

Question: Can the worksheets in and of themselves really "remove" emotional pain that is deep and imbedded and of many years? They are certainly working for everyday triggers. But what about the deep old stuff? And if yes, then how? Here's why I ask, I was doing a worksheet last night on my father being the trigger, his meanness of speaking to my mom, being the thing and my anger, disgust, sadness, etc. The tears and emotion that came up was, well, many years worth. My mind kept thinking, there's no way this step by step forgiveness thing is going to eradicate something this deep, this old, this painful. I finally went ahead and did it anyway; however, it felt like a needle in a haystack. So, if you would now say, do more worksheets, ok sure, do more. But in a way I want you to again explain how it is that you believe that these worksheets alone can heal the pain on that level. So, yes, lots and lots of worksheets and really just on faith that something is happening beyond my limited knowing. Is the idea here that even if the behavior between my mom and dad never changes that somehow I can stand by it and really feel only love?

Reply: It is a process. Please share with your support group - if you have the question others probably do too.

This is one of your major core issues and on these we might have to do 77x70 worksheets. That means an infinite number of worksheets around one issue until it is finished/complete. You have spent how many years building the feelings and thoughts that you now hold in your physiology? You might be done with it overnight but probably not. In the Co-dependence to Inter-dependence workshop, we talk about the child trying to fix it for the parent when things go wrong and when they can't fix it they develop the thoughts and feelings of I am hopeless, helpless and I am to blame. You must forgive this issue in your life too because I am sure you were there and tried to fix your parents problems too. And it did not work.

The worksheet is a tool to walk you through the forgiveness process. I have seen people "fill out the worksheet" but they did not "mean it inside" - they did not release, they did not ask Rukha to assist, they did not forgive or cancel their goal - therefore the sheet did not remove their issue. The process is in you! Yes this tool walks you step by step how to and it can undo any insanity that we are willing to let go of - question is, are you ready to let it go? Are you ready to acknowledge the child's hurt in you where you could not fix your parents? When you cancel your need to fix them you will be able to stand in the presence of their insanity and see it as THEIRS and you can be unattached to the feelings that used to accompany being in the presence of their mess. It can happen.

The forgiveness process does not differentiate between today's events and generational events. However, you are trying to take apart one big issue with one bite....kind of like how do you eat an elephant? One bite at a time. Be gentle with yourself and acknowledge the progress you have made - yes there is more work to do but you have made big strides already. Yes? YES!!

When you go through the steps be sure to watch for the "stuck points" - go to the following link - I list some pointers for helping in the worksheets
http://www.whyagain.com/media/Reality_Management_Worksheet_stuck_points.pdf
With Love and Respect for all you are doing to move forward!