

1. **A.** My mind convinces me that **my trigger** (“them,” “it,” “self” or the situation - name the object of your attention) _____ (_ . _ .), causes my feelings (Describe what happened)

_____ **(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!

B. My feelings, (also internal) triggered by this situation _____

Draw your feelings:

C. My thought(s) that cause my feeling(s) _____

D. I want to punish/avoid by _____

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 .

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 (#1D) , and my need to be right. **(BREATHE)**

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 .

5. I choose to Love Truth and to restore the condition of **LOVE** (Life) to my mind . **SELF GIFT/TEST:** a **LOVING** thought I can **FEEL** about (#1A) is: _____, Myself: _____

6. I want **#1A** to: (state, in **positive words**, what you want from #1A) _____

7. With thought, I structure each reality in my mind/body. ***If I'm in Pain, MY thoughts are off target, in Error!***

8. I accept responsibility and release blame for my self-inflicted pain. Every reality of hostility/fear in my mind is changeable. I choose to re-connect to my **ORIGINAL BEING — LOVE** — instead of my upset .

9. **A.** 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) _____ **(BREATHE)**

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

Draw your feelings now:

10. I now feel _____ and, about the situation in **#1A** see that _____

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

12. I acknowledge us for creating **TRUTH** , **PERFECT LOVE** , and (structure a Loving goal with **#1A**) _____ . **(BREATHE)**

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