

Premise - our Essential Nature, as Human Beings, is Love (think ♥ newborn ♥). The work of healing is to remove anything that is unlike our True Nature so that we come back to the *experience* of Love 24/7/365!

1. **A.** I, ♥, have, through denial, trained my CBM* to show me the lie that feelings and my giving up the ***experience*** of my Essence, Love, are caused by ***my trigger*** - name the object of your attention - who or what are you focused on? _____ (. _ .), **B.** Describe what happened

Date _____
Sheet# _____

_____ (BREATHE)

C. My feelings, resonated by this situation (all hostility and fear is from *internal* corrupt data)

Draw your feelings:

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

E. I want to punish/avoid by _____

2. I choose to Love Truth and willingly go through the physical/mental/emotional symptoms of healing.

3. I, ♥, want **#1A** to: (state, **in positive words**, your **exact** goal for **#1A**) _____

4. I choose to reconnect to my **ORIGINAL BEING**, ♥ instead of my upset .(Rose/butterfly story)

5. **A.** In order to collapse my false reality, be liberated from my hostility/fear*, get back to my **actual mind** and the **Truth** about me *and* my object of attention, I **cancel** (*in Aramaic* - Shbag*) my goal for **#1A** to (copy exactly from #3) _____

_____ (BREATHE)

B. I invite _____ (*in Aramaic* - 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 come into direct, conscious relationship with and remove the dissociated* and projected parts of my CBM .

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

Draw your feelings now:

7. **#1A** I acknowledge us for creating **TRUTH** , **PERFECT LOVE** , and (structure a Loving goal toward **#1A**) _____

_____ . (BREATHE)

DEFINITIONS *CBM - Carbon Based Memory - The source of all hostility/fear, a cumulative generational data bank from the past.
*Fear/Hostility - toxic energies that draw us away from our True Nature - *always* an indicator of hallucinations. They are infallible indicators of dissociation and point to the corrupt data at the root (*in Aramaic* “oota”) of the output of the mind.
*True Forgiveness - Shbag - Translated as forgive, actually means “to cancel.” *The* tool that, in Aramaic, reconnects us directly with, corrects and integrates dissociated states of mind, previously seen only through projection and caused by denial and refusal to be responsible for what happens in our lives. A *daily requirement* if one chooses to achieve well-being and longevity!
*Rookha d’ Koodsha - A feminine, elemental force in humans that breaks off the effect of errors and teaches us truth. A force for that which is proper for humans, the denial of which leaves us in unforgiveness (- not unforgivable!) The “SuperProcessor.”
*Dissociation - A result of denial, a separated part of the mind often referred to as the “unconscious,” “heart,” or “desert.”

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I release my need to be right!!

If they are the one with the problem, why am I the one with the PAIN?!!

Successful Worksheet?