When you release this issue, you can have 50 schedule changes and you can stand in the space of being and not have your “rut” appear ever again. It is your choice to fall in the rut or go in a different direction.

I hold the space of love for you as you move through this – I will be more than glad to talk with you and walk you through a worksheet if you are willing to try it.

The link is <http://www.whyagain.com/worksheets.php> - print it out - specifically the first one that is the newest version.