

Health, Joy, Love, and Forgiveness

Unconditional Love and Forgiveness Skills

*From negativity and conflict to peace and wholeness.
A key to Health in body, emotions, mind, and self-development.
A key to Right Human Relationships.
A key to Peace.*

Manual for Forgiveness Workshops and students

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Dedication

To Unity

Gratitude and Acknowledgements

I have been fortunate to know and learn from many wonderful people. A tree has many roots. So does this book. If I have unwittingly left someone out, or if the adaptation I have made of their work does not meet with their approval, I apologise. I am still learning. My goal is that their many contributions should reach a wider audience.

My collection of notes and exercises for seminars on Unconditional Love, Forgiveness and Joy have grown since 1982 when I first started to teach this material in New Zealand, after having learned from the pioneering work of Dr. Edith Stauffer Ph.D. Her discovery of the key steps in the forgiveness process evolved from her associations (a) with Dan MacDougald, (who introduced it into a prison, with a drop in the recidivism rate from 65% to 4%); (b) with Roberto Assagioli, who was the founder of psychosynthesis, and author of "The Act of Will"; (c) her study of the Code of Conduct in the ancient Aramaic (Khabouris) manuscript of the Essenes; and (d) her work with students and clients. In 1987 she published her outstanding book, "Unconditional Love and Forgiveness". The majority of what I have learned draws very heavily upon her work. I highly recommend her book to you, and thank her for the contribution she has made to my own life.

Walter Polt indicated the important step of connecting with one's values, in his "From Anger to Power" lecture I attended once. John Diamond, author of "Your Body Doesn't Lie" and "Life Energy", introduced me to muscle response testing for psychological and other purposes, which must surely form part of the new science of

biopsychosynthesis. He has been a very challenging teacher. Pierro Ferucci wrote "What We May Be", from which the exercises on transforming aggressive energy were drawn. Michal Eastcott described the Meditation on the Will. Elizabeth Kübler-Ross inspired the new look at the so-called negative emotions and the value of catharsis, especially in grief-work. Torkom Saraydarian wrote "Joy and Healing" and the Joy Exercises, and inspired me to delve deeper into the relationship between love, joy and healing. Dr. Robert Leichtmann and Carl Japikse helped me to understand the process of "Active Meditation" - the bringing of the qualities of the Higher Self, or Soul, into daily life. Scott Peck helped me to understand more about love, evil, and the successful building of community in a group of people. It is a great pleasure to pay tribute to the work of these outstanding people, to thank them, and the Great Teachers who continue to inspire the human race.

My family, friends, clients and patients in many countries now have also been my guides and teachers. When their stories appear in this material, it is because there is so much value in learning from the experience of others. Their names and some circumstances have been changed, in order that their anonymity will be protected.

Warning: There is a lot of material summarized in this book! It was originally intended for people to use in follow up after a seminar for developing unconditional love and forgiveness skills. Working through the material and **putting it into practise is essential**. This can be far easier if you join with (or co-create!) a group of supportive people which meets regularly to help each other to do this. But even if you have to work on your own, perseverance will bring its own rewards, and a far stronger will. Time will be needed for you to assimilate and apply it. Be gentle and patient with yourself and others. Let others learn from you **more by how you become after you have used it in your own life than by what you say**.

WHAT IS THE POINT OF FORGIVENESS?

Start with your own experience

The following activity can help you to discover your own understanding of love and bring it into greater awareness for you. Set aside enough time to explore the following inner experience. Read it through and then take your time to go through it again slowly and as deeply as you can.

Two Experiences of Love

First of all, cast your mind back to a time when you felt unconditionally loved, or if you have never been unconditionally loved, to an experience you can recall when you felt you were more loved than at any other time in your life. Remember where you were, what you were wearing, who it was who loved you, and what happened. (Even if you experienced the loss of this love later, focus for *this* period of time on the actual experience of being loved, and deliberately set aside any experiences which may have detracted from it later). Find out how much of this love you can recall and even re-experience now. Re-experience being with this person. How do you feel as you do that? Enter again the physical and emotional feelings and thoughts you had at that time.

What was it like for you to be loved like that? What are some of the qualities of this person? Are any of them qualities you would like to emulate in your own life? How does it feel to know that this person already shared that quality with you, and that your memories of this person can help you to increase that quality in your own character? Perhaps you can find a symbol for this quality?

Write about your experience of the activity you have just done, any decisions you may have made, and sketch the symbol if you found one. Share this experience with two other people and if you like, invite them to do it too and to share their experience.

(Some people have no memories of being loved, and I want to acknowledge them. If you are one please imagine what such an experience could be like for you, as fully as you can.)

Now cast your mind back and recall a time when you yourself showed unconditional love to another person or persons. Remember where you were, what you were wearing, who it was you showed

this love to, and what happened. (Even if you experienced the loss of this love later, focus for *this* period of time on the actual experience of being unconditionally loving, and deliberately set aside any experiences which may have detracted from it later). Find out how much of this love you can recall and even re-experience now. Re-experience being there with this person or persons and loving them. How do you feel as you do that? Enter again the physical and emotional feelings and thoughts you had at that time.

What was it like for you to give love like that? What are some of the qualities you showed as you did it? Are any of them qualities you would like to strengthen further in your own life now? How does it feel to know that this person already helped you to develop and express that quality which was within you, and that your memories of this person and occasion can help you to further increase that quality in your own character? Perhaps you can find a symbol for this quality?

Write about your experience of the activity you have just done, any decisions you may have made, and sketch the symbol if you found one.

Share this experience with two other people and invite them to do it too and to share their experience.

Experiencing the Pain of Resentment and other forms of Blocked Love, and their effects

This can be a very challenging exercise. Are we willing to let ourselves become aware of all the pain caused by lack of love, at least for a brief moment? The reason to do this is to help us to focus our minds and wills upon the importance of increasing the loveflow in the world. This can motivate us to want to learn about the process of forgiveness, to heal this. Make sure you are prepared to make enough time to do this activity thoroughly.

Think for a moment of areas of the world where you are aware there is lack of love, where instead of love there is resentment, hate, envy, jealousy, fear, grief, guilt, false guilt...

You could also explore this in a purely personal way at first. What have been the effects of resentment, lack of love and lack of forgiveness in your own life?

In the lives of people you know?
Is it easier for you to do this for places further away,
or for you own self and close associates?

Let images come to you for the following: What have been the effects of hatred, of lack of love and forgiveness on the history of the world in this century alone? In previous centuries? In your own land? In other lands? What kind of harm has been the outcome? How has this hate and resentment polluted the emotional atmosphere of this planet? Most of us are now increasingly aware of the physical pollution of the Earth. If you could find a symbol for the emotional pollution of the Earth - what would that be like? What is the future if it continues unchanged, for 10, 25, 50, 100, 500 years? Or longer?

Allow yourself to become aware of the vast cost of this emotional pollution, which pervades the "atmosphere" in which we live like a big dark poisonous cloud. What would it look like if it was collected together in one place? How big a pile would it make?

Imagine the amount of tablets and medicines which is produced and consumed daily throughout the world in an attempt to limit the damage done to human bodies by the illnesses that are related to or aggravated by blocked love. Imagine all the medicines for blocking the effects of adrenaline, muscle tension, depression, anxiety, fears, chronic pain, bad digestion, constricted circulation, allergies, and more. What would that all look like if it was gathered together in one place for everyone to see? How big would the pile be? How much does it cost, and not only in economic terms?

Imagine the amount of alcohol, tobacco, other drugs, and unnecessary food that is consumed daily to numb the pain of unhealed resentments. What would that look like if it was gathered together in one place for everyone to see?

Imagine all the violence, accidents and crime that happen in part at least because there was not enough love. What is the cost of that, and not only in economic terms?

What else could be done with all that money - how many children fed and educated?

What are your own thoughts and feelings as you contemplate what your inner search has revealed to you? What have you learned about yourself? What have you learned about others?

Write about your experience of the activity you have just done, your feelings and thoughts, any decisions you may have made, and sketch the symbol if you found one.

Share this experience with two other people and invite them to do it too and to share their experience.

Return to your first two experiences - of Love. Compare with the third one - of Blocked Love. What thoughts, feelings and decisions come to you?

What most needs to be done? What is your next step?

Forgiveness and Health

Health is more than just being able to pass your doctor's physical examination for, say, a life insurance company. A ploughed field in spring may *look* healthy - but what kind of seeds are in it beneath the surface? Those of the desired crop, or many different weeds as well?

Human beings are similar to the ploughed field. We can appear reasonably healthy yet be harbouring the seeds of illness. Some of these seeds are physical, - toxins from old infections, poor diet, or environmental pollution. Some of these seeds are the toxins of the heart and mind, - emotions and memories of experiences that were painful or disappointing to us, subconscious wishes to hurt ourselves or others, or negative beliefs about ourselves, others, or life itself. The Forgiveness Process is needed to restore the flow of life energy and health whenever there is pain, tension, or disease. It is also needed to make sure that any such seeds of illness are removed quickly, before they can grow. The basic weed is - blocked love or goodwill.

A full definition of total health could include: that you can use your physical body for creative service; that you can use your emotions as an instrument of sensitivity to know when goodwill is needed in a situation, and to express love and joy; and your mind is being used to create positive thoughts and plans; and that there are no hidden seeds of disease in any of those areas.

Love, goodwill, and life energy flow are easily impaired by disappointed expectations or unmet demands, resulting in "negative" thoughts, emotions, beliefs, and unhealthy "sets" in the body (the immune, glandular, respiratory, reproductive, digestive, eliminatory, musculoskeletal, vascular, autonomic and voluntary nervous systems, or the skin) or in relationships. The Forgiveness Process restores the state of loveflow for ourselves, others, and Life. It restores right human relationships and joy, within our own selves and in our society. The Forgiveness Process has been used to assist improvements in life-threatening and other diseases, addictions, marriage problems, juvenile delinquency, family and business relationships, to heal effects of mass murder and terrible child abuse.. There can be few areas of life in which its principles

cannot be applied. Blocked love diminishes our joy and our life-expression - physically, emotionally, mentally, spiritually, and in our relationships. And the more we truly love, the less likely we are to tolerate toxicity in our environment, and the more likely we are to at all times keep our earth clean and wholesome for all living creatures. The Process is cleaning up emotional and mental pollution of the "atmosphere" in which we live.

The Forgiveness Process, persistently applied, can bring much relief from pain, tension, and

disease. It also restores freedom to any person whose behaviour has been unconsciously controlled by their past hurts or other bad feelings, to be truly free to be themselves, once more, or even for the first time.

**"There is no place on earth more
sacred than the place where
hatred turned to love".**
(from the Course of Miracles)

Forgiveness Process Definition:

The Forgiveness Process is: Cancelling the conscious and unconscious conditions in your mind that prevent the *full flow of Life Energy and love* through you. This restores the flow, or state of *unconditional* love.

It is an *act of will*, done independently of the behaviour of others. It can bring relief from unhealthy "sets" of the mental, emotional, and physical natures.

Physically, it changes the "molecules of emotions" - the chemical transmitters or informational substances found throughout the body. It changes the electrical patterns in the brain, heart and elsewhere. It is an *energy dynamic*.

Psychologically, it is a *healing of memories and negative beliefs* so that you are no longer adversely controlled by them. You become *free* once again and move on.

Demystifying the word "forgiveness" is very important, because for some the word has been damaged by exposure to religious abuse or double standards in the past.

Here are some false ideas about the Forgiveness Process often used as reasons for not doing it, and some corresponding truths.

1. Untruth: Forgiveness somehow "allows" the person forgiven to continue their harmful actions, or condones what they did. Therefore I cannot forgive.

Truth: You can apply the forgiveness process (i.e. cancel your demands that another person meet your demands and expectations as a condition for allowing love to flow through) - *and* also take remedial action to stop or prevent harm, or to confront injustices. Forgiveness, assertiveness, and caring confrontation are very compatible. It is *loving*

to the other person to do whatever is necessary to prevent them continuing upon a destructive path. As a forgiving person you can see that beneath the other person's attacking or destructive behaviour is really a cry for love.

2. Untruth: To forgive may make me a "doormat" or "victim", and means I lose being "right". The other person must be shown to be "wrong", punished, and change their ways before I can forgive. Therefore I cannot forgive.

Truth: Doing the forgiveness process has nothing to do with “doormatting” or being a “victim”, which is usually done from an unforgiving stance. Doing the forgiveness process helps one to stop being a “doormat”. It restores self-determination.

3. Untruth: To be forgiving is a sign of weakness. I do not want to be seen as weak. I must be hard to be strong. Therefore I cannot forgive.

Truth: To use the forgiveness process is an act of will (mental and spiritual). To be unforgiving is to be “willed by” emotions and feelings, and to not really be in charge of your direction in life. Using your higher will strengthens you and your will. Using the forgiveness process makes you stronger. This can be tested.

"Genuine unconditional love is and act of will, not a feeling or emotional reaction".

Anger and hostility may make you *feel* “stronger” or “righteously indignant”, *but your body or relationships become the victims unless the anger is expressed in a safe way.* Being “right” does not mean that you must prove the other person “wrong”, or make them admit that they were at fault, before you let love flow. Unconditional Love, by definition, *does not require prior approval of the other’s actions (or of one’s own).*

“It is an illusion that love means the absence of conflict. Love is a constant challenge, not a resting place. It moves and grows, in harmony or in conflict ”.
(Eric Fromm)

4. Untruth: If I forgive I am supposed to forget. I cannot forget the harm done, therefore I cannot forgive.

Truth: You learn from experience, and your memory enables you to do this. Memory is a precious part of your mind. It is wise to remember the lessons learned, and not put temptation in the way of those who do not yet have the capacity to practise right relationship. However, safeguarding need not prevent you from doing the forgiveness process, which is a separate class of behaviour. It is found that people who use the forgiveness process become able to access more of their joyful memories, however. They do not need to use the

repressive mechanism any longer to repress their pain, and they can recall their good times more easily.

5. Untruth: Doing the Forgiveness Process sometimes brings up painful memories. Surely that means I should not be doing this work. Is it wise to “dredge up” memories like that from my unconscious. Isn’t it better to leave it? I cannot forgive because it brings up painful memories I would rather not look at.

Truth: Forgiveness is a healing of memories. Painful memories stored in your unconscious, even from long ago in the past, control you in the present. *You are often unaware of just how much they do that.* You have to become aware of them if you are to heal them, so you can be truly free. The pain you feel on recalling a painful memory is a signal that you *need* to use the forgiveness process, not a reason for holding back. Pus in an abscess needs to be drained quickly, and not allowed to fester, scar, or spread. The sooner you do the forgiveness process, the less harm will occur to yourself and your relationships.

6. Untruth: Forgiveness is making everything too “nice” (the word is used in a derogatory sense) and is too sickly. We can’t have all this “sweetness and light stuff”.

Truth: Forgiveness has nothing to do with this kind of insincere “niceness” - it is an energy dynamic for healing yourself.

7. Untruth: There are some people who are so evil that they can never be forgiven. Some atrocities are “unforgivable”. Therefore the whole idea of unconditional love is idealistic rubbish and a waste of time.

Truth: Some actions are indeed very evil and wicked, and do a great deal of harm - true. Society needs to be protected - true. Part of this process may include the capture and fair legal trial of, and inflicting punishment or isolation on, wrongdoers - true. Some people are what is called “evil” because they do not experience any kind of conscience, and so they cannot self-correct their errors. Imagine what it would be like if you were like that yourself, how devastating you would find the effect of that on your life.

Some people cannot learn from experience as well as you or I - for example, children of severely alcoholic or drug-dependent mothers, born with the so-called “foetal alcohol syndrome”. Maternal malnutrition, childhood emotional deprivation, other kinds of genetic or acquired mental disability may also damage a person’s capacity to make wise choices. We must remain aware of the effects of certain industrial, household chemicals and drugs upon human behaviour also. Many people who take drugs are using them to repress their pain - of having being sexually abused, for example. Remembering these possibilities enables you to be more compassionate to those who do terrible things at the same time as

protecting society from their actions. We could all look deeper before condemning them as unforgivable.

To hold back on your loveflow and to continue to hate the wrongdoers has a number of effects that are harmful to your own self, and which therefore act as a kind of punishment to *you*, for what the *other* person did. This can harm your body and contribute to disease. It limits your own freedom of choice inside yourself. It can poison your emotions, limiting your capacity to express goodwill. It can cause you to harbour harmful thoughts and beliefs, and limit your positive creativity. It can damage your relationships if you project and generalize your bitterness; and can lead to national, racial, and religious prejudice and war. These effects can be cumulative. With respect to the so-called “enemies of society”, society itself suffers when prisoners do not grow and mature into responsible citizens during the time spent in prison, and are released back into a prejudiced world with their bitterness still unhealed. Remaining unforgiving also *holds back and limits your own growth as a spiritual being*. The forgiveness process is an act of will which you consciously choose to undertake to heal yourself and your own memories. An enlightened response to any imperfections you discover in your world is to *act to heal them, rather than criticise*.

Doing the forgiveness process is not a repression or forgetting of harm done. It is a decision to heal oneself and no longer be controlled or diminished by the memory of it. It is neutralising the hostility and grudge we built up in reaction to the harm.

8. Untruth: Forgiving will not make the other person change their behaviour, therefore it is waste of time. I want them to change and apologise before I forgive them.

Truth: Not doing the forgiveness process does not control the behaviour of the other person as much as you would like to believe, if at all. It damages your own well-being however. In fact, doing the forgiveness process often frees the other to behave in a more acceptable way. Unconditional love is, by definition, unconditional!

9. Untruth: It is unfair that I should “have to” forgive the other.

Truth: It is *fair to ourselves* to practise forgiveness. You must remain aware that feelings of “righteousness” and unforgiveness, even hatred, can coexist in you, can cause much harm, and are very different from the practise of right relationship, the active work of expression of goodwill, the holding of a loving attitude, and the fostering of the best qualities latent in the offending one and yourself. You do not “have to” do the forgiveness process - it is entirely your choice whether to proceed at each step. You do it only because you want to learn how to take charge of your life and to love, *independently of the behaviour of other people*.

10. Untruth: Forgiveness requires telling the other person that you have forgiven them.

Truth: The forgiveness process is something that happens inside you. You do not tell them you have forgiven them, which may even make them feel badly, unless they have specifically asked you for your “forgiveness”. It also depends upon what they and you mean by “forgiveness”. They may want your pardon. Pardoning is letting a person off their punishment. They may want your love. Forgiveness is letting the love flow again. But pardoning can happen without forgiveness and the restoration of love. It may even not be in their best interest unless they are determined to follow a wiser path. Conversely, a person can be punished and yet know that they are still loved, by their firm parent, for example. Forgiveness and pardoning are quite separate behaviours. You need to be very clear about this.

Only you can decide what is appropriate in reestablishing communication and right relationship with the other person. The forgiveness process is cancelling the conditions in your own mind that are blocking the flow of love, joy, and life energy. If you decide to reach out to the other person, your having done the forgiveness process *first* will make your chances of restoring harmony far greater.



11. Untruth: I don't deserve to have any benefits in life. I am not a good enough person. OR: I only deserve to be punished. OR: Whenever I love, I seem to always lose the people I love. I don't deserve to be able to forgive. OR: Love is a feeling and I have never had that feeling. I do not think I will let myself have that feeling (I don't deserve it).

Truth: Love is an energy flowing. You don't actually "have" it, you let it flow through you. The Forgiveness process is cancelling the conditions that block its flow. You will let the love flow first of all to the child you once were. Your parents may not have known how to give it to you the way you needed. So you did the best you could at that time. You may have sought it elsewhere and become promiscuous, or become addicted to numb your pain, or denied that you deserved love and tried to manage without it in your life ever since, or something else. But the truth is YOU were not bad, you were doing your best to get your unmet needs met. The truth is that all children deserve love. You can give the child-you-were (stored in your memory) the love he or she needed then - now. It is NEVER too late. In fact, the sooner the better. To not forgive is to continue the suffering of the child-you-were within you.

12. Untruth: It would be *disloyal* to .. (e.g. my mother, father, husband, wife, etc.) .. even to talk to another person about what they did. I cannot bring myself to do this forgiveness. They did the best they could and I must live with it. Or: It would be *disloyal* to my family, tribe, religious group, nation, etc., to forgive those who did such things. They have been and always will be *our* enemies. I am not free to forgive them.

Truth: It is natural for a child to think this way about loyalty. It is natural for a person brought up in a society with strong "tribal" kind of bonds to feel this way. But to forgive is *not* disloyalty. **To forgive another is always an act of Love. It is also an act of Good Will.** It sometimes goes against the grain of our instinctive patterning and conditioning, and it definitely requires willingness and intention. We must remember that it is "cancelling the conditions in the mind which block the flow of love". It is a "healing of memories". It is removing the way in which past hurts distort our current behaviour and limit our internal freedom to choose what is truly wise and right for us and others. There is no "enemy" - other than our own resentment, bitterness, grudge, hate, unhealthy fear, anger, jealousy, envy, shame, grief, guilt and false guilt. Those who let us down in fact help us to develop unconditional love - we could not do it without them. We *are* loyal to them as fellow souls as we take up the opportunity they offered us.

Quite simply, the forgiveness process is just mental and emotional housecleaning, and nearly all of us need to practise it regularly.

Now we move on to:

Getting Your Forgiveness Agenda

Important!

You will need to make a list of people and events for which you need to use the Forgiveness Processes. This is just mental and emotional housecleaning.

The early exercises in this manual help you to get in touch with this information, of some of which you may have been unconscious. Your list may come from

(i) your own conscious knowledge of sources of pain, tension, disease, or repetitive patterns in your life that disappoint you.

(ii) the kind of language you use.

(iii) Biofeedback by instruments, or muscle testing of meridians, umbilicus test, "inner flame" and others..

(iv) exploration of your unconscious - by methods involving regression and/or emotional release. (Examples are hypnosis, rebirthing, psychodrama, gestalt work, neurolinguistic programming, primal scream therapy, Well Springs alignment to music, holographic breathing, transactional analysis etc.) *The important thing with all these is to apply the forgiveness process quickly to any material that emerges, not to remain caught up on the emotional plane.*

Start your list now!

Occasions for applying the Forgiveness Process

A GOOD GENERAL RULE IS THAT WHENEVER YOU EXPERIENCE PAIN, TENSION, OR DISEASE, THE FORGIVENESS PROCESS COULD BE HELPFULLY APPLIED. THE MAIN TASK IS REMEMBERING TO DO IT!

How can you know if, and for what, you need to use the forgiveness process? Start by ticking off in pencil (then you can erase and reuse) any of the following that you are aware of, and be honest with yourself, for only facing the truth with love will make you free.

Can you recall:

Any broken or shaky relationships.

~~R~~esentments, humiliations etc.

Sources of pain, burden, distress, discomfort, reduced vitality, dis-ease, in your life as you think about them now,....or...

as you experience similar situations in the present,....or....

as you contemplate similar situations in the future.

Times when other people disappointed you - "let you down".

Life situations that bother you:- ...

"things"..... allergies(?).. organisations

pornography... pollution....

nuclear threats..... crime...

"chemicals"... certain music (i.e.the people you believe are responsible for these)

Health:- any doctors..... hospitals....
 nurses.... midwives.... other health professionals.... ~~C~~ounsellors

Social/Political:-

politicians....

governments...

certain nations...

certain other races...

other political parties.....

multinational corporations...

drug pushers..

arms dealers

other:

Religious traumas: -

Church organisations.....

Even "God" or Life itself (or at least your/their images of "God" - "How could God allow that to happen?") *Surprisingly, many examples of this have*

been seen, even for people who have regarded themselves as quite spiritual, or as dedicated church members or staff.

- Recurring patterns in your life that never did or don't work for you now.
- Feeling tense and stressed after being with, or thinking about, certain people - (ESPECIALLY for events involving those close to you or with whom you work, daily, to close the day "in the clear" and improve your sleep quality).
- Not feeling free with respect to a particular person or persons.

- Still feeling bad about someone who left you, died or committed suicide.

- In the family: - irritations about your parents, grandparents, aunts and uncles, brothers and sisters, and children, about those with addictions, infidelity, Differences over Use of time money, sex, parenting methods.

- At work: - office, factory, shop, clinic, other Differences over communication, negotiations, Problems with "difficult" clients, patients, customers, or resentment of your competitors.

- Education, your own or others:- Problems with teachers, pre-school, primary, secondary, tertiary, university, polytechnic, medical school, workshop leaders...etc.....

Did you ever feel:

- As a child: "You ought to have given me permission to...." (leading to depression later on?)
- "You ought to have approved of me and not hurt me...."
- As an adult: "You ought to have done x instead of y!"
- "Things that give me tension (politicians, noise, the nuclear arms race, pollution, generalities....etc.) get at me so much I feel helpless in the face of them." "....they *make* me so angry!"
- "You should agree with me!"

- "You should see through the same hole in the strainer that I'm looking through!" (not being able to tolerate those who differ from you in their religion, politics, outlook on life or how to be healthy, etc.)
- "You should climb the mountain by the same path I'm using, (it would be so good for you!)"
- "If only you loved me you would *know* what I need and I wouldn't have to tell you, you would just read my mind perfectly."

- "You don't love me any more, you.....!"
- "You're trying to hurt me!"
- "Can't you *see* what you're doing to me!"
- " *You* make me feel bad!"

Do you find yourself saying/thinking metaphors like:-

- "If only so-and-so would get off my back!"
- "It/you/they... make me sick and tired...angry...fed up..etc."
- "He/she/they...are a pain, (in the neck, arse, etc....)"
- "I get all churned up when you/they/she/he do...." "I can't take/swallow that..."
- "I'm so pissed off that.."

- "It eats me up that.."
- "It's getting me down that..."

- "People must know that..."
- "People should....."

- "My son/daughter/wife/husband/teacher/ mother/father, etc., is/are a problem to me. *if only* they would....."

- "I'm broken-hearted about..."
- "I'm so uptight about..."
- "I can't get through to... there's a barrier between us"

- "My hear sinks when I hear that so-and-so is coming"
- "I prefer to avoid so-and-so"
- Sentences with the words "should, ought, never, always..."

Your notes:

Muscle Response Testing Biofeedback.

Another way you can find out who you need to forgive (and whether you have completely forgiven someone after using the forgiveness process), is to use the natural biofeedback your own body can give you. This could be done with expensive biofeedback apparatus such as the polygraph (or "lie-detector" as it is popularly known), which uses the fact that the body changes its skin resistance, muscle tone, brainwaves, and surface skin temperature when different thoughts pass through the mind and brain. It can be done much more simply and cheaply using muscle response testing.

Testing the power of an indicator muscle as you think of certain people or situations is able to give you a "read-out" of how much you are currently blocking the flow of vital force (love, life energy, or goodwill energy streams) with respect to each of them, even if the events happened a long time ago. Using our bodies in this way to give us feedback about what is in our unconscious, is a valuable tool to help us clear the debris of past unhappiness and disappointment quickly so that we no longer damage our bodies or relationships with unconsciously held negative mind-sets.

In the workshop you will have seen how *images* affect your energy and strength, and also the effect of *thinking critically of another (or yourself)*. You will also have seen a test that suggests how energy flows through us.

You will have seen it demonstrated how it is unloving to yourself to harbour critical thoughts of yourself or another.

We could imagine that harbouring a negative perception of yourself or another, in some way reduces the flow of love and life energy available to you from your Higher Self.

Is this a basic law of nature?

"Negative" means subtracting. What we call "hate", or its milder euphemisms, may really be blocked, subtracted, or insufficient love rather than an active negative force, in the same way that darkness is the absence of light, not an active something in its own right.

You are invited to research muscle response testing for yourself in the best of all laboratories, - yourself and your own life. Here is the procedure,

and some resources:- Have a person *whom you trust* muscle test you using the method shown in the Whole Life Endeavours workshops, and described in John Diamond's books "Your Body Doesn't Lie" or "Life Energy"⁸, (and with the precautions needed to ensure reliability - *an open mind* , no battery operated watches or calculators on your person, no fluorescent light, no music, etc., which could distort the test). If you test weak for the Thymus test (touching your thymus point at the manubrio-sternal junction, the bump on your breastbone a couple of inches below the notch at the top), test yourself from here on only in the "clear" way. If you are very strong and test too strong for subtle variations to show, continue the other tests touching your thymus point. This makes it more sensitive and can reveal more information.

(In private consultations with someone who has low energy and low commitment, I often correct any meridian imbalances revealed by a negative thymus test first, by finding the appropriate affirmation or Bach Flower remedy. This can lift the person's life energy and make the forgiveness process easier. But in a committed person, doing the forgiveness processes first also lifts their life energy and may make such correction unnecessary. This is the way we will work in this seminar, because here we are working with committed people).

OUR PRIMARY LOVE RELATIONSHIPS

are with the Source of Life, our Higher Self, our mother, our father, and our lower self. The quality of all our other relationships depends upon our **beliefs** about these. The rather curious umbilicus test appears to give quite reliable information about them.

Record the result of the Umbilicus Test - i.e. being tested while having the tester touch your umbilicus while you touch his/her hand.

If you weaken to this test, then *in the clear*, test yourself as you say the following phrases:

1. "I love my mother" *** (see note opposite column)

"My mother loves me"

"I am open to receive love from my mother"

2. "I love my father" *** (see note opposite column)

"My father loves me"

"I am open to receive love from my father"

3. "I love my Higher Self"

(use the words Higher Self, Soul, Inner Self, Deep Self, True Self, Essence....whatever is the right word for you)

"My Higher Self loves me"

"I am open to receive love from my Higher Self".

4. "I love myself", and if negative go on to test for "I love my body". "I love my emotional nature". "I love my mind". "I love what I do".

5. "I love God" (the Source of Life, the Ultimate Source, Creator, or whatever word is right for you)

"God loves me"

"I am open to receive love from God"

If you have a weak umbilicus test, you will probably discover that you test weak for some of these, and have difficulty in giving and/or receiving love in a pattern that is specific for you. The importance of this test is that a person with a weak umbilicus test carries unconscious anger that is activated in certain situations, and tends to choose negative pathways in life more easily than the positive ones, thus sabotaging treatments for illness, or other moves towards better health, life expression, or relationships.

Using the forgiveness process with respect to one's mother, father, self, and "God" heals this.

A person with a decreased loveflow in their primary love relationships is more vulnerable to environmental factors. Certain musical rhythms (hard rock) affect the brain rhythms and activate a negative umbilicus test in most people - surfacing any unconscious anger or destructive tendency. It is a matter for more research for us to find out how much inner strength and immunity a totally unconditionally loving person can build.

We might think of ourselves as looking out on the world through a "lens" made up of our primary love relationships - our relationships with males and females, and with authority figures will be "coloured" by our experiences with our father and mother. Our relationship to our bodies, minds, emotions, and to our potential and latent talents will be coloured by our answers to question 3 - our relationship to our self and Higher Self. Our relationship to life, to churches, organisations, authority, and much more will be coloured by our attitude to "God", and vice versa. Our willingness to allow good into our life has a relationship to our core beliefs about whether we are loved by these primary figures, and our **openness to receive love**.

A Sample Forgiveness Agenda

Use this if you like working with lists

I(name), agree and contract with myself to complete my application of the forgiveness processes (as needed) to my relationships with the following people by..... (date)

Signed:

Insert the date you complete each one

- My self (including body or body parts, emotions, mind) -----
 - Mother (include natural, step-mother, adopting, foster, egg donor, surrogate etc)
 - Father (include natural, step-father, adopting, foster, sperm donor, etc) ---
 - Family members (brothers, sisters, uncles, aunts, others) -----
 - Maternal and paternal grandparents -----
 - Children -----
 - God (Source of Life) -----
 - Church(es), religious organisation(s), ministers -----
 - Teachers -----
 - Primary -----
 - Secondary -----
 - Tertiary -----
 - Sexual partners, lovers-----
 - People who abused me, (physically, emotionally, mentally, spiritually) ----
 - Employers, Employees-----
 - Neighbours, friends, committee workers -----
 - Colleagues, fellow workers-----
 - Health Professionals -----
 - Politicians, Departments, Organisations that disappointed me -----
 - Any other events:- Age 0-10 years -----
 - Age 10-20 -----
 - Age 20-30 -----
 - Age 30-40 -----
 - Age 40-50 -----
 - Age 50-60 -----
 - Age 60-70 -----
 - Age 70- ? -----
- (see the next part of the manual for other possibilities)
- I healed the Child Within Me on: -----

COMPLETION:

I have cancelled *for ever* all demands that these or others should have met my expectations as a condition for me to be a loving human being, towards myself or others.

I now agree with myself to continually maintain an attitude of Unconditional Love towards myself, all others of whom I am aware, and towards the Source of Life, comfortably and effectively & **INDEPENDENTLY** OF THE BEHAVIOUR OF OTHER PEOPLE.

I **WILL** TO REMEMBER TO APPLY THE FORGIVENESS PROCESSES WHENEVER I HAVE PAIN, TENSION, OR DISEASE, physically, emotionally, mentally, or in relationships.

Signed:

Date:

The Secondary Love Relationships

Ultimately these include all of whom you are aware (even at a distance) or have known. Make a list down the left-hand column (1) of a series of pages, of all the people in your life suggested in the list below, (and the names by which you called them column (2), if appropriate). Record the results of BK testing as you say for each one the statement: "I love" in the next column (3). You are searching for any which weaken you.

For any that you test weak on:- Recall the incidents that caused or still cause you discomfort. Then proceed to do the Forgiveness Process for all incidents you can recall where you felt hurt or disappointment, until you are clear. Test again.

If you still test weak, do the Self-forgiveness Process for any aspects of your own behaviour towards that person or persons about which you still feel badly, or have negative beliefs.

If you have completed forgiveness, the test will now have become strong. If not, search for other associated incidents, or incidents with people like the person you are forgiving, and process them. Record the date it comes positive in column (4).

If it was weak before, do the umbilicus test again. If still weak, it suggests that there may still be deep unconscious anger towards parent(s) or parent-figures which may have arisen during your very early life (i.e. antenatally, or before you had the ability to understand words and therefore cannot recall). Its resolution may require, for example, forgiving your (natural) parents for not wanting you (common in adopted children), or yourself for "causing" your mother pain at your birth, etc. It is important to heal this.

Nowadays there are many resources for exploring your own deep unconscious process available to you. I have reservations about deep exploration methods unless you move on to Forgiveness wherever it is necessary. I believe that it is safe for you to explore your unconscious provided you know how to do the Forgiveness Process and are willing to do it for any traumas that are brought to light.

1. It may be possible to forgive your parents and yourself for "whatever it was before I can remember", and self-correct the umbilicus test.

2. It may be possible to discover what the root-event(s) were by methods which involve regression, e.g. skilled hypnosis, Well Spring Alignment to music, auditing, or rebirthing, although the insight gained is not always verifiable. Skill in disidentification learned from psychosynthesis is a great help in this. Forgiveness is then used with the insights gained.

3. It may also be possible to self-heal by affirmations, which are used to impress your unconscious with the desired thoughtform, - repeatedly saying of "I love my Mother (Father, Self, Life)" etc., starts to move the chosen psychological energies, even if you experience your resistance to the words (the inner voice of "That's not true!") at first. Saying or writing the affirmation repeatedly may also bring to mind the incidents which need to be processed, and one's own inner responses and resistances to owning the desirable belief. Books such as those by Dr. Jerry Jampolsky, Louise Hay, Sondra Ray (and their source inspiration, The Course in Miracles), have all helped people with this kind of task.

4. You may need to undergo some form of nurturing "Remothering Experience" as outlined in John Diamond's monograph; "The Remothering Experience - How to Totally Love". Skilled rebirthing, a Well Springs Alignment to Music, a loving foot, head, or body massage, the experience of a really unconditionally loving therapist or person in your life can have a similar beneficial effect.

5. You may discover and do that creative activity which heightens your life energy more than any other (what John Diamond has called your cantillatory activity. It could be singing, dancing, playing music, painting, sculpture, building, photography, poetry, or whatever you can put yourself "heart and soul" into). Then transpose this quality of energy to other activities in your life. See the other works of Dr. Diamond, - "The Life Energy in Music", "Life Energy Analysis - a way to cantillation" etc.

You may need an experienced guide for this work, or you may be able to achieve it on your own. You have a right to seek out experiences of Unconditional Love, to be creative and to complete this Forgiveness work. Work at it until your umbilicus and thymus test is strong and stable.

Your work is completed when the umbilicus test and tests for all the people on your list becoming strong. Keep records of your progress, the dates the different tests became positive, and how your life changes as you do this work. Your emotions tell you when the flow of love is blocked, that is, they are *sensitive*; physical events in your body, in the meridians and the nervous system also give you feedback through muscle testing or biofeedback instruments.

You are never out of relationship with anyone, even those who have died physically, for their memory lives on in your conscious or unconscious mind. The healing of memories is your responsibility, no one else can do it for you.

How do you know whom you need to forgive ?

a screening list for muscle testing yourself.

Date:	Umbilicus Test:- Weak Strong		
(1) Person	(2) Your name for them	(3) 1st MRT + or -	(4) Date -ve -> +ve
Birth Parents:-			
Mother			
Father			
(Step- or surrogate parents:			
step-mother			
step-father)			
Siblings:-			
Brothers			
(step-brothers)			
Sisters			
(step-sisters)			
Grandparents:-			
Grandmothers			
maternal			
paternal			
Grandfathers			
maternal			
paternal			
Aunts			
Uncles			
Teachers:-			
childhood			
teenage			
adult (lecturers, professors)			
Friends:-			
childhood			
teenage			
adult			
"Special Loves":-			
childhood			
teenage			
adult			
"Special Hates or Enemies":-			
childhood			
teenage			
adult			

Sexual partner(s):-
 Those who have abused you, physically,
 emotionally, mentally, spiritually, or ritually:-
 Spouse(s):-
 In-laws:
 mother-in-law
 father-in-law
 son(s)-in-law
 daughter(s)-in-law
 Children:-
 Grandchildren:-
 Employer(s):-
 Employee(s):-
 Fellow-workers:-
 My body:-
 My..... (name body parts, face,
 breasts, legs, hands, eyes):-
 Organisations:-
 Allergens :-
 Races:-
 Nations:-
 "Pet hates":-
 Politicians:-
 Government depts. in general
 e.g. ACC, IRD,...or specific personnel:-
 Doctors, Nurses, Health professionals:-
 "People Who.....":-
 Any others not mentioned in this list?:-
 Myself:-

You will eventually realise that the Higher Self forgives the "subpersonalities", the "parts" which were unskilled, and brought one more or less unwittingly into error.

You can also notice that it is not necessary for someone to have done something definitely "wrong" for the forgiveness process to be applicable - only that what they did caused enough disappointment to block the flow of love and life energy.

Notice you could group these into roughly three groups:

Those more powerful than I.	M
Those of equal power to me.	E
Those weaker than me.	W

Each of us may be able to see a pattern of having troubles with one or two groups more than the other(s).

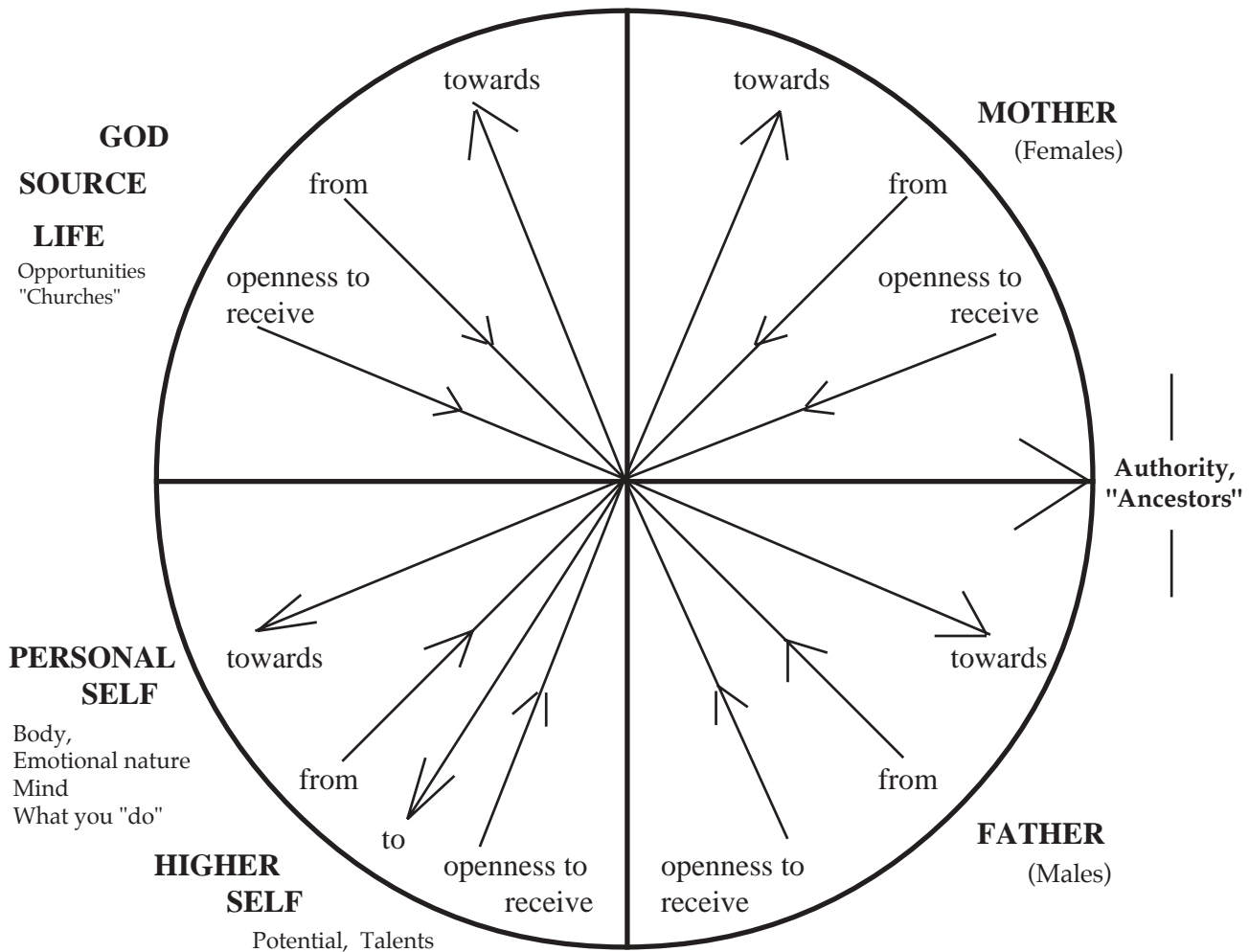
Love directed to those stronger than ourselves (authority figures) has the qualities of reverence, (trust, confidence, gratitude, and hero-worship); to those of equal strength, of the desire for mutual help; to those weaker than us, of benevolence, (tenderness, compassion, gentleness, protection).

Hate in these directions is different in quality too - namely fear, (treachery, vindictiveness, deceit, servility, cowardice, disobedience, revolt, revenge) towards those stronger; desire for mutual injury, - (combativeness, jealousy, insolence, aggressiveness, disrespect), between equals; scorn, (harshness, cruelty, oppression) to those weaker.

Can you discern what your patterns might have been? Are there any connections you can make with your own childhood experiences of love and power?

YOU CAN PLOT YOUR FORGIVENESS AGENDA ON THE CHART ON THE NEXT PAGE. FEEL FREE TO PHOTOCOPY IT AND USE IT FOR YOURSELF AND THOSE WHO WANT TO EXPLORE THIS WITH YOU.

PRIMARY LOVE RELATIONSHIPS



SECONDARY LOVE RELATIONSHIPS

<p>Family: Maternal: g-mother Paternal: g-mother Aunts Uncles Other relations</p>		<p>Teachers: Preschool Primary High Tertiary</p>	
<p>Sisters:</p>		<p>Employers Employees:</p>	
<p>Brothers:</p>		<p>Fellow workers:</p>	
<p>Spouse(s)</p>		<p>Health professionals: Doctors Nurses Other</p>	
<p>Children:</p>		<p>Organisations: Politicians Departments Others Committee workers</p>	
<p>Sexual Partners:</p>		<p>Neighbours</p>	
<p>Friends:</p>		<p>Symbols:</p>	
<p>Those who abused me:</p>		<p>Meridians:</p>	
		<p>Flower essence:</p>	

More Advanced Muscle Response Tests

1. Meridian testing:

The meridian testing described in the book "Life Energy" by Dr. John Diamond, can show you if you are currently caught on the emotional plane in a particular negative energy pattern, and the affirmations given in that book reliably correct them. It can make the forgiveness processes easier if you do this correction early. The test involves you test-touching each of the meridian alarm points in turn as your deltoid muscle is tested. If your thymus test was weak at the outset, you are likely to find one or more meridian that tests weak.

Each meridian is associated with a particular emotional "spectrum" from negativity to positivity, with its "problem" at one end, and its "virtue" at the other. For example, a person who is constantly intolerant of others will eventually be recognised by their body language ("stuck up", "puffed up", "nose in the air", looks down on people" etc.). If this disturbed energy flow pattern in them eventually becomes associated with a disease (say an ulcer, asthma, or cancer), then the treatments for that disease may only be partially or temporarily successful if the pattern is allowed to persist.

We may also be tempted to criticise the person as if they were actively doing something wrong ("He's an intolerant old bugger!"). The real problem is not the intolerance - but rather the absence of tolerance! Begin to see or imagine the missing quality (in this case, tolerance) as the needed *antidote*, or *"treatment"*. The person desperately needs to develop and practise tolerance. If they do so, for say 5 minutes the first day, 10 the next and so on, then after some months, their relationships will have transformed, - and, their body structure and body language will have changed too. Now, their medical or alternative treatments may have a better chance to be successful. I trust you will be able to see how personal growth as a human being can be related to the management of any illness in this way.

Below are summarised the emotional spectra of each of the meridians, and the appropriate self-correcting thoughtform, or affirmation. Even without testing you may recognise the qualities you need to cultivate more fully.

TEST POINT	POSITIVE QUALITY	NEGATIVE QUALITY	CORRECTING THOUGHTFORM
Thymus	Love	Hate	I have enough Love
	Faith)	I can Trust now
	Trust) Fear	I have Faith
	Courage)	I have Courage
	Gratitude	Envy	I have Gratitude; I am happy for others

Right hemisphere tests weak:

Lung	Tolerance	Intolerance	I am humble (Makikh, see later)
		Prejudice	I am tolerant
		Scorn	I am modest
		Projection	
Liver	Happiness	Unhappiness	I am happy
		Deviousness	I have good fortune
		Sincerity	I am cheerful I am sincere
Gall-bladder	Love	Rage, Wrath	I reach out with love
		Adoration	Envy
Spleen	Faith in the future	Realistic anxiety about future	I have faith
			I have confidence
			I am secure
			My future is secure
Kidney	Sexual security & balance	Sexual indecision	I am sexually secure
			My sexual energies are balanced

Large intestine	Self-worth	Guilt	I am basically clean and good I am worthy of being loved
Left hemisphere tests weak:			
Heart-constrictor Circulation/sex Pericardium	Renunciation of the past Generosity Relaxation Abjuration	Jealousy Remorse Sexual tension Regret Meanness Selfishness	I am relaxed I am generous I renounce the past My body is relaxed My mind is wholly disconnected from things of the past
Heart	Love Forgiveness	Anger	I love I forgive There is enough love in my heart There is forgiveness in my heart
Stomach	Contentment	Disappointment Disgust Bitterness Greed Nausea "Hunger", emptiness Hoarding, craving	I am content I am tranquil
Thyroid, or Triple-Warmer	Lightness	Heaviness Depression Despair Grief Hopelessness Despondency Loneliness "In 2 minds" about something	I am light and buoyant I am buoyed up with hope
Small Intestine	Joy	Sorrow Sadness	I am full of joy I am jumping for joy
Bladder	Peace Harmony Patience Calm Serenity	Restlessness Impatience Frustration	I am at peace I am in harmony Conflicts within me have been resolved

The correcting affirmations are to be made strongly, imagining their effect in active situations, thus mobilising the qualities latent within you, which have been temporarily inhibited. They can be spoken aloud, or written, but they should be expressed physically in order to make pathways in your nervous system. You don't use affirmations because they are true in external reality - you use them to *make true* in external reality what is already true in your inner reality or Self.

Also, by considering how you came to be in a state of imbalance, you sometimes discover an event for which you need to apply the forgiveness process. You can conclude the energy balancing exercise with the affirmations:

I am in a state of balance. My Life Energy is high.

Two central meridians have associations, too:

Governing v. Conception v.	Being one's True Self	Embarrassment Shame, shyness	The correction of all the other meridians usually corrects these.
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2. The Inner Flame Test:

For this test, look into a mirror, and have your deltoid muscle tested as you look first of all, into your left eye, then your right eye. If you test weak for either of these, then find out when “the light went out of your eye” (a major and sustained drop in your life energy).

You can test yourself as you look into the affected eye for when you were, say, half your present age. If it is still weak, go back further. Eventually you will find an age at which the test is not weak, say 5 years’ old. Then come forward, one year at a time, say, 6,7,8,9,10.... years old. You are trying to find out the age at which your inner flame went down and stayed down. You will often find that as you think about yourself at a certain age, the test goes weak, and you will almost certainly be accurately able to locate an incident in your life which was traumatic, embarrassing, or “the last straw” in some way. The healing of the memory of this incident by *applying the forgiveness process* to it can be extremely beneficial to a person’s life expression.

3. The will-to-wellness and the will-to-illness tests:

Test yourself for the statement “I want to be well”. If it tests weak and you have a known illness, test yourself for “I want to have.....cancer, M.E., arthritis...etc.”(state the name you call the illness) You may be surprised to find that you test strong (a kind of “yes”) to that illness but not to any others. It seems quite specific, even for the organs involved (e.g. cancer of the affected organ, but not anywhere else). This may mean that a part of you at some time experienced a trauma and unconsciously formulated an illness wish (“I’d rather be dead than go on like this!” kind of thing). In workshops that I have led 30-50% of people there can recall a time in their lives when this happened and a conscious or subconscious illness or death wish came into existence in their minds..

It can be a very important part of the healing process to locate the incident(s) and *apply the forgiveness process* to the memory of it; and to remake the decision made at that time into a choice for love and life.

4. Other muscle response tests:

There are many more tests devised by John Diamond which can be used in a similar way to reveal moments of damage to self-esteem, sources of recurrent irritations, marital incompatibility, and so on. Each of them often helps to bring to light the unconscious information that you need to help you to apply forgiveness and love fully again. They are not yet described in book form, and would best be learned from a workshop course with him or someone trained by him. There is information about them in the newsletters that were put

Technique for developing desired qualities

The Technique for Developing Desired Qualities (next page) is an ancient exercise for cultivating character. The advantage of combining it with the muscle testing is that the MRT enables you to know which one is most advantageous for you to start with, and the one(s) which will strengthen you most, in the here and now. I have found that if a patient or student starts with this exercise early on in their therapy, it hastens their work of self-healing.

Unconditional Love
Forgiveness
Serenity
Tolerance
Patience
Humility
Cheerfulness
Sincerity
Integrity

Truth
Inner Security
Inner Strength
Balance
Self-worth
Harmlessness
Generosity
Rhythmic Relaxation

Heart Love
Impersonal Love
Reaching out to others
Light
Wisdom
Joy
Discernment
Decisiveness
Will

Courage
Trust
Loving Strength
Intelligent Love
Goodness
Beauty
Healing

See over

There are many ways of cultivating a desired quality. Some tried and tested methods can be found in the various texts on psychosynthesis listed at the back of this manual. Bear in mind that their goal is to lead to application of the desired quality in everyday life. The techniques are only a means towards the expression of the quality, not an end in themselves. Here are some ideas you can use:-

You can start by stilling yourself, sitting in a comfortable position, taking a few deep breaths to calm and relax your body, your emotions, and your mind. Set aside emotional concerns for this period of time. Begin to focus your attention upon the quality, perhaps repeating its name to yourself, seeking to come into contact with its essence.

(i) Let yourself become aware of the advantages and benefits that this quality could bring into your own life, and also to the life of the whole human family. Imagine some of these in action.

(ii) Become aware of the disadvantages and burdens that arise when this quality is inhibited or lacking. You might make some notes about what came to mind as you explored these two polarities.

(iii) Let the difference between these two sets of images and thoughts increase your motivation to cultivate the chosen quality. Come to a conscious choice "I will to practice the quality of in my life successfully and joyously. I am choosing and setting that goal for myself now".

Then invite your Higher Self to bring a symbolic image for the chosen quality to your mind's inner eye. Spend time with the image. Let it show itself to you. Invite it to dialogue with you. Ask it questions that will help you to understand the role it could play in your life, and how you could put it into practise.

Make a sketch (or several) of this symbol, seeking to develop a closer rapport with the chosen quality and to absorb its essential nature into your psyche. Place the symbol(s) where you will see it(them) often, for this advertises the quality to you and continues to cause it to seep into your conscious and unconscious mind.

You can also use an affirmation or quotation related to the quality as a seed thought several times each day for the same purpose.

Each morning re-mind yourself in your medita-

tion of the quality, and say to yourself "I will to cultivate and practise the quality of in my life". Each evening do an evening review (see the section on Abilii later on in this manual). Appreciate yourself for undertaking this task, and record your progress. If there have been temporary lapses or set-backs, visualise how you can improve your use of the quality in similar situations in the coming days.

You can also increase your absorption and expression of your chosen quality by seeking to notice it deliberately in others. Look around you and see who does express this quality. Learn from their example how to do it. Even ask them more about it. Look for it in films, books, TV plays - see who expresses it. Go to the library or video shop and ask for books or movies about people who demonstrate this quality. Energy follows thought, and giving your attention to the quality will energise it in you. Concentrating your mind on the quality in this way gradually and surely brings it into your life, and you will demonstrate this increasingly.

Resistances are likely - after all, if they were not, you would not need to cultivate the quality, you would already be demonstrating it. There is no need to be put off by the presence of such resistances. Indeed, most people notice when they first start exercises like this that their resistances come up and *seem* to be trying to hinder them in their chosen task. All you need to do is keep going. Ignore the resistances, pay them scant attention. From insufficient attention they wear thinner and thinner until they disappear.

You may also notice that events come into your life that give you opportunities to strengthen your chosen quality. Instead of being irritated by these "tests", you will, in due course, get into the enjoyable frame of mind that sees each of them as a wonderful game that *helps* you. You come to realise that your erstwhile "opponents" are now your collaborators, who actually help you to develop the quality by giving you the chance to practise it against resistance. All your practise will strengthen your will, because the will is strengthened by making a conscious choice, setting a goal, and seeing it through.

Of course, along the way there will usually be opportunities to practise forgiveness, letting go of expectations of yourself and others so that love can flow. You love yourself and others while you do this. As you do this, you put an end to the destructive consequences of criticism and negative thought.

Situations that may need you to apply the Self-Forgiveness Process

Some of these may indeed be past *actions* that we recognise we still feel bad about, for example breaking the criminal laws (theft, rape, murder, violence, etc.) Even though not illegal, some people still feel deep regret about certain actions they have done or not done (e.g. abortions they or their partners have undergone, or neglecting important obligations).

But much more often, the conditions in the mind that are blocking the flow of love are *patterns of belief, ways of thinking*. They will nearly all have arisen at times when our needs were not met, and we reflexly did the best we could under the circumstances and with the background and equipment that we had then. Just as when we look at others through the perspective of the Forgiveness of Others Process, in this process we begin to see beneath our negative ways of thinking, feeling and acting our own cries for love

The following list has helped others to see where self-forgiveness is needed.

- Continuing old patterns that hold you back from our potential - specify what yours has been:-
 - Self-hatred,
 - Belittling yourself.
 - Blaming others,
 - Putting others down.
 - Putting expectations on others.
 - Hurting another
 - by speech (insult or gossip),
 - or physically,
 - or in thought.
 - " For the way I treated....." (specify)
- Overachieving, Overambition, or
- Sacrificing others to your ambitions and wants.
- For not meeting my own needs harmlessly.
- Depressing yourself
- Pessimism
- Joylessness
- Comparing yourself with others unfavorably
- Grieving longer than was necessary over loss
- Not grieving - suppressing your feelings
- Sabotaging yourself
- Feeling false guilt
- Self-pity
- For times when self-pity led you into helpless paralysis; for not meeting your own needs
- Believing that you were the victim of others and powerless to make choices or changes
- Criticising yourself for NOT BEING PERFECT! ("If criticism worked we'd all be perfect!")
- Going against your values, perhaps submitting to the will of others to do so
 - Dishonesty
 - Intolerance
 - Arrogance
 - Lack of large enough perspective
 - Procrastination
 - For wasting time
- Causing harm by overindulging in:
 - Excess of food, or too little food
 - Alcohol Drugs
 - Smoking Gambling
 - Work Sex, etc.
 - Abusing yourself, physically, emotionally, or mentally
 - Abusing others
 - Misuse of money
 - Misuse of authority or power
 - Misuse of sexual energy
- For believing that *all* others are untrustworthy (or some other negative attribute) etc., because in our past *one* person (or *some* people) broke your trust
 - For not taking responsibility
 - For taking too much responsibility
- Over- or Under-valuing yourself (Its just as wet either side of the bridge!)
- Over- or under-risking.(ditto)
- Withholding love or appreciation when it could have been given
- Rejecting other peoples' love, carelessly
- Harboring thoughts that were harmful to your self or others (Attack thoughts), eg.
 - Irritability, short fuse, Impatience, sarcasm.....
 - Criticism
 - Revenge
 - Death-wish
 - Illness-wish, etc.
 - Wanting others dead or ill
 - For not making a conscious choice about having children

Continued overleaf

- Believing what others (parents, teachers, peer group) programmed you with, e.g. believing that you are
 - Weak
 - Dirty
 - Bad
 - Blemished in some way.
 - Ugly
 - Unworthy
 - Unlovable
 - A sinner
 - Incompetent
 - Less intelligent or capable than you really are
 - Have no right to be here
 - Should feel ashamed

- Believing that you must be punished for your "sins", and for creating such punishments by:
 - Illness
 - Unhappy relationships
 - Staying in a bad situation that was unhealthy for you when you could have left or created something better
 - Not accepting and responding positively to the opportunities life offered you

- For any other times when you failed to maintain a loving attitude towards
 - Yourself Others, or The Source of Life.
 - Can you think of anything else?

Especially note that:

- CRITICIZING yourself
- DEPRESSING yourself
- SABOTAGING yourself for doing any of these, ARE ALL "MISSING THE MARK" and the effects caused by these problems can only be relieved by full and complete forgiveness.

Only the Higher Self part of your consciousness can cancel the conditions in your mind that led to the diminished vitality and loveflow, which are inevitable consequences of patterns like the above. You can experience the different qualities of energy at the different levels of consciousness during the Forgiveness processes.

Add anything else that you think of for yourself here, for example, any *negative* beliefs about the nature of:

- Yourself — "I am"
- Others — "So-and-so is"
- Men — "Men are"
- Women — "Women are"
- Families — "Families are"
- Children — "Children are"
- Relationships — "Relationships are"
- The nature of Sex — "Sex is"
- Money — "Money is"
- Time — "Time"
- Life — "Life is"
- God — "God is"
- The World — "The world is"
- Authority — "Authority is"

Your own ideas:

THE HUMAN ENERGY FIELDS

are becoming "visible" through Kirlian photography and electromagnetic measurements. These demonstrate how your energy field is altered by thoughts, emotions, nutritional and environmental factors, and by the way you choose your goals and attitudes. It is hypothesised in this Forgiveness material that a "negative" mind-set or attitude towards yourself, others, or life itself diminishes your life energy by simultaneously cutting you off from the energy (healing, love and joy) of the Higher Self. "Negative" means "minus", or subtraction.

Emotions & Feelings

Love

Anger and Fear

Grief

Admiration and Envy

Guilt & Self-hate

&

Joy

THE PRIMARY EMOTIONS, FIELD OF CHOICES AND LEARNING

LOVE

RECEIVES LOVE INWARDLY AND RADIATES IT OUT WITHOUT CONDITIONS, INDEPENDENTLY OF OTHER'S BEHAVIOUR. ABLE TO SERVE TOTALLY AND WITH JOY.

Fosters
Whole Life
impulse

Can love both victim and perpetrator, the 'strong' and the 'weak'

OPEN TO RECEIVE LOVE AND HELP FROM OTHERS.
"I AM RESPONSIBLE FOR MY OWN HAPPINESS."

Self-worth is enough to make a tough stand when needed

PUSHES LOVE AND HELP AWAY, YET,
"OTHERS ARE RESPONSIBLE FOR MY HAPPINESS OR UNHAPPINESS."

Gives love to get love, only able to love the weaker

FEAR (VICTIMISED)

ANGER (VICTIMISER)

GRIEF

ADMIRATION /
ENVY

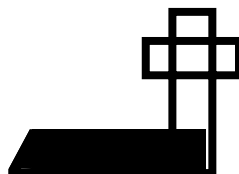
Increasing of
illness and death/decay
impulse

GUILT
SHAME

SELF-HATE
SELF-DENIGRATION

SELF-
DESTRUCTION
DISCONNECTION FROM THE SELF

ILLNESS
AND DEATH



CONDITIONAL, TOUGH, & UNCONDITIONAL LOVE LEVELS

Emotions

Characteristics of ideal emotional health

What is a person in ideal emotional health like? Here are some ideas adapted from notes given out in a seminar by Edith Stauffer:-

1. Behaves in the long run in such a way as to help herself and others. She does not for unconscious reasons spend her life hurting herself and others.

2. Has a genuine subjective sense of freedom of choice and thus needs to use a minimum of rationalisations for his actions. Can use his will to set goals and attitudes consciously and with goodwill towards self and others.

3. Is able to function in accordance with her potentials, in other words, can achieve a high degree of self-realisation.

4. Can postpone need gratification, can sacrifice for the moment in order to attain long-term goals and objectives.

5. Can give of himself fully in deep and lasting and meaningful emotional relationships. He can be both spontaneous and controlled, depending on how he feels and what the situation calls for.

6. Tends not to enter into neurotic interactions. A neurotic interaction exists when partner A in a relationship unconsciously provokes or encourages in partner B a behaviour or an attitude of which partner A consciously disapproves. It is a cry from A for love, an expression of unmet need for which A is not taking adequate responsibility. Abilii (see later) is essential if you are to prevent this happening in your life.

7. Is capable not only of intellectual reality testing, but also of emotional reality testing. We can define emotional reality testing as the ability to perceive the world in terms of emotional reality, to sensitively know what oneself and others are feeling, and to lovingly include that awareness in choosing one's responses and behaviour.

8. Does not deny or hide her feelings from herself. Has a high degree of inner security, and thus feels a minimal need for using defence mechanisms such as repression, suppression, projection, rationalisation, intellectualisation etc. Therefore is not controlled or driven by emotional reactivity.

9. Is capable of learning by experience, and of modifying his reactions when he sees they work against him. Flexible, not rigid. Can see his own mistakes with compassion, humour, even joy, and profit by them, thus *gaining wisdom*.

10. Has no anxieties. Fear is healthy and necessary for survival, but anxiety is irrational fear, a fear with no adequate referent in the world of reality, and is an important characteristic of some emotional disturbances. Can give herself permission to take risks when necessary to achieve important purposes.

11. Can forgive, and love, self and others unconditionally.

12. Feels a deep identification and inter-relatedness with worldkind, and respect for all life forms.

13. Feels loyalty and sense of belonging to the patterns of family, community, country, planet and cosmos.

14. Has faith in and love for something "higher" than him/herself. Has reverence for Life.

15. Has knowledge of her own highest values and purpose and can guide her choices and actions accordingly.

16. Can balance the "opposite" psychological energies within his own psyche - e.g. self-criticism with self esteem and approval, caution with venturesomeness, sadness with joy and gratitude, fear with courage, etc.

Your own ideas:

Making friends with (and taming) the so-called negative emotions.

We do this by understanding their underlying or original beneficial purpose, the way they can become distorted if their original purpose is not fulfilled, their safe natural expression, their catharsis or release if overly stored in the body, and their transformation into qualities of the Higher Self. Sustained negative emotions cause disturbance in the flow of life energy in quite specific meridians, which can be tested for using kinesiology.¹⁰ It could be said that trying to *solve* the presenting problem is not the problem at all - the task is to *practise the quality that will neutralise the prevailing negative emotion*.

It is important as you read this to be aware of:-

1. How much medication is prescribed world-wide to “treat” or suppress the effects of the sustained distortions of the primary emotions - for example, anti-adrenergic drugs, tranquillisers, anti-depressants, and drugs for the psychosomatic diseases and muscle tension.

2. The amount of alcohol and tobacco consumed for the “stress” of the sustained distortions of the primary emotions, *because people have not known how to do it differently* . 3. Of the total cost of these in both money terms and in human and animal life and suffering.

If you can become aware of when you have gone off course into a distortion of a primary emotion, then you can more easily self-correct yourself. Vigilance and will are used to restore and maintain a truer course through the processes of forgiveness (see later).

Each of the emotions is described under the following headings - purpose, distortions (the way we usually see them expressed), their safe and harmless release, their higher transformation, and the opportunities to develop qualities from our Higher Selves being presented .

Space for your own ideas:

Review of Emotional Experiences - (a) aggressive energy.

This exercise is adapted from Pierro Ferrucci's book, "What We May Be". Its purpose is to take an inventory, to explore your emotional reality in a compassionate, understanding and constructive way, so you can see what changes you want to make in your emotional patterning.

Write:-

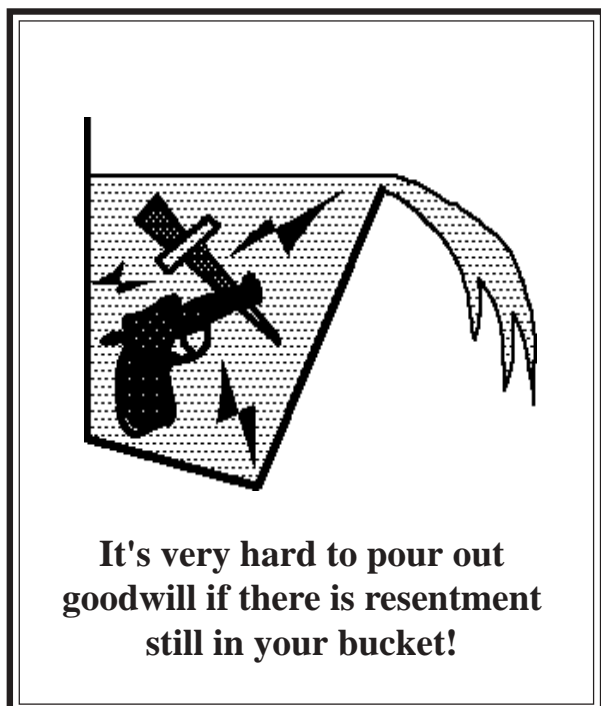
1. What situations tend to provoke it?
2. How do you know it - body sensations?
3. What is your style? Explode? Deny it? Despise it? Harvest it for later? Enjoy it? Criticise? Pique? Say "Yes" when you mean "No!"? Stew? Plot revenge? Get pain somewhere or get ill? Repress your feelings? Express your feelings clearly, without putting the other(s) down? Fail to experience it at all?

4. What are your favourite strategies for handling your own aggressive energy? For handling others' aggressive energy?

5. Write about your childhood experiences with it? What did your parents do? Your siblings/ Teachers? Any significant experiences? What decisions did you make? What beliefs did you acquire about it all? Do you still believe them and act out of them? Do they still work well for you? If not, what would work better? Find examples.

Similar exercises could be repeated for (b) "fear", (c) "grief", (d) "admiration/jealousy/envy", (e) "guilt", (f) "self-hate", (g) "love" (conditional, tough, and unconditional), and (h) joy.

ANGER



PURPOSE OF ANGER :- an increase in energy to produce beneficial change in the environment, whether it is the correction of injustice, survival, or assertion of one's genuine needs.

DISTORTIONS:- IF REPRESSED OR NOT EXPRESSED SATISFACTORILY AND HARMLESSLY:-

To sulk, grudge, blame or scapegoat others, become critical, silently withdraw, plot revenge. To attack, to take on the "Perpetrator" role or stance in life. OR tears (pseudo-grief). OR Explosions and fear of consequences then repression and sense of powerlessness, with hate, (pendulum swings between "victim" and "perpetrator" roles). OR guilt. OR sweet "yes-negativity" - the "Doormat" stance. OR despair, self-hate, illness. etc. AND chain reactions of anger in others and ourselves. Tertiary angers (don't look like anger, but pass it on): Being late, making mistakes, "forgetting", never quite coming to agreements or keeping them, interrupting, justifications, acting confused, giving the "silent treatment", having accidents, with denial of anger.

RELEASE:- Move it out of the body harmlessly as soon as possible. Beat or strangle it out (hose and pillow, beat carpet, strangle a towel etc.).

TRANSFORM:- Forgiveness.

OPPORTUNITY:- Missing qualities of the Higher Self seeking expression - Compassion . Unconditional Love *without* loss of spiritual strength. Strong Love. Loving Strength. Courage.

Constructive, Creative Redeployment of the energy of Anger, Resentment — or Joy!

BASED UPON THE 10TH LAW OF PSYCHOLOGICAL LIFE

and adapted from Pierro Ferrucci, the chapter called "The Tigers of Wrath" in his book "What We May Be".²⁰

PURPOSE:-

To use the energy of current or residual aggressive drives to *fuel* constructive projects in our lives and bring benefits. Most of us know that to dig the garden or clean the house furiously can release angry tensions at the same time as producing benefits. This is an extension of the same principle.

METHOD:-

1. Pick a constructive project to which you intend and will to give more "steam".

2. Set it aside for a moment, and get in touch with your aggressive feelings. Feel their vibrancy, their vigour, the effect they have upon your body, and, perhaps, the hurt they have caused you and the burdens of using this energy in any detrimental way on yourself or others. Give them 'space' - observe them without judging them or labelling them in any way. For the time of this exercise you are not trying to make them go away, you are accepting them in order to redirect them.

3. Realise that this is now energy that you have at your disposal. It is energy that is precious, and can *do* things. It is also basically neutral, like electricity or heat. It could be used to hurt. It could also be the propelling power for the project or activity you have chosen. *Begin to add loving intention to this energy.* Add your love until you are ready for the next step, then:

4. Vividly imagine yourself in the midst of your project, starting at the beginning and working through in your imagination. Call to mind as many details as you can, seeing, feeling, and hearing the sounds that go with all the moves involved, now kindled and intensified by the vitality with which you have chosen to invest them. See the benefits of the completed project, to yourself and others.

TEST YOUR RESULTS:-

Keep records in your journal so you can explore this method objectively and document your results. You can then decide if this has been helpful to you.

"It was rage that motivated me." (Florence Nightingale)

"Good indignation brings out all your power." (Emerson)

"Girl's anger led to best seller." (Headline in newspaper describing how high-school student Susie Hinton was angered by an attack on a fellow-student. She wrote a short story for her class, which blossomed into a novel, "The Outsiders" in 1967, which then became a film made by the same producer who made "The Godfather". The book sold over 4 million copies in the U.S.A. alone, was translated into 7 languages, and became part of the school curriculum in many school systems.)

Aggressive energy has fuelled many creative artists, including Beethoven and Michelangelo.

Mahatma Gandhi described how he would "conserve" his anger at oppression and injustice, not waste it.

Note: A similar exercise to this can be done with the recollection of *joyous* experiences, or with the recollection of fine sexual energy, to enhance your creativity, in a wonderful way.

Your own ideas and notes:

Catharsis

Safe Release of Bad Feelings.

BASED UPON THE 2nd & 10th LAWS OF PSYCHOLOGICAL LIFE

PURPOSES & BENEFITS:-

1. To release or "move out" the **BURDEN** of current or stored negativity *harmlessly*. You cannot pour out love if your bucket is totally full of resentment! Can be especially valuable for those who physicalise distress (e.g. cancer, hypertension, heart disease (with care), ulcer, arthritis etc.), find anger management difficult, or deny their own power.

2. To love, care for and restore healthy function to the body by burning up adrenaline and other stress hormones, and by releasing uptight autonomic nervous system sets. To love and care for our relationships - with ourselves, others, and nature by releasing hurt feelings, making space for serenity and peace. To love and care for our minds by clearing them of hurtful thoughts, making space for silence and wisdom. To free our bodies, feelings, and minds thus is an **act of love**.

3. To make it easier to do the forgiveness process. (Law 10)

4. To help those who fear their own anger to overcome this fear. People who have been seriously abused or witnessed the effects of violence often

make a decision to never have anything to do with anger. They may then repress their feelings, and experience themselves as disempowered. And being unable to experience their negative feelings they may also not fully experience the positive ones as well. It's as if by "turning down the volume" on their pain they also turn down their joy. Full and safe expression of deeply held feelings as in this exercise can restore the capacity to experience both anger - and joy.

5. To get information from the unconscious, by bringing to light repressed memories that need the Forgiveness Process. (Law 2)

6. To restore the flow of love. One who cannot release anger safely, blocks love.

7. To assist us in our task of creating Right Human Relationships and Wellness at all levels.

8. As a test to find out if there is any anger stored in us, or to "get ahead", as it were of future anger, by emptying our bucket right out.

9. If you can think of no other reason, it is good exercise!

**MOVE IT OUT OF YOUR BODY!
HARMLESSLY!**



**THROW A REALLY GOOD TANTRUM!
BUST OUT THE KEFUFFLE! USE YOUR VOICE!**

METHOD

Arrange a satisfactory place and time, alone or with an unconditional friend. Tell any others near you your intentions, so that neither they nor you are disturbed. You may be helping them by modelling being in charge of releasing your own negativity and restoring right functioning.

Use a short (c. 1/2m.) length of hose and a pillow, or a tennis racquet and a mattress. Carpet beating is an alternative, and socially acceptable - but the use of fixed carpets and vacuum cleaners (in the West, not yet in the Soviet Union) has reduced the opportunities for this good outlet. Imagine the object(s) of your aggressive energy are there in front of you and physically release all your angry or other negative feelings. Do it with love and joy that you are unblocking your love. Loud, unpleasant music can help to reactivate the feelings, and allow you to express any sounds or words that you want to. At first you may feel somewhat ridiculous, but as you take charge and allow your feelings to surface, you may be surprised by their intensity and power. They are, after all, the residue of the "killer instinct" that enabled our ancestors to survive to breed us. In the safe situation you have chosen, allow them room for full expression, even if a part of you thinks it is unseemly. It does not have to be reasonable!

Use your voice. Release words and sounds that are meaningful to you and which need to be released. It is important to free the throat area as well as the rest of the body.

Be unreasonable! Yell out the Anger, Scream out the Fear, Wail out the Grief. Sometimes these emotions merge and overlap, fear or grief turning to rage, rage to grief etc.

You do not need to do this "at" someone, sending hate to them. You can do it just joyfully to free your body of the pent up tensions.

If you discover that you are angry with yourself for something, be aware that it is only a **part** of your total personality with which you are dissatisfied, that there is another wiser part of you that has chosen to heal, and that once you have released the bad feelings you will be able to heal it all with the Self-forgiveness-of-the-personality process.

Do this vigorously for 15-20 mins., until you feel something like the athlete's "second wind" (neurochemical shift). This may be a sense of completion, accompanied by tears of relief, authentic laughter (unlike the nervous laugh at the beginning), tears and laughter together, or, simply relief.

Sometimes important new understandings have come to people as they do this process.

Long-standing resentments have been "emptied out bit-by-bit" by doing this daily, like spooning it out of a bucket until no more remains. People are often less easily "triggered" for long periods after this exercise.

It is important to do the Forgiveness and Unconditional Love Process after this exercise, to prevent "reinfection".

TEST YOUR RESULTS:- Document your results in your journal. You can then decide if it has been helpful to you and record how you overcame any difficulties with it. Were there layers - fear, sorrow, anger, information? Did you get to completion, or do you need to do it more? Were there resistances inside you, and how did you overcome them? Sources: Elizabeth Kübler-Ross, Japanese Industrial Relations practise, and Pierro Ferrucci in "What We May Be", chapter called The Tigers of Wrath.

Examples of the value of the catharsis exercise.

The first of these is drawn from the time before I knew how to use the forgiveness process to help people, and a kind of spontaneous forgiveness took place.

1. Greta was the first client I ever offered this exercise to, in the days before emotional release therapies had become more readily accepted:

Greta had had a very happy childhood and adolescence. But at university she became angry and depressed for no apparent reason. She sought counselling, and when that failed she was referred to a psychiatrist. Antidepressants and other therapies were of no avail and she had to drop out of her university studies. She came to pick tobacco, a menial and dirty job, but her angry outbursts meant that farmers tended to dismiss her. She became unemployable.

As she told her story, a cold shudder passed through me. I asked if she felt like committing suicide. She confirmed that that was so, and added that if I sent her to a psychiatric hospital she would certainly find a way to do it.

I felt helpless, thinking that I knew no other treatments to offer her. But another patient a few weeks before had lent me a book describing the catharsis exercise, so I mentioned this to Greta. She was willing to do it, and tore into the pillow offered to her with gusto, making a great deal of noise. I was frightened at what my nurse, or the patients in the waiting room might think, but nothing happened and they did not rush out to call the police to say I was assaulting my female patients!

After 15-20 minutes of vigorously throwing her tantrum, and expressing exactly how she felt, Greta looked up and said "I have not felt as good as this for two years! Thank you." She decided to do this exercise every day before going to work, so that she would not get angry and rude to her employer. She did it every day for three months, sometimes twice a day if her anger built up too much in the day. After three months, it seemed that she had emptied it all out, because there was less and less need for her to do it, until no need at all.

She wanted to know - from where had all this come? We explored this with hypnotic age regression. The only scene she discovered which may have been relevant was of herself as a newly born baby in a hospital ward in the *next cot to a baby around whom there seemed to be a great deal of anger*. She saw herself somehow "draw off" some of this from the other baby - she was a natural healer before she had words! We were unable to verify this scene, but the explanation seemed to satisfy her, or "ring true" for her.

The follow-up is very significant. Her long-held unconscious anger dissipated, and the depression lifted. She returned to university in a different city and subsequently became a health professional in a large city with responsibility for a department, helping children - still a healer...

2. Two teenage boys, Luke and John, became disturbed a few years after losing their fathers. They had had to grow up very quickly and "become the men in the family" before time. This had inhibited their grief process and healing of their anger at their losses. They began to underachieve at school and get into trouble with authority. Both of them found the anger release of the catharsis exercise enabled them to restore their previous level of functioning at school and home. One of them rewarded me with the sentence: "There ought to be a telephone number where kids like me can ring up and get advice as good as that".

3. A man attended a forgiveness workshop, but could not be present at the time when the group did the catharsis exercise together. Later, when he volunteered for a demonstration of the forgiveness process, he became repeatedly stuck and unable to go on with it. I could not understand why. Someone else in the group pointed out that he had not done the catharsis exercise as they had, and that he was still very "caught" in the emotional level. He went out with my assistant at lunchbreak and did it fully. Then he found doing the forgiveness process effortless.

FEAR, TERROR.

PURPOSE:- Survival, caution. "Freezing" to avoid detection. Energy for escape (fleeing). Original fears in a baby are said to be only of sudden noises and of falling from a height. Later fears are picked up through experience or teachings of others.

DISTORTIONS:- (Especially if ridiculed and not allowed to express or share fear as a child) - phobias, panic attacks, chronic anxiety, obsessive or compulsive thoughts and behaviours (to push away fears). Perception of the world as dangerous, of others as untrustworthy, of oneself as powerless. (= "Victim" or "Doormat" stance in life). Sabotaging oneself to avoid situations perceived as risky or dangerous.

RELEASE:- Acknowledge it. Scream it out and/or release anger held at aggressors as above. Lying on one's back and twisting a towel held by a trusted other (reminiscent of an umbilical cord) while screaming can be very effective in starting this catharsis..

TRANSFORM:- Forgive past aggressors. Forgive oneself for continuing any patterns of feeling false guilt or self-diminishment as a result of the incident(s). Healing of the "Inner Child". Giving oneself a "happy childhood" *now*. Public speaking, martial arts etc.

OPPORTUNITY:- Quality of the Higher Self seeking expression - Confidence & Courage and the restoration of Unconditional Love. (Courage= rage de la coeur, or rage of the Heart) Restoration of the spontaneity and creativity of the Inner Child.

Remember that a victimised child had no power compared to the adult aggressors/abusers. A whole people oppressed by a totalitarian regime is in a similar situation. In trying to hide the humiliation, beliefs like "I have no power", or, "I will never have anything to do with anger" come into existence, and the will is used to repress feelings. This may operate long after it was appropriate for self-preservation.

Your own notes:

THE GRIEF PROCESS

PURPOSE:- To heal the pain of loss(es).

DISTORTIONS:- If not allowed to heal normally, prolonged “numbness”, anger or bad moods, depression, self-pity, “inappropriately” crying for almost anything, (the “crushed tears of long ago”), inability to feel or express feelings, and building a “hard outer shell”. The worst grief is for the “loss” of Unconditional Love not received as a child, producing a state of chronic grief and a needy search for love in adulthood. A “Poor Me” stance in life.

RELEASE:- Wail or cry it out. I believe that the Irish called this “keening” and had professional mourners to help this release. Other similar cultures permit a fuller expression of grief than ours. Share the burden of the loss with unconditionally loving and accepting persons. This may at first seem exhausting physically, but you will be relieved in the long run and lose less energy overall.

Science is now revealing that different chemi-

cals are released from the body when we cry for different reasons - pain, grief, anger, relief, contrition, joy, onions(!), etc., and that this process is a self-healing one. People feel better for having released their feelings in a physical way. It is simply no longer true that “Wise Guys (or Big Boys) don’t cry”. The tears are better shed, - even the “tears of long ago”. We no longer need stop people crying.

TRANSFORM:- To forgive “life” (or “God”) or any perceived “causes” for the loss; to forgive oneself for any “errors” of commission or omission with respect to the incident or loss; symbolic rituals - e.g. to plant a tree, give a gift, to do whatever is necessary to say “goodbye” (e.g. gestalt exercises or letters addressing the lost one in imagination) and move on.

OPPORTUNITY:- The qualities of the Higher Self seeking expression - Acceptance, Understanding, Forgiveness, Unconditional Love of the Source of Life. Self-healing



ADMIRATION

PURPOSE:- To bring about growth through the desire to emulate desirable qualities. True admiration, if pure, brings joy.

DISTORTIONS:- Greed, and then Competition, then Jealousy, then Envy. (=wants to do as well as, then better than the admired one, to possess, then wants them to do worse than oneself at any cost, even if destroys what is desired.) Criticism and sabotage (in thought, speech or action) of the one envied, and self-criticism and self-hatred. (“Cassio & Othello” stance in life.)

RELEASE:- as for anger, grief, and fear - envy is a very poisonous combination of anger at the admired one, fear of one’s own inadequacy, and grief at the

loss of supremacy.

TRANSFORMATION:- Forgiveness of self and other(s). Remembrance that one does *oneself* have the capacity to emulate the *quality* admired, as a latent potential in one’s own Higher Unconscious. The decision to develop that quality in one’s life. Gratitude and restoration of self-love.

OPPORTUNITY:- Qualities of the Higher Self seeking expression - Acceptance of oneself as one is at present without condemnation, even though one can see where improvements can be made. Unconditional Love. And the development of *precisely the qualities perceived and admired in the other from within one’s own self.*

GUILT

PURPOSE:- A negative or inharmonious feeling produced by unsound judgement *about one’s Self*, transferred from an awareness of an unsound action or thought, which is to help one to recognise when one has been “off target” or in error, and to get back on target again. More than that is an illusion created by faulty perception of the Self.

DISTORTIONS:- 1. Excessive remorse, or regret beyond what gets us back on target. “Feeling bad about feeling bad”. There is a belief that one has failed to meet a *demand* placed upon one by the Source of life, oneself, or others in a situation. There is an assumption that because one has not met this presumed demand, one must suffer lost love. This can be followed by *bringing about* the self-punishment that one believes (from past indoctrination or the mass unconscious) is deserved and necessary to pay for the wrong done. . This could be done physically, emotionally, mentally, by holding back one’s own growth, or by engaging in negative relationships. It is most often done almost if not totally unconsciously.

2. False guilt can be felt by children who blame themselves for the wrong behaviour of adults (“I must be bad or these bad things would not be happening around me”). “I do not deserve....to get well,..... to be forgiven...etc”

3. Self-hatred. Self destructive behaviours. Denial, or “forgetting” of one’s true Self.

4. Failure to experience guilt even when one has done great harm, often accompanied by the belief that one is in the right. This is one of the characteristics of evil, which seeks to inhibit or destroy the potential for spiritual and other growth of others, while

projecting the wrong out onto them. (As in genocide).

RELEASE:- 1-3. To confess one’s error to an unconditionally loving person or group (NOT to a collection of critical judges!). 4. Possibly “exorcism” - see Scott Peck, M.D., “The People of the Lie”¹¹ for a discussion about the nature of evil and the difficulties in diagnosis and management. The need for an absolutely mature and unconditionally loving team of healers is stressed.

TRANSFORM:- To do the Self-forgiveness of the personality process and restore Self-love once more.

OPPORTUNITY:- Qualities of the Higher Self seeking expression - Acceptance of oneself as one is at present without condemnation, even though one can see where improvements can be made. Unconditional Love. And the development of *precisely the qualities perceived and admired in the other from within one’s own self.*

It is humanity's task to grow by transforming the distortions of primary, beneficial emotions through forgiveness and creative acts infused with love.

The “problems” we have are opportunities to make choices based in love. All negative emotions are related to love.

Anger and fear arise when what we love is threatened. Grief arises when what we love is lost to us. Envy arises when what we love seems inaccessible to us. Guilt arises when we forget to love.

Each negative state in another can be seen as a cry love.

Each negative state in ourselves is also a call to us to give more love.

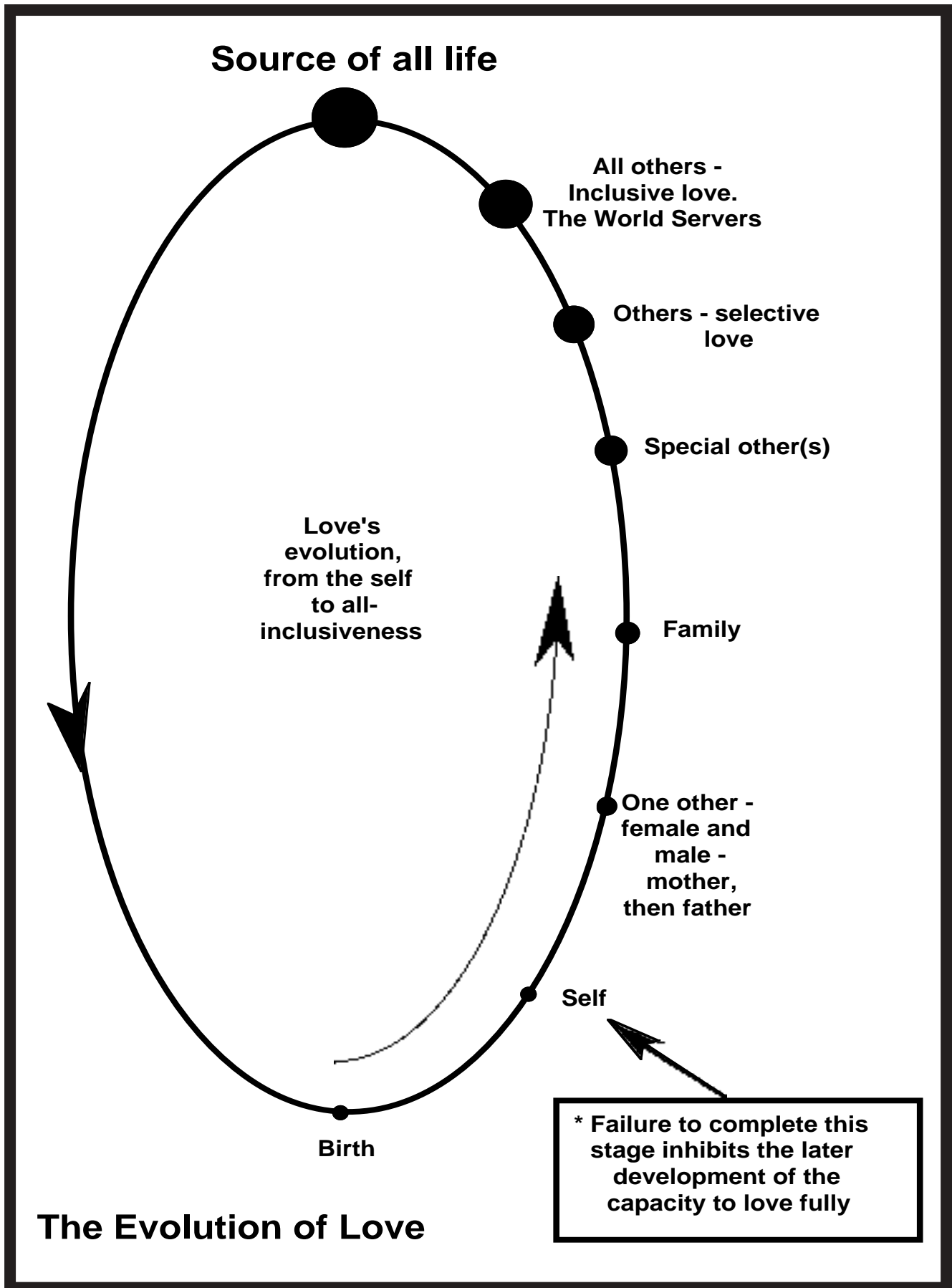


Diagram drawn from ideas originally presented in seminars by Edith Stauffer

LOVE

Drawn from ideas shared by Edith Stauffer, Elizabeth Kübler-Ross, Torkom Saraydarian, Alice Bailey, Scott Peck and others before them.

PURPOSE:- To foster Life. To bring forth the best potential. To extend the Self in the service of the spiritual growth of the loved one and of the whole.¹² Goodwill in action. Love evokes, and partners, joy. The Right building in form, the Right use of form, the Right destructuring of the forms so built when they no longer serve.

To build or restore Right Relationship, Unanimity, Harmony, and Peace.

THERE IS AN UNFOLDMENT OF LOVE
to first — love oneself fully,
then — special others fully,
then — all others inclusively
and fully, and through
this
to love
the Source of Life fully.

See diagram

There are so many ways we use the word love, we can become confused. We use "love" for liking ("I love golf"), for romantic attraction, for maternal, paternal, filial, brotherly, sisterly and group forms of love. Most of these "loves" are *conditional* upon the loved person or object meeting some expectations in the mind of the one "giving" the love. As we contemplate these many different kinds of "love" we begin to see different "levels" of love, different qualities of energy, and different ways of using the will.

The first level is "conditional love".

needy partner. Expectations++. "I will love you (=take care of you) if you are good, clever, white, black, richer, poorer, sicker or more well than me, male, female...etc..." "I love you and if you love me you must promise me..." etc. Can easily feel victimized/angry again when the conditions are not met. Can make the one loved in this way feel very resentful ("hostile dependency"). *Dependent* on the approval of others.

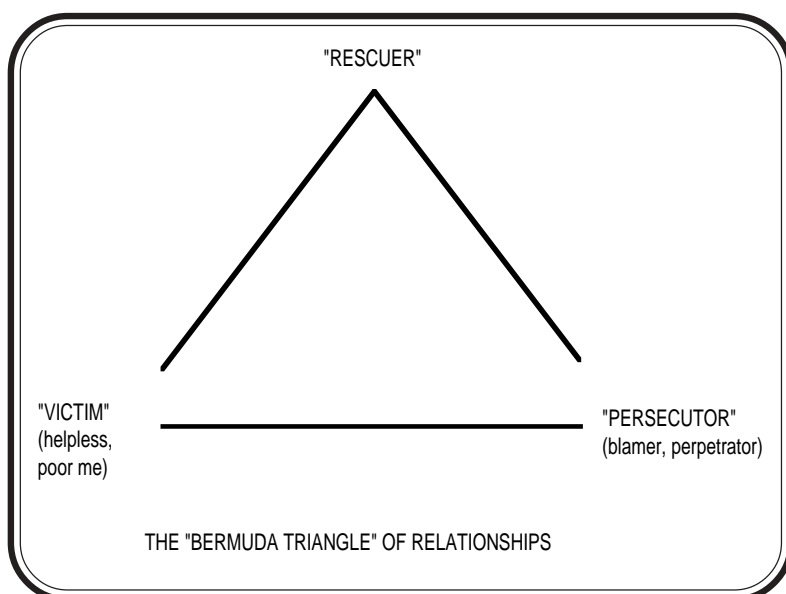
"Social Activist Level I" ..."Crusader" ("I will fight for peace, - even if I have to kill or assassinate to get it"). Still angry with personalities and more focused on those than upon issues, therefore oversimplifies. "I will love you if you adopt my point of view, the "right" political persuasion....or do what my parents did - or did not do" Easily falls prey to anger or fear, or feels victimized if frustrated. Can explode with frustration and become "Perpetrator" or "Terrorist"; or feel powerless - "Doormat" or "Victim".

This level corresponds in psychosynthesis to the level of the subpersonalities. There is a tendency to "love" only the perceived "victim" in any situation, to identify with the victim, and to hate the perceived "oppressor". Unable to see that the oppressor is also suffering, but in a different way and expressing their suffering differently. Both the victim and the oppressor are giving out a cry for love and for their unmet needs to be met. There is a tendency for one operating at this level to hold others responsible for their happiness (and therefore unhappiness!), and at the same time push love or help away when it has been offered. This often leads to burn-out, or a win-lose situation, in which all are losers. I call this the Bermuda Triangle (see diagram).

1. CONDITIONAL LOVE:-

A kind of bargain with the Universe to give you a *kind* of self-love if you "take care of" people. Tends to make others responsible for your needs and happiness. Includes the "Care-taker", "Good Prostitute", "Reluctant Martyr", "Rescuer", stances in life. Wants, and to a degree does get, rewards and approval from others. There are secondary gains in this position, though the price paid is being less than one's True Self.

Possessive, holds on when the other grows or heals...and then needs another



2. TOUGH LOVE:-

Care-giver. Self-love and self-esteem is enough to take more positive action. Recognises own needs and is willing to take responsibility for getting them met. Can confront caringly. "I love myself enough to love you"... "I can serve you without manipulations". Can also receive love with openness, does not push it away when it is offered.

"Social Activist Level II", Can separate people from their actions, more focused on issues than on personalities. "We are separate but equal" "I give you responsibility for your actions, the way you lead your life, and I take full responsibility for mine". Can negotiate assertively - i.e. firmly, but *without putting the other party down*.

This level corresponds more to the level of the psyche called in psychosynthesis, the personal self. There is more discrimination, will, love and energy.

3. UNCONDITIONAL LOVE:-

It is the exploration of what this might be that we do from now on in this seminar - and in life after the seminar! Its mystery and depth cannot be explained. Yet we all recognise its presence and its magic. It reveals itself through joy, which can even increase in adversity. We can learn to see ourselves as moving towards becoming able to express it ever more fully. We can learn the steps in developing this quality, which is still in the process of evolving or revealing itself.

Unconditional love is enlarging the self, and an act of will. It is not a feeling or an emotional reaction. Think of the difference between *falling* in love, and *growing* in love through all difficulties and conflicts. Unconditional love is an act of mental and spiritual will, it cannot and does not take place upon the emotional level, which is where the problems first register. Unconditional love is extending oneself in the service of the spiritual growth of oneself and/or another, *independently* of reward or the behaviour of others.

To truly love in this way could include:-

1. To call forth a sense of responsibility, and a capacity to make wise choices.
2. To point out weaknesses people have, - but very caringly so that the best in the person is drawn forth in response, rather than resistance.

3. To challenge people to strive and attain, and discover their true selves..
4. To help people work on their habits and weaknesses so that they become stronger. To show them how to use their will correctly.
5. To help people learn to cooperate, and thus to overcome their little egos.
6. To engage people in working for humanity.
7. To teach people how to overcome their prejudices, resentments, separative tendencies, vanities, illusions, and other blocks to their own joy.

To truly love in this way does *not* mean:

1. To surrender to weakness.
2. To accept things that are harmful.
3. To encourage weakness or irresponsibility.
4. To accept dirt or ugliness in thought, feeling or action.
5. To exploit or use people.
6. To put people into sleep.
7. To tolerate laziness. ¹⁴

Unconditional love causes you to see what has really caused a situation and to see through the outer appearances to the true needs of yourself and others, *without criticism of yourself or others*. It causes you to see the basic good in yourself and other(s).

Unconditionally loving people see their own errors *and joyfully self-correct them*.

They love themselves, others and the Source of Life, and therefore the whole of life. In particular, they are inclusive, and can maintain love and goodwill towards both the apparent "victim" and "oppressor" in a situation.

They seek to radiate their inner harmony and joy, peace and healing into any situation - without conditions or expectation of reward, and independently of the thoughts, feelings, and actions of others.

They are group conscious and do not react by immediately taking sides.

They serve the cause of peace and goodwill, and can often find ways to a fair solution of conflict that are not available to emotionally charged people. Gandhi taught the use of ahimsa and satyagraha, which is the willingness to cooperate harmlessly with the good intentions of the other for the true benefit of both.

The Forgiveness Process can be seen to be a process which moves us towards this goal of unconditional love.

**"Peace on earth will come
when the love of power
is replaced by
the power of love".
(Sri Chinmoy)**

The levels of unconditional love

Drawn from Edith Stauffer, "Unconditional Love and Forgiveness".

In the physical body there is warmth and relaxation of muscle tension. Further research is needed to delineate the other physiological effects of unconditional love - on pain, mood, cardiovascular, respiratory, digestive, immune and other systems. And upon bio-rhythms - appetite, sleep, hormonal cycles.

Many categories of drugs are used to counteract the effects of the sustained unforgiving state - muscle relaxants, tranquillisers, analgesics, hypnotics, antidepressants, anti-adrenergic drugs etc. These are very expensive and becoming more so. Unconditional Love is free!

At the emotional level, there is openness, absence of defensiveness, fullness, completeness, and acceptance. Patience, inner peace, kindness, outgoing goodwill are all increased.

On the mental level there is a greater objectivity and understanding, a wider perspective that embraces all points of view, accepts and allows for the differences between people. There is absence of blaming or judgemental criticism.

On the spiritual level one relates to others as one would like to be related to. One accepts others as being of equal worth to oneself. One sees the needs of oneself and others accurately and desires to meet those needs if practical. There is an all-pervading feeling of positive, creative, loving energy. One wants to give to others with no sense of "should". One wants to relate to others inclusively. There is an increasing sense of oneness and shared humanity with all. Above all there is trust, a deep sense of inner security and of knowing that for oneself and others all is well within, even in times of deep crisis.

One could say that the state of being unconditionally loving towards oneself, all others, and the Source of Life, and of being unconditionally loved from within, is our "natural state", in the sense that when it is experienced, it is like "coming home". It meets some of our most fundamental needs.

A law that can be tested in the laboratory of life is that one who maintains the attitude of love will also receive love - not necessarily from certain specific individuals, but from the Source of Life and from their own Higher Self.

Transpersonal love is not the same as the other "loves" for which we use that word:- mother love / father love / romantic love / possessive love / sexual love / mateship / loving an activity e.g. golf (cathexis) / loving a place

Most often these are far removed from unconditional love, because they may turn to resentment if one partner disappoints the expectations of the other. These "loves" are often **very** conditional:- "I will love you provide that you" If the expectations are not met, the love is withdrawn. The word "love" is thus very often used to describe a feeling, and emotion, a desire, but this is not what unconditional love turns out to be.

Beware of the illusion created that your love is unconditional which occurs for as long as your conditions are being met!
Under these conditions we may feel as if we have been experiencing love.

When the demands are not met however, we may cultivate an attitude of hostility or resentful indifference, to drive out fear and to feel strong. This "strength" may feel good enough that we entertain it for a long time, not knowing how to transform it into something more worthwhile. In fact we are being weakened and harmed by it. Hostility blinds us to the good in others and ourselves. Cynicism is one variety of this which research has definitely shown to be a health hazard. Hostility closes us to love. It is a defence, a protection against what we perceive as bad. It is natural that we should want to destroy that which we perceive as bad or threatening, but the hate damages us.

Looking for the good or the good potential does not imply ignoring the negative, it is simply a choice to give attention to the good as much or more than to the bad. Energy follows thought....if you only give water to the weeds in your garden you quickly end up with a garden full of weeds....

It is unlikely that anyone can live a day without finding that conditions have been put on someone which need to be cancelled in order to maintain the flow of love. Especially those with whom we live and work.

"Forgiveness makes whole both the forgiver and the one forgiven"
Edith Stauffer

It is not hard to imagine the different quality of driving that would occur in the resentful state as opposed to driving in a loving state. Or of handling machinery; or of lifting with tight or relaxed back muscles; of teaching in a school; of performing surgery; of nursing; of negotiating in conflict situations in the home or workplace; or internationally. The implications for health care, industrial relations, international peace, or for education are not hard to see.

JOY

Joy is not really an emotion. It is more like an energy, a quality of the Higher Self. Happiness is an emotion. Happiness and joy are not the same, though the words are sometimes used as if they were. Happiness is a personality reaction. It is the contentment of your personal emotions, and it disappears when you are disappointed. The search for happiness alone ties you to always seeking your pleasure and avoiding pain. Happiness is the goal of the separated self. But joy can flow through you even in adverse circumstances, if you are in touch with your Higher Self. It is a quality of the Higher Self, or Soul, realised when the lower self aligns itself with the purpose of the Higher Self.

I said earlier that unconditional love reveals itself through joy. This is because it is in alignment with the will of the Higher Self. The following are drawn from Torkom Saraydarian's book "Joy and Healing".

Think of some of (and the sum of) joy's **effects**:

1. Radiance of the eyes and face.
2. Clarity of thinking, and understanding.
3. Alertness and sensitivity.
4. Vitality and health. Improved physical conditions.
5. Eagerness, and punctuality.
6. Diligence and perseverance in the face of difficulties.
7. Freedom to..... is more than freedom from.....
8. Openness.
9. Cooperativeness.
10. Lovingness.
11. It regenerates and heals.
12. It purifies and disperses negativity.
13. It expands.
14. It links people.
15. It strengthens.
16. It helps to unfold the best in anyone or any situation.
17. It harmonises.
18. It magnetises you to the best - to your best qualities, and to the forces of abundance.
19. It energises.
20. It increases endurance.

Joy is **increased** by cultivating:

1. **Forgiveness**, deeper love, compassion, gratitude, and contentment.
2. Inclusiveness.
3. Dedication to the seeds of fine qualities within you.
4. Cooperativeness and cooperation with others.
5. Expansion of consciousness and a larger perspective.
6. Contact with your inner Self.

7. The striving towards beauty, service, freedom, and right relations with others and within your own psyche.
8. Causal thinking (thinking deeply about the causes of events, and working with causes more than with effects).
9. Meditation upon divine archetypes - the qualities and forces underlying beauty, wisdom, love, spiritual will, harmony, divine intelligence, order and goodwill, for example.

Joy is **decreased** by:

1. Anger, hatred, greed, ugliness in thought or action, jealousy or envy.
2. Causing fear to others.
3. Untruth.
4. Lack of goodwill and forgiveness.
5. Pressure.
6. Denying freedom to others.
7. Misuse of others and their belongings.
8. Arrogance, lack of respect.
9. Non-inclusiveness.
10. Insincerity.
11. Gossip. Nosiness.
12. Criticism. Setting goals and expectations for others.
13. Irresponsibility.
14. Trying to own or possess the object of your love.

We can **give** joy by:

1. Helping others to see truth.
2. Giving them vision and hope for the future.
3. Teaching them how to solve their problems and challenges for themselves.
4. Helping them to contact their inner Self.
5. Helping them discover and increase their creativity.
6. Helping them be grateful, giving, and sharing.
7. Helping them give joy to others.

To give joy does **not** mean:

1. To flatter people.
2. To bribe people.
3. To try to please people.
4. To yield to people's appetites and habits.
5. To allow people to deceive you.
6. To allow people to follow a destructive path.

There is also **joy in service**:

1. From working in with a group.
2. In the contrast between the dark struggle and holding on through difficult conditions and the light of

fruition of wise and loving plans.

3. In the strengthened links of tried and trusted companionship that can arise through shared adversity or suffering.

4. In the peace that lies in the heart of any victory over odds.

5. In the consciousness of days well spent, bringing greater love, wisdom, or strength to people in a needy world.

6. In lifting up a needy brother or sister a little higher on the ladder of their growth, helping them to grow in love, wisdom, or inner strength. In helping them to express the qualities of their inner, or Higher Selves.

True love and joy increase in adverse conditions and when given away. Happiness can be foregone in trying circumstances, but joy can be known in the midst of profound personality distress and unhappiness. Joy is of the Soul. It has been said

that we would do well to work *towards* joy, not *for* it. Happiness is but the result of achieved personality desire. Joy is the expression of the Soul, or Higher Self. Joy is a quality that grows out of Self-realisation. Joy lets in the light. Joy is a special kind of wisdom.

**Points of crisis are useful
in calling in the
power of the Soul.**

The “anatomy” of unconditional love is further to be understood through practising the Goodwill Patterns or transpersonal mind-sets (see the section about these).

JOY EXERCISES

Drawn with gratitude from “Joy and Healing”, by Torkom Saraydarian. I strongly recommend you to get this inspiring book for the greater details in it about the nature of joy and how we can apply and increase it in the lives of ourselves and those around us.

**EVEN A SMALL APPLICATION OF THESE
EXERCISES CAN BRING GOOD RESULTS.**

Joy Exercise I

1. Close eyes and relax.
2. Remember the earliest joy you experienced.
3. Where was it? When? What was the weather? What time of day? What was the environment? What were you wearing? How did you look? Were there other people there? Who? Go slowly and get as many details as possible from your memory.
4. Now re-experience the same joy as if it were happening in the present. Feel the joy all through your nature.
5. Do it several times, letting it become clearer and more real. Home in on this memory, eliminate other memories for the time being. Set your analytical mind to rest during this time, so that you are free from its interference. Simply enjoy the memory and experience as a little child would, with openness and wonder.
6. It is possible that emotion will surface and you may cry - let the tears flow but continue to set free the joy in the experience.
7. Continue to experience the joy as you experienced it in the past. Be the age you were when you experienced the joy.
8. Now let your “past being” enjoy the experience,

and you observe what is happening to the that person who is re-experiencing his/her past joy. Observe what is happening to his/her mind, emotions, and body. Observe the effect of his/her joy on others and on the environment. Go slowly and be clear in your observations.

Note: Saraydarian recommends that you can do this for 1/2-2 hours, and 3 times a week if you choose. It is best to wait 2 hours after eating, or 6 hours after sexual relations, to avoid doing it before you want to go to sleep (it may energise you too much), and to avoid doing it if you are too tired (rest physically first). Avoid hurry, do it patiently.

Use other experiences of joy after the first week. Imagine your body surrounded and penetrated by white light at the end of each session, to deepen your calmness and serenity. Take care to re-orient yourself back into your practical life situation *bringing some of the joy with you to express in your daily life*. After going over 7 experiences of joy, rest from the exercises for 15 days and really express this joy in your daily life.

After 6 months move on to the next exercise, with the same guidelines.

Joy Exercise II

1. Remember an event in which you witnessed some other person who was really in joy. Feel, understand, re-experience his/her joy.
2. See the person as s/he was. See yourself as you were. Remember the time, weather, other people, etc.

3. Observe the way the other person was in joy - physically, emotionally, and mentally - the details of eyes, voice, words, movement or stillness.

4. Now *share* the joy, not being this other person but *sharing*. Get more details and depth, and then observe *how* the joy was transferred to you and why.

5. Do this 3 times a week, then find a new person each week, for 6 months.

Joy Exercise III

Remember an event in which a person shared your joy. (This is the reverse of exercise II). Observe how and why your joy was felt and experienced deeply by the other person.

Joy Exercise IV

Remember joys you *intentionally* caused others.

Joy Exercise V

Remember joys others intentionally caused to you.

Joy Exercise VI

Remember joys from Nature, - again and again, flowers, meadows, rivers, the sea, waterfalls, trees, forests, rainbows, sunrises and sunsets, birds, insects, animals.....

Joy Exercise VII - Creating a new identity.

Make a list of 30 or so good qualities you have stored within you. Taking one quality daily for one month, think for 5-10 minutes how you can increase this quality in yourself, harmlessly, quietly, without expecting recognition from anyone else. Also become aware of the obstacles in you to the expression of these good qualities, and see ways of getting past them.

Joy Exercise VIII

Be selective - choose specifically physical joys, then emotional joys, then mental joys (creativity, reasoning, thinking, speaking etc.) to observe differences and subtleties.

Joy Exercise IX - Creating joy in the imagination and the radiation of joy.

1. Visualise a mountain on which you are walking. See the flowers, bushes, greenery, rivers, waterfalls - build the experiences you like best into it. Feel and smell the flowers, touch the trees and bushes, listen to the birds, lie on your back in the sunshine - let everything go and feel joyful.

2. See light between the leaves of trees. See a lovely little bird or animal coming close to you and allowing you to touch and stroke it. See your body as it lies

there, and you are watching your body. In your imagination fly up to the top of a tall tree, and see the whole valley, everything very beautiful. Even fly up onto a cloud if you feel like it. Look down at the scene and your body peacefully lying there.

3. While up there, start to sing something beautiful that you love, to every creature that can hear it, with love and joy.

4. Send a ray of joy to someone, like a beam of light. People you love, family, friends, parents, people alive or dead. No judgement, no rationalisations, just sending joy - to sick people, depressed people, unsuccessful people....be a fountain of joy.

5. Send joy to your body, its energy (or etheric), and its physical nature. You may like to imagine it like violet light, and take it to every part in turn, front and back, and deep within. Use blue light to disperse cloudy areas, then pour in more joy. (There are many kinds of colour meditations, sending different colours to different energy centres of the body. The most important factor is that there should be the subtle qualities of love and joy carried on the colours you choose).

Joy Exercise X - creating future joy

1. Create a future event in your imagination and radiate joy into it. See yourself joyfully performing some service that will bring benefit and joy to yourself and others.

2. Imagine a success, a future enterprise or special work you are planning to do. Visualise yourself becoming whatever is your vision for your best self, your highest dream actualised - infused with joy. Repeat this several times, for 30-60 minutes.

3. Rub your hands together and touch your face and eyes, before opening them.

Joy Exercise XI

1. Feel extreme joy throughout your body, emotions, and mind. Really sense what joy is. Sense it your toes, hands, bones, arms, legs, abdomen, chest, spine, neck, face, tongue, head... inside and out, all over, a complete unit. See joy radiating out.

2. Radiate joy out as much as you like with all parts of your body, especially your hands. Send it to all parts of this troubled planet, in turn, and to all kingdoms in nature. And if you cry in joy as you do this, the tears will be quite different to the tears your cry in sadness.

Meditation on Joy

We cultivate joy in the field of our consciousness by sowing the seeds of joy in it. The harvest is great. Dedicate some time each week to the cultivation of joy.

1. Relax, physically, emotionally, mentally.
2. Inhale joy into your being, and exhale joy, three times.
3. Focus your consciousness above your head, and visualise a beautiful rainbow between two mountains.
4. Let the beauty of the rainbow fill your whole nature with additional joy.
5. Meditate on the seed thought: "Joy is harmony between the Self and the Cosmic Self, emotionally sensed, intellectually approved, intuitively actualised" (or one below).
6. After 15-20 minutes, record your thoughts and experiences in a special book.

On the evening of the same day review your day:

1. Relax.
2. Was I joyful today? All day?
3. What effects do I see in my nature and in the natures of others with whom I relate?
4. Did I see the wisdom of joy in action?
5. Did I see the relationship between joy and the clarity of my consciousness?
6. Record your finding in your notebook.

Here are some other **seed thoughts** that could be used - seven weeks for each one you use is a useful time to stay with one of them:

1. Joy is a special wisdom.
2. Joy is bliss in manifestation.
3. Joy is energy, and it obeys certain laws, as electricity does.
4. Joy wipes out negativity and conflict in my nature.
5. Joy creates right human relations.
6. Wherever joy is, there can also be seen the presence of beauty, goodness, true righteousness, and freedom.
7. Joy thoughts travel farther and more deeply into the Cosmos, and they evoke constructive and creative energies.
8. Joy affects plants, trees, objects, and human beings, and helps them to unfold harmoniously.
9. Joy accumulates those energies which are used to travel to higher spheres.
10. Joy evokes peace.
11. In the fire of joy, no evil can exist.
12. Joy exists and increases in sharing it with all living things.
13. Harmlessness is the forerunner of joy.
14. Perfection is achieved by ascending the ladder of joy.

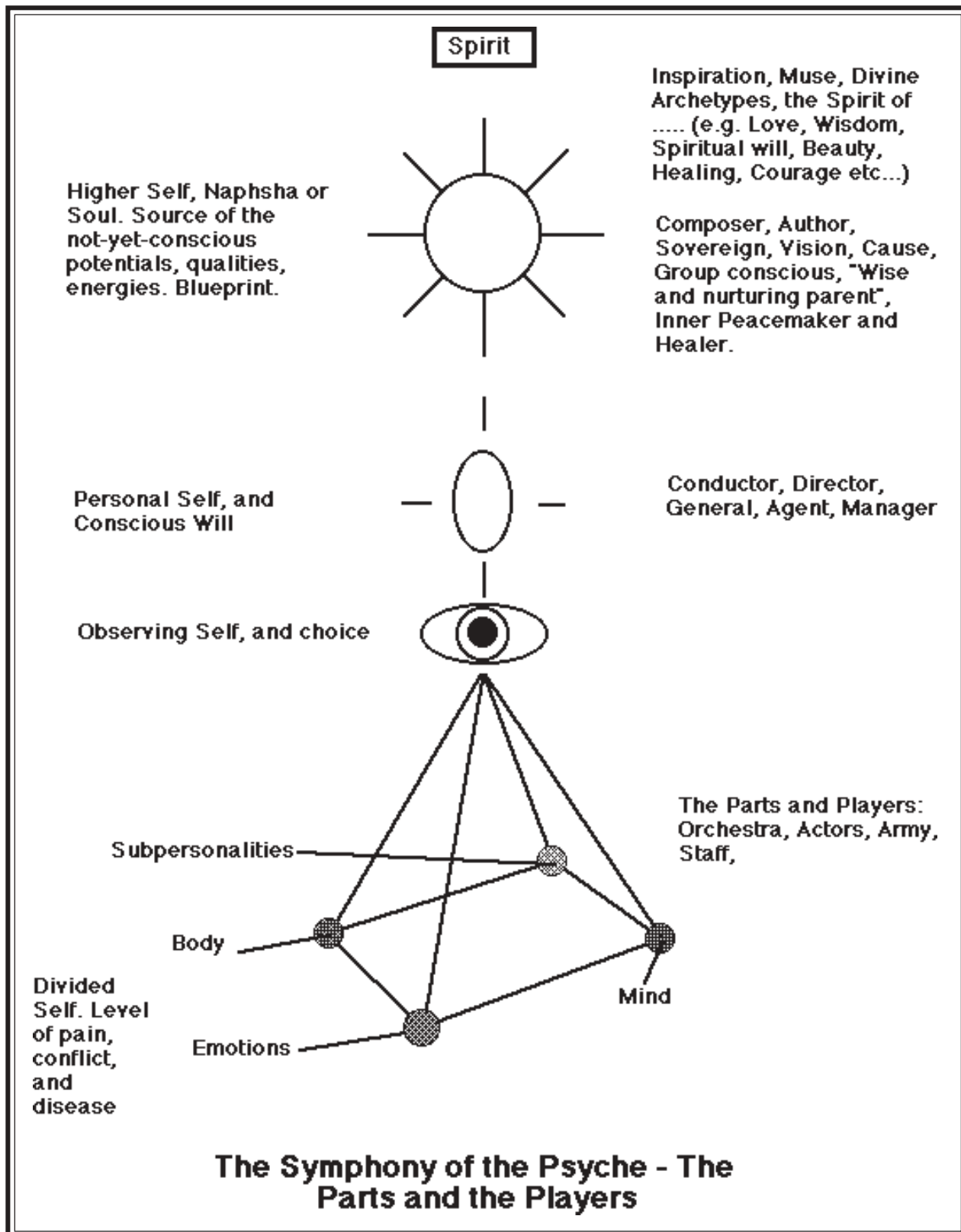
Space for your own thoughts:

Levels of the Self

The Divided Self
Subpersonalities
The Personal Self
The will
Psychological Laws
The Higher Self
and
Accessing the Higher Self

The Human Psyche

Levels of Consciousness, Mind, Will, Subpersonalities,
Personal self and Higher Self



Levels of the Psyche and the Discovery of the Will

The Divided Self

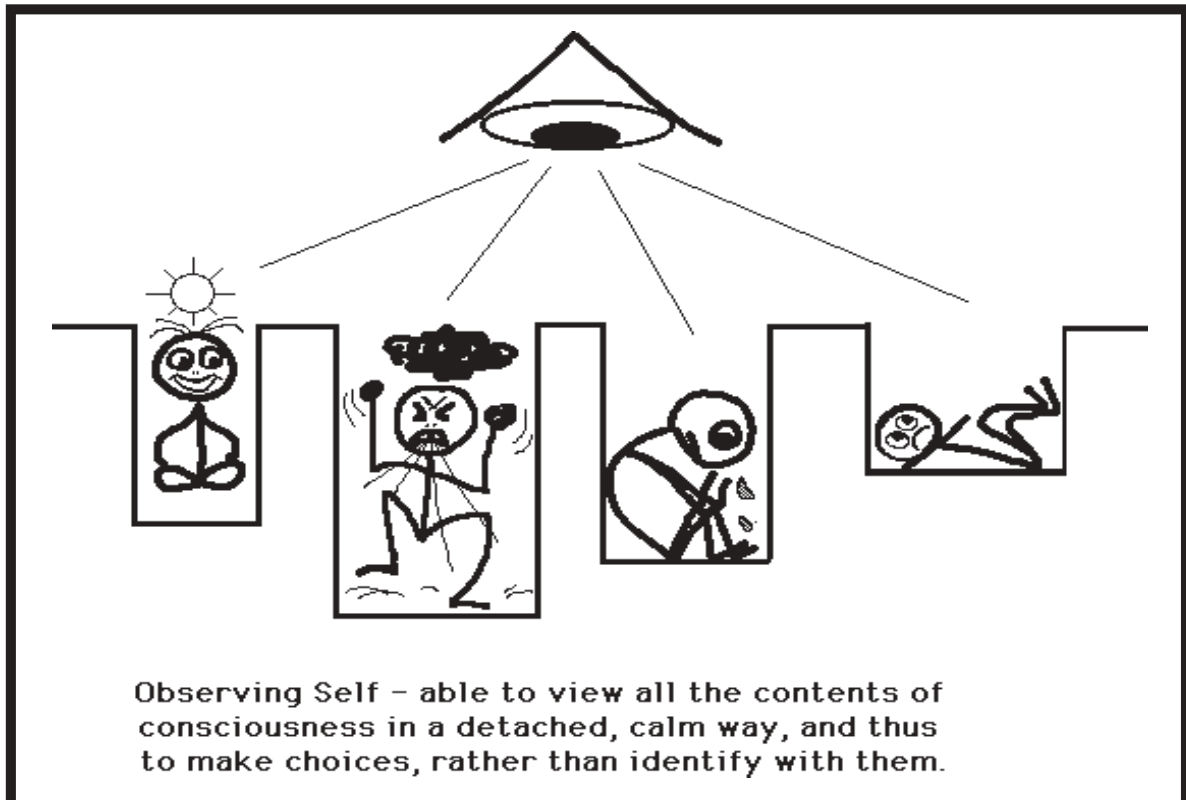
Many things in life become clearer when we realise that there are different levels of consciousness. For forgiveness work it is useful to recognise three of these levels - the Higher Self, the Personal Self, and the Subpersonalities. **Subpersonalities** are "parts" or "little selves" within our personalities, clusters or patterns of beliefs, feelings, attitudes, expectations, imaginings, emotional reactions if the expectations are not met, and styles of behaviour. They each consist of patterns we developed when we were younger at times when one or other of our basic needs were not being met adequately, and some of them are roles we play in life. If you look at the list of basic needs (after the description of Makikh) you will be able to see that you and those around you may think, feel, imagine, and behave quite differently when certain needs - e.g. for food, sleep, approval, love, freedom etc., are not met.

These can be quite compartmentalized and even in conflict sometimes. A person may say "I need to stop smoking, but /go on doing it". Or, "I need to change my job, but I can't because I'm too scared of unemployment". "I want you to be a man my son,

- but don't answer me back!". The "I"s in these sentences seem to come from separate "selves", or parts of a divided personality. In the roles of pedestrians and drivers, doctors and patients, teacher and student, son or daughter and parent, public and private personae, and so on, you can often see the compartmentalized "little selves", which are not always in harmony with each other.

All subpersonalities have basically good intentions. The Inner Striver often seeks to win approval from internalised parents if love and approval were given by the real parent figures mostly or only for achievement. The Inner Critic seeks to make the person conform to an internalised set of rules or "shoulds" that the person as a child had to conform to, in order to win love and approval from parents or peer group. The Inner Saboteur seeks to keep you safe by preventing you from taking risks. The Inner Victim (and the Perpetrator) need acceptance, unconditional love and recognition. The Inner Depressor seeks to remind you when you have strayed too far from the purposes of the Higher Self.

But these parts can become unbalanced if one or a few dominate the personality, as if one instrumentalist dominated an orchestra and played out of tune and time with the others. Our life can seem to be organised around these patterns as if they were all that we are.



The Personal Self

There is another “centre” within our consciousness which is called the **observing part** of the **personal self**. This is the part that can step back from the action and first of all observe what is going on in both the outer life and the inner life of the personality. It is here that the **will** is discovered, the capacity to make conscious choices and actualise them. As long as the person is controlled by forces from the level of the unconscious mind, true willing is not possible. Disidentification from (that is, no longer being identical with), understanding and harmonising of the subpersonality level is therefore an essential first step in discovery of the will and taking charge of your life.

The Higher Self

Your Higher Self (fuller description comes later), your personal self, and subpersonalities can be thought of as being like the Composer, conductor, and players of an orchestra. For the best results, they all need to be aligned with the Spirit of the Music, the essence of the inspiration within the composer. Psychosynthesis (ref. 16) has evolved many techniques for helping you to recognise, appreciate, mature and harmonise the different aspects of your personality.

There are many other analogies, with similar basic pattern of:

1. Cause (Inspiring Impulse), 2. organising centre (observing self and directing Will), and 3. manifestation (actualising parts) in harmony with each other. Examples could include: The Impulse to Freedom, —> the general, —> the armed forces in all their parts. Without an adequate cause to fight for, the army becomes disorganised and perishes. The Impulse to Synthesis, joining peoples together, leading to the spirit of the United Nations, and of air communication,

drawing forth on one side the designers (like Leonardo da Vinci, Orville and Wright, down to the designers and manufacturers of modern airliners), and on to the overall airline director, the managers, pilots, ground staff and aircrew, the radio, radar and computer linkups, the office staff, the travel agents, and the aeroplanes themselves with all their many parts. The Impulse to Revealing Knowledge of Truth, calling forth the great scientific researchers (like the Curies, Darwin, or Watson and Crick) and the universities, laboratories and staff. The Higher Self of each (the individual and the organisations) is the source of the vision, resonating to the higher impulses to which each is attuned. It been said, “Without a vision, the people perish”. The Inner source of inspiration, energies and qualities is vital.

The human personality is also very similar to an orchestra, and cannot fulfil its potential until all the parts are present, matured and harmonised, directed by a skilled conductor, and attuned to the highest inspirations of the composer.

Understanding the levels of consciousness and your subpersonalities is an important part of your personal growth. It cannot be dealt with fully in one short seminar. My goal here is to interest you in searching further for yourself this fascinating and vitally important subject, for it will lead on to a deeper understanding of the nature of your Self and your Will. It will increase your understanding of the different levels of the psyche, and the very different levels of love, will and wisdom that are available on each.

The important feature of subpersonalities for the purposes of this workshop is that we recognise that a person who is offending you (i.e. is out of harmony) is usually trapped in one subpersonality that is not all of who they are, but just a pattern that evolved at a time in their lives when their needs were not met. And your reaction to their behaviour, and eventual need to forgive them, may be based in the same dynamic - your unmet needs.

These understandings help us to become less critical of ourselves and others, and to restore the flow of compassionate love. Now let us consider the Will, the instrument of the Self.

Higher Self

Transpersonal Will (Group conscious. Deepest values)

Personal Self

Personal Will (Individual)

Subpersonalities

physical, emotional, and mental ‘selves’

Reactive “will”, feeling “willed by” needs and outer circumstances.

The Will

The correct use of the Will is crucial to the Forgiveness and Unconditional Love Process.

The Will is one of the most neglected subjects in education, medicine, and psychology. Yet its importance is increasingly plain. Many illnesses, much unnecessary pain in relationships, much waste of real potential, can be seen as being brought about fundamentally by incorrect use of the will.

Like Love, the Will is in the process of evolving - mineral, vegetable, animal, and human life have within them an increasing amount of self-determination and ability to make choices consciously. It is our unique and precious gift. Humans can show many levels of the Will.

At the first "level" they may feel themselves "willed by" their physical and emotional realities. At this level they react in a similar way as does a rock or plant when subjected to external forces. They may feel as if they are "making choices" but these are often really results of conditioning earlier in life - in this sense they are still being "willed by" subpersonalities, the inner subselves, each of which evolved as our best way to meet our basic needs.

At the next "level", that of the personal self, the human being is making choices in a fully conscious way. The Will is now the instrument of the personal self, for directing attention and energy into courses of action that have been chosen with increasing levels or expansions of consciousness. This means, with increasing awareness of the *Benefits* of a course of action, and of the *Burdens* of not following that course of action, for the personal, individual, self. Our use of the Will is then related to our personal purposes. With it, we can control our goals and attitudes, and select what we draw out of our memory. *This is the true area of free will* - no one else can select our goals, attitudes, or what we choose to recall from memory, even if they physically are able to restrain or imprison us.

By controlling our goals, attitudes, and memory selection, we influence how our minds reason and discriminate. This in turn influences our behaviour, our energy output, our internal processes that bring about body states and feelings.

We can develop our capacity to do this with increasing levels of Wisdom, Love, and Intelligence. Assagioli, in his book, "The Act of Will"¹⁷, has outlined a sound approach to this task.

At the highest levels currently known to us, that of the Higher Self, the Will is used only to direct Love (or to direct Energy lovingly, if you prefer) towards our selves and all our parts, all those of whom we are aware, irrespective of their outward behaviour (with which we may not be in agreement),

and towards Life ItSelf. At this level we are increasingly able to include in our perspective the good of all, and of the planet on which we live, and to direct our energies towards that. Our personal purposes begin to merge with purposes that have an increasing content of group consciousness, - family, professional and social groups, nation, international and finally planetary. It is the Will-to-good, *activated independently of the behaviour of others*.

We can learn to become aware of which "level" we are coming from by observing how the Will is being used in any situation, both in ourselves or others. Try saying "I hope I can get up" as you get up from a chair, and find out how your body feels as you do it. Then do the same for "I want to get up", "I'll try hard to get up", "I am choosing to get up", "I choose and will to get up" and "I won't get up!". You will learn a lot about the way you motivate yourself. Then imagine yourself getting up out of your chair to save a child or someone you love from burning. This exercise gives you some idea about the levels of energy available on the different levels of the psyche.

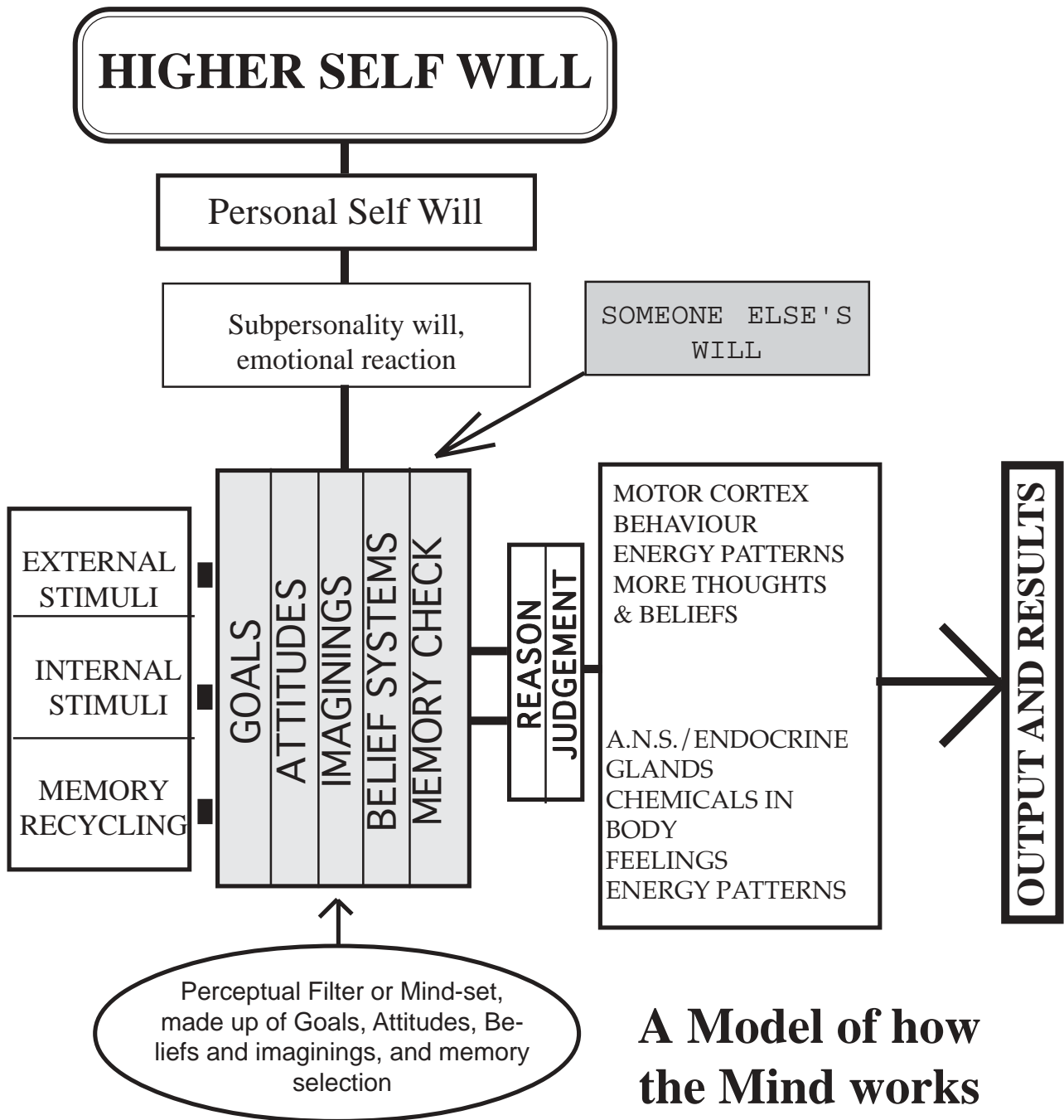
Because a problem is rarely solved on the level on which it arose, we can also use our Will to "lift" our consciousness to a higher level, until we reach the level at which the best solution occurs. (An analogy: The law of gravity cannot be broken, but by understanding it and using the laws governing aerodynamics and solar and interstellar space, we can fly beyond the apparent limitations imposed by gravity).

It is interesting how different languages have approached the idea of willing. In Russian, for example, the word "volya", the individual will, tended to fall out of common usage and become a literary term about 150-200 years ago. Its place was more and more taken by the word meaning "I want". It is interesting to speculate whether this set the scene for the collectivisation process, the individual will becoming submerged in the voluntary and forced cooperation with the collective will, which reached a high peak in the development of communism and the collective resistance by the Soviet peoples to Nazism.

Events have shown in recent years, however, that *forcing* of cooperation by a centralised totalitarian will is not as viable in the long term as a voluntarily chosen cooperation between persons who know how to make a conscious choice.

In Anglo-Saxon cultures the individual will has become very strong, to the point of sometimes displacing the service of the whole in the cult of "rugged individualism".

As East and West share their perspectives there will be a synthesis developing between these two polar positions which will enhance the life of both. Both sides have much to learn from each other.



THE LEVELS OF WILL IN MIND-PROCESSING

"It is an illusion that developing your heart qualities means "getting out of your head". Mind and Heart go together, and are not to be seen in opposition. Love, openness, kindness and respect for others cannot be bought or produced by machines, but only generated in the mind itself..... The importance of individual responsibility is clear." (The Dalai Lama 1990)

WILL:

The means whereby the human mind controls its mind-sets, - its goals and attitudes, what is selected from memory, and the images or visualisations that are held in the mind. It is concerned in choices, decisions, initiating action, eliminating what is non-essential, and fulfilling goals. To maintain right intention, right attitudes and perception, right recollection,

right thought, and right inner and outer speech are functions of the will. Right actions will inevitably follow.

We can develop our will by considering benefits and burdens of different courses of action in the light of our deepest values, by assessing priorities and consequences of different actions, by affirmations and repetitions, by will-statements, by visualisation.

People do not lack will power. They do not know how to direct their will into positive actions because they have not been taught how to use their will rightly. An addict will use the will to obtain the drug of addiction and sacrifice money, job, home, health, friendships and family to get it - sacrifices that would be considered heroic if made in a noble cause.

MIND-SET:

A combination of goals, attitudes, feelings, thoughts, memories, belief-systems, "facts", ideas, symbols, images and expectations which controls what the mind perceives, and thus the output of the mind's activity.

GOAL:

An objective established and maintained by attitudes and the will. Right speech is needed in the correct setting of goals. If a negative goal is in place, a positive goal must be set which conflicts with it and then *substitutes* for it, in order for the negative one to be eliminated. Example: "I want to smoke" v. "I will to love and to take good care of my body".

Goals that are congruent on all levels (physical, emotional, mental, spiritual; subpersonality, personal self, and Higher Self) have the greatest leverage. Goals formed on the physical and emotional (go for pleasure and avoid pain) principle do

carry much drive however, and to overcome these we need to go to a higher level.

Goals can arise both from our needs, our unconscious and our conscious choices.

ATTITUDE: A filter established and sustained by the will, that modifies what the mind perceives. Attitudes help to set and modify goals. Examples: a loving, or a hostile attitude. One is much more open than the other. This in turn affects behaviour. It would be well nigh impossible to carry out a harmful goal at the same time as maintaining a loving attitude.

MOTIVATION:

The *inescapable* tension produced by an existing and unachieved goal. The mind ceaselessly searches ways to reduce tension by bringing about the goals we set - whether they have been set consciously or unconsciously, *wisely or unwisely*. If it cannot reduce the tension by expression (action), it may seek to eliminate tension by inhibitory blocking - but this puts stress into the body.

SUCCESS:

Relief from tension gained by achieving a goal.

EXPECTATIONS:

Goals set by one person for another, with an underlying demand and threat to cut off love and goodwill if the expectation is not met. The very basis for conditional love. *They can be internalised (especially by children) and then become the conscious or unconscious expectations we hold of ourselves believing we have chosen them when in fact we have not.* Example: "I must achieve (= please my parents) - or / am no good".

The Will and Right Speech

We use language ("speech") not only to address others, but also internally, to frame goals, attitudes, thoughts, and describe inner images. Sometimes we are aware of this "Inner Dialogue", sometimes we are not. Certain language forms lift our energy and the energy of others, and could be called positive. Other language forms injure ourselves and others. (I once wrote an article called "Words that can heal - or otherwise", which was when I first began to pay close attention to the effects of inner and outer speech).

The Will is needed to constantly maintain life-enhancing speech. Such Right Speech could include the following (drawn from the teachings of the Buddha):

1. Abstaining from lies, - and speaking the

truth with love.

2. Abstaining from backbiting, criticism, slander, anything that may cause hatred, enmity, disharmony or disunity in groups or individuals, - and always being harmonious instead.

3. Abstaining from idle, useless, foolish babble and gossip, - and always being sincere, meaningful, positive and creative in their place.

4. Abstaining from harsh, rude, impolite, abusive language, - and replacing these with caring and love. Firm and strong words can still be spoken with love.

5. Skillfully choosing right timing and the right place.

6. Avoidance of "labelling" *people* (or oneself) as "good" or "bad", or similar polarities. Instead,

describing their *actions* only, and using more accurate words such as “skilled” or “not yet skilled” which acknowledge the person’s potential. (Example: Not “He *is* unpleasant”, but “He *acted* unpleasantly *a year ago*. I wonder if he has learned to heal his inner pain yet.”).

7. Occasionally - noble silence. To refrain

from speaking is sometimes the greater act of Will.

8. Abstaining from arguing for your limitations, e.g. "It's so hard to...." or, "My big problem is....." etc

These apply to inner speech, or thoughts just as strongly as to outer spoken speech. The goodwill patterns, to be described later, help us with this self-development task.

Laws of Psychological Life

THE BASIC LAW OF LIFE

Only if you set and sustain a goal/attitude/visualisation combination which is to love unconditionally yourself, all others, and the Source of Life independently of the behaviour of others, as your most important mind-set, then the outcomes will always be positive, enhance life energy, and you will grow and become who you truly are , a being of love, wisdom and strength.

All contrary mind-sets must be removed. If not the results will be negative, or only partial fulfilment. It is the cancellation or removal of mind-sets that are blocking the flow of love which is the forgiveness process.

(A). TO LOVE THE SOURCE OF LIFE IS TO KEEP IN TUNE WITH THE FACT THAT LOVE IS THE BASIS OF UNIVERSAL LAWS, AND IS BOTH MAGNETIC AND RADIATORY, LIKE GRAVITY. It is also to be willing to accept and receive what life offers with gratitude and wonder, and to contribute fully of your own gifts.

(B). To love your whole Self (as a creation of the Source) unconditionally includes:

1. To love your body and care for it and your capacity to use it in productive service,

2. To love your emotions, the liveliness they can bring, and to care for your capacity to be sensitive and express love and goodwill,

3. To love your mind and care for your capacity to perceive, learn, reason, set goals, plan, think creatively, and turn negativity into positivity,

4. To love your Higher Self and its qualities, and to care for bringing it's capacity to express wisdom, unconditional love, courage, compassion, strength, etc., and the capacity to forgive, down to earth.

(C). To love all those of whom you are aware - they, too, are creations of the Source. This includes the ways in which you think, as well as what you do.

The transpersonal mind-sets (see later) enable you to do this. They enable you to make conscious the dynamic power that is available to you from the transpersonal level of your being.

OTHER LAWS OF PSYCHOLOGICAL LIFE

The following are drawn from “The Act of Will” by Roberto Assagioli.

1. Images or mental pictures and ideas tend to produce the physical conditions and external events that correspond to them. Energy follows thought. Thoughts are living entities that tend to actualise. (Thus take care what images and mental pictures you create).

2. Attitudes, movements, and actions tend to evoke

the corresponding mental images and ideas; these in turn tend to evoke and intensify the corresponding emotions and feelings. (This is the basis of Gestalt, psychodrama, catharsis and other action therapies).

3. Ideas and images tend to awaken emotions and feelings that correspond to them. (This, and the next two are used in advertising).

4. Emotions and impressions tend to awaken and

intensify ideas and images that correspond to them or are associated with them. (Repeating negative memories increases their harmful effect upon us).

5. Needs, urges, drives, and desires tend to arouse corresponding images, ideas, and emotions, and thus behaviours. These patterns can cluster around specific unmet needs and form “subpersonalities”.

6. Attention, interest, affirmations, and repetitions reinforce the ideas, images, and psychological formations on which they are centred. (This can be used to overcome resistances from the lower unconscious, and thus overcome habits. It is also the pathway whereby habitual negative thought, inner and outer speech continues to generate negative effects).

7. Repetition of actions intensifies the urge to further repetition, and renders their execution easier and better, until they become performed unconsciously.

(This is how habits, good and bad, develop and can be reversed. e.g. lying v. being truthful).

8. All the various functions and their manifold combinations in complexes and subpersonalities adopt means of achieving their aims without our awareness, independently of, and even against, our conscious will. (Until you become aware, and make a conscious choice!)

9. Urges, drives, desires, and emotions tend to demand to be expressed. (That is, they have energy and force).

10. The psychological energies can find expression (a). Directly, on a task, or by direct verbalisation (b). Indirectly (through symbolic action or catharsis), (c). Through the process of Transmutation, (lifting to a higher correspondence, e.g. anger (passion) to compassion, fear to courage etc.).

Developing your spiritual strength and will

Adapted from Michal Eastcott’s book, “I’ - the story of the Self”.¹⁸

Work through this outline gradually, giving each step a few minutes, then moving the attention on to the next. In this way you will keep alert and the meditation concise and dynamic, not rambling. Keep a notebook handy to jot down ideas which come, and to write answers in depth from time to time. This prevents them becoming lost, and will enhance the usefulness of your meditation. Include non-critical self-observation of your progress in your evening review to increase the benefits even more.

Repeat this meditation from time to time, different aspects of it may be more important at different times of your life.

1. Sit comfortably, in a relaxed but upright position

2. Breathe deeply but quietly, gradually lengthening the breath to a slow, steady rhythm. This will quieten the physical system, calm the emotions, and still the activity of the concrete mind.

3. Lift up the consciousness as much as possible into the quiet areas of the higher mind. Maintaining this level, reflect upon the WILL. Seek to recognise and realise its nature as a pure energy, a vitalizing force, an aspect of Creation, of the Source of Life, of God (find the words with which you are comfortable). Be

aware that this energy is neutral, and that *its effects are related to the kind of nature through which it is flowing at the time*. As we work upon ourselves and transmute our lower nature into the higher correspondences (e.g. personal ambition into service of the whole), so we become able to handle this energy more safely and wisely.

4. Reflect on the uses of this energy; the ways in which it works, such as initiating some activity, in making decisions, in cutting away what no longer serves, (the “destroyer aspect”), and in maintaining perseverance.

5. Now consider the Will in connection with yourself. Ask:

How much will have I? Not enough or too much? What kind of a will have I? Good, strong, or skilful?

Do I use it rightly? With what is it aligned? What purposes and goals do I serve? Do I use it to be in charge of my *mind and what I choose to select from my memory*? What attitudes do I have as I pursue my goals? Negative or positive?

Do I look for and talk about the good, or the bad? Do I act with serenity or restless impatience?

Do I seek to meet the TRUE needs of myself or

others?

Do I seek what is Fair-for-All in any situation?
Am I open to seeing my errors JOYFULLY as I pursue my goals, and to learning from them?
Do I maintain as wide a perspective as possible, trying to see the whole in any situation?
Do I serve peace or conflict?

Does 'it' use me? How much and in what areas of my life am I subconsciously 'willed by' my conditioning, by beliefs I have swallowed without much consideration, by other people, by my desires, by impulsiveness, by my feelings, by the physical condition of my body? Where do I consciously choose, (perhaps going against the line of least resistance)?

Where do I need to invoke and develop the use of the will? To set new goals and the appropriate attitudes? To abandon old habits and establish new ones which serve better? To practise forgiveness? To destructure patterns that no longer serve? In my use of time, money, sexual energy? In my work? Play? Home life? Self-improvement? Service?

What personal distortions or characteristics of the ideal will do I have which need to be sublimated? (such as pride, sense of superiority, love of power, imposition of *my way* onto others, dominance, certainty of being right, ambition, ruthlessness, self-centredness, separativeness and isolation, impatience and irritability, criticism (of myself or others), etc.)

What qualities could counteract some of these tendencies: e.g.
humility,
service of the whole,
acknowledging others and making way for them,
letting others grow by giving them responsibility,
learning from the points of view of others,
openness to lateral thinking, patience (preparation of a state of readiness for future action),
decentralisation of perspective from that of just my own point of view to include the points of view of others,
group consciousness,
serenity,
approval of myself and others...etc.?

Which of its **characteristics or qualities** do I need to develop?

i.e. Energy - Dynamic power - Intensity

Self-Mastery - Self-Control - Self-Discipline

Concentration - One-pointedness - Attention - Focus

Determination - Decisiveness - Resoluteness/ resolve - Promptness

Persistence - Endurance - Patience

Initiative - Courage - Daring

Organization - Integration - Synthesis.

Which of its **stages** am I already proficient at, and which do I need to develop more? i.e.

1. Purpose, aim, or goal, based on evaluation and adherence to my deepest values, motivation, and intention. {"Who dares to look into his purpose without knowing that he must ensure it is purified?"}

2. Deliberation. Selection of priorities. Taking advice. Meditation. "6-Hat Thinking" and "Lateral Thinking" for maximum number of perspectives. ¹⁹

3. Choice and decision, *including temporarily setting aside other less important goals and purposes for sufficient time to achieve the most important one.*

4. Affirmation: the Command, or 'Fiat' of the will. "I will do this".

5. Planning and Working out a Programme. Gathering resources. Timing. Acknowledging one's own resistances and using the skilful will and imagination to overcome them.

6. Direction and Supervision of the Execution of the Programme.

7. Review. Evaluation, - the lessons learned. Self-forgiveness and forgiveness of others, re-visioning how to do it even better in future.

6. Close by affirming:-

"I need the quality of, and I will to cultivate it in my daily life."

(select the aspect that you decide you need most. This may change from time to time.)

The main objectives in training the will are:

1. Sublimating and transforming the aggressive will, and phasing out its selfish and destructive aspects. Letting go of what no longer serves the best potential in any situation.

2. Evoking its positive, creative, initiating and sustaining energies.

3. Transmuting its identification with the lower self into identification with the higher or spiritual will of the Higher Self, or Soul level of consciousness.

4. Developing the ability to call upon the will

when required and use it with control.

5. Bringing it into Right Relationship with the will of the Higher Self, or Soul; the will of others, such as family, work group, neighbourhood, community and society in general; and the Universal Will, (= the will-to-good, the good of the whole, the inner laws of the cosmic order, the purpose of Life as a Whole).

The Good Will is also joyous. Joy also lies deeply within sacrifice, the 'will to make holy'. Sacrifice has often in the past been associated with

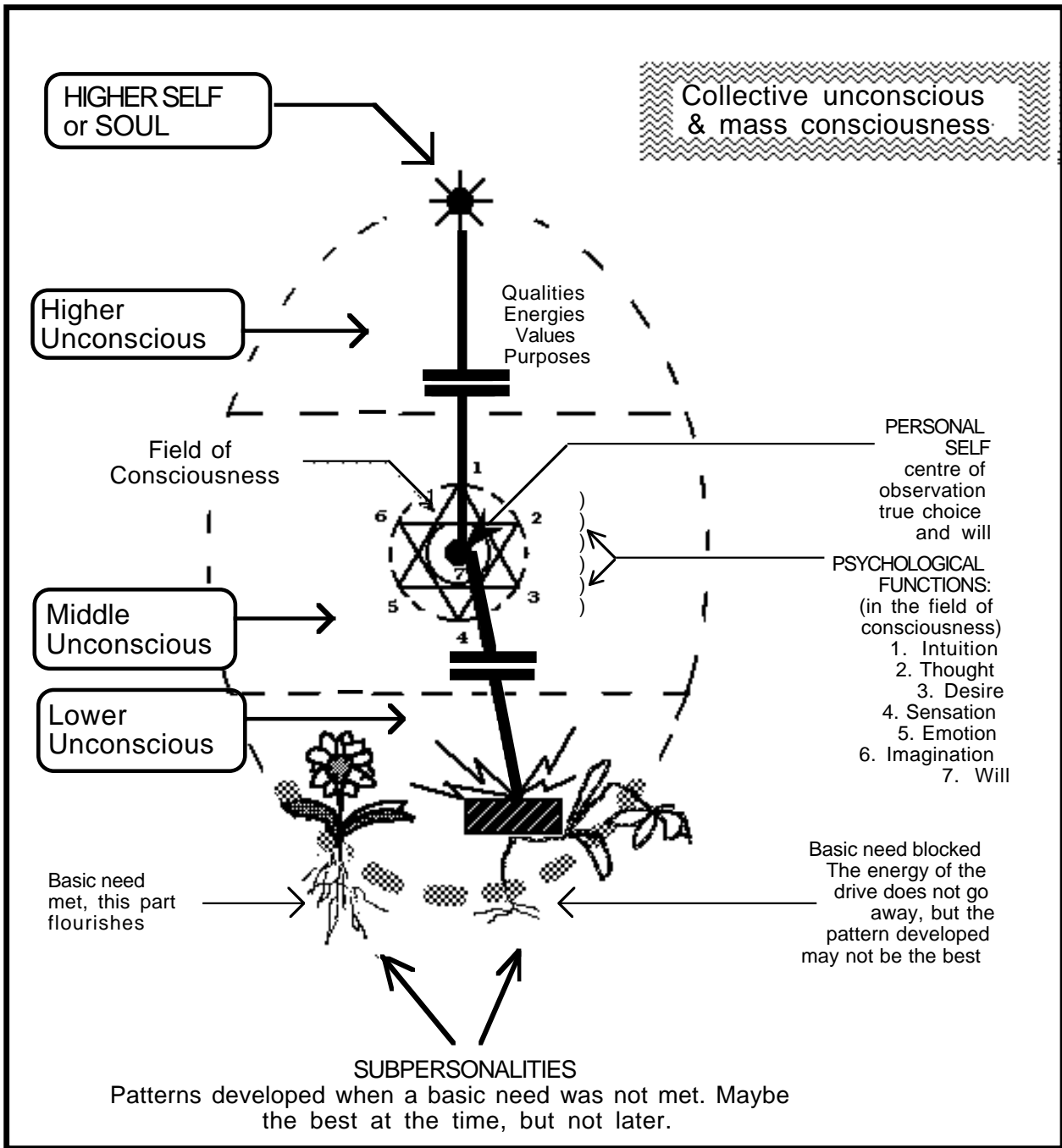
giving up something, perhaps even dying for a person or cause. Pondering more deeply upon the nature of sacrifice - of "making holy" - we can see that *living* for a good purpose or others may take us closer to its meaning. Relinquishing the lesser for the greater in life as much as in death. Being-for-giving.

You will need to use your will for each of the methods for dealing with negativity, - the redeployment/redirection exercise, the emotional release/catharsis exercise, and the forgiveness processes proper.

"What you do not forgive in another, becomes a part of you".

Carolyn Myss

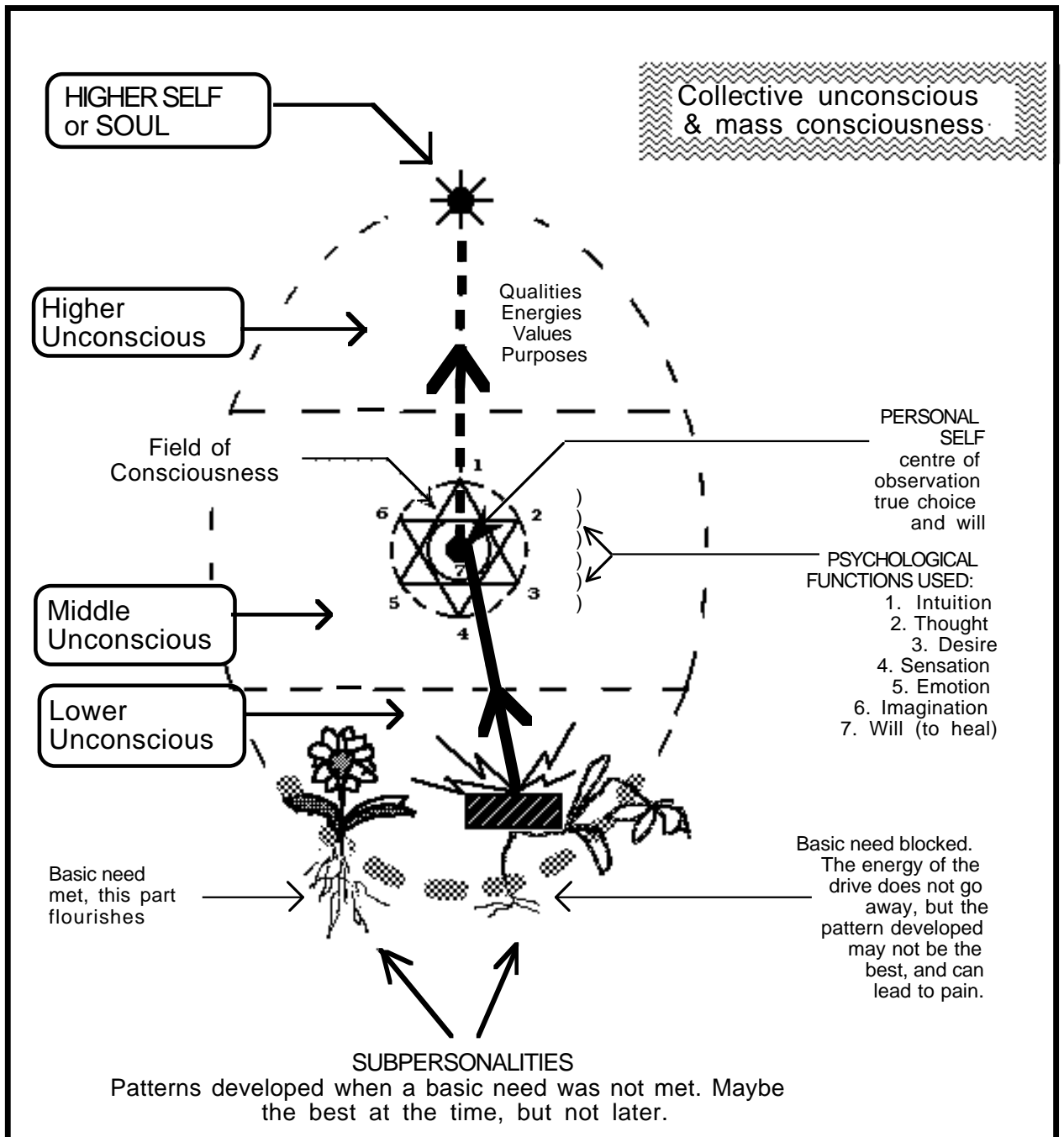
Space for your own thoughts about your will:



Map of Human Consciousness 1

SHOWING THE LEVELS OF THE PSYCHE.

The personal self may not be aware of the source of a dysfunctional subpersonality, nor of its own connection with the Higher Self. ~~~~~ The psychological functions are instruments of the self, not the self itself. They must be USED by the personal self.

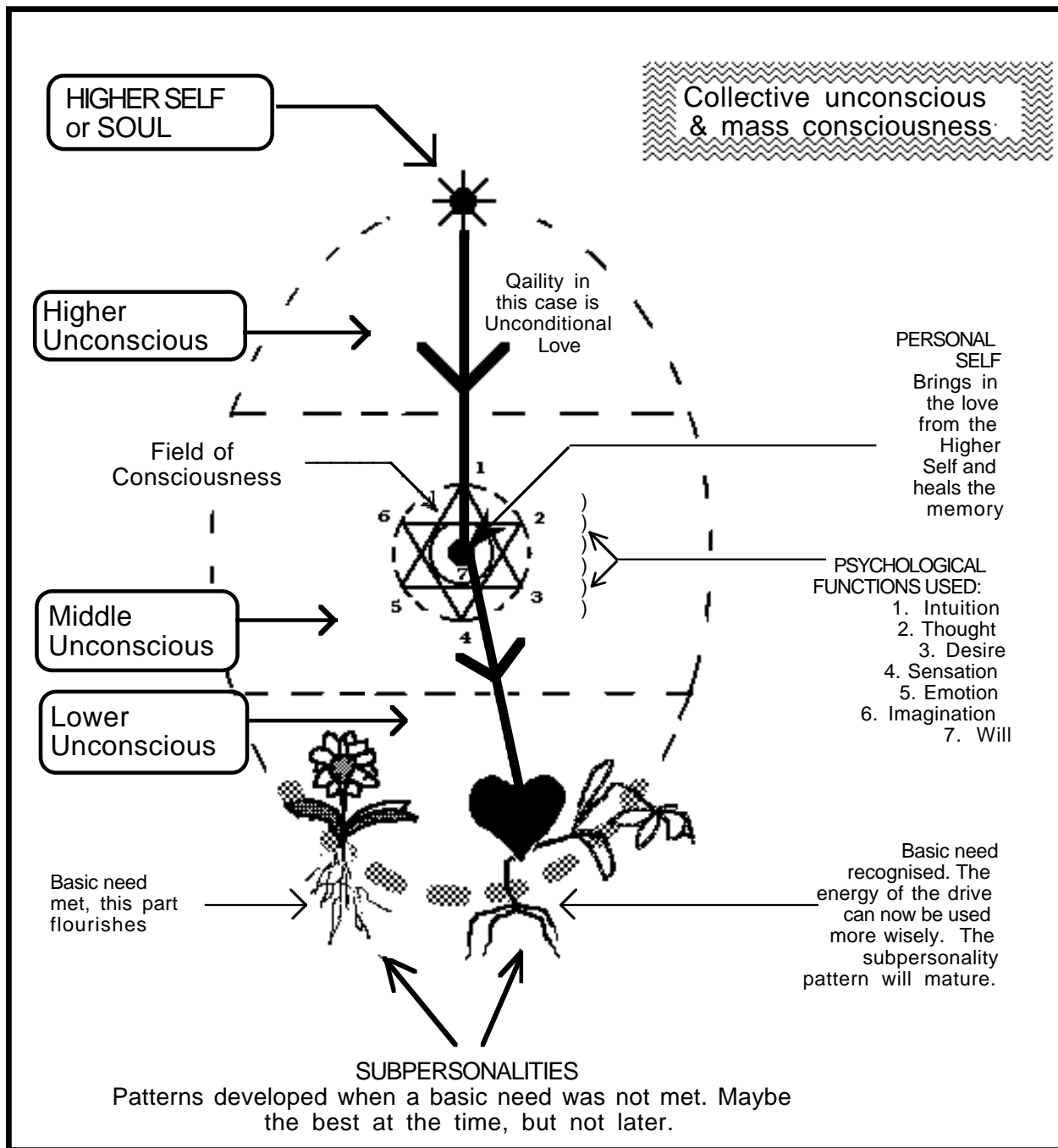


Map of Human Consciousness 2

SHOWING THE LEVELS OF THE PSYCHE.

The personal self is becoming aware of the source of pain in a dysfunctional subpersonality, and of its own connection with the Higher Self, even if only intermittently.

The psychological functions are instruments of the self, not the self itself.



Map of Human Consciousness 3

SHOWING THE LEVELS OF THE PSYCHE.

The personal self uses the will to lift the level of consciousness and draw in unconditional love from the Higher Self.

The Higher Self

**The Soul
is a unifying
collectivising centre of
energy whose power
of attraction
and magnetism
is Love.**

**Our task is to create the
necessary channels for the
Soul's expression
for this Love in our daily lives,
individually and collectively.**

**The Soul is that essential,
inclusive and intelligent
Love Principle which,
when joined and fused
with the lower self,
creates a whole person
who is most definitely
greater than the sum
of his or her parts.**

Alan Oken

The Higher Self

Has many names:

SOUL, DEEP SELF, ESSENTIAL SELF, SPIRITUAL SELF, INNER SELF, TRUE SELF, ESSENCE, WISE & LOVING SELF, NAPSHA (aramaic), NAPHESH (hebrew), DUSHA (russian), DVASA (lithuanian) AME (french), ALMA, (spanish)

Applying the Forgiveness Processes and developing our capacity for Unconditional Love and Joy depends absolutely upon acknowledgement of, acceptance of, and identification with, our essential spiritual nature (by whatever name we choose to call it).

Using the Forgiveness Processes is one of the fastest ways that I know for a person to contact this higher part of their nature.

What follows is an attempt to describe in modern terms what is basically indescribable in words, for it is an experience of the invisible and intangible. I am indebted to Edith Stauffer and her book, "Unconditional Love and Forgiveness", and to Dr. Robert Leichtmann's book "Active Meditation".

The Higher Self can be seen as the answer to the question: "Why did my particular characteristics come together at this particular time and place in this particular way?" In this sense, families, groups, towns, cities, nations, etc., can be thought of as having a Higher Self. The Group Higher Self would be related to the collective consciousness, purpose, and potentials of these.

It is the Essence, Heart, Core, Soul, the Life hidden deep within.... It is the invisible, intangible, organising centre of energy, the controlling core, the source of the pattern of potential unfolding in mental and physical development. The inner space-time blue-print, with the knowledge of the whole pattern, and thus of any healing process. The storehouse of our not-yet-conscious potentials and higher qualities awaiting expression in the world. It "breathes" life into us. In fact the lower self could have no separate existence without it. The lower self is a projection, reflection, or *partial expression* of the Higher Self and its qualities.

It pressures us to grow. It releases energy and awareness into our consciousness as we are ready for it. It creates energy fields. As the source of healing it works through the mental and emotional natures or "bodies", the etheric or energy body, (the bioenergetic fields of the human being) and the physical body. The ancient teaching that energy flows down from the Higher Self into the body's etheric field and into the seven energy centres of the body known as the chakras, which are located in relation to the endocrine glands, is beginning to be understood now by modern science. The Higher Self creates energy fields - mental, emotional, etheric. These fields reflect the state of mind, emotions, body and *attitudes* and also communicate with others and mass consciousness;

also with the planetary fields - magnetic, electrical, gravitational, lunar, solar, and cosmic.

In some way it already has "knowledge" of the higher universal laws which have always existed but only gradually been released into the awareness of humanity. As we lift our consciousness up to this level we come more into alignment with these laws.

It is the part "that cannot be destroyed". It remains constantly present until withdrawing at physical death. The body may undergo many changes during a lifetime, but the essence does not change.

It is also related to the basic purpose of an individual, city etc. Cities, groups, etc., disband when their purpose is fulfilled. Individuals can get sick or die when the energy of the Higher Self is blocked or withdrawn, - or if they have lost connection with their sense of purpose. The effect is like a disconnection from the Higher Self's life-giving energies. After they have reconnected with their Higher Selves, people often describe a "remembering" or rediscovery of their purpose for living. When we live our lives in accordance with it's will, or plan for us, we "sing the song of the Soul", we cantillate, we live with the maximum love and life energy of which we are capable. We become who we **are**.

It is a cause, not an effect. It causes effects. We may experience tension when we go against it's plan for us, or against the higher natural laws which at this deep level we do know.

Where is it? Something is centred above the head, but is not visible or tangible to our ordinary perception. Note the frequency with which this idea appears in many cultures with respect to "great" people - haloes, crowns, bishops' mitres, chieftain's expansive headgear. Maoris and other sensitive races have a taboo on being touched on the top of the head. Various martial arts techniques use this knowledge. Its energies flow down, and are subtler than the electromagnetic forces we know of in physics - they may be magneto-electric forces. Dr. Richard Gerber in "Vibrational Medicine" has sought to unify our theories about energy fields and different medical systems.¹⁴

Modern electronics, laser technology, crystallography, subatomic physics, holography and our knowledge of genetic coding have shown us that vast amounts of information can be stored, transmitted and received in electrical and light patterns of exceedingly small dimensions. Size is not as important as we used to believe. We may not think much about it, but we are in fact quite used to the idea that many vibrational patterns can coexist in the same physical space every time we tune in to a particular radio or T.V. programme.

The Higher Self can also be thought of as our connection with the Source of Life, and somewhat like a transformer, stepping down very high energy to a level we can receive safely.

"An authentically empowered person is one who forgives. Forgiveness is not a moral issue. It is an energy dynamic".
(Gary Zukov, in "The Seat of the Soul")

Note:- Despite the separation we make for the purposes of discussion, there is, in fact, potential continuity of the levels of consciousness. But:

1. The personal self is generally unaware of the Higher Self, even to the point of denying its existence. The Higher Self is latent. It very rarely reveals itself into consciousness directly. I find it easiest to think of it as the Source within a person of life energy, and of the invisible intangible healing blueprint which comes into play whenever healing occurs, which is all the time.

It is also the source of the *capacity to express the psychospiritual energies and qualities* that we admire - unconditional love, wisdom, inner strength, patience, deep understanding, and so on. Symbolising it in words or other images, as is often done for the purposes of psychosynthesis exercises, reveals that there can be distortions in the way we perceive it. For example, for some people their image of the Higher Self is still contaminated with the idea of a "wrathful God". An unenlightened Self-image can inhibit the expression of the very qualities that we may very much want to express, or even believe we are expressing.

The lower self is not always aware of the Higher Self, due to (i) excessive busy-ness, or (ii) attitudes or actions which shut it off from the Higher Self, and which may lead to disease, decay, loss of vital force. The Higher Self signals to us when we are out of alignment (pain, tension, disease). People always know, deep down inside, if they are not aligned with the laws of life, or not living out their purpose. If the personal self uses its will against the will of the Higher Self, there can be signs of conflict in the conscious mind - promptings, feelings of uneasiness, anxiety, stress, warning dreams, discontent, unrest. If ignored these may lead to illness in body, emotions, mind, or relationships. These messages from the Higher Self can be cut off by drugs, alcohol, excessive busy-ness etc., all of which block off the intuition and premonitions, or other experiences of sensitivity. But the messages still register unconsciously and lead to conflict between the lower self and the Higher Self, which could be called a cleavage in the psyche.

The Higher Self was called the “Wise Doctor Within” by Dr. Albert Schweitzer, and its streams of energy hold the key to all healing.

Health includes cooperation with the Higher Self on many levels:-

- 1. A mind that creates thoughts that enhance life.**
- 2. Emotions that lead to sensitivity rightly used to distribute goodwill.**
- 3. A body used in productive service.**
- 4. Relationships that express the quality of the soul.**

It is interesting how the Lithuanian word “dvasa” has a similar meaning to The Higher Self. Lithuanian is a unique language which has survived from the ancient Indo-European root-stock. It is similar to the Aramaic word, which was Naphsha. The Russian word for soul is “dusha”, also used for “heart”. Aramaic words will be discussed later, for they carry powerful ideas not usual to our modern languages, but extremely useful for understanding the anatomy of Love in action.

The right use of the mind, through what might be called active meditation is the process of contacting the qualities and energies of the Higher Self, our potential, and bringing them into a fuller expression in our daily lives.

A uniting of mind and heart is essential for survival of both humanity and the great wonders of other life forms on this planet.

2. The Self is One. It manifests in different degrees of energy, love, will and qualities. The personal self and the Higher Self have different functions. It is a task for the personal self to become aware of the Higher Self and to learn to cooperate with it, to become a *partner* with it, and to express its qualities. You will see this in action during the Forgiveness Process.

3. Contact with the Higher Self demonstrates by:-

- (a) A growing sense of responsibility and purpose for living.
- (b) A willingness to accept responsibility for one’s thoughts, choices, and actions.
- (c) Making choices that lead to growing wisdom, inner serenity and gratitude.
- (d) Gratitude.
- (e) Spiritual Will. Goodwill in action.

- (f) Joy, Harmony, Unconditional Love and Peace.
- (g) Genuine Service.

It can be easier to make contact with your Higher Self in a supportive group energy. It is easier for healing to occur in the heightened energy of a group of soul-infused people. This is why group healing methods will increasingly be used in the future.

Methods of evoking contact with the Higher Self:-

First comes the practise of self-respect and self-esteem. Without this, an unenlightened self-image tends to block the gifts of the Higher Self from flowing into the personality, or distorts them.

Self-respect is *independent of accomplishments* - it is due *simply because you are alive, a miracle on earth* .

Do you not respect the flowers of nature?

Self-esteem does derive from accomplishments - but usually you do not acknowledge the range of your accomplishments enough to yourself. There have been many times when you have overcome some difficulty - learning to walk and talk was not easy, yet you did it.

There have been many times when you overcame real crises, held your tongue when it might have been easier to blurt out something harmful, or simply held out a helping hand to someone.

It is the little things you have done that need to be recognised as well as the great, and not just those competitive things of which the world approves.

Concentrating on your *purpose of bringing the qualities of the Higher Self into daily expression* will bring you into contact with your Higher Self. The Self-identification exercise and active meditation outline at the end of this section are very helpful, when repeated over time.

Simple “requests within” - e.g. on rising or before going to sleep, “Teach me to love”, or, “Teach me my next step in growth”, or, “Help me to get ready for my next step in growth”.

Essence of a Technique for contacting the Higher Self

Drawn with gratitude from the writings of Dr. Robert Leichtmann, in his book Active Meditation (ref. 15)

Summary:-

1. **Focus on the purpose** in meditation - to contact the *life* of the Higher Self so as to be nourished by its strength, wisdom, and love; to learn how to serve its purposes better.
2. **Relax the personality** (body, emotions, mind) to release excess tension and become comfortable.
- achieved by focusing our attention on the *goals* and *themes* we intend to pursue, to fill our interest.
3. **Identify with the Higher Self** by thinking about the drill in detachment - the Self-identification exercise - realising that we are something more than and greater than the aspects of the personality. We are an *agent* of the Higher Self.
4. **Attunement** - to the love, wisdom, and power of the Higher Self by loving its strength, goodwill, and intelligence, and being thankful for its intimate involvement in our life. We look for some degree of its infinite, benevolent power embracing us and moving through us.

**Meditation is
Something Different
from our usual
ways of thinking.**

It's rather like learning about electromagnetic phenomena. We build our own TV set, turn it on, and adjust it, and then discover the Higher Self has been broadcasting all the time to us, but we had not been able to receive its input adequately, if at all.

We do not build a set with only one channel - e.g. only the emotions and not the mind. Or emphasise exercise for the body and ignore the emotions and the mind. We take care not to have the substance blurred by dogma or obscure language.

You have to build it yourself - gurus and religious faiths can not guarantee it. The nature of the contact varies - easy or difficult, and will be different for scientific, religious, creative, artistic types.

It is also like learning a new language, for the input from our Higher Self often comes in symbols, and these have to be distinguished from the symbols of our lower unconscious minds and mass consciousness.

The Higher Self and the personality are in different dimensions or worlds. Until contact is made in meditation there is no direct contact between the personality and the Higher Self. The personality thinks, feels, acts in concrete ways; the Higher Self by nature is abstract and free of mundane limitations.

The goal is to integrate the life of the Higher Self with the personality. True meditation transcends the level of contact with the wish life of the subconscious, which can create images which it believes to be the Higher Self.

True contact will be an awareness of a new ability to think more clearly and with greater understanding; to be more forgiving and have better rapport with others; the knowing there is a powerful presence within us - a wonderful source of healing, courage, strength, unconditional love, and new motivation.

The Key is Self Identification.

This is more than just hopefully contemplating the virtues and wisdom of God; more than just adoring our divine origins; more than *just thinking* about the Higher Self.

It is to *identify primarily* with our spiritual nature, and *secondarily* with the personality.

Not easy. The personality lives in an imperfect world of finite events, concrete themes, and small concerns, frequently hassled and frustrated by human error and pettiness. It lives with constant reminders of its mortality, weakness, and limitations. The Higher Self lives in a realm of universal themes and abstract forces, constantly aware that it is a divine and immortal being with tremendous resources of power, wisdom, talent, strength and dignity..

The subconscious may throw up barriers to self-identification. Why is life unfair to some? Why do so few know about the Higher Self? Why is there so much conflict? Personality may perceive itself as a kind of orphan who becomes suspicious of the parent when it reappears with gifts. "Where were you when I needed you?"

The orphan/parent idea is an illusion - the Higher Self never abandons the personality. Rather *we lose our contact with it by identifying with the experiences of life and the innate sensations of the personality*. Rediscovery of the Higher Self may go through various stages - e.g. of thinking of it as a year-round Santa Claus with free gifts, or as a wrathful vengeful God keen to punish us. We outgrow these as we realise the Higher Self is a part *of* us not apart *from* us. It is a higher octave of our being. We come to see the personality as an *agent* of the Higher Self, connected with the treasures and noble life of the Higher Self, which enhances its stature and importance in our eyes.

Proper Training.

As for a university training, you must be **active** (study, attend classes, take tests, work diligently, for example). The resources are always there, like the professors, texts, classes, library and more. It is your responsibility to use them to get the education, or it all remains just latent possibility.

Like a mother with her infant, the Higher Self is more concerned for our contact and true welfare than we may be. It does understand us, love us, seek to help and support us.

But we must make a start.

The Good Host.

Prepares the household and himself. Cleans the house, showers, dresses for the occasion. Primes his attitudes with enthusiasm. Avoids arguments and irritations with others before the visit. Welcomes. Does not leave to have a nap, nor sit motionless expecting the guest to do all the talking. Does not go into a trance, nor focuses on something other than the guest. He converses, sets at ease, serves their needs.

In meditation we entertain the saintly and angelic nature of our Higher Self - with graciousness. We greet it with charm, dignity, intelligence, good humour, affection.

The good host is **receptive**, to the benevolence, intelligence and power of the Higher Self. This is *not* passivity, numbness, parasitism, nor feigning deadness so that spirit can resurrect us. It is not lying in the sun and getting a good tan. It is not tuning into our prejudices, emotions, or just what the body or our feelings tell us. It is the attentiveness of a child to the radiance of goodwill, concern and affection of its parent sharing a story, - the child wants the whole story!

We quieten and relax the body. We focus our emotions in tranquillity and quiet devotion to the life of the Higher Self.

We make the mind receptive, to reflect upon the nature and wisdom of the Higher Self and **what**

this means in terms of our daily activities.

Entering a Meditation.

We must put out cleaned "pots and barrels" to collect the "rain" of the outpourings of wisdom, love and inspiration of the Higher Self. We do not want contamination with irrelevant thoughts or prejudices, crabbiness, fear, hostility, resentment, purely personal urges and desires.

We are building vessels to receive new life from heaven. Each person has their own difficulties:-

a. A kind, devotional person will have no difficulty with reverence, but may have trouble *preparing his mind* to respond to wisdom and intelligence.

b. A passive gentle person will have no trouble with accepting the authority of the Higher Self, but may have trouble *harnessing* strength, conviction, hope.

c. An intellectual person may easily receive insights and new understanding, but have trouble *mobilising the forces* of devotion, faith and action.

Find the rhythm of **Relaxation, concentration, detachment (self-identification), and attunement.**

Beware of emphasising one aspect at the expense of others:-

a. Excessive emphasis on the relaxation stage may prevent going much beyond that stage.

b. Excessive emphasis on concentration may end up concentrating most of the attention upon problems and failures.

Relaxation.

Aim for *poise*. Release tension from the body, Set aside emotional concerns in favour of calmness, Still the concrete mind. The image of a lake settling to calmness (emotions) as the wind drops, and the air becoming still (mind), is helpful to some.

If serious problems are encountered in relaxation, a long-term programme of healing major conflicts, fears, and irritations must be pursued. Individual psychotherapy with a transpersonal or spiritually oriented psychotherapist may be appropriate, if you want to retain the context of spiritual growth for your work - virtually all dis-ease can be seen as being associated with inhibited soul life.

Concentration.

Has always been easy for what we are interested in, so we *cultivate* interest in this work. If we value the work and goals of the Higher Self *more than* our worries and irritations, if we value the treasures of heaven *more than* food, and then it holds our attention easily.

Beware of “addiction to concentration” - labouring to achieve one-pointed concentration on a symbol, object, one’s breath, or a mantra repeated over and over. This is not meditation it is boredom! True concentration does not limit us to a single thought. Kinesiological testing often reveals that people are being weakened by a mantram they are using which may not be suitable for them at that time in their lives.

The Higher Self entertains a whole universe of inspiration.

Concentration is best attained by holding certain **themes** for the meditation. The many details are then held in focus by the theme, and we avoid digressions and irrelevancies.

Warning - over-emphasis upon enforced focusing on a single point or idea undermines the natural capacity of the mind to seize detail and manage thoughts. It is definitely possible to damage the associative mechanism of the mind if doing this too long, - a short term venture into catatonia. Dehumanising and antispiritual because it disconnects the mind from the body and the Higher Self, It is the antithesis of meditation. Being bored with doing this can be a sign of mental health, not a sign of a failure to meditate properly.

Detachment.

This is the most easily misunderstood part of meditation.

Meditation is not to make us indifferent, but to expand our awareness and perspective on life to include more than the mundane.

We cannot learn about divine love and good-will by teaching ourselves to care less. We cannot learn about intelligence and wisdom by teaching ourselves to think less.

We cannot learn about active steward-ship by cutting ourselves off from our involvement in life.

We cannot learn about cooperation by isolating ourselves.

Meditation is not trying to escape from the material world. The attitude of escaping from our problems emphasises them all the more, and we can become obsessed with escaping from them and forget that the Higher Self is the source of solutions.

Meditation is not a withdrawal from the personality. The personality is the “child” of the Higher Self, to be valued, not vanquished or neglected.

Meditation is not trying to “space out” in trance and absorption in the bliss of our higher emotions - these are not the true power and support of our higher Self.

Meditation is not a denial of our thoughts, feelings, intentions and actions, good or bad.

“Detachment” means to *identify* with the Higher

Self and our personality’s role as its agent in the world. It is to *make room* in our awareness for the qualities of the Higher Self - love, courage, wisdom, joy, peace, and dignity. It is to be fully conscious that we are in truth spiritual beings having a human experience.

It is to see our attachments for what they are - matters of practicality and convenience for manifesting in the physical plane, not the be all and end all of our existence. The body, emotions, mind, memories and attachments are basically good. But we are more than they.

We are a being of intelligence, will, wisdom, love, and divine origin. We are the Higher Self, and have the power and ability to change our attachments and focus of concern at will, because we are greater than they are. We are to learn to control, direct, and enlighten all these elements of our personality.

Who We Are.

We must learn to understand the difference between *sensation* (personality) and *consciousness* (Higher Self).

Sensation is the capacity for *awareness in the personality*. Not just physical senses, but emotional sensitivities, and mental perception mechanisms.

Consciousness is the capacity for *knowingness in the Higher Self* - our awareness of the intelligence, love and power of God, and our divine origin. E.g. fatigue, irritation, sleepiness are sensations; the knowledge that our work is meaningful and important, which enables us to work and finish in spite of the fatigue, is consciousness at work.

Overemphasis on sensation (physical, emotional, mental) as a means to self-discovery and enlightenment entraps us in the world of the personality, ties us to the robot of our subconscious. “Self-nurturance” and self-indulgence can be confused. The fruits of the latter are seen in our going back into childishness with a weakened ability to act, over-reactiveness and addiction to the physical plane.

Self-denial has other traps, including the loss of love for life, and eventual self-destructive behaviour.

The secret is that there is a *difference* between who we are and what happens to us, between who we are and what we feel or think from time to time.

We learn to interpret the meaning of our sensations from a higher and more reliable perspective. We learn to *act* and not just react to our reactions. We learn to direct our body, speech, attention, thoughts, emotions *so as to express the best within us*.

This is not “going with the flow” and not knowing whither the flow is going. Doing this we can become slaves to subconscious and unconscious impulses.

We transcend sensation to identify with the qualities of consciousness of the Higher Self. We are *designed* to exert dominion over our personality; the Higher Self stands ready to add wisdom, discipline, goodwill, joy, harmony, and strength to our life expression. **The implications of this idea are immense and worth exploration in depth.**

The end result of true detachment and self-identification is a well-balanced personality which effortlessly and fully expresses the qualities of the inner self in daily life - the qualities of joy, love, wisdom, strength, courage, and steadfastness. It corrects the weaknesses in our personality with intelligence and compassion. It frees us from fears, worries, doubts, frustrations which subvert our attempts at personal growth. It enables us to work in a state of relative objectivity and create changes which are truly *improvements*".

Attunement.

Attunement only comes *after* relaxation, concentration, and detachment, **lest we attune to our fears, worries, or wish life.**

It is linking our strength to the power of the Higher Self, our emotions to the love and goodwill of the Higher Self, our mind to the wisdom of the Higher Self.

We magnetise our awareness to these by loving.

1. By loving the strength, power and authority of the Higher Self and its capacity to support us, guide us, heal our weaknesses, and enrich us with strength. Rather than fear it, we are grateful for it and reverent towards it.

2. By loving its benevolence and affection, rejoicing in its capacity to care for us, teach us, enlighten us. We release feelings of unworthiness of this love, for that would diminish our receptivity. Rather we sense the loving response of the Higher Self and increase our love and devotion for it.

3. By loving its intelligence and knowledge. It has vast resources of understanding, and the *capacity* of our own talents, skills and comprehension to grow in its loving aura of wisdom.

As we do this, we begin to experience that *there is something there, loving us in return*, there truly does exist a great, benevolent intelligence within us, embracing us, helping us, nourishing our ideals and plans, healing our weaknesses and flaws.

Be active in this - you cannot get the programme without turning on and tuning in! The earth's magnetic field only helps you find your way if you use your compass. It is the responsibility of the personality to attune itself to the inner dimensions. The resources of the university do not just descend upon your home and intrude upon you, you must sign on, go there, and apply yourself to the tasks of learning.

Bridging the Gap.

Working with abstractions and subtleties is facilitated by using symbols - but do not confuse the symbols for the qualities and forces they are used to represent, and which are to be applied in daily life.

Useful examples include:-

1. The Ideal Parent,
2. The Wise Person within,
3. Our true Essence as being a single, perfect idea in the mind of God or the universal life force, energised by the life force of the transcendent dimensions of life to vivify the personality and the body.
4. Ourselves as being bathed in a light which emanates from and incorporates the qualities and forces of the Higher Self's love, wisdom, and power.

The symbols give the subconscious a theme it can relate to, but they are effective only if we *concentrate on the love, the force, or the awareness* which is associated with the picture. The Higher Self is not a picture, it is alive and dynamic, actively nourishing us with vitality, inspiration, love. It becomes "visible" by "seeing" what its qualities are and *expressing* them, so that they show through; it becomes "tangible" by recognising what has been touched by its qualities, and by *doing*. We can sense them in ourselves and others when we attune to them.

The Best Evidence about your meditation.

All the following are indicators which are *phenomena of the personality only*:-

- a. Depth of relaxation.
- b. Seeing white light - or any colour.
- c. Changes in body temperature.
- d. Alterations in states of consciousness whatever they might be.
- e. Sudden changes in feeling.
- f. A feeling of peace or bliss.

Genuine meditation can occur without immediate sign of change. It is only as our efforts to meditate build up that we may notice subtle important changes in our outlook or comprehension. Its first effects may be in our unconscious and deep subconscious.

The best evidence is the growing realisation that we are indeed loved and understood by a great, benevolent intelligence, which has been in and around us and continues to be there, every time we reach out and contact it. The subtle presence becomes real. An intimate experience beyond words and descriptions. An inner knowing which comes by degrees, slowly building, sometimes fading temporarily.


As it builds, we identify more and more completely with the Higher Self, and express its qualities in daily life.

A meditation outline

1. Preparation


Close eyes, and *relax* the physical body; be aware of your breathing calming, becoming deeper and more regular. Allow *gratitude* to enter - that life is breathing us all and causing our hearts to beat, and for the opportunities to grow in consciousness that life offers us all. *Calm* the emotions, setting aside concerns for this time, and *still* the concrete mind.


2. Reflective Stage


Raise your consciousness upward to contact the Higher Self. The themes of the very important Self-Identification Exercise  can assist this.


SELF-IDENTIFICATION EXERCISE


This is a synthesis from many sources. It can be used on its own. It can be used as a preliminary centring exercise before meditation. After you have become familiar with the principles underlying it you can shorten it, simply recalling it will have a momentum that helps to restore your awareness to your own central Self.


 **I am the Self**
The Self I am.


 **I am a centre of awareness**
I am the constant and unchanging Self
I am a centre of calm vital energy
(Observe the body, emotions, feelings, and the mind. Survey the subpersonalities, your patterns of meeting needs, and your roles, like a conductor drawing together the orchestra)


 **I have a personal will and can make choices.**
I can make decisions and initiate action.
I can be in charge of my life.
I will to be in charge of my life and progressively align myself with the will of my Higher Self, which is higher than my personal will, and the *origin* of divine intention, best purposes within me..


 **I am more than just my body.** I have a physical body which is my precious instrument of experience, sensation, and action, and its condition may vary. I am its guardian and trustee. I will to nurture it and keep it well. I will to use it as an instrument of productive service. My Higher Self is greater than the conditions of my body, - it is the *origin* of health, vitality, and the urge and power to serve within me.


I am more than just my feelings, which are transitory and temporary, and enable me to be sensitive. I have emotions and feelings which bring pleasure and displeasure. The choices I make about how I react determine to a great extent if I suffer or rejoice. I will to develop my sensitivity wisely and use it to practise goodwill. My Higher Self is greater than my feelings - it is the *origin* of unconditional love within me, and of the power to express it. 

I am more than just my mind, intellect, memories, thoughts, beliefs, and attitudes. I have a mind that I can use to reason, think, analyse, and plan. It is my precious instrument of perception and awareness in the outer and the inner world. Its contents too are changeable. I will to train it well. I will to maintain the transpersonal attitudes and goals, and use my mind as an instrument of positive creativity. My Higher Self is more than my mind - it is the *source* of wisdom and intelligence within me, and of the power to use them. 

I am more than my desires and impulses, which have impelled me to activity and to meet my needs, sometimes with benefits arising, at other times with burdens, to myself or others. I can choose my direction. From now on I will choose what I will *aspire to express*-the fulfilment of the purposes of my Higher Self, which are greater than my personal desires and impulses. 

I am more than just my imaginings - about myself or others. Sometimes these have been creative, at others destructive. I will to be in charge of my imagination and to choose the images that I create with greater care, so that they reflect my true purpose, values and goals, - the plans of my Higher Self, - which are greater than my imaginings. 

I am more than any of my parts, or roles I play in life. I have subpersonalities that I have been unaware of - I continually become more aware of them and will to be in charge of them. I will to meet my basic needs and bring harmony to conflicting opposites within my personality. My Higher Self is the *source* of the qualities and power I need to do this. 

I will to be in charge of my life. I will to grow out of my past, into my potential. I will to express the best in me in daily life. 

 **I AM THE SELF** 
THE SELF I AM.

The regular use of the above exercise will be followed by an increasing sense of centredness.

Now practise self-respect, self-esteem and self-appreciation for a moment to maintain an enlightened self-image to host your Higher Self.

Choose a theme, goal, or quality of the Higher Self, - such as Goodwill, or Unconditional Love, or Forgiveness, for example*.

Concentrate on this quality for 2-3 minutes, seeing the value of this quality, and of its being expressed in your life, and in the world generally. (e.g. at different "levels" - goodwill, good will, and the Will-to-Good).

3. Receptive Stage

Discontinue the reflective thoughts, and reaching further towards the Higher Self, *hold* the thoughts or ideas that came to you in stage 2, open to, or "in the light of", the Higher Self.

Imagine the seed thought or idea ("thought child") like a vessel to be filled with the light, love, and power to act and grow of the Higher Self, for 1-2 minutes.

4. Creative Stage.

With the seed thoughts and ideas you received in stages 2 & 3, and from the quality of the Higher Self you chose, see that quality as a creative energy and force.

Imagine this force changing something about yourself in your life that you want to improve, or contributing in some way to some world situation - *impersonally*, omitting personal judgements about the participants and your personally desired outcome.

Experience this energy in yourself - draw it down into your body, your feeling nature, your memories and thought patterns, as fully as possible.

Using visualisation and your creative imagination, create positive, active pictures of this in action and of the benefits occurring. Overflow the quality into your own actions, or, if meditating to help others, to *all* those involved in the situations you have chosen. (i.e. to all parties or to all people with this particular disease or problem). This is protective, for it helps to keep it impersonal. Do this for several minutes.

5. Closing.

Let all the images go.

You may want to make a will statement about your personal intentions/goals arising out of your experience with the meditation - e.g. "I will to comfortably." , or, "May(goodwill)..... be the keynote of my life this day (week, year, etc.)". Always include the idea that you will do this *comfortably*, without stress.

Become aware of your breathing and of the

room. Open your eyes when ready, refreshed and alert, able to carry and express the quality in daily life.

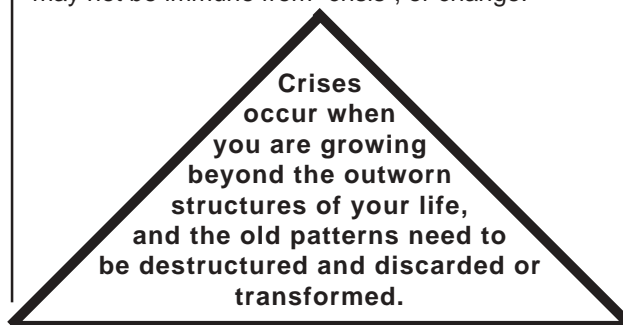
*Other themes or seed thoughts could be chosen - e.g.

serenity
compassion
patience
inner and outer peace
courage
joy
forgiveness
unconditional love
wisdom
right timing
purpose
tolerance
understanding
healing
right human relationships
fairness-to-all
humility and meeting true needs harmlessly
seeing our own errors with joyful self-correction
giving attention selectively to the good in yourself and others
spiritual strength and will
or any of the themes from Active Meditation:
mental housecleaning
healing the emotions
defining values and goals
invoking wisdom and applying it to solve problems
creativity
Grounding the Life of the Higher Self
or, a theme of your own choice.

In the beginning, limit meditation to 10-15 minutes, If you become overstimulated during or after meditations, discontinue for a few days, and use a shorter period when you begin again. Short regular meditations are more effective and safer than infrequent, long ones

There are six other extremely sound meditation outlines in the book "Active Meditation" and much information about how to meditate wisely.¹⁵

Follow up. Record in your journal the effects of this in your life over a 6-12 month period. The process may not be immune from "crisis", or change!

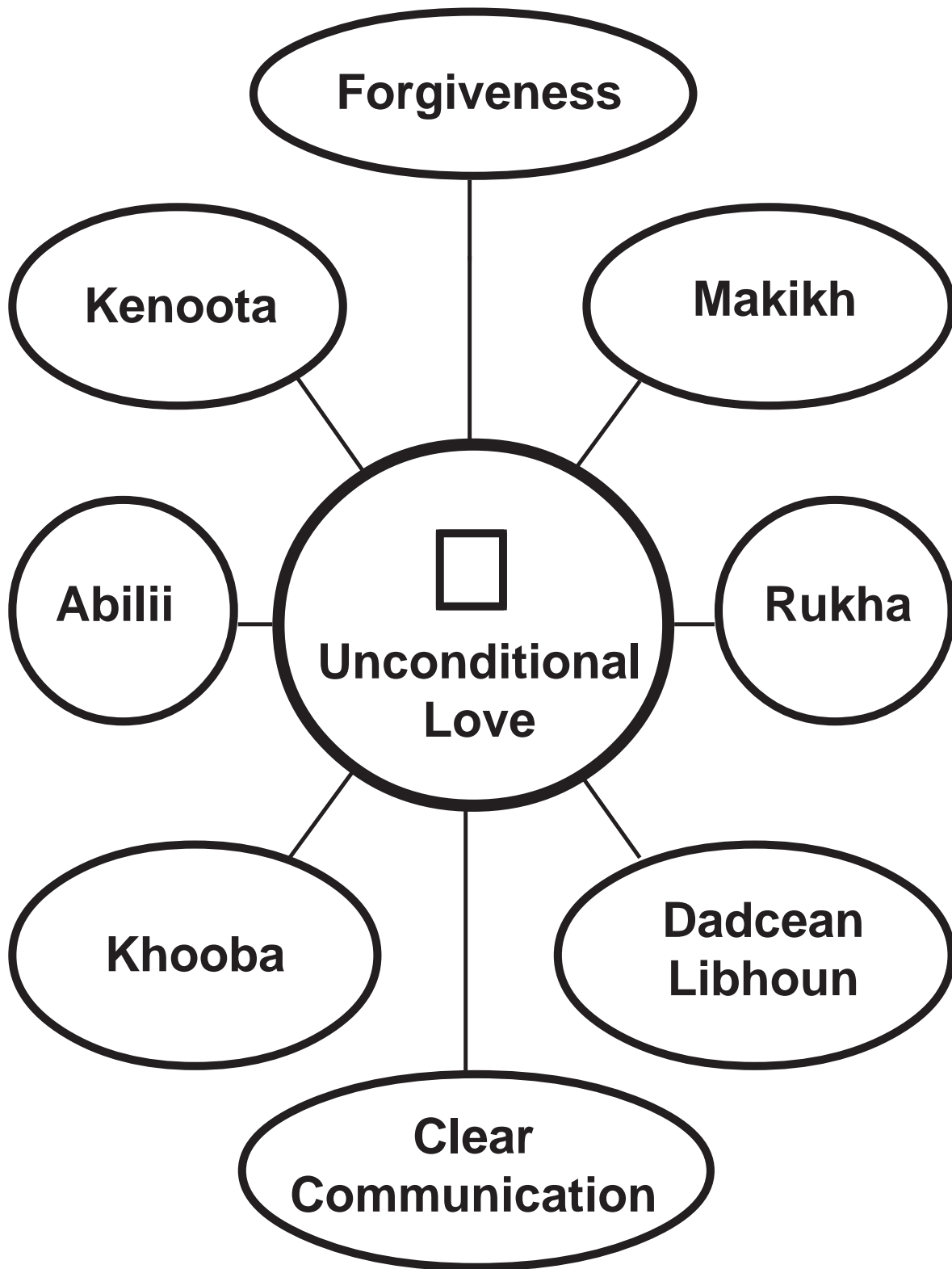


Genuine Signs of Successful Meditative Work

1. We become more *tolerant, patient, and able to remain faithful* to the ideals and principles we cherish.
2. We better *understand the meaning* and relevance of our family, our work, our relationships, our talents, and the events of our life.
3. We are better prepared to *recognise and meet our responsibilities and opportunities*.
4. We become more *joyful* in the way in which we approach life - *especially the challenges, difficulties and the task of healing the imperfections of life*.
5. We become more *self-sufficient, self-disciplined, and self-directed* in our planning, thinking and behaviour. Yet we also become more *group conscious*, and more aware of *humanity as a whole*, and of the interconnection of all life forms.
6. We become more *productive and useful* in the world.
7. We become more *aware of our inner talents and beauty* - and we are able to *see and respect similar qualities in others*.
8. We are more able to *recognise the underlying qualities of goodwill and unity* which permeate all life.
9. We increasingly *express the latent qualities of the Higher Self (unconditional love, wisdom, inner strength and all their companions)* in our ordinary, everyday, practical living.

Your own ideas on meditation:

The Patterns of Unconditional Love and Goodwill in Action



Anatomy of Unconditional Love The Patterns of Goodwill

The Goodwill Patterns

There are certain goal/attitude/visualisation/memory-selection combinations that have been found to enhance the quality of life and relationships more than any others, when you sustain them in your mind by an act of your will. We do not have single words in English (or perhaps any modern language) to describe them, but they were described in Aramaic. Perhaps this is why we have not been able to use them fully. After all, if you did not have the word "hair" in your language, and I said "Go and get your hair cut", you could not possibly know what to do or how to do it!

The practise of these goodwill patterns, or mind-sets, makes forgiveness easier. The use of the forgiveness process makes it easier to practise the goodwill patterns. They thus work together, forming a beautiful structure in your mind. In the old days, people spent years dedicated to building beautiful buildings (cathedrals, temples, palaces etc.) Today, you may not be able to do that, but you are able to build a beautiful cathedral of your own consciousness.

The forgiveness processes and the goodwill patterns could be regarded as the *anatomy* of

unconditional love. Woven together in practise, they form a kind of tapestry, a stable structure in your consciousness. The aramaic words are quite beautiful, and I will use them here, describing their meaning, and giving exercises to help you to develop these qualities and capacities yourself. There are levels or stages in developing these qualities. When you understand the levels, you can then *decide* what level you want to choose to operate from. Just as you cannot decide to speak two languages *at the same time*, so you cannot hold two different levels of a mind-set at the same time.

The practise of the goodwill patterns plays its part in "bringing heaven to earth" wherever they are practised. A full description of these is contained in Dr. Edith Stauffer's book, "Unconditional Love and Forgiveness" where they are called transpersonal mind-sets. What follows is drawn from her work.

**"I have to decide to do these!
Does that mean me?"**
(An Aha! — the insight of one
workshop participant)

Kenoota

Kenoota describes a mind-set of "hunger and thirst for Fairness-for-All," of wanting Fairness for All more than food or drink, i.e. being willing to make some sacrifices for it.

Hunger and thirst are basic needs with considerable driving force behind them, and it is an equivalent driving force behind the desire for Fairness-for-All that is hinted at here. Hunger and thirst are essential tools for survival of the individual, and if we think about it, Kenoota, the hunger and thirst for Fairness-for-All, is essential to the survival of the group, Humanity, on this planet.

There is a kind of spectrum or sequence:- Revenge < Retribution < Legal Justice (for one party) < Fairness-for-All. The quality of mercy enters into the higher goal of Fairness to All - it is fairer to all that mercy should be shown and the wrongdoer be healed rather than merely punished.

Kenoota is the mind-set that lifts us to seeing the best kind of outcome for all in any given situation. It is a group-conscious, or transpersonal, attitude/goal combination. It stems from our deep need and longing to be in harmony - with the natural world, with

each other, with the Source of Life. Its outcome is a kind of "vertical" alignment with what is best in us and our approach to living together, and a "horizontal" release of goodwill into any situation in which we find ourselves .

One who practises Kenoota will become increasingly aware of the interrelationship of everything and everyone - "No man is an island..."

Fairness-for-All is as essential to our life as food and water, and the instinctual drive towards it is as right and proper as hunger and thirst. It is the driving force behind the instinct to share.

(It is interesting that the Swedish name "Knut" means "the Fair One")

AN EXERCISE: Imagine positive images for Fairness for All. Feel the soundness and the goodness of being treated fairly. Imagine treating others fairly, wisely, equitably. See and feel yourself doing this. Feel the *naturalness* of acting this way - like "coming home". Find a *symbol* for Kenoota that has the essence of it for you. Sketch it. Let the quality of Kenoota enter you and develop. See the difference

between revenge < retribution < justice of different qualities < and Fairness-for-All.

After 5-10 min. write ideas of how you can be more Fair and Equitable, in some of your relationships. Be aware of your willingness to express these transpersonal qualities.

In practical everyday life, look for opportunities to use your Will to express them. See and feel the difference between when you are wanting your own back (plotting revenge), wanting legal justice, and work-

ing towards whatever is truly fairest to all. Compare to yourself the differences in your inner voices as you do those three patterns. Which brings the long-term benefits? Which do you choose for yourself?

“Those who hunger and thirst for Fairness-for-All, for sound and just behaviour which takes account of the needs of all, more than for food and drink, will bring heaven to earth.”

It is interesting how often the symbols or scenes people choose to show Kenoota in action are to do with sharing. And perhaps deep down we all recognise that peace on earth can only come when the earth's re-

sources are shared fairly among all people.

Khooba

Khooba is the mind-set that is first of all an intention to have complete openness to seeing, and giving attention, to the good - in oneself, others, and in Life. Without it the mind tends to scan only for “badness” in various, sometimes devious, ways.

This active seeking to perceive the good in self, others, and Life, modifies perceptions, thoughts, reasoning, judgement and discernment, - and thus the output of behaviours, internal processes, chemicals, feelings, and energies of a person. Khooba perceives and focuses our minds on the good energies stored in our memories about a person, and *de-emphasises* the negative ones. This starts to open the channels for love to flow once more. It opens the door. It develops the Heart Centre.

Unconditional love includes the use of the Will to practise Khooba ***independently of the behaviour of others.***

We choose and will to look for - and recount - the good in others, and to own the good that is in us. The behaviour of the other(s) has no effect on our choice to look for the good in them as persons, or in ourselves. We also look for the potential good in a person or even in suffering. We might respond to suffering by trying to make it all happy and comfortable again - or by looking for the needed lessons that are being learned, the potential growth that can emerge. The latter perspective may increase foresight, wisdom, and keep alive those qualities that stimulate growth.

This can have very extensive beneficial effects in ourselves and in our relationships. (For example, if quarrelling, separating, or divorcing parents always recount to their children the good in the other parent, the self-image of the children as they

grow will include this good ‘part of themselves’, internalised as part of their psychological ‘inheritance’.)

Exercise: See the good in each other, in this room, in this situation, and tell several people about it.

See the good in others, especially the young. In other places and situations, in your work, in ‘problems’ and challenges, in accidents and illnesses

Look for the good in someone whose actions you don’t particularly like, and start a (truthful) “Good Rumour” about them, - tell some others about the good you see in that person. Keep silent about your purpose of creating Right Human Relationships.

**ALWAYS SEPARATE
THE ACTIONS FROM THE DOERS
OF THEM, AND THEIR POTENTIAL,
IN YOUR OWN MIND.**

Condemn the action, perhaps, but look for the good in the doer. The mind-set, Khooba, includes letting others be totally responsible for their actions, *and* still seeing and fostering the good (even if latent) in them as people.

*“Yes, it’s true
you’re not doing things my way,
yet I love you, I see the good in you,
and I want the best for you
just the same.”*

I well remember a patient on my list, a lady who died well into her 90s with all her family around her. They told me afterwards - "We never heard her criticise or speak ill of anyone. She always spoke about the good she could see in them". She had hardly ever been ill and I had only prescribed once for her, a few aspirin for a sprain.

Another example - "The Nicholas Effect". I saw a news item about two parents who were on holiday in Italy when their child was killed in an horrific road accident after having first been kidnapped by criminals who mistook him for someone else. At that time, Italy was extremely short of organ donors because people had not yet become generous hearted about the idea, many were even prejudiced against it. Despite their loss these parents decided to allow the organs of their child, Nicholas, to be donated to other children who would have died without transplant operations. In this way the lives of seven other children were saved. But further, this act by these parents (in a foreign country) at the time of their loss educated the Italian populace about the value and importance of organ donation in a powerful manner. More people became willing to donate organs, and more lives were saved. Organ transplatation was enabled to take its rightful place in surgical care in Italy. A book was written about Nicholas, and his parents felt that somehow good had been able to be brought forth from Nicholas's life and tragic death. "The Nicholas Effect" is an example of Khooba in action, the good being brought forward, even in the presence of the bad, and benefiting many.

"Those whose perception of others is unconditionally loving will receive unconditional love in abundance for themselves and to give to others."

Developing Khooba - starting a good rumour

1. Decide if you are willing to improve the atmosphere in your workplace, home, or other environment.
2. Decide that you will put some effort into creating this beneficial change. Decide to do this as your own personal project. Tell noone what you are doing - then you won't have to explain anything to anyone, nor will you get sabotaged.
3. Make a list of the positive qualities about another person and keep it to yourself. You may see and hear plenty of negative ones, but *you are choosing not to focus on them for this period of time, in order to concentrate upon the positive qualities*.
4. Once you have this Appreciations List, select one item with which to start the first rumour. Whenever it is appropriate, say to a fellow-worker, family member, or whoever, something like "I really like how neat and clean Nancy looks today.", or "Did you know how well Mary looks after her children (dog or whatever)?" , or "I appreciate John's always being so prompt." This must be a true feeling. Even if the response is negative, do not comment, just let it be. Even though you may agree, you are looking for and have found something good, and are concentrating solely upon it.
5. You may repeat this truthful rumour if you wish, or in a day or so, select another quality you appreciate and share with another person. Continue this process and observe how the atmosphere begins to change, subtly at first, then more obviously.

This process is like choosing to water the flowers in your garden in preference to watering the weeds.

The word *Kumba* in Swahili means *creativity* and is celebrated in the Kwanza festival, near the time of our European New Year, which celebrates seven pathways for right living. Perhaps there is a connection?

Your own ideas about Khooba love:

**"The love of a person implies not the possession of that person, but the *affirmation* of that person in all their uniqueness"
(Eric Fromm)**

Makikh

A mind-set, (goal/attitude combination), which is openness to perceive truly and accurately the needs of others **from their position** (including an awareness of their start in life, their historical setting (e.g. the great depression, wartime etc.), their family of origin, childhood, teenage and adult experiences).

It includes the deep desire (goal) to meet those needs if practical, that is, to give Service. It is the basis for looking for “win-win” solutions in relationships, business, and international affairs.

It is accurate empathy. It can be used to determine one’s own true needs also.

A basic law affecting all life is that each seeks to meet their own needs (see list at end of this section) as established by their nature, conditioning history, environment, and available level of Will. One expressing Makikh will know the working of this law when observing someone.

S/he will recognise that the other is trying to meet their needs, even if caught in an unpleasant or destructive pattern that may bring harm to himself or others. S/he knows s/he is not really the target of the other’s unpleasantness, but that it arises out of the pain of an unmet basic need.

Hostility and/or preconceived notions tend to close down our ability to see the true needs of others from their position, and to see our own. They also turn scant evidence into *proof* that we have correctly determined the other’s needs. A green filter will “prove” that the person we are looking at is “green”!

Great care is needed to maintain an attitude of Makikh at all times, lest we deceive ourselves into thinking that we know another’s needs the way they see them, when in fact we do not. Without Makikh, the needs of others as they see them are blocked from our minds, (neighbours, family members, boss or employees, friends, opponents, etc.). So also can be our own true unmet needs (“I can do without love!.....”).

All behaviour is a form of communication. Illness and unpleasant behaviour can also be a communication of unmet needs.

Certain qualities are characteristic of Makikh:- Inner silence and patience which allow the needy one to express their need in their own way and time. The inner silence allows openness, and acceptance of the other. These in turn permit access to the

transpersonal energies, establish connection with the promptings from the Higher Self. Ideas and information come then to us from the transpersonal levels of our being - ideas and information not usually available to us on the personal and intellectual levels alone.

This deep inner silence “washes out” our own busyness and activity so that we can become available to intuitive wisdom coming to us from higher levels. This wisdom also enables us to see the difference between needs and wants. Needs are necessities, and meeting them brings satisfaction. Wants come from desires which are stimulated by the environment; meeting them often leads to more wanting.

Focusing on the quality of the service one gives helps one to assess the level of contact with the Higher Self, and to increase that contact: “Help me to truly see and meet the needs of others wisely and lovingly.”

It has been said that: “Service is the instinct of the Soul”, just as hunger, thirst, etc., are instincts of the lower self. A deep sense of joy begins to pervade wherever this is occurring, even in unpromising outer circumstances. This is different from “reluctant service” performed as a “should”, which is usually painful, and is based on conditional love, which is an earlier form of unconditional love.

Service rendered with an attitude of Makikh brings prosperity to all parties, and this can be on physical, emotional, mental, and spiritual levels according as to whether it is physical, emotional, mental or spiritual needs that are being met. Such service will always be sought after, whether it is goods or intangibles that are needed, and whether it is for customer, client, family member, friend, or even “opponent”. The transaction brings benefit to both parties. A person who practises Makikh will never be unemployed for long. Employment opportunities open up to those who are willing to love themselves and serve the needs of others. Learning how to see the needs of others (and one’s own) takes practise.

**“Those who practise Makikh,
that is, seek to understand and meet
the true needs of others will create
prosperity on every level.”**

MAKIKH , POINTS TO BE LEARNED:-

1. Makikh opens your mind to perceive the needs of others. It has the goal of meeting those needs if practical.
2. Awareness of your own needs is essential so that you can know if it is practical for you to meet the needs of the others at this time.
3. True success in relationships is not possible without an attitude of Makikh.
4. Needs are basic. They are necessities of life. When true needs are met, there is satisfaction. Wants are desires, stimulated by our outer life, and can be endless.... When wants are met, there is incomplete satisfaction or none at all.
5. Makikhers become excellent listeners and communicators.
6. Meeting the needs of others when practical brings prosperity to all those involved.
Sharing **ideas** may often meet needs more fully and more lastingly than “doing for” an other.
Teaching **skills** brings confidence and self-reliance. “Doing for” may keep a person weaker than they need to be, and also can lead to resentment.
7. Arrogance is a sign of lack of Makikh. True humility is present in one practising Makikh. (Unfortunately the English words “meek”, “humble” and “humility” have developed mixed meanings and an association with lack of power and even in some cases a lowered opinion of self). Makikh is a strong act, of conscious will.
8. The Transpersonal qualities of inner silence, wisdom, and service develop with Makikh.
9. Makikh is essential to the Forgiveness Process which leads to unconditional love.

DEVELOPING MAKIKH

Make a decision to practise Makikh, say, for a certain time each day - (1,2,3,5,7 or 8 hours at first?).

For that period of time, listen for and sense out the needs of others.

Some say, “I need so much money to meet my needs” others say “I need tea in bed in the mornings” others say “I need a cigarette, a cup of coffee, a whisky, a Valium etc. to keep me going” others say “I need you to be good”

Ask yourself “Is that really the need?” Or is what is really needed a creative idea that would supply the inner needs for years to come?

The great wisdom of the transpersonal level of consciousness is available to you, and by asking at that higher level you may receive an idea, immediately or over the next few days.

Be willing to take the answer as it comes, even if it does not seem to “fit” immediately or seem practical at the moment, - the path may open with time.

It could be practical assistance that is needed, or ideas, or skills, or direction to a resource, (their own or another’s), or love and understanding as they live out their lives in difficult circumstances. Or, something else - let it not be limited, allow creativity its full play.

In time, you may want to increase the time each day that you set aside for Makikh, until it becomes second nature.

LIKE THE OTHER MIND-SETS DESCRIBED HERE, MAKIKH IS NOT AN ATTITUDE ORIGINATING IN THE PERSONAL SELF, IT IS DEFINITELY A TRANSPERSONAL ATTITUDE. MEDITATION HELPS TO REACH TRANSPERSONAL REALMS.

Exercise for developing Makikh to truly understand how someone's needs might be met

Sit quietly with the spine erect. Let the eyes close softly to turn in and up, and let the body be relaxed.

Become aware that Life is breathing you....

Feel gratitude for that rhythmic life-sustaining process...

Set aside emotional concerns for this period of time, let the emotions be calm and serene...

Still the concrete mind that likes to reason, and name and compare things....Let the creative mind be awake, alert, and aware...

Lift your consciousness up into the light of the Naphsha or Higher Self and imagine there the qualities of Makikh...

Be aware of the quality of silence, that enables one to listen to others and truly hear them...

Be aware of the quality of wisdom, that causes one to quickly and easily see the difference between needs and wants...

Become aware of the quality of service, that causes motivation to serve the needs of others...

Allow the essence, the spirit, of silence, wisdom, and service to merge and fill your consciousness...

Draw these qualities into you and merge with them...let them fill you...

Now imagine one specific person whose needs you would like to understand more fully, (not necessarily someone you like). Connect with your willingness to understand their needs from their position.

Imagine unconditional love filling your consciousness and flowing out to this person by an act of your will...

Now....allow yourself to become aware of his or her unmet needs as seen from their position... Begin to see any unpleasant behaviour they show as a cry for love or help, perhaps from the "hurting child" within them... Begin to wonder what happened to them, how their needs have not been met.... and what those needs truly were and are.... (It may help you to go through the list of needs on page 56, one by one, as you do this).

Drawing upon wisdom...see if it practical for you to meet those needs... If so, allow ideas to come as to how you could do so...

Now... in your imagination see this person's needs being met...see in your mind's eye the potentials of this person being developed and expressed...

Imagine this person joyous and happy and fulfilled...

Feel deep gratitude that you can see these possibilities for them...

Now bring your consciousness down to the personal self..... to your body and to the room...

AT THIS POINT YOU MAY WISH TO MAKE A "WILL STATEMENT" RELATED TO THE ABOVE EXPERIENCE, such as "I will to comfortably meet the needs of(name).....as presented in this meditation; or: "I will to practise Makikh in my life."

Makikers know they are not the real target, and can see the unmet needs of the other



List of Basic Needs

Needs are necessities of life, and failure in their being met leads to diminishment, failure to fulfil potential, and maybe illness or death. The most important needs may have a different pattern of emphasis for different people, or for the same person at different times in life. "Special love" and "Special hate" relationships are often based upon expectations of meeting or not meeting needs.

Being "for-giving" means being open to others getting their needs met as well as our own. "Do unto others as you would have them do unto you" takes on a more practical meaning as we become aware of each need in turn, and examine our behaviour around it, in ourselves and others.

PHYSICAL: Food, liquids, sanitation, shelter, **space, sleep**, oxygen, light, warmth, - all of good quality and in the right amount and timing. To exercise wisely, regularly and harmlessly to the environment. Enough moneyflow, or ideas on how to get it harmlessly. (=access to enough of the earth's energy. How much is "enough"?)

PSYCHOLOGICAL: To have **security**, to **receive love**, (incl. affection, right touching, tenderness, gentleness, mutual trust with absence of fear), to be cherished, to **belong** (to family, group, or tribal tradition), to be deeply understood, to be deeply **accepted and recognised**, to , to **be forgiving**, to have self-respect, to have **self-esteem** (esp. from parents or parent figures.) To **give love**. To **love one's self** (one's parts, one's history (especially the Inner Child), one's potential)

SEXUAL: To accept and respect one's own body and the bodies of others. To accept feelings and urges as proper and vital (even if choosing to not always act on them). To learn the difference between sexual and affectionate touching, and be comfortable with either. To accept one's need for psychological and physical intimacy (sexual intercourse does not always remove loneliness and estrangement). To learn what it is to be a man or woman, and how to be with a person of the same or opposite sex appropriately. To accept one's sexuality and the sexuality of others. To accept one's desire to reproduce, protect, and nurture children or, to find a channel for one's creative energies that is wise, loving and satisfactory.

SELF-ACTUALISATION NEEDS: To **grow**, to develop our potentials, and to **have challenges**. To be curious, to find out, to know, to understand, to **seek meaning**, to achieve progress, to gather the resources that one needs while still recognising the needs of the whole of which one is a part (ecosystem, groups etc.)

To **choose**, to **make choices and learn** how to use Time skilfully and wisely, from what happens. To **develop one's capacity to love**. To **train oneself in the right use of the will**.

AESTHETIC NEEDS:

Beauty in sound, form and colour. Fun and humour.

FREEDOM:

To **speak and to be heard**. To **choose**. To do what one believes is right for oneself if it is harmless to oneself and others. To inquire. To defend oneself. To be just, to be honest, and to be fair.

SPIRITUAL NEEDS:

To **grow and live as a soul-infused person**. To improve (spiritual and other) skills. To **"exercise" or "cultivate" psychological and spiritual skills - eg. to practise the Goodwill Patterns:-** Makikh, Kenoota, Khooba, Abilii, Rukha, Dadcean Libhoun, & Clear Communication (see each of these in the appropriate section of this manual). (Compare this kind of "exercise at the Goodwill Skills Gym" with the need for physical exercise). To **learn and practise unconditional love, and other qualities of the Higher Self (see the section on Meditation for more about these)**.

To know one's deepest values, and to develop a **stable hierarchy of values** by which to make decisions.

To **have meaningfulness in one's life:** To relate to others, individually, in group, and as a human family, in meaningful ways. To **be able to contribute**. To relate to something greater than oneself. To recognise a scheme of things in which we have a part - a pattern in which we belong, with a purpose to account for the vicissitudes of life. To have a sense of **inner life** - of an inner "essence" impregnating the material form within which we live and move, some subjective, spiritual, "plus" factor, *no matter what it may be called*, which links us with some wider field, suggesting continuity. At a very deep level each human being knows they are part of something larger than self, larger than the life visible to them, larger than the earth-system, more than three-dimensional. We need to **have a loving attitude towards the Source of Life**.

To **have order**. To **be able to contact one's own inner source of peace** and express the peace and other qualities latent within the Higher Self Harmony. To seek for **truth**, and to understand ourselves - our composition and why we function as we do.. To **trust life**.

There is a deep need to **serve others and develop one's potentials**.

Hierarchies of Needs and Values: We *value* getting our needs met. We also *value* developing skills and higher qualities. We cannot escape the fact that our thoughts and behaviour reflect our hierarchies of needs and values - things, thoughts, actions that we value *more than* other things, thoughts and actions. Our expressed values may not be in accord with our *deepest* values, however, unless we make a conscious choice and use our will to set goals and make this happen.

Perhaps one of the most important things anyone can do is to develop a stable hierarchy of values which will enable decisions to be made easily, by reference to it. For example "I value developing courage, love and trust *more than* fear, security and stagnation" could enable one to risk meeting someone at a deeper and more satisfying level than otherwise. To stay with the need for security may mean that the need for personal growth is neglected. The forgiveness processes are based upon meeting higher needs and upon *valuing* unconditional love more than its opposites, fear and laziness.

We are responsible for meeting our own needs, and our demand that others meet our needs as a condition for us to love ourselves, them or the Source of Life is one of the underlying causes of our need to use the forgiveness process. The basic needs must be met before the higher ones can get much attention. It is hard to work for beauty if one is starving, even though some people do. But our higher needs remain crucial to our development, and *abandoning* our higher needs and values to meet our lower needs causes us distress in the long run.

What we call crises are sometimes a time when a higher need or value is crying out for fulfilment.

“Neurotic” may mean having unmet basic needs.

The word “neurotic” has often been used as a kind of put-down, and therefore has lost any usefulness it may have had. If you are tempted to call someone “neurotic” remember the following mnemonics:

NEeds	NEver
Unmet are	Unlearned the
Reacting	Redundant
Onto	Old
Their	Tapes
Inner	In their
Child	Computer

Patterns of behaviour arise at times when our needs are not met in any significant way, and these can persist years after they are no longer appropriate or even working. If someone appears to be attacking you by their behaviour, there is a high probability that they are attacking because you or the situation reminds them of a past trauma - in many ways “you are not the target”. They are acting out of their previous pain. Makikhers can see this. Perhaps one day we will all see “bad” behaviour simply as a call for love.

"A single person who reaches a sufficiently high level of love can neutralize the hate of a million people.
It is possible for us to live in peace". *M. Gandhi*

Your own ideas about basic needs:

“Peace is not the result of having won a war or a battle. It is the opening of a gate through which unconditional love can flow”.
(Edith Stauffer)

Abilii - the relief of mental stress

A mind-set that is openness to compassionate Self-correction. A mind-set, set in place by an act of Will, which has the goals:

(i) of allowing errors in one's own mind-processing to come into awareness, joyfully, and with love towards oneself for so doing, and

(ii) of revisioning correction of the error(s) with love and joy rather than self-castigation, self-denigration or remorse. The intention is to learn from the errors and **enjoy** the self-development that follows.

In Aramaic psychology it was noted that relief or cure of mental stress came with this mind-set, or goal/attitude combination. There is no word in English which adequately conveys this, thus the idea has been hidden from us. We tend to agonise over our mistakes, and being "wrong" is associated with blame, "sinning" with the idea of necessary punishment, perhaps for ever; and these concepts have sunk deep into the mass unconscious of the Western world. Thus it became painful to be aware of our errors, and we have given the message to our minds to keep our errors from our awareness. A poor self-image can arise from this.

Suppressing both our awareness of our errors together with the idea of inevitable punishment can cause us to choose pathways in life that tend to bring about that "punishment". Energy follows thought, and the images made in the mind tend to actualise. There is no need to condemn ourselves or others while learning how to do things better and more wisely, nor to waste energy in remorse. There is no reward for so doing. The energy is better used to impress the mind (and memory-bank) with the desired and improved version of the behaviour we want to have for the future.

Distinguish between goofs, sin, and evil. Goofing is error through ignorance. Sin derives from an ancient archery term that means, simply, "missing the mark". After missing the mark, the archer took aim again, making the necessary corrections. No remorse. Evil could be:- Without conscience choosing courses of action that are against Life, with no feelings of guilt about the consequences. Harming or destroying the life, or potential for growth, of others while believing that one is in the right.

It is time to challenge the belief in "sin" requiring punishment. It is time to challenge the belief that therapy *must* be hard work, and that you must *work* through your pain, rage, grief, anger etc., before

healing it. These beliefs delay healing. The first truth is that "sin" is best seen as error that simply requires joyful Self-correction of the unskilled behaviour in the future, and punishment hardly ever causes that. The second truth is that therapy can be fun, playful, and satisfying.

We cannot change that of which we are unaware. The evening review is a tool that can be used to develop abilii. We spend time at the close of each day studying our actions to learn how to improve them - a technique widely used by successful athletes all the time nowadays, with constant improvement and refinement of athletic performances the world over. We are not our actions, but we are responsible for them, and for learning from their outcome. Essential to abilii is maintaining an attitude of love for ourselves while we are learning, - it is an act of love for ourselves and others

We do the EVENING REVIEW lightly, with humour, and **we do not replay negatively charged scenes forward**, with their associated mind-body-emotion patterns. This only impresses them deeper into the memory-bank. We do it literally backwards, just like a video running backwards. One person who had been apple-picking all day watched the apples fly back onto the tree - while at the same time recognising *for the first time* that he had spent the whole day harbouring vengeful thoughts against another! He was delighted to discover this error in right human relations before it led to harm.

The material from the review is instantly revised as any errors come into awareness. Evocative Self-questioning that could be helpful could be:-

What errors do I need to become aware of: In human relations; in developing my character; in regard to my health habits; in regard to my belief systems - are they working out satisfactorily, or are there errors? Are changes needed in my beliefs about myself, others, or the world? Are there changes needed in my goals, attitudes, judgements, behaviour (actions and habits)?"

In short, "Where in my life have I been missing the mark?"

"Those who can be conscious of their wrongs and self-correct them with joy and forgiveness shall be cured of mental stress and grow stronger."

Professor Theodore Billroth, who in the 1880s was the first surgeon to risk operating inside the

abdomen, a great man whose name is still remembered by being attached to a particular stomach operation, was one of the few who was willing to discuss his failures openly with his colleagues. He said, when one of his assistants failed to request a post-mortem on a patient Billroth had operated upon so as not to discomfort the professor,

"Failures must be acknowledged at once, without groaning over our mistakes. An unsuccessful case is more important to learn about than a dozen successful operations. *We owe the patients that*". (You will have seen the group conscious

nature of his thinking, characteristic of the Higher Self).

What is also not generally known is that many people who have been called "successful" have actually also experienced and acknowledged more episodes of "failure" than less successful people. They had learned from these experiences, perhaps even with a kind of exhilaration. Not failures, but lessons in how to do things better.

Analyse the TYPE of errors - usually there are only a few TYPES even if many errors. This will simplify your task greatly.

Evening review

PURPOSE:-

To develop our capacity to Self-correct our thinking (perceptions, beliefs, goals, attitudes, imaginings), and behaviours joyfully. To turn all experiences into useful learning, thus improving our physical, emotional and mental health, and the quality of our relationships. (The Evening Review can also be used to develop certain qualities for personal growth - e.g.. patience, compassion, understanding, unconditional love. One can set the goal to practise the quality each morning, for a week, or month etc., and review one's progress each evening to see how to express that quality better.)

METHOD:-

Any time after 5pm (best not just before sleep so as to be more alert, and improve the quality of the evening), find a quiet place. Breathe deeply to relax the body. Close the eyes to turn inward. Review the day backwards, as if looking at a reversed movie - this makes it much lighter and prevents the negative emotions that "replay" if you do it forwards. It keeps you objective and in charge. ***Refrain from any criticism of yourself or others, and from any remorse. Doing any of these wastes time and energy.***

At each point where you find preferences that you had thought or acted differently, with no criticism, decide how *you* could have acted differently (not how *others* could have acted differently! They are responsible for their own actions.) With that change in mind, imagine yourself in the same and similar circumstances. Now you have the chance to act differently; do so. Run it through several times in your imagination until you have in mind the ideal thought patterns and behaviours. This will then become impressed in your memory and be available to you in the next similar circumstances.

For instance, you might in the review find a time when you were impatient with another. As you re-vision the incident, you now see yourself acting

patiently, and almost certainly understanding why the other(s) took so long. You are aware of your inner calm, and the behaviour of the other(s) does not affect you. You bring a patient serenity into the circumstances, and you begin to see the possible benefits of that for yourself and the other(s). You may even begin to feel grateful that the other gave you the opportunity to learn to develop the quality of patience in your life.

Also look for errors of perception, beliefs, and interpretation about yourself or others - e.g. perceiving only the bad about others or yourself, or perceiving only in terms of the past. Perceptions do not have to be fixed by our past. Perception is continually shifting and changing, accepting or rejecting, organising and reorganising. You can choose how you will perceive yourself and others, and this will greatly affect your thoughts, feelings, body, behaviour and relationships.

Doing this review each evening helps to discover, - (joyfully, remember) - where in life we are missing the mark. Spend no time in regret! That would weaken your pericardial, or heart-constrictor meridian. Spend the energy changing the scene before it becomes a fixed structure in the brain which is more difficult to change later!

Test out certain evocative questions, say, for a week at a time:-

Did I set and maintain an unconditionally loving attitude today? Did I look for the good in others, and myself, today? Did I set the attitude of Home in Rukha today, and how did I maintain it? Was I critical of myself or others today? Did I feel compassion for myself and others today? Did I seek to understand the needs of myself and other(s) today, and to meet them if practical? Do I need to forgive myself or others for any events of today (or before today) - am I still holding on to disappointed expectations and their harmful consequences? Did I strive for Fairness for All? Where in my life am I missing the mark, and

if not, how can I change that for the better, joyfully?

At first, you may feel uncomfortable doing this, until the more usual attitudes of self-criticism and self-denigration fall away. But as you continue, you will become progressively more aware of the benefits to yourself and others around you.

TEST:- Document your results in your journal, and evaluate your progress. A Monthly Review, and Yearly Review can also reinforce the benefits, and provide a good reason to make an appointment with your Self on a regular basis.

Rukha

the Home, or Source, of Peace

This word conveys more than just “peace of mind”. To be “at Home in Rukha” means to be in contact with the place of deep inner serenity that exists deep within each person’s Self, to feel and to be in harmony with one’s self and others, *whatever the outer circumstances are doing*. In this “place” within one’s own psyche, one can see the life of the personality as the place of trial and error - a learning ground for the development of all kinds of important qualities. There is a broader perspective than when one is ‘caught up in’ the everchanging concerns of everyday life. We are in touch with our intuitive wisdom there.

More than that, Rukha has within it a further idea, - namely that, when present, Rukha can be felt, sensed, and directed, like an invisible gentle force that tends to penetrate into relationships and promote harmony. Its presence makes things “the way they ought to be” so that it is like “coming home” when we experience it, - whether in a family, an office, clinic, factory, meeting, Parliament (Yes!) etc. Meetings where people “centre themselves” and become relaxed and at peace before discussions begin do go so much better. It can be imagined to be like a field which aligns things in an overall pattern (like a magnetic field aligns compass needles, iron filings etc.). Rukha aligns people with the best pattern for the group. One person expressing Rukha in an office, for example, can harmonise many people working there. I have used this together with clients at the beginning of consultations now for some time, and find it to be of real practical value.

It is available to us to use whenever we use our Will to lift our consciousness to levels above the personal self.

The Hebrew word “Ruah” means “the Breath of God”, or life energy. Life energy was called by the Greeks, “thymos”, by the Chinese, “chi”, by the

Japanese, “ki”, by the ancient Indians, “prana”, by Paracelsus, “archaeus”. The thymus gland is now known to be important in maintaining immunity, or “sense of Self and Not-Self”, and seems to have a controlling influence on the acupuncture meridian system, the flow of life energy around the body.

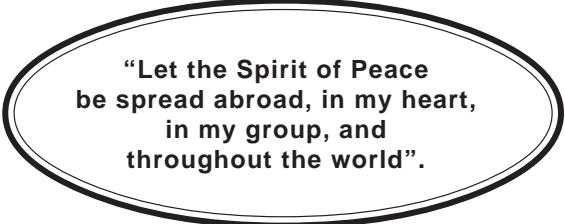
TO EXPERIENCE & DEVELOP “HOME IN RUKHA”

On waking, stand and stretch slowly and gently, then breath deeply, 6 times. Now sit with back straight and close your eyes. be aware of your body and let it be relaxed. Reach up in consciousness (raising your awareness above your head). Imagine there Home in Rukha as a centre of light and rest above your head. It is in your Deep or Higher Self that the *source* of your love, wisdom and inner strength lies. Feel gratitude for the things in your life that you are thankful for.

Identify with the Self: “I am the Self! I have choice. I have will. I am in charge of my self, my actions, my mind and my emotions. I now choose to be calm and serene. I am in charge. I can use my inner wisdom to show me what is really important now.”

Contact the quality of Peace in your Higher Self, or Naphsha. Let that Peace, like a golden light, flow into your mind, emotions and body. Imagine a calm peaceful lake, and let your body mind and emotions be calm and peaceful like the surface of the calm water. Let that peace pervade your consciousness. Rest in that Peace. Let it radiate out into relationships where it is needed.

Imagine yourself in various scenes in the future acting with poise, calmness and serenity, even if others are being impatient: “I am the Self. I have a choice. I can choose to be calm and serene or to be like those about me. I choose to be calm and serene, and in charge of myself. I have enough patience to meet the need here”.



**“Let the Spirit of Peace
be spread abroad, in my heart,
in my group, and
throughout the world”.**

Serving peace in a situation

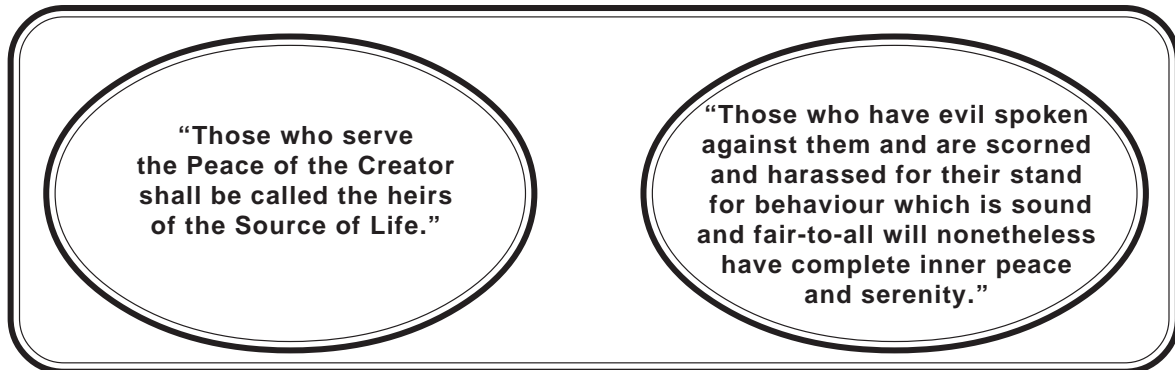
Make the usual preparations for meditation: Relax your body, calm the emotions, and still the concrete mind. Lift your consciousness above the level of the personal concerns to that of the Higher Self, the Light within, the Naphsha.

Become aware of your ability to set goals and use your will. Now get in touch with your will. Examine your willingness to make a decision that is right for you. Be aware now that you are above the level of anxiety and concerns. Ask within yourself: "What is the message this situation and my tension have for me?" "What am I to learn here?" "What is the best that can come out of this for everyone?" "What is the Spirit of Peace able to bring to this situation?" **"What best serves Peace here?"**

Ask any question that is appropriate for you at this time. Wait for the answer to come. This is not a mental process, do not try to think it out. If you are using a mental process, lift higher in your consciousness. Allow the answer to come from your Naphsha, which is located above your head.

Below are some seed thoughts about peace that you may like to dwell on for a few minutes, drawing inspiration. Then, when you feel perfectly at peace and have the answers to your questions make a will statement such as: "I will to hold the attitude of Home in Rukha all this day comfortably. I will to maintain this spirit of calm, peace and serenity about me and in all my relationships all this day."

Become aware of your body and breathing, open your eyes and go about your day in peace.



Methods of Handling Criticism Constructively

Serenity when in the face of scorn or harassment, when one's own behaviour is sound is needed to hold one's course and not be led by mass consciousness of pressure from others. This is the test of our capacity to maintain love for another despite his/her tormenting actions.

We need the attitude of the Source of life itself, which gave free will to all others to conduct their lives as they choose. We need to restate the Basic Law of Life and maintain the transpersonal mind-sets. If we do so, our experience can be one of complete inner peace, we would be functioning fully at the transpersonal level of consciousness. (Consider people like Jesus Christ, Gandhi, Mother Theresa, Martin Luther King etc.)

If we experience hurt when being unjustly criticised, we are not conforming to the Basic Law of Life. We are forgetting that the tormentors strike out of their own inner pain, their own history of unmet

needs, their lack of connection with transpersonal levels of consciousness. To be strengthened in this way is not to live in an ivory tower of illusory "sweetness and light". It is to experience personal hurt *and* to rise above it.

Is it Feedback or Criticism?

Distinguish between "Feedback", which is *sharing of feelings and perceptions* about what has happened, (*without demands* that the other should change, for love and goodwill to continue to flow), and "Criticism", which is *giving an opinion* about a person (*with an implied demand* that the person should change, for goodwill or love to flow again). Honest feedback can help you to grow.

A. Explore the criticism through questions only. Explore one question fully before shifting to another. The order of these question can be altered to suit the circumstances.

Establishing rapport is essential and for that questions 1,2,7,9, & 10 are most useful. The others are more aggressive and are best used only after good rapport has been established.

1. Get permission/agreement to explore the criticism. State your intention to reach understanding and harmony. Clarify the content of his/her criticism and substantiate your understanding through "Do you mean?" questions. Before taking any stand on the criticism:- Ask if you have fully explored and understood the criticism.

This method can be very powerful in establishing rapport with your critic. It can often defuse anger and weaken the resolve to push the criticism. You will learn a great deal about and from your critic and gain his/her respect. Thus a setting is created for dealing constructively with the issues.

However, this method needs you to be calm and clear-headed enough to be open to your critic. Avoid rushing to your own defence, or using sarcasm or provocation. Be willing to thank your critic for feedback.

Project an atmosphere of impartial enquiry. This becomes easier with practise, so allow yourself to be grateful to anyone who gives you the opportunity to develop these skills. In this way they become your collaborators in your personal growth programme.

If you are too emotionally charged, not in an appropriate mental state, then use method B, below.)

2. Explore the grounds for the criticism by asking for examples and probing the basis (reasons) for his/her judgement. Ask why the person thinks you did what you did.

3. Empathically ask how it makes the critic feel, and why. (This can be deepened: Does s/he have different feelings if other people do the same thing? If so, why?) This is asking for feedback in place of criticism.

4. Ask when it was first noticed.

5. Ask why s/he waited till now to mention it.

6. Ask if the issue is only between the two of you or if it also bothers him/her in others, or is like anything that has happened in the past.

7. Ask if there are other things about you that cause similar feelings and judgements. Is there anything else?

8. If any theories or underlying beliefs about you or people seem implied by your critic, make them explicit by asking, for example, "Do I understand correctly that you believe that etc.?"

9. If your critic seems annoyed by the process or impatient for you to take a stand, then **ask permission** to explore the criticism further.

10. Sometimes the best end to unwanted criticism is:- "I hadn't thought of that - you could be right. Thank you. I will think about it."

B. If you are not in an emotional or mental state conducive to exploring the matter, admit it and **ask to schedule another time** for discussing the matter. Do the catharsis exercise to release pent-up emotion safely, do the forgiveness process, and then return to the negotiations. You will be surprised at the difference in outcome.

C. **Counterattack.** First use the exercise for Abillii, to double check that you yourself are not in error! Then consider carefully whether it is counter-*attack* that you really desire to do.

When your critic merely puts you down (with no constructive intent to give you useful feedback) you could reciprocate. But better, you could use "I statements" (e.g. "I feel hurt by what I hear you saying about me") about how you feel. This is owning responsibility for your own feelings, and is much wiser than "You statements" (e.g. "You make me angry") which will tend to aggravate the break in the relationship). It also gives your critic a chance receive feedback about the effects of his/her criticism. Your firmness serves to release any anger it caused you and to teach your critic that you do not tolerate such abuse. Counterattack may not necessarily be the wisest course, especially if your critic is physically violent or paranoid (in the psychiatric illness category).

It is always more effective *not* to put your opponent down, but merely to state and restate your own position and feelings. It is not necessary for the other to be wrong for you to be right. It is better to give feedback, not criticism.

D. **Doing the Forgiveness Process** before, during, or after an interaction, is often essential to heal hurts resulting from the effects of criticism. Critical thinking blocks loveflow and diminishes the critic as well as the criticised one. It is essential that we all learn to refrain from thinking critical thoughts about ourselves and other people; that we learn to separate doers from their actions in our thoughts; and that we learn to relate to the good and good potential in others, ourselves, and situations.

Dadcean Libhoun - the Vision of Wholeness

This exercise can be used to attain the truth about some situation or relationship. Select a quiet place, sit with the back straight (it may even be better to stand), become comfortable.

Let the eyes close, become aware of your breathing, and how Life is breathing you.

Set aside emotional concerns for this time. Still the concrete mind that likes to analyse and compare and reason. Let your higher mind be awake and alert. Be aware of the Source of Life.

Raise your consciousness to your Naphsha, above your head, as a centre of light and energy where you are all-wise and perfect.

In this light create an image of yourself whole, in perfect health, filled with joy and gladness. Imagine yourself aligned with the will of your deepest, truest Essence. Imagine yourself in this state of wholeness, fulfilled by doing some kind of service for others. This may be something you have never done. It may even be your main life's purpose - what fulfils you most of all. Imagine yourself doing this happily, easily, and with joy. Hold this picture and allow this joy to express itself through your body.

Retain this image in the light of the Higher Self or Naphsha for 3-5 minutes.

Connected with your Higher Self, you are enabled to "see" with greater purity, to see things whole, from a greater perspective, with no faults in the mind. As if from a mountain top, from this more elevated and broader perspective you can look down on your personal life on earth, and see the

inter-relatedness of past, present, future, and the interdependence of different people and peoples, the human family, and the other creatures who share this planet.

The astronauts brought us some glimpse of this kind of perception with those wonderful pictures of Planet Earth from space. The interconnectedness of all our actions, thoughts and feelings has become clearer to us with the developing sciences of ecology and climate change, and our growing ability to "see" the global consequences of hatred, pollution, ozone depletion and so on. You can also begin to "see" stretching out in time and space the interconnectedness of people of goodwill, co-operation, and the consequences of good, kind, and harmless actions, thoughts and feelings.

This broader perspective can often cast further light upon the situation or relationship about which you were seeking knowledge, and your way becomes clearer through intuition rather than just reasoning it out. You also "see" without the clouds of prejudice, insecurity, fear of lack, fear of illness, fear of inadequacy. You "see" without projecting past negatives onto the future, for these are expectations that give you no peace.

Enlightenment is (among other things) the ability to no longer confuse a partial truth for the whole truth. Purification is the process of eliminating that which inhibits soul vision and the full expression of soul qualities. Disease is the result of inhibited soul life.

Now just let the images, thoughts and feelings go. Become aware of your body, your breathing and where you are. When you are ready open your eyes and return to your usual activities.

Love-Wisdom

"Love is perceptive understanding, the ability to recognise what has produced a situation, and a consequent **freedom from criticism**. It involves that beneficent silence which carries healing on its wings, and occurs only when a man no longer has to still his lower nature and quieten the voices of his own ideas in order to understand and achieve identification with that which *must* be loved.

Can you follow the beauty of this concept and comprehend the nature of this silent depth of true understanding?

Wisdom is the sublimation of the intellect, involving the sublimation of both the higher and the lower aspects of the mind. It is a blend of intuition, spiritual perception, cooperation with the plan (of the Evolution of the Universe, of God) and a spontaneous intellectual appreciation of that which is contacted, and all this is fused and blended with and by the love defined above, plus an esoteric sense of energy which must be unfolded as consciousness expands".

Alice Bailey

Spiritual Alignment

The usual preparations for meditation.

Contemplate the seed thoughts: "I will to align myself with the Source of Life". Or: "I will to will Thy Will".

Become aware of the all-wise part of you, the spiritual part, that longs to align itself with the Source of your life, which knows all about you, your potentials, your talents, and your abilities. Become aware of your deep hunger and thirst for "coming home" to the *meaning* of that sentence to you.

Allow this energy to surround you, fill you, and nourish you. Feel gratitude for the all-wise part of you. Allow yourself to be filled with this loving nurturing energy, and rest in this fulfilment.

Return your awareness to the external environment, knowing that your spiritual hunger and thirst can be satisfied.

Group Work with Patterns of Goodwill

Energy follows thought. Meditation on these goodwill patterns and qualities will bring them into your life. Here is a suggestion:

You could take one each day, or one for a period of time, say a week or a month. You could make tapes in your own voice of the meditations to guide yourself through them.

It is especially effective if you work with a small action group who are helping each other to do forgiveness work together. The group takes one of these goodwill patterns to work with for the interval between meetings. Each person in the group agrees to do the meditation on the desired quality each morning, and to keep a diary of their experiences.

Members then share their experiences at their next meeting, and give each other support and encouragement in developing the goodwill patterns.

The Goodwill Patterns Summary

KENOOTA

The goal to discover and work towards whatever is Fairest-for-All in any situation, harmlessly.

HOME IN RUKHA

ty or "atmosphere" of a place where this is being practised. The goal to hold an attitude of inner peace and serenity. Holding this, and remaining open and loving, even when being criticised or attacked unjustly.

ABILII

The goal to be open to awareness of one's own errors (where one is "missing the mark") - joyfully! And to re-envision the improved behaviour instantly so that it is stored in the memory. Compassionate self-correction of one's attitudes and goals.

KHOOBA

The goal to open one's mind to becoming aware of the good in oneself, in others, and in life situations, and the act of so doing and telling others about it, so that it influences the atmosphere of situations. Unconditional Positive Regard. Perceptual Love.

MAKIKH

The goal to truly and accurately perceive the needs of others from their point of view, with the intention to meet those needs if it is practical. Also to perceive one's own needs in the same light. Accurate Empathy. Humility. A knowledge of the basic needs is necessary to do this.

DADCEAN LIBHOUN

Seeing things Whole. A wide perspective. Inclusive perception, seeing connections not normally available on the ordinary level of awareness. "Seeing" without faults in the mind (distortions due to conditioning and projection etc.)

RAKHMA

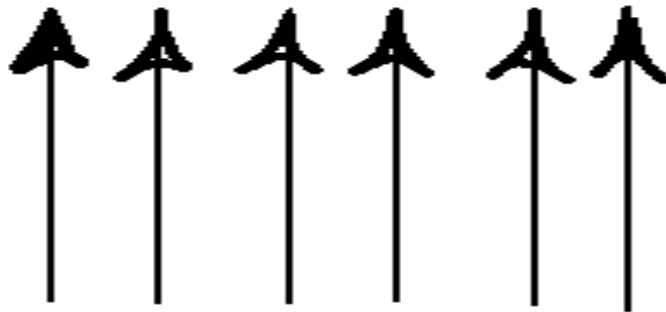
The behaviour of one who is maintaining the transpersonal attitudes. Inclusive, unconditional love. Goodwill in action.

Most of the ideas on the Higher Self, Mind, Will, and the Goodwill Patterns in this manual are drawn from "Unconditional Love and Forgiveness" by Edith Stauffer and other sources listed in the references at the end of the book. The author of this manual has developed a weekend seminar called "Goodwill Magic Essentials" which explores the Goodwill Patterns in greater depth using group learning. Contact him if you wish to organise one near you.



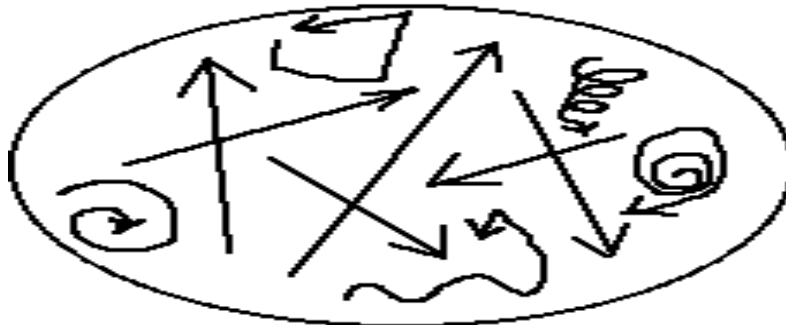
3

Spiritual Level



2

Mental Level



1

Emotional Level

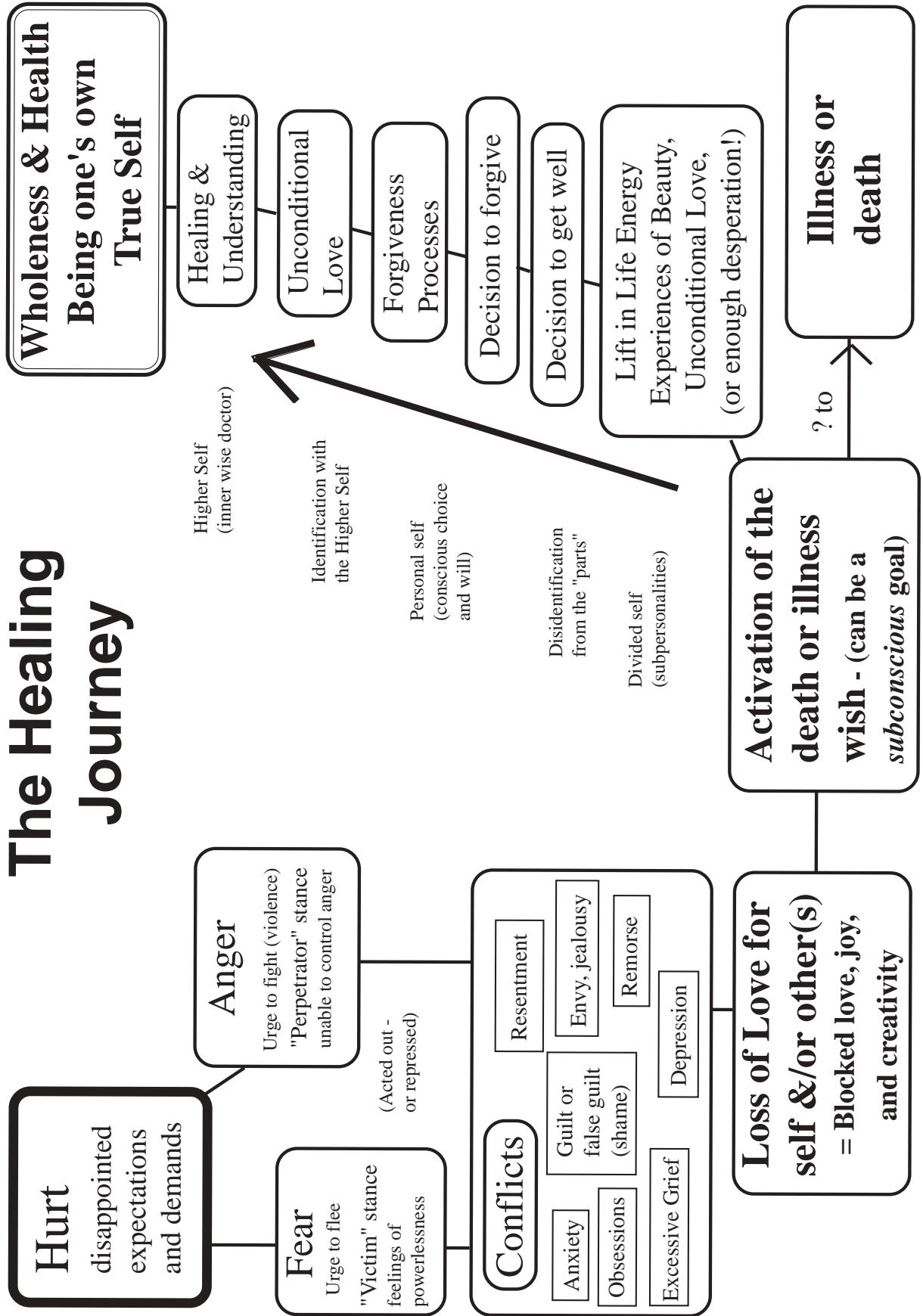
Remember you will use three levels of consciousness in this healing work.

1. The level of *emotional* reactivity in response to unmet needs, or subpersonality level.
2. The level of self-observation and conscious choice, or personal self, using the *mind* with clarity to set goals and attitudes that are beneficial.
3. The level of the Higher Self, the *source* within each person of their potential, their healing blueprint, and subtle qualities and energies such as unconditional love, wisdom, spiritual strength, patience, creativity and so on.

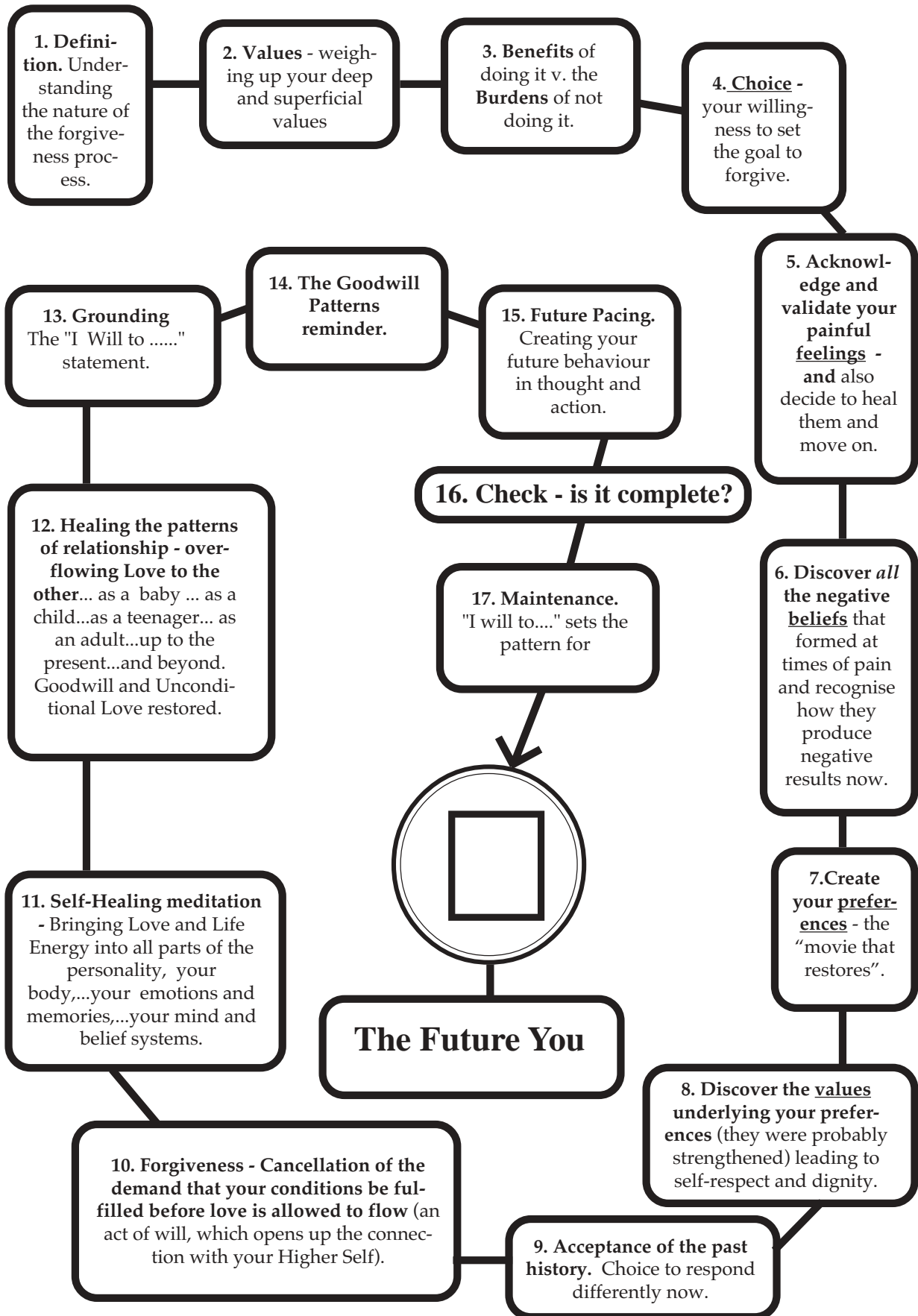
Setting Goals and attitudes with different levels of will

	First Level	Second Level	Third Level
Goodwill Pattern			
Kenoota	I want revenge!	I want justice.	<ul style="list-style-type: none"> • I open myself to look and see what is Fairest-to-All in this situation. • I then will towards, and work actively towards whatever is Fairest-to-All.
Khooba	I see no good in you nor anyone like you!	I see the good in you but not in me.	<ul style="list-style-type: none"> • I open myself to look for and see the good (in myself, the other(s), and this situation); I then will towards nurturing that and making it grow and flourish by giving my attention to that and only that. • I always make a distinction between actions which in my opinion are bad or wrong and the good (even if it is latent) in the doers of them.
Makikh	I don't care what your needs are!	I know what <i>you</i> need, what you need is.....! You should.....!	<ul style="list-style-type: none"> • I look deeply, past your outer wants and behaviour, to see what your needs truly are, from your position in life. • I then will towards their fulfilment. • I also see my own needs. • I invoke the wisdom to know if I can meet any of your needs, and if it is practical, I will actively to assist you to get your needs met, physically, emotionally, mentally, or spiritually. • If I cannot meet your needs, I will to support you in my heart as you seek to get them met harmlessly.
Abilii	I am right, and you are wrong! I see the errors in your mind very clearly!	You are bad! I see my errors, I call them sin or failures, and I feel bad and criticise myself.	<ul style="list-style-type: none"> • I am open to becoming aware of the errors in my own mind with joy• I will to joyfully self-correct myself, for mistakes lead to wisdom. • I constantly will towards joyfully unfolding the best qualities latent within me, and • I give responsibility to others for their own lives, and set them free. • This relieves all mental distress in me.
Rukha	It is chaotic outside me and I am chaotic and distressed within I can barely cope and there is no peace.	I try to maintain an appearance of outward calm and efficiency, but inside I am fragile and in turmoil.	<ul style="list-style-type: none"> • I am the Self, a centre of calm peaceful energy; • I will towards expressing and sharing this peace in my life and environment, <i>independently</i> of the atmosphere or the behaviour of others.
Dadcean Libhoun	I only want to see <i>my</i> point of view. Don't tell me yours! I know what I think is right!	I don't care for the broad view. I only want to know what's comfortable. I'm not ready yet to do what my Higher Self would have me do.	<ul style="list-style-type: none"> • I am open to seeing the truth from a more inclusive point of view - including the interconnectedness and interrelatedness of all things and all creatures, and of past, present and future. • I am open to seeing what my Higher Self would have me do, and I will to align my personal will with the will and purpose of my Higher Self.

The Healing Journey



Forgiveness of Others



The Forgiveness Processes

**How to Forgive Others
How to heal the Inner Child
How to Forgive Yourself**

**and
Future Directions**

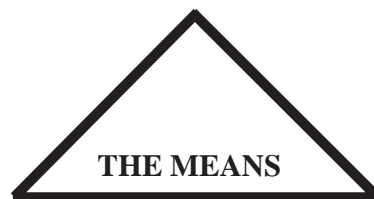
HOW DO I KNOW WHETHER TO USE THE BASIC (SHORTER) VERSION OR THE MORE DETAILED (LONGER) VERSION OF THE FORGIVENESS PROCESS?

Two versions and some ideas for variations are given in the next section of this manual. This is because people are different and can have different learning and teaching styles. There is no absolutely "right" or "wrong" way to do this. In a sense, the forgiveness process is *whatever* process enables you to remove the blocks to love in yourself. Some people will prefer to speak it out with a trusted guide present, others to write it out in private. Some have found ways that work well for them, using drawings. Some prefer to dramatise it with methods like those used in psychodrama. Others can do it very quickly by a swift act of their will. Some like to test out many different ways until they have found "their" way. Others like to use a ritual, perhaps tearing up or burning objects used during the process. The circumstances may affect your choice too. Sometimes the issue you are dealing with is very serious, and you may want to use the longer version. At other times the issue may be less serious and you may prefer to use the shorter version.

It is important to remember that both processes have a common purpose, namely to promote self-healing. Learn to use both and then you can select the right method for you in different situations, rather than get caught up in arguing that one process is "better" than another. We must always hold the *purpose* of the process uppermost in our minds.

Both have their place. Here are some advantages and disadvantages of the longer and shorter processes. You may like to add to this from your own experiences:

THE COMMON PURPOSE: SELF HEALING & RIGHT HUMAN RELATIONSHIPS



SHORTER VERSION

ADVANTAGES:

- Easy to learn
- Able to done more quickly
- Appears more accessible when you are beginning
- "Ten minutes"
- Useful for everyday items

DISADVANTAGES:

- May only be partial, so that symptoms or old patterns recur
- May put some people off because: "It's too simple", and they dislike it because of that
- May have to go on to the longer process later if it is not effective enough

- Like a refuel and oil change on your car, or a dust and clean around the house

LONGER VERSION

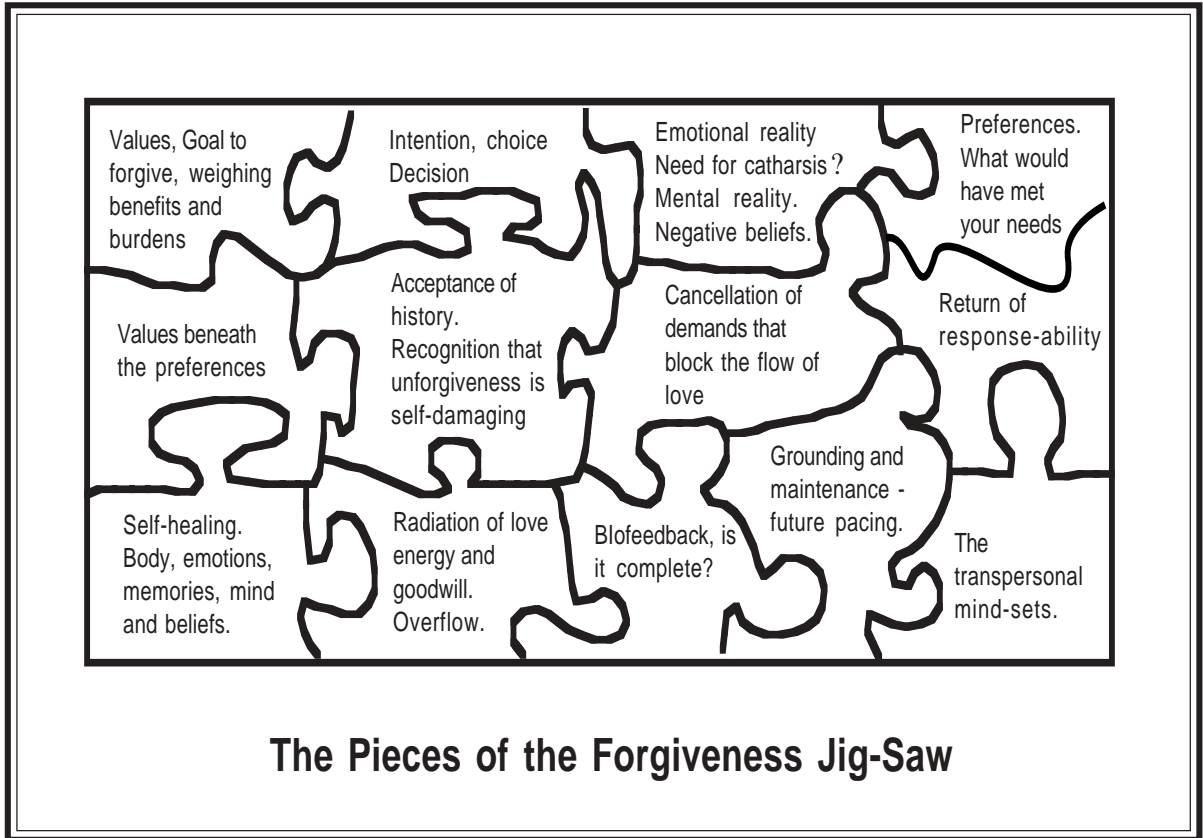
ADVANTAGES:

- May be more deeply effective, insightful and longer lasting in its results
- Can be shortened with great effectiveness once it has been mastered.
- The steps within it are skills in their own right that can be extracted from it and used in other circumstances

DISADVANTAGES:

- Needs more time and effort to begin with to master it.
- One and a half hours or more
- May put some people off because: "It's too long and complicated", and they dislike it because of that.

- Like a major maintenance service on your car or springcleaning your house



The key is in remembering to do it !

You could also keep a journal of the forgiveness processes you *have* done, and the harvest of wisdom you gain from them. This can be a valuable resource in times of pain, tension, distress and disease.



Forgiveness of Others

Basic version

This is drawn from the version in Edith Stauffer's book "Unconditional Love and Forgiveness."

Forgiveness is a decision not to hurt ourselves for the wrongs done by others, or other circumstances. It is a decision to re-enter the flow of life.

1. "I choose to stop hurting myself for what (name of person) has done. (or, is doing)."

2. Address the person in imagination - use a chair, cushion, or coloured cloth to represent the person:
"What you did made me feel..... I would have preferred that you had said or done"

3. "But you didn't do that. I don't want to hurt myself any more for what you have done. I'm tired of the discomfort I get from all this. I want to finish this now. I choose to heal this and let it go completely. I am choosing to be free of it."

4. "I would have preferred that you had....., but you didn't do that and I cancel that expectation." (Repeat this for all expectations held).

"I cancel all demands, expectations, and conditions that you do (or say or be) what I would have preferred in the past and now. I cancel the demand that you be any certain way. You are totally responsible for your actions. I give that responsibility back to you now (gesture), and I release you now to your own good."

5. Close your eyes and raise your consciousness to the Higher Self. Imagine the love that the Higher Self had and has for you. Feel that compassion and love from the Higher Self; allow it to flow into you and release all the demands and conditions and expectations. Really feel the positive qualities of the Higher Self, that part of you that has protected you, loved you, and nurtured you all the days of your life.

6. With eyes still closed, continue to feel the love from the Higher Self and now say to the person you are forgiving:-

"I send this love out from my Higher Self to you just as you are and have been, and I release you to your highest good."

Feel this love flowing out from you to this person. Take your time to feel and experience this.

7. Now be aware of your body and how it feels. Find out if you are still holding on to any demands that this person change in any way. If you do not feel release, repeat the process, - for each action you are holding against this person. Always examine your willingness to be free. If it feels blocked, ask within yourself: "Is something else blocking this process?" Usually an answer will come to you quickly, and you can proceed to process it. It may help to refer to the longer version for the greater detail and precision that is sometimes necessary. When you have done what you can, feel deep gratitude that you can feel love from your Naphsha and can send it out to the forgiven one. The relief will come. This exercise can be done often - for small hurts and for deep emotional trauma. It works any time we feel love is blocked. Repetition begins to make it "second nature" - a good habit, like washing dishes or cleaning teeth!

If this Basic Process does not feel complete and bring relief, use the longer version, next.

Forgiveness of Others

More Detailed Version

Please note that for major relationships this longer process does not all have to be done in one sitting. You can do it over several sessions, enabling you to do each step in greater depth. This can be especially valuable for steps 2, 6, 7, and 8. In what follows, the key actions and phrases are in heavy bold type, and the "stage directions" and explanations are in smaller, lighter type. This is for your convenience. As you get to know the process better, you can skip the comments and instructions and simply go with the flow of the steps till they are second nature.

STEP 1. GUIDE, REMIND THE FORGIVER OF THE FOLLOWING DEFINITIONS:

- 1. Forgiveness is a decision to not punish yourself, nor to continue to diminish your overflowing love, joy or freedom because of the real or imagined wrongs done by others, or because of outer circumstances.**
- 2. Forgiveness is the cancellation of all the conditions in your mind that are preventing the flow of love, joy and vitality through you, independently of the behaviour of others or any circumstances.**

NOTE: If there is still difficulty with the word "forgiveness", refer back to the section on false ideas about forgiveness.

Forgiveness is an act of loving will — of mental and spiritual will. It cannot and does not take place on the emotional level, which is the level on which most problems arise. To do it thoroughly, or for very difficult relationships, allow 2-3 hours. You can, however, do it in parts on separate occasions, to complete it.

Suggestions — If you have a guide help you, have them sit beside you, **not** opposite you. Problems with transference and countertransference (projection of feelings onto each other about people from your pasts) are less likely. If you are on your own, you can make a tape of the instructions in your own voice, so you can replay this process to yourself, and use the pause button when you need to. Or, you can write out the process in full. Once you have fully understood the principles involved, you may find words that work better for you than the words used here. The process as it stands has been the result of suggestions from many people. Write to me about any new ideas you have.

Speak it or write it.

To bring it into your body you must make pathways in your nervous system

STEP 2. WEIGHING UP DEEP AND SUPERFICIAL VALUES.

Step 2 connects you with your values, reminds you of your goal, and increases your will. You will ask yourself — What is *most* important to you?

Choose the "problem" (opportunity) to work on. Biofeedback from your own body using Muscle Response Testing (MRT) can give you a "print-out" of the people you need to forgive. Check your body for any related areas of pain, tension, or disease. How much does the memory trace affect or weaken you? Do you really want that to continue unhealed?

Muscle testing done before and after the process can show you how fully you have completed it.

Doing the process physically is more effective than just thinking about it.

It “embodies” the healing pattern of forgiveness for you in your nervous system, muscles and glands (just as the original memory was “embodied” in these when you were upset, hurt, angry, humiliated, frightened etc). At each step, check your willingness - are you willing to take the next step? This step has been described as tuning in to the WII FM programme — (the "What's in it for me?" programme)

FORGIVER, say or write:

1. “I value (cherish, and prize) my health, creativity and strength ***more than*** justification, self-harm, or self-punishment.”
 2. “I value human dignity and right human relationships ***more than*** holding on to resentments, grudge, humiliation, etc.”
 3. “I value the full flow of Life Energy ***more than*** its diminishment or blockage, through me or anyone else.”
 4. “I value my freedom ***more than*** continued imprisonment, "marinating" in my own emotional toxicity & negative beliefs.
Joy *more than* joylessness.
Being well *more than* being ill.
Feeling worthwhile (decent, dignified) *more than* feeling shamed, humiliated or bitter.
Inner Peace *more than* irritation, bitterness or imperil.
("Imperil" describes the physical effects of negative emotions on the body, - for example, hypertension, muscle tension and postural imbalance, accidents, gut and breathing disorders, free radical proliferation and tissue degeneration, and so on).
 5. I value Love ***more than*** hatred, resentment, or apathy.”
- (Or, add your own motivations if they are not covered here)

STEP 3. WEIGHING UP BENEFITS AND BURDENS.

- The BENEFITS of doing this process could be:-**
- | | | |
|--|---|------------------------------|
| 1. |) | |
| 2. |) | Benefits or Burdens - |
| 3. |) | Which do you want? |
| |) | |
| The BURDENS of NOT doing this are:- | | |
| 1. |) | Which way will |
| 2. |) | you tip the balance? |
| 3. |) | |
| |) | |

STEP 4. CHOICE AND DECISION TO FORGIVE

The purpose Step 4 is to maximise your reasons for change. It is to increase the “voltage” or intention in your mind. It gives you the power to replace negative mind-sets and goals with positive ones. You CAN decide how you will use your emotions and your mind. The options in brackets are intended to indicate you can find the best words for you.

FORGIVER:

**"I do have a choice. I do have a will.
I am tired of the pain and burden being caused.
I have had enough of being uncomfortable.
I would prefer to get back into the flow of love and life energy, and
heal the effects of what has happened (and/or is still happening).**

**I choose and will to no longer harm (or punish) myself, or
diminish my joy, physically, emotionally, mentally, or by holding
back my own growth as a human being, for what(name the
one being forgiven) has done (or is doing).
(Or: I now make the decision to no longer harmetc)**

**I choose and will (or: I am now ready and willing...) to heal the memory
of what happened, (and/or alter my response to what is happening).**

Next you set your goal and attitude:-

**THEREFORE, my goal is to now COMFORTABLY, COMPASSION-
ATELY, COMPLETELY and JOYFULLY forgive:- (here you
name the person, object or organisation you are forgiving).**

Are you ready for the next step? This will be to honour your hurt feelings fully and precisely.

STEP 5. ACKNOWLEDGING AND VALIDATING YOUR FEELINGS: YOUR EMOTIONAL REALITY.

FORGIVER, say, or write:

**“As a result of what happened between us I came to feel.....
(state all the feelings you had or still have).**

Describe the feelings which arose in you as a result of your interactions with this person, thing, or organisation, as fully as you can, in your own words. You, or the guide, can write them down.

Also see over...

If it fits, it can be instructive at times to add: "**And that reminds me of**" You may find that the reason *this* person irritates you so much is because they remind you of *previous* hurts with other key people, who will also need to be forgiven for you to be free of the whole pattern.

Example: "What happened made me feel angry, bitter, humiliated, frightened, scared, sad, jealous, guilty, falsely guilty....etc". "And that reminds me of when my (e.g. mother, father, school teacher....etc) did...x,y,z..."
It is good to get it all out.

If you find yourself becoming overcome with emotion and unable to continue, check Steps 2 & 3 again — Values, benefits and burdens. What are the burdens of continuing in the unhappy, unforgiving state, and taking the punishment for the other's wrongdoing? How much longer do you want to go on doing this to yourself, having bad feelings? What could be the benefits in forgiving and returning to the flow of love?

It can be helpful to speak out why you need to forgive the person you are forgiving, e.g.:-

FORGIVER:

"Your actions hurt me, and I need to forgive you because I don't want to go on feeling bad about what happened any more. I've had enough of feeling like this!"

Note 1. If you are still too emotionally charged, you may need to "get the emotion out of the body" (see the CATHARSIS EXERCISE (page 29), if you have not already done this fully) , i.e. beat out the anger, scream out the fear, wail out and share the grief, or confess the guilt to an unconditionally loving person or group. Or, it may be sufficient for you to speak out how you feel as above. Your feelings do need to be fully acknowledged — **but they do not have to control you from now on, or you are not a free person.**

Note 2. Occasionally someone has "shut down" their feeling nature because of emotional pain experienced in the past, and wants to relearn to feel deeply again. In such a case the words would need to be changed, e.g. to "I need to forgive you because I want to let myself trust enough to feel my feelings again, and to believe that it is safe to do so" etc. Catharsis *may* be appropriate, but exercises in sensory awakening may be better - e.g. enjoying beauty, fragrances, colour, sunsets, massage from a trustworthy and unconditionally loving therapist in a safe environment, etc. These could all be stepping stones to reawakening the joy life within.

Cont.

STEP 6. DISCOVERING ALL THE NEGATIVE CONCLUSIONS AND BELIEFS THAT CAME INTO EXISTENCE AT THE TIMES OF YOUR PAIN AND UNMET NEEDS — YOUR PERSONAL MENTAL REALITY.

Behaviour is a function of what you believe. What you believe is not always conscious. Until you recognise what you believe there is little possibility of change, and even *resistance* to change. Your experiences can be seen as feedback of the strengths and weaknesses in your belief system. Recognise this, so you can take appropriate action.

FORGIVER, (leaving plenty of space between each item 3 items per A4 page is about right) say, and write:

"As a result of what happened between us I came believe that.....

I was/am

You were/are

Men are

Women are

Families are

Children are

Relationships are....

The World, Life, or God is

Sex is....

Money is....

Authority is....

Love is

Some other important beliefs could be about :-

Partnership is ...

Responsibility is ...

Death is....

Power is ...

Daughters are ...

Sons are ...

Fathers are ...

Mothers are ...

Parenting is ...

Time is ...

etc. (as relevant)

(Search for all the important negative conclusions, thoughts, beliefs and decisions about yourself, about the other person, all the negative generalisations about men, women, families, sex, money, and the world, God, or life, etc., which you formed).

Take your time to do this step very thoroughly. You will need pen and paper - several pages usually. Describe, as fully as you can, *all* the negative conclusions and thinking patterns that arose as a result of your interactions with this person, thing, or organisation. It flows on from what you did in Step 5. You, or the guide, can write them down.

Examples: "What happened made me not only feel angry and humiliated, it also made me conclude that *all* people of your sex or race could not be trusted, and that I was a weak and unworthy person. It also made me wish you would get ill or have an accident." "What happened made me feel so guilty, I came to believe I was worthless and would be better off dead". Search all these out and be honest with yourself. Be vigilant for the times when the pain turned to thoughts of revenge, illness or death wishes. Notice how easily this can happen when a person is very distressed.

Thoughts produce results. Energy follows thought. Virtually everything around you is the effect of thought. Positive thoughts tend to produce positive results. Negative thoughts produce negative results, immediately or later.

It is important to find out what negative thoughts, conclusions and beliefs you formed in the past, so you can heal them before they do (more) damage.

GUIDE, Read the negative beliefs discovered back to the forgiver, so the forgiver can "see" the pattern and become conscious of the effect of this belief system, derived from earlier in life, upon their lives.

FORGIVER:

Reinforce your understanding and motivation to forgive by saying as if to the one you are forgiving:

"I need to forgive you because not only have I had enough of feeling bad about all this, I am also very tired of living my life out of the old beliefs and conclusions I came to in the past."

GUIDE, check out — "Is that true?" — does the forgiver really want to change the negative beliefs?

*** If so, for EACH negative belief, the Forgiver proceeds to CREATE A WISER BELIEF FOR THE FUTURE. (i.e. a more soul-centred perspective)**

For example:

Instead of believing "I am worthless", I can in the future believe that "I am a worthwhile person, independently of the opinion or actions of others in my past, present or future."

OR:

"In the future, it would be wiser for me to act out of the belief that"

OR:

In the future, I am choosing to believe that"

Because you only wrote three negative beliefs per page in the first part of Step 6, you can write the new ones in the gaps between them. I suggest you use a different colour pen to make the new ones more easily visible. Soul-centred perspectives and truths thus begin to replace personality conclusions.

Are you ready for the next step?

* Note: Until 1998, changing the negative beliefs to more positive ones was not usually carried out until the Healing Meditation stage, Step 11 - in the phase called Healing Your Mental Nature, where you will still find it. I have found that including it here starts the process better. Sometimes the forgiver has difficulty creating positive beliefs (perhaps *never* having had any opportunity to experience them), and the Guide may have to coach him/her. Doing it again in the Healing Meditation Step 11 can reinforce the work done here, and even, with the added wisdom of the Higher Self, improve the beliefs even further. It can be interesting for both Guide and Forgiver to experience the difference between the concrete mind's way of doing this and the Higher Self's wisdom.

STEPS 7 & 8. CREATING YOUR PREFERENCE STATEMENTS (STEP 7). STATING THE DEEP VALUES UNDERLYING THEM (STEP 8).

These can be done concurrently or in sequence. At the time of printing (1993) I now believe it is best concurrently. Imagine the person you need to forgive is in front of you. You may wish to close your eyes to do this.

GUIDE, HELP THE FORGIVER MAKE THEIR "PREFERENCE MOVIE". PERSIST UNTIL CLEAR PREFERENCES EMERGE THAT WOULD HAVE MET THEIR NEEDS AND ELIMINATED ALL NEGATIVE FEELINGS AND BELIEFS. On the way, help the forgiver to experience the physical differences that using (a) complaining or gossip language, (b) vague unspecified preferences, and (c) clear preferences make to him/her. Draw the forgiver's attention gently to the fact if they use sentences that are other than clear preferences. GET THE FORGIVER TO MAKE THE PREFERENCES SO CLEAR THAT A THIRD PERSON COULD SEE THEM HAPPENING AND KNOW WHEN THEY WERE DONE.

FORGIVER, say or write :-

STEP 7: "Instead of what happened, I would have preferred that you had....." (or, " Instead of what is happening, I would now prefer that you" if this applies in the present).

STEP 8: I hold this preference because I believe deeply in the value(s) of and I seek to express it/them in my life".
(some people prefer to use the word "principles" instead of "values")

GUIDE, Write down each of the values under the preference statements to which they refer.

Forgiver, you are to state precisely and completely what behaviours would have made things right for you, and write these down or have the guide do so, improving them as you get them more specific. You are "making a movie" in your mind.

Forgiver, you must direct the "actor" (the one you are forgiving) by describing *exactly* what he or she could have said or done which would have **completely eliminated** your bad feelings, negative beliefs and conclusions — that is, which would have met your needs adequately.

For some people, symbolic drawings, miming, dancing, or dramatising these stages are more effective here, especially if they have difficulty with words from educational trauma in the past.

Under each preference statement, be sure to add the value(s) important to you which were ignored.

NOTE TO GUIDE & FORGIVER:

TWO TIPS:

1. Use no negatives (not's and no's), comparatives (more, less, or words ending with -er), nor any vague, unspecified words in your preference statements.

2. Describe the behaviour in such a way that a third person could know if the behaviour had been carried out.

You will need to use your mind SKILFULLY.

How NOT to do it:

Example 1:

"I would have preferred that you had *not* told Jim the contents of my letter" This is not a good preference statement, because all it does in effect is tell what happened again and replay the bad feelings. It does not say what *would* have been acceptable. It is still just a complaint.

Example 2:

"I would have preferred you had been *nicer* to me and understood my feelings" This is not a good preference statement because (a) it has not been made clear what the person would have to say or do that would be what you understand by "being nicer", and (b) so that you would know that he or she "understood your feelings". You have "held on" to information and this can lead to incomplete forgiveness.

These are unsatisfactory because third person could have no way of knowing when the preferences in Examples 1 & 2 had been fulfilled.

How TO do it:

Example 3:

"I would have preferred that you had kept the contents of the letter I wrote to you completely to yourself. I would have preferred that you had also burned it after you had read it. I would have preferred that you had called me and told me you cared about what happened to me and offered to help. Then I would have known you understood my feelings. I hold this preference because I believe in the values of confidentiality and trust, of caring sensitively for others, and offering to help those in need, which I seek to express in my life".

A third person could be certain when the actions in Example 3 had been done, therefore this preference statement will work.

Beware of "pruning back" preferences:

Take enough time to grapple with what *would* have met your needs (or would now, if is an ongoing situation). Be full in your description. Some people try to prune back their preferences by making intellectual allowances for the other person.

Example (how not to do it):

"I know you were busy, but if only we could have made love just once a year, that would have been just fine by me." — especially if this is said in a whiny voice. This might actually mean:

Example (how to do it):

"I would have preferred we had made love seven times a week, tenderly, gently, and with you asking me how I felt and what I would like, and telling me what you would like, so that we made sure we gave priority to our relationship this way." In its original form and tone it holds on to resentment, does it not? It is really a complaint. In the second form it is more full, precise and verifiable.

How to clarify vague preferences further:

The words "**BY WHICH I MEAN.....**" can be magic in clarifying preferences. If you notice you are using vague words, go on to specify what exactly you mean.

Example:

"I would have preferred you had been more loving - **by which I mean** *that you would always have listened to me without interrupting, you would have read me stories at night and hugged me once a day*".

Only you can know what would have met your needs *enough* that the bad feelings and negative beliefs would not have come into existence.

Going through the List of Basic Needs

(see after the section on Makikh) will also help you to understand how your disappointment with this person arose. You may not have made your needs clear to them. Or, they may not have been able to understand or meet them because of events in their own past. Maybe they were never able to learn how to do what you wanted of them or develop sound values.

It is the "loss" or lack of fulfilment of the conscious, (*or more often, unconscious*) demand that the preference be met, and the consequent shutting down of the flow of love, that caused the pain.

Stating your preferences and values lifts you out of the emotional level into the mental level. Include all the incidents where you would have preferred the person to have said or done differently. Some may come to your memory after you have done the process for the first time. If so, process them as well.

Go over your list again - is there anything else?

Are you sure you have included the desire you have that they should apologise to you, or admit they were wrong and you were right?

Are the preferences clear enough that a third person could know when they have been fulfilled.?

STEP 8, cont. SUMMARISING YOUR VALUES.

Go through your list and speak out again all the value(s) which you stand by, which were ignored by the other person in each of the interactions.

FORGIVER:

"I believe in the values of(here go through them aloud)..... and I seek to express them in my life".

For example: "I believe in Trust, Honesty, Respect for others, Parental Love for children, that adults caring for children should be Trustworthy, that lovers should be Loyal and I seek to express these values in my own life".

Speak each one aloud and make sure they have been recorded (i.e. that you or your guide has recorded them) in the spaces between the preference statements.

GUIDE, You might ask the forgiver "How does it feel to connect with your

deepest values like this?"

The effects of this can be twofold:

(i) You may feel a surge of strength and pride in yourself as you acknowledge that these values are really important to you, and really make you "tick". I always feel I have got to know someone at a deeper level when they have shared this stage with me - it is about what is really important to them, about who they really are.

(ii) Not only this, but *these values may well have got stronger* in spite of what the other person did. This can be the hidden gift you received from the one who offended you. Sometimes people choose their life's work because of deep values that were strengthened in childhood traumas.

Are you ready for the next step?

STEP 9. ACCEPTANCE OF PAST HISTORY.

FORGIVER, say or write:-

"For whatever reason, you didn't meet my expectations, or were not able to.

I have had enough of being uncomfortable.

I can see how things unhealed between us may keep coming up in my relationships with you or others until I have healed my reactions to them. (i.e. with the forgiveness process).

I am choosing to be free.

I now will to heal the effects of these incidents.

I am choosing to be free of the pain I have let it all cause me.

I now accept that what happened was different from the way I would have chosen".

Are you ready for the next step?

Cont.

Step 10. FORGIVENESS — THE UNCONDITIONAL LOVE REALITY.

An act of conscious loving will, and handing back responsibility. (“The Cancelling Machine”)

FORGIVER, say or write:

**“I am now choosing freedom.
I am choosing to forgive, and restore a healthy flow of love.**

I now cancel and remove *for ever* my insistence (or demand) that you should have said or done what I would have preferred, as the condition for me to love (or: to have goodwill, or respect, towards) myself, (pause), or you, (pause), or anybody else.

I now cancel my demand that you should be *any* certain way as the condition for me to love myself, (pause) or you, (pause) or anybody else.

You were (and /or are) totally responsible for your thoughts and actions.

I am giving you back that responsibility now, and I release you to your own highest good. In so doing I accept back my freedom and power to express love and goodwill in a healthy way.”

Make a gesture with your hands of handing back responsibility.

Are you ready for the next step?

Cont.

Step 11. SELF-HEALING EXERCISE

THE FIRST ENERGY REALITY RESTORING LOVEFLOW WITHIN THE SELF.

Restoring the flow of love and self-healing. Here are idZeas for an energy meditation or exercise which your guide will read to you and adapt if needed.

If you have no guide, record this for yourself by reading it into a tape recorder.

Then use the audiotape to guide yourself. It is good for it to be in your own voice.

Take your time with all steps in the Forgiveness Process, but with Step 11 especially:-

GUIDE, SPEAK WHAT FOLLOWS (it is written for you in quotes in heavy type) TO THE FORGIVER, ADAPTING IT AS NECESSARY:

"Now close your eyes, relax, and lift your consciousness *above the mental level* (where you have been doing so much good work) to that of the Higher Self, or Soul. (If you have a different term you prefer, feel free to use it). Recognise its love for you. Really become open to this part of you that has in fact protected you, nurtured you, and loved you all your life, even through the times of trouble. Pause.

Like a seed can have a tree in it, it has hidden within it the blueprint and capability of the best Self you can become, and of all healing.

Become increasingly open to allowing the qualities of the Higher Self into you - become increasingly open to an inflow of Love without conditions, Compassion, Understanding, Healing, Patience, Wisdom, Goodwill, Calm peaceful dignity and poise, the capacity to see the big picture, the interconnectedness of all events and all people, the true causes behind situations, and, naturally, the Power of Forgiveness. Pause.

Allow the healing compassion and love of the Higher Self to flow down into you, surrounding you, enveloping you, protecting you ... and dissolving all the conscious and unconscious expectations and demands that contributed to the pain of blocked love." Pause.

Healing the Etheric Energy Field of your own body:-

"Invite and allow this love, imagined as light or warmth or however seems right for you, to flow throughout your own body."

GUIDE AND FORGIVER, You have options here, EITHER 1. a short, OR 2. an intermediate, OR 3. a longer version. IT IS LIKELY THAT GUIDES, ESPECIALLY AS THEIR SKILL DEVELOPS, WILL ADAPT WHAT FOLLOWS TO THE NEEDS OF EACH INDIVIDUAL.

1. SHORTER VERSION

GUIDE: "Invite the love to fill up your physical body, draw it down into you, experiencing it first of all in a general way. Feel it in yourself.

Embody it as fully as you can. Let me know when you are ready, and we will move on to the healing of your emotional nature."

(If this is all you need, go on to p. 106)

2. INTERMEDIATE VERSION

GUIDE: "You may find it meaningful to guide it into and through areas of your body wherever you have felt pain, tension, or disease at any time. There is no need to dwell unduly on those areas, however, because you are going to emphasise wholeness and health. Rather, send peace, acknowledgement, gratitude, gentleness and love to these areas and the living tissues there. Guide it there free of all fear, anxiety or forced will. It is nurturing love you seek to send." Pause.

(Note to the guide: Some people find it helpful for the guide to name the specific areas of the body concerned. For example, you could include the glands for the immune system, old scars, operations, and injuries for chronic pain, and the "centres in the brain which control the body rhythms — appetite, mood, sleep. pain control..." and so on, as appropriate. For some skin conditions a cool light may feel better than warmth. Let your intuition guide you once you know the principles of the process. It is almost certain that you will modify this process to suit each person).

GUIDE: "Are you ready to go on? Indicate by nodding your head. You are in control of the speed with which we do this process."

(Guide pauses sensitively, whenever it seems appropriate).

"As that completes itself, let the healing love, (imagined as light or warmth, or however is right for you) overflow into your whole body. From the crown of your head to the tips of your toes and fingers. Pause. From the outside surface right into the core of your body. Pause. Into the bones and marrow, into all the joints, nerves and blood vessels. Pause. Filling you up as you let it in. Remember that the idea is to gradually move your attention away from energising dis-

eased areas as such. Move on flowingly and visualise the image of your body as healthy and whole as possible — *and* if you choose, the increased service you can do when healed. Pause.

GUIDE: You could go on to Healing the Emotional Nature, p.106 now. If you have time or need to, add the Healing through the Energy Centres which follows.

3. THE LONGER VERSION — LOVE THROUGH THE ENERGY CENTRES (COULD FOLLOW ON FROM VERSION 2., THE INTERMEDIATE VERSION)

GUIDE: Next, as you focus your attention gently on certain areas of your body's energy field (these are the main energy centres), become aware of some of the different ways that love can be expressed in your life. Imagine those you realise you need to cultivate *in action in your daily life*. **FOCUS MUCH MORE UPON THE QUALITIES OF CONSCIOUSNESS THAN UPON THE PHYSICAL LOCATIONS.**

(i). Start in the general area outside the base of your spine. (The Base of the Spine Centre. Keywords: Groundedness, Will, Strength, Courage, Intention, and Right use of Power - to love) **and think about what it means in your life for you to "TAKE YOUR STAND" FEARLESSLY CENTRED IN LOVE. What could this be in your life?** Pause.

IMAGINE how you could move in the world when there is love flowing strongly and joyously through your spine and legs, and courage flowing from your adrenal glands.

IMAGINE the differences it could make to you on others for you to do that... The **GROUNDEDNESS** of it....

IMAGINE YOURSELF living your life with the PURPOSE of expressing strong love.

REALISE how love can be strong, assertive, able to confront caringly if necessary, and how **STRONG LOVE** is needed to ensure fairness and justice to all.

It is **STRONG LOVE** and **GOODWILL** which will motivate you to get the needs of yourself or others met appropriately. Pause.

As that continues to develop, move your awareness up behind your lower spine to the area behind your pelvis. (The Sacral Centre. Keywords: Right use of Creative energy. True Loving Creativity, both physical and mental, in Relationships, in the use of Money & Sexual energy)

(ii). **As love flows gently forwards through your pelvic and lower abdominal area, as well as into your legs, think about how REAL LOVE MIGHT COLOUR YOUR CREATIVITY.**

YOU ALREADY KNOW how love creates children, grandchildren, all the generations to come, and about how it can bring together, and harmonise, groups, friends and families.

RECOGNISE also how love can create and colour your “thought-children” — all the loving, creative ideas and plans that you could have, ideas that can grow up into wonderful designs and projects, and the ways you use your money. Open yourself to how **YOU COULD USE LOVE ENERGY CREATIVELY** and skilfully. Pause.

(iii). As that continues to develop, move your awareness up behind your spine to your middle back. (The Solar Plexus Centre. Keywords: Purification of desires, wants, expectations, demands. Right use of energy of desire. Development of aspiration, and higher kinds of *persona/love*.)

As love flows lightly and gently forwards through your solar plexus area, filling your whole abdomen, become aware of how love matures demands placed upon someone, into the **DESIRE FOR THE ONE LOVED TO BE HEALED, TO GROW, TO BE JOYOUS AND FULFILLED IN THE WAY THAT IS BEST FOR THEM, (IN ALIGNMENT WITH THE WILL, OR BLUEPRINT, OF THEIR OWN SOUL)**. Conditional, possessive, desire-based personal love is changed into higher personal love. **FEEL** the release and contentment in your belly that comes when your desire to possess or control others is purified by love into a willingness for them to grow freely — in the way that is best for them, and in their own time.

NOTICE if any constriction you may have had in your solar plexus area relaxes as the desire to change others is changed by love into a willingness for *them* to be healed and liberated in their own way. **Feel the PEACE and TRANQUILLITY** of it. **RECOGNISE** how even jealousy or envy can be turned by love into the **JOY OF BEING HAPPY FOR OTHERS**. Enjoy the **RELIEF** and delight of freeing others of your demands and expectations... **NOTICE** how your own inner spiritual strength and power returns to you and increases as you do this.... Pause.

(iv). As that continues to develop, move your awareness up behind your spine to the area between your shoulder blades. (The Heart Centre. Keywords: Unconditional Love, Compassion, Group Love & Group Consciousness, Inclusiveness, Impersonal Love)

As love flows **GENEROUSLY** and **FREELY** forwards through your chest, heart, and thymus gland, the centre of the immune system, become aware of how love can turn even murderous rage into **COMPASSION & EMPATHY**; Exclusive, personal, or possessive "love" into **UNCONDITIONAL, INCLUSIVE LOVE**; Meanness into **GENEROSITY**; Pride, arrogance, prejudice into **HUMILITY & TOLERANCE**; and separativeness into **COOPERATION, GROUP LOVE, AND SERVICE TO THE HUMAN FAMILY**; a cold, closed heart into **OPENNESS AND WARMTH**.

(v) As that continues to develop, move your awareness now up behind your neck. (The Throat Centre. Keywords: Higher Creativity, Integrity, Wise truthfulness, Right Use of Speech and Silence, Sincerity, Skilfull Loving Expression, Beauty)

As love flows harmoniously forwards into your throat and down your arms think about how your love can be CREATIVE IN A HIGHER WAY, through how you use your voice, arms and hands.

RECOGNISE how love can replace harsh words and criticism with loving words; can bring song, music, poetry, writing, art work of many different kinds into being. **REFLECT** upon how love **BRINGS FORTH THE INNER BEAUTY**, how it gives **ATTENTION** and **ENERGY** selectively to the good in people and the world, to bring it forth.

CONTEMPLATE ways that love could enable you to reach out to certain people. How love enables you to truly touch and be touched by someone.

IMAGINE how you can make much more meaningful contact with others when there is love flowing through your hands. **DWELL UPON** how it is to speak, touch or embrace with unconditional love. Pause.

(vi) As that continues to develop, move your awareness up now to your head area. (The Brow, or Ajna Centre, in front of the forehead. Keywords: Intuition, Wisdom, Direction, Integration of all parts of the personality, and its progressive alignment with the soul. Bridging between soul and personality)

As love flows wisely and serenely into and through your whole head, brain and nervous system, think about how love changes ordinary thinking and knowledge into WISDOM.

RECOGNISE how love can guide you into replacing choices based upon fear (or laziness) with choices based on **WHAT SERVES ALL PEOPLE BEST.**

NOTICE how love can enable you to **SEE THE “BIG PICTURE”** in both time and space, to **SEE THE TRUE UNDERLYING CAUSES** for whatever is happening.

BE AWARE how love enables you to be wisely **INTUITIVE** and draw upon the qualities that are really needed in different situations. Pause.

(vii) As that continues to develop, lift your awareness up now to the area above your head, (The Crown Centre. Keywords: Alignment with Divine Will, Unity, Wholeness, Synthesis and Synergy), **and be aware of your WHOLE body as well.**

Be aware of BEING ONE WITH LOVE ITSELF IN ACTION, become aware of love flowing ALL THROUGH YOU. Pause.

Are you not, like all of us, really a spiritual being who is PROGRESSIVELY REVEALING LOVE? Your mind and heart are working more and more perfectly together. Spend time being aware of the wonderful synthesis and wholeness of your body. The tiniest cells, each organ, each system — they all have their place and part to play in your life and in REVEALING LOVE through you. Cherish see-

ing your body, emotions, desires, and mind, all **FUNCTIONING AS A HARMONIOUS WHOLE**. Nurture this image by sending the gentle healing love to this image and what it represents.

If it seems right to you to do so, see yourself joyously doing some productive, valuable service (no matter how simple) with your body very healthy.

If it seems right to you to do this, link up in overflowing love and compassion with any others who may have similar conditions or history to yourself, known or unknown, for their healing also.

Keep the love circulating. Notice any difference this makes to you as you do it.

(The last four sentences are included to keep the healing energy *circulating*, to decentralise the forgiver in the meditation, to draw energy away from feeding the “problem” and to substitute love and health. The emphasis is on the **RIGHT RELATIONSHIP OF ALL THE PARTS TO THE WHOLE** and **CIRCULATION OF LOVE ENERGY**).

Are you ready to continue? Please indicate at each stage when you are ready to go on."

Healing your emotional nature:-

NOTE TO GUIDE: To help to keep the forgiver calm and disidentified from any traumatic feelings associated with past scenes, wherever you find the symbol ...□... the guide should use the forgiver's name, in some cases their name used as a child if different.

GUIDE: "Next, let it overflow into the hurt feelings which arose at the time of the first incident, to gentle them, to heal them, to bring them to peace and calm.

You can imagine the first unhappy scene with this other person you are forgiving like a picture in a photograph album.

Let the love reach in to□.....(the child- or person-you-were* e.g. "John" or "Katie" - use the forgiver's name, not the word "you") like a pair of very loving and caring hands, or like a very wise and loving being with very caring and loving hands, and draw ...□... aside, away from the picture, away from the scene of the pain, to a safe, beautiful, sacred healing place (guide turns head and speaks slightly towards one side to make this easier for the forgiver to imagine)cradling ...□..., holding ...□... in exactly the right way that ...□...needed then,and love flows through those hands, into the hurting places, bringing all the hurt feelings to Peace. A deep and lasting peace. ...□... receives now what he/she needed then.

When ...□... indicates s/he is ready, see how gently the Higher Self put him/her back into the picture, back into the memory, healed and at peace." (guide turns head back towards the original scene to make this easier for the forgiver to imagine)

NOTE TO GUIDE: The use of the third person pronoun to describe the forgiver in the *past* from an observing position in the *present*. This keeps the patterns of the emotional trauma from being replayed through the body of the forgiver in the present. The guide's use of congruent head movement when speaking towards the "places" of healing or the original trauma help the forgiver to do the visualisation).

GUIDE: "Repeat this process in the same way for each memory which the Higher Self knows needs to be healed. Let the Higher Self show you in sequence the scenes that it knows need healing, one by one. Some of these may represent several incidents that were similar. Let this process bring deep Peace to replace the hurt feelings that arose at all those different times.....

Let this happen for each of the different occasions you have mentioned earlier in your preference statement.... from the earliest times right up to the present time."

NOTE TO GUIDE: You may have to assist occasionally to keep the forgiver on track, until they are accustomed to the process. To begin with you might need to repeat the instructions for each event and ask when to go on to the next one. Usually the forgiver quite quickly gets the pattern after a few have been done — recalling the scene, removal from it by the Higher Self, love flowing in, peace, return to the memory. Give the forgiver space to experience this process. Communicate with the forgiver as and when you feel the need to. Ask them to let you know if they need assistance. Trust your intuition to know what to do, what to ask or suggest, and you will get better at it as you practise.

GUIDE: "Are you ready to go on? Please indicate when you are."

Healing your mental nature:-

GUIDE: "Next, let it overflow on into your mind, to break up, dissolve, and heal all the negative thought-patterns and beliefs that came into existence at those times - thoughts of harm to ...□... or others, critical thoughts, and all negative beliefs about ...□..., others, or life which are untrue in the light of love, wisdom and compassionate understanding.

You can symbolise this process by imagining the thought patterns, which arose at the times of the interactions with the person you are forgiving, to be like a jig-saw puzzle on a tray, it is just a pattern, one of many possible patterns that could have happened, and the love of the Higher Self somehow tilts the tray, so that the pieces slide off the tray, separate out from each other completely, and fall down onto the ground.

As the light of love and wisdom flows down onto them, it softens their edges, and the surfaces are cleansed, freed of the old toxic beliefs and thoughts by the light of love. So that now they can never go back the way they used to be.

The 'thought space' created now becomes available for you now to create new, wiser, more loving thoughts in their place, - thoughts which will enhance life and serve you better. In this way, the "partial truths", (the negative conclusions and beliefs that you, ...□..., came to adopt at the time of those experience(s) with the other person), make way for the larger truths and perspectives of the Higher Self.

As each of these is brought up for review by the wisdom of the Higher Self let your voice say what the Higher Self offers, so it can be recorded for you.

To assist this process, such phrases as:

"The deeper truth about ...□... is.....", or,

"In the future it would be wiser to act out of the belief that....."

"In the future ...□... could learn to act out of the belief that..."

can start the flow.

Let wiser, more loving, more understanding beliefs come from your Higher Self to you now. There is no need to use your ordinary mind for this, just receive from your Higher Self."

NOTE FOR GUIDE: You must refer back to the notes made of the forgiver's negative beliefs and conclusions discovered in STEP 6. You bring each one up in turn if it seems important to do so, and prompt the forgiver as necessary.

For example:

Guide: "...□...came to believe that she was weak and unworthy of living. What is the Higher Self, or Soul's view on this? What is a wiser belief, one that will be more useful for her to act out of in the future?"

Higher Self: "The truth about ...□... is, In the future she could learn to act out of the belief that....."

It is worthwhile recording what comes from the forgiver's Higher Self so it can be used later, and incorporated into the forgiver's life.

Sometimes, the connection being made with the Higher Self during the process is very deep, and great wisdom may well be received into the personal self in this way — convincing evidence for the existence and psychological reality of the Higher Self.

The forgiver is prompted into upgrading all negative conclusions and beliefs formed in the relationship with the other person.

GUIDE continues: "The "pieces" may now form a new pattern, a beautiful design, a gift from your Higher Self.

Watch to find out how such a new pattern or design emerges. The Higher Self may put all this together in a symbol, colour, pattern, shape, or scene for you. Or, it may simply be a word, a phrase, or a feeling, a subtle energy.

If no symbol emerges, that's OK, just let me know and we will continue. If there is a symbol, let me know about it if you like and I will record it for you to use later in your meditations.... Let it nurture and feed you now.... You could draw it later, and place it in your home or office to continue to inspire you..., to re-mind you..., to anchor what you are doing here today.... Realise that it may have several layers of meaning which will become apparent to you over time....

Now imagine how it might go into your body, and find its home there, ... the newly healed pattern, to be used in the future for making thoughts which are true, in the light of the wisdom of the Higher Self - more compassionate, more loving, more wise, more appropriate for this stage of your life.

As the symbol merges with you, you can invite it to go into your unconscious mind to continue this process of healing, you are in partnership with your unconscious mind, ... you ask it to anchor this change in your life...."

GUIDE: Record the nature of the symbol if there is one, and where it goes in the body. It can be a very useful theme for the forgiver to use in meditation in the next few days or weeks.

GUIDE: "When this is complete, let me know when you are willing to take the next step."

Note: Different kinds of imagery may be needed instead of the jig-saw puzzle (if the forgiver has no experience of puzzles!) - eg a tree that sheds its leaves and then puts out new ones (not suitable for someone who lives in evergreen forests or desert country!), a snowflake that melts and then forms a new design (for one who lives in frozen polar countries), etc according to the culture and experience of the forgiver. Be guided by them if in doubt. They will be very creative and frequently know exactly what image will work best for them.

STEP 12.
HEALING THE PATTERNS OF THE RELATIONSHIP.
THE ENERGY REALITY II.
LOVEFLOW TO THE FORGIVEN ONE'S WHOLE LIFE.

GUIDE continues: "If you are ready, with your eyes still closed, and continuing to feel the love of the Higher Self flowing into you, filling you up physically, emotionally, and mentally, warming your heart, and flowing through you.

Imagine this love **OVERFLOWING** from you, as warm gentle rays of light from *behind* and *through* your Heart, *and* guided by wisdom from and *through* the region of your forehead, out to this person as they were when they have just been born.

He/she is just a baby, naked and defenceless, and you find you can begin by overflowing pure love to him/her as he/she was as a baby.

Now continue to overflow love to them as he/she begins to crawl and then to walk. He/she is growing up in a certain kind of family, with certain kinds of parents, brothers and sisters (if there are any), certain kinds of teachers, friends and perhaps even enemies.

He/she becomes in succession an infant,a toddler,..... a child,..... Certain things happen to him/her which cause him/her to become the kind of person who will one day disappoint ...□...

Maybe you know some of the kinds of things that happened to him/her, maybe you don't. You watch now as he/she grows into a teenager,and into an adult.....

He/she goes through all the experiences that lead to him/her becoming the person that one day will come into the life of ...□.... Learning certain ways of being, and not having the opportunity to learn other more functional ways of being.

You send love to them as they do this.

Now continue to overflow pure love to this person through all the experiences you have described in your preference statements, and any others that come to mind now - **FREE OF THE FACT THAT THEY DID NOT MEET YOUR EXPECTATIONS.** You are completely in charge now.

You may well find that waves of understanding and compassion for this person flow into you, now or in the next few days.

Take all the time you need to do this stage fully.

To complete this stage, now affirm this love and goodwill to the person the demands on whom you have just cancelled."

GUIDE, prompt the forgiver to say:

FORGIVER, say or write :

"I send this love out from my Higher Self (or, "as a Higher Self" — what is the best word for you?) to you just as you have been, are now, and may be in the future."

GUIDE: "I wonder, has your image of the person changed at all? Have you fully released them and let them go?" It can be wise to wait until a positive response occurs.

If it seems relevant (you can ask the forgiver if it is), ask the forgiver to add:

FORGIVER, say or write:

"I ask you for your forgiveness for any parts I may have played in creating what happened between us".

This last sentence may help to uncover what, if anything, needs healing with the Self-forgiveness-of-the-personality process.

GUIDE: "Are you ready for the next step?"

STEP 13. GROUNDING. THE "I WILL..." STATEMENT.

FORGIVER, say or write, firmly, with intent:

"I will to keep this change in me intact."

OPTION:

If you decide you want to increase your practise of the Goodwill Patterns, and ground your forgiveness still further, Step 14 can be used. Repeating them aloud like this often helps the forgiver understand which of the Goodwill Patterns is specifically needed by them. If you choose to omit that step, go on to Step 15.

STEP 14. THE GOODWILL PATTERNS - REMINDERS.

You may want to 'ground' the forgiveness further, and re-mind yourself of the beneficial goodwill patterns. This step also helps you to remember them and bring them into your life and relationships. As you say/write these words to the one you have forgiven, are they true for you? If not, can you make them so? Can you see which ones you need to develop more in yourself?

FORGIVER, say or write:

- ***You* do not have to change (or to have been different in the past) (i) for *me* to practise calm poise and inner peace, (ii) for *me* to serve the cause of peace, (iii) for *me* to decide to remain calm and peaceful even when being harassed. (=Rukha)**

- ***You* do not have to change (or have been different) for *me* to recognise, accept, and develop the good in myself.**

- ***You* do not have to change for *me* to look for, and recognise the good in you, - and to tell it to others. (that is, to give attention and energy to it, and draw it forth).**

- ***You* do not have to change for *me* to imagine the best that you and I, and our relationship, could yet become. (=Khooba)**

- ***You* do not have to change for *me* to understand my own needs and to act harmlessly to get them met.**

- ***You* do not have to change for *me* to seek to understand your needs the way they are from your position in life and with your life history.**

- ***You* do not have to change for *me* to be willing to meet your needs, or help you meet your needs, if it practical for me to do so. (=Makikh)**

- ***You* do not have to change for *me* to be glad and joyful when I find and remove any blocks to love ("errors") I have in my own mind. (=Abilii)**

(Such errors (being "off-target") could be: criticism, blaming, hating of yourself or others, false guilt or fear, resentment, excessive grieving, depressing yourself, envy, holding expectations, not giving responsibility, withholding love, unforgiveness, closing yourself off, looking for and recounting the bad, not being fair-to-all, illness or death wishers, or any of the items on the list for self-forgiveness occasions — you can always use the list on pp.8-11 to check again)

- ***You* do not have to change for *me* to work towards what is Fairest for All in any situation, more than merely what is just in law, or for revenge. (=Kenoota)**

• ***You do not have to change for me to step back and see the Big Picture, (= to see a person's life as a whole, to lift up to a wiser and more inclusive perspective, to try to understand the different viewpoints of everyone else, and the interconnectedness of everything and everyone). (=Holistic vision, vision without faults in the mind, or Dadcean Libhoun)***

• ***You do not have to change for me to practise Unconditional Love and Goodwill in both thought and action.” (=Rakhma)***

These are the **Goodwill Patterns**, mind-sets which will lead to Right Human Relationships WHENEVER & WHEREVER THEY ARE PRACTISED. They are described in detail in the section on the Goodwill Patterns.

Step 14 helps you to recognise which mindsets and skills you need to develop more, and which ones you are already good at.

If you can, and you feel it to be right for you to do so, you may now be able to feel gratitude to this person as someone who has helped you (directly or indirectly) to learn more about the nature of love.

They have thus helped your development as a human being.

This realisation can be the gift of many forgiveness processes, perhaps, if not immediately, it may come to you at some later time.

STEP 15. FUTURE PACING. CREATING FUTURE BEHAVIOURS IN THOUGHT AND ACTION NOW THAT LOVE IS ABLE TO FLOW.

GUIDE: "Now move into the future, into some real life situation (at home or at work, say).

- Start to make "movies" in your mind's eye of how you will now behave in the next few days or weeks.
 - See yourself in certain specific situations, say at home, or work, or wherever, acting with love, wisdom, and inner strength. You no longer have the old negative beliefs and feeling reactions.
 - See how your eyes look.... how you move differently.... how you speak and choose your words differently, and how you write differently...
 - You see the symbol your Higher Self gave you (if there was one) is within you, and *you are now radiating its quality* around you, and thus you are improving the "atmosphere" around you. People are now responding to you differently.
 - In this way you are creating and rehearsing the "future you" with love, wisdom and strength increasingly able to flow through you, *independently of other people*. It all belongs to you.
 - You may be surprised how you can now receive good ideas from your Higher Self, plus the qualities you need to put them into action.

OPTIONAL (if you want to consider the following in more detail):

- See yourself applying certain of the Goodwill Patterns to your relationships in the coming days or weeks - here are some ideas to consider, according to the time you have available:
- What are each person's basic needs in the situation? How could they be met harmlessly?
- What would be Fairest for All in this situation? (More than justice or revenge)
- What is the good or potential good in this situation? In yourself? In the other person(s)? How can this be given attention selectively? Are you honouring the potential for healing here?
- Are there any errors in your mind that need to be corrected joyfully?
- Are you taking the time to create peace within before coming to a decision or course of action?
- Are you taking the widest possible view, including all the interconnectedness of people and nature - seeing things whole?

Ideas will come. If you act on them with discrimination, the flow of such ideas will increase. This is one aspect of genuine intuition.

STEP 16. CHECK - IS IT COMPLETE?

GUIDE AND FORGIVER, Check the body, feelings, and thoughts.

Muscle Response Testing (MRT) can be done again here - can THE FORGIVER imagine the person and say "I love...x..." or, "I can have goodwill towardsx.... now" without loss of power? Incomplete strengthening suggests the forgiveness is only partial. More work may be needed.

GUIDE, if test is not fully strong: "Is there something else? Are you still holding on to some demand or expectation that the other person be different than the way they are? Are you still taking responsibility for something they did or are doing?" If so, repeat the process again, for each action still held against the other.

At first, the mind cannot always accept to do a blanket total forgiveness, and each incident can then best be processed separately. However, the process tends, like any skill, to improve with repetition and practise, especially if sound attention to detail is given to it. The channels open wider each time. The Goodwill Patterns become more "in place", and it becomes second nature to clear the day's incidents in this way, rather than feel bad and recount the bad news in the old way, to ourselves or others.

FORGIVER, continue to send love out, especially for the most difficult relationships, - *without conditions and expectations*. This may be the greatest service anyone can render.

ALWAYS EXAMINE YOUR WILLINGNESS TO BE FREE. If you do not get the release, ask: Is something else blocking the process? The answer will come, because at some level you know all your history. Process the new material. Throughout, and especially when completed, feel deep gratitude that you can feel love, and continue to send it out to the forgiven one. Gratitude is very powerful in restoring our life energy.

STEP 17. MAINTENANCE.

VIGILANCE IS NEEDED TO MAINTAIN YOUR NEW PATTERNS.

FORGIVER: "I WILL TO KEEP THIS CHANGE IN ME INTACT".

GUIDE: Ask the forgiver to consider now their answer to the question: "What has been the learning in this for me?"

FORGIVER: "THE LEARNING FOR ME IN ALL THIS IS....."

Help the forgiver to extract the maximum spiritual learning and skill from this whole experience by having them reflect for a time upon the most important learnings they have found in doing this process. This helps to transfer the skills to the long term memory.

FINAL NOTE:

Very good results have been obtained in relationships where one (or both) has used this process **regularly** over time. Do your forgiveness work often, before resentment's mount up, and especially for those close to you, with whom you live and work. Indeed it will be for those whom you love most that you are most likely to need to use this Process. To free others from our demands and expectations is a service to them, to ourselves, and to our planetary life. This is inner work. Never do it "at" another person, with any desire to manipulate them. Nor in personal confrontation with them. Keep silent about it. Refrain from reciting the bad about the other (gossip). Instead, start "good rumours".

This process can also be used to forgive inanimate objects, - noise, traffic, allergens etc. The field is open to experiment for us to discover how many situations can be healed in this way. It can also be used to forgive one's image of "God", or "Life" when one is angry with "them", to restore the flow of love in ourselves once more.

IF YOU GET "STUCK", OR IT IS INCOMPLETE CHECK ALL THE DETAILS IN YOUR NOTES. YOU MAY NEED TO USE THE "SELF-FORGIVENESS" PROCESS. SEE THE SECTION ON OVERCOMING OBSTACLES.

As you use this exercise in Right Human Relationships, your awareness of the different "levels" of consciousness (physical, emotional, mental, and spiritual), will increase. Psychosynthesis study, meditation, and practise in daily life will help you to understand and experience the different levels of Will, Love, and Energy of the subpersonality, personal self, and Higher Self levels of consciousness more fully. If you find this process useful, please consider expressing your gratitude by sending an anonymous donation or letter of gratitude to any person or organisation that is working to create right human relationships.

Alternative Variations of the Forgiveness Process

The forgiveness process has been set out in considerable detail, so that each of the stages and principles can be clearly understood. But there is nothing rigid about this process, and you will find your own way of shortening it or making your own adaptations when you are familiar with principles.

A Kinaesthetic Forgiveness Process

Here is a forgiveness exercise taken from the Tibetan Buddhist tradition. It consists of sitting quietly and centring yourself. Then you imagine you are holding the person you wish to forgive physically, in a kind of cage made by your two hands and your negative feelings.

As you continue to "hold" the person with your own resentment and negative feelings, gradually something changes. The muscles of your arms and hands may begin to hurt. You begin to realise that you are in some real way holding that person in their negative pattern. You are also hurting yourself. You also begin to realise that memory is not fixed, but how we *choose* to hold past information patterns.....

Usually, after a while, deep compassion begins to well up from the Well Spring of Compassion within you, and you begin to no longer want to hold that person or yourself in such a pattern of negativity. You begin to want to set yourself free, as you would want to set free an unhappy and imprisoned bird. To set yourself free, you realise you must set the other person free also.

In many ways, a jailer is just as limited as the prisoners in his charge. As Compassion for both yourself and the other person pours through, your hands begin to release the other person from the cage. As you set the other free, you also free yourself.

The "Travelling Forgiveness"

Once you have understood the principles of the Forgiveness-of-others and Self-forgiveness processes, you will find your own ways of shortening them. One patient of mine, after doing many in full, found she was able to do forgiveness "on the wing" as it were, using the formula:

"Yes, I would prefer you did things my way, but you don't, and I LOVE YOU JUST THE SAME".

Here is a sample of a shortened self-forgiveness process I needed to do:-

"Dear Higher Self, I ask forgiveness for not having got this book perfectly right, and for believing that I was unworthy because of that and many other things."

"Dear Guy, it is true that you have not always done the wisest, most loving and courageous things, and there is room for improvement in your behaviour as well as in the book, but I love you just the same."

A simple forgiveness of others could be along the lines of:

"Dear Reader, I would prefer that you liked this book and approved of me, recognised me, loved me, made wonderful changes in your life, and passed on to others the worthwhileness of this work. But even if you don't, I will love you just the same".

And may the very last Child in all of us be loved, be healed, smile and be happy....

Alternative Imagery:

Instead of the image of the Jig-Saw Puzzle in the Stage of Healing of Mental Nature, (beliefs systems), Barbro Ivarsson of Sweden, uses the following idea. Notice how she has chosen an image that could be particularly appealing to Scandinavians, with their deep love of trees, and to whom the seasons are very important. In STEP 11 instead of reading "the jig-saw puzzle on the tray, the tray tilts...etc.." as an image of the pattern of negative beliefs, she uses:

"Look at your own big mighty tree in front of you. It is late summer.....now it is autumn.... All the leaves turn stiff, dry, and they fall off. They are still beautiful with all their colours, but now they are old and useless to you... Now the winter passes, and spring is in the air. Look at the thousands of newborn leaves! Soon all the leaves are deep green, full of strength, liveliness and love. Keep the picture of your tree, with the leaves, symbolising your new, very powerful thought patterns".

Later she uses an image of a blackboard being erased:

"Remember how it was, when you went to school. You sat in your seat, with names carved on the cover, and you heard the sounds of your schoolmates. Remember how the teacher wrote a lot on the blackboard and cleaned it all away again. Now it is time for you to clean away whatever you have written on your blackboard that you no longer need. Realise that as you imagine cleaning your board, you become free to move on from the experiences you have worked on in this process. They need no longer condition your thinking or behaviour in the future. And you may even experience a joyful sense of deep relief. Write your new beliefs on your blackboard with big, beautiful letters and look at what you have written. These are your beliefs for your Life right now."

Obviously, the jig-saw puzzle image would be of little use to someone who had never experienced such a thing, and the image of a *deciduous* tree would not have much meaning to one who lived all their life in tropical *evergreen* rainforest. A "tree" image might not be meaningful to one who lived in the central Australian desert. A "school" image might not be suitable for one who had suffered abuse at school by teachers. The point is, feel free to adapt the process yourself, always remembering the cultural background of the forgiver.

As a guide you will very likely need to adapt and change the process to find the best language and metaphors to suit the situation and people with whom you work. Different age groups, ethnic and religious groups, and different languages all require you to adapt the language while using the principles to get the necessary results.

**"Until you learn to forgive, the
"unforgivable" will tend to keep happening
to you.**

**What you have not learned to forgive, is a
either part of you now, or becomes a part of
you".**

(attributed to Carolyn Myss)

Your Role as the Guide

You help the forgiver be disidentified (i.e. to be a detached yet compassionately understanding and loving observer of their own sensations, feelings and thoughts). You faithfully watch over him/her as s/he creates a distance between their observing "self" and their "in-the-world self".

Sitting beside the forgiver reduces transference and countertransference.

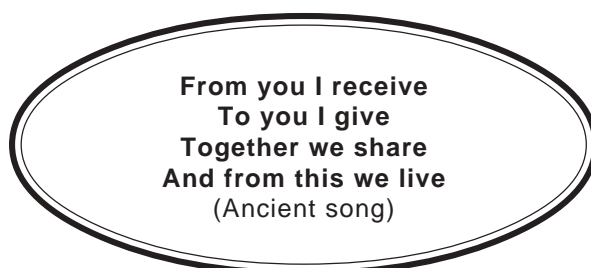
You remain identified with your own Soul, Higher Self, or Naphsha, unconditionally loving and supportive of the forgiver, yet firmly centred on the purpose of the forgiver to complete the forgiveness processes.

You help the forgiver to progressively lift their consciousness until they are identified with their Higher Self level of consciousness, **for it is here that forgiveness takes place**. You must hold the precious truth about the forgiver (and the one being forgiven!) - that s/he too is a Higher Self, capable of unconditional love and forgiveness - even when the connection with their Higher Self is temporarily weak or lost.

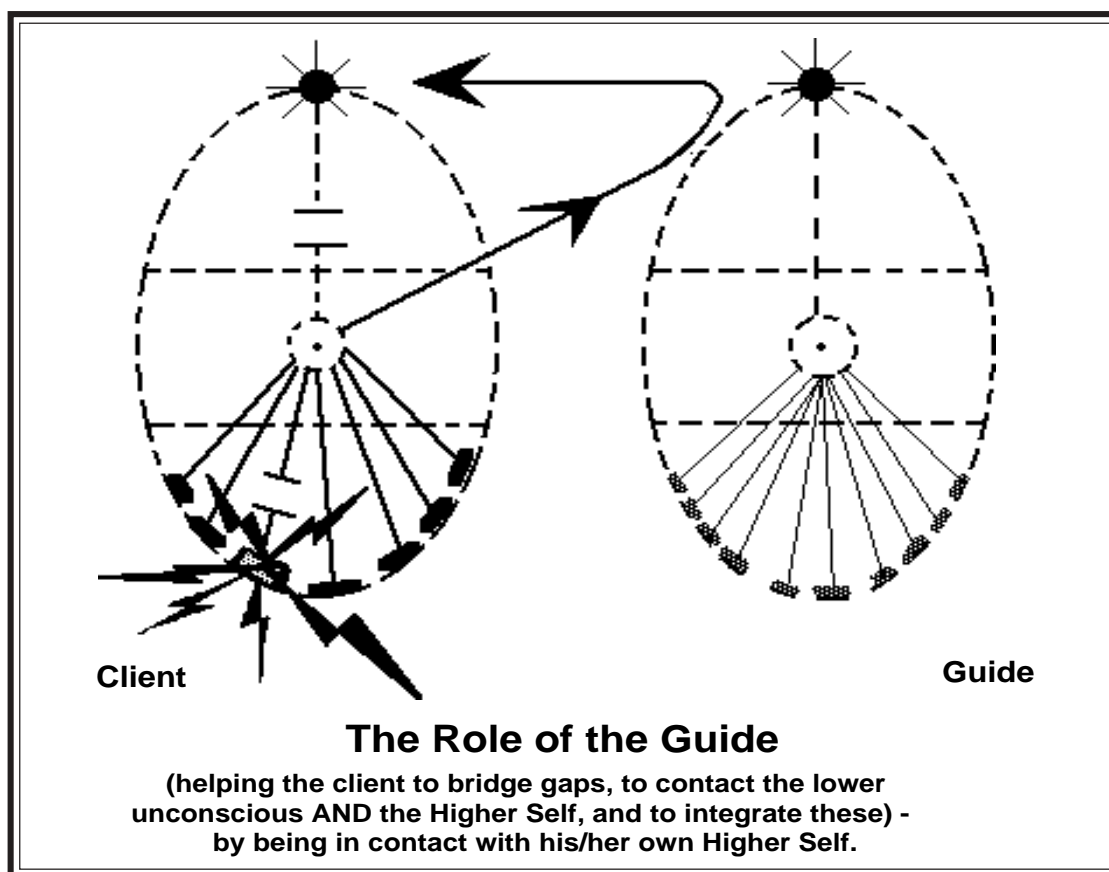
You help to evoke the Will of the forgiver - for example "Are you ready for the next step?" keeps the forgiver in charge of the process, enabling them to go at their own speed.

An important role is to help the forgiver, if they stumble on the way and want to back off from forgiveness. Sometimes this is because of a misunderstanding about the nature of forgiveness (see True and False Ideas about Forgiveness, page 4-6). Sometimes it is because they have not realised fully, or have forgotten, that to not forgive is to perpetuate their *own* suffering. They may need reminding.

You maintain an atmosphere of joyfulness and partnership. This work is amongst the most beautiful that anyone can do, and a great privilege. There is no need for it to be sorrowful or "hard work".



Sharing this work with another may give you a sense of awe, beauty, and humility. It certainly did for me.



Forgiving ourselves and Healing the Inner Child

I am indebted to Edith Stauffer for much of the following three sections, drawn from her book "Unconditional Love and Forgiveness".

HOW CAN ONE FORGIVE ONESELF? AND WHEN IS IT NECESSARY TO DO SO?

These questions can be answered on many levels. The answers can be applied in many different situations. "Clear seeing" is often needed to unearth these and bring them to light, because it is not always obvious to our usual way of "seeing". The results are well worth the effort.

First confusion which prevents clear seeing:-

"Bad actions are done by Bad People" rather than: "That person's needs are not being met, or were not met in childhood. They are showing their pain, their fear, and their need for love, by that behaviour".

When we do something we think is "wrong" or "bad", we think *we* are bad. We confuse the doer with the action. Psychosynthesis principles clearly separate out the doer from the behaviour. It is possible to disagree with the actions of a person and still continue to love him/her without seeing him/her as "a bad person".

People can be seen as capable of not only the behaviour that may currently disturb us, but also of kind loving actions in different circumstances.

Second confusion:-

"I am bad and unworthy." rather than "I am capable of being a loving, kind, happy, joyous etc., person".

A poor perception of oneself is an illusion, caused by temporarily inhibiting perception of the good in oneself. (i.e. omitting to use *Khooba* with respect to oneself). This poor self-image then acts as a filter which distorts all information coming to us about ourselves or others, and we become controlled in nearly all our actions by the illusions which arise from this.

Sometimes we are more kind and forgiving to a stranger, or a pet animal, than we are to ourselves. When this is true, it is an indication that we have work to do with regard to our self-image.

With a wiser perspective we can see ourselves more completely, and know that we have a lower unconscious which contains all of our history and skills learned to date, and we also have a higher unconscious which has stored all our latent talents and capacities: the resources and design of the higher Self for what we can yet become. The treasures from both these "storehouses" can be brought in to enrich our lives, and psychosynthesis has methods for doing this.

Third confusion:-

"Sin must be punished", rather than "Mistakes are for joyously learning from, for they are the *stepping stones* to Wisdom".

In ancient times the word which became our word "sin", simply meant "missing the mark" as an archer, and the implication was that the reason for being off target would be determined, a new aim was to be taken, and the process simply repeated, getting closer and closer to the desired goal each time.

In our Western culture's view, "sin" has acquired different connotations, which have slipped into the mass consciousness and continue to dominate our thinking below the level of awareness. To "make a mistake", to be "wrong", to "fail", to "sin", etc., have all become occasions for recrimination or punishment, guilt or self-denigration.

The total collective harm caused by this is incalculable.....

People can end up thinking there is no good in them, and they feel ruined for this life, if not also for the next one.... The incidents are gone over in the mind and get out of proportion. The guilt demands punishment, - or so we reason.

The "punishment" may be in the following forms:-

- 1. Depriving ourselves of adventures and privileges we rightfully enjoy. Holding back our own growth.**
- 2. Depriving ourselves of relationships which could enhance our lives.**
- 3. Depressing ourselves, or inhibiting**

our natural courage or other qualities.

4. Telling ourselves we have no right to live and wishing to die. Feeling we don't deserve.....health....life....happiness etc.

5. Developing an illness, physical , emotional, or mental.

6. Taking back a forgiveness we have done and starting to hurt ourselves again about what happened.

Sometimes we repressed the memory of our experiences of “missing the mark” without healing them. It may not have been the way we would have chosen to handle the problem if we had known a better way, but we really had not yet been trained in the skills of forgiveness, so we knew no other way. Hiding the memory by “forgetting” it may have been the only way we knew how to survive (the pain, or literally, physically).

Repression of these memories without healing them can lead to their effects continuing on *in our lower unconscious* instead of in our conscious minds. The same punishment goes on, but in unconsciousness. What happens then is that we tend to project the “punisher” out onto our environment, and “see” it there. It is “them out there” who hold us back and prevent us getting what we need. It is their fault.

This situation can persist for a long time, insidiously altering our bodies, feelings, thoughts, beliefs, behaviour, relationships, - in short, the whole texture of our lives.

One day, we may have an accident, or get symptoms, go to a doctor, have tests, and learn that we are suffering from a disease. This comes as a surprise! We have taken exercise, vitamins, healthy

food, been “good”, and not hurt anyone (only ourselves). We can even take this as further “proof” that Life is unfair.

RE-CHOOSING

When we allow ourselves to become conscious of these confusions, or errors in our perceptions, then we have a choice once more about doing something about it. Sometimes illness is a valuable clue that we need to examine our inner world and make adjustments. Then we can be grateful for the illness. What a paradox.....the illness that was first perceived as an “enemy” to be got rid of, sometimes becomes in reality a friend, a teacher, a guide, leading us back to the course in life preferred by our highest consciousness, our Higher Self.

Once we are conscious of our error(s), we need only regret the wrong long enough to decide to learn the lesson which the mistake can teach us.

The next step is to allow healing of our stress to come from the Higher Self, which is the origin of health and healing within us. When we hold ourselves open to the transpersonal attitude of unconditional love and forgiveness, the Higher Self can and does pour its healing energies into our bodies, emotions, and minds. All healing comes from within ultimately, - without this miracle no doctor or surgeon would ever make a living...

We do NOT have to stay in the punishing or lamenting space into which the confusions and misperceptions outlined above have led us.

We can learn from our experience, see our role in the situation in wiser and more compassionate perspective, and use our Will to discontinue unproductive perceptions, decisions, and behaviours. We can allow the natural healing energy of the Higher Self to restore us to perfect balance once again.

Your ideas:

The Will to live and Purpose for living

The Higher Self knows everything we have done, thought, or said. Psychosynthesis has unique processes for stimulating the will and for the wise use of material from our lower unconscious, where our history is recorded, and from our higher unconscious, where our potential resides. It (the Higher Self) also knows our true purpose for living. Since the will-to-live is well-known to be the number-one factor in recovery from serious illness, it is important that the person addresses the questions: "Do I have unfulfilled purposes?", "Am I willing to find a new purpose for living?", "For what do I will to live?"

A person who has become ill may not be fully involved in serving the needs of others. Their work may be of serving others, but they may not have their will totally involved in the serving process. Or because their work does not involve their unique talents and abilities, they may be going through the outer motions of serving without being "heart and soul" involved in it. Resentment can creep in, sapping essential vitality...

FORGIVING OURSELVES, BOTH AS ADULTS AND AS CHILDREN CONTRIBUTES TO THE HEALING PROCESS AND TO HEALTH MAINTENANCE.

NOT FORGIVING IS TO CONTINUE THE ABUSE OF THE INNER CHILD WITHIN US. THE CHILD NEEDS YOU TO SET LOVE FREE TO FLOW AGAIN. NOT FORGIVING OUR-

SELVES, OR TAKING BACK FORGIVENESS AFTER IT HAS BEEN DONE , CAN HELP TO SET THE SCENE FOR DISEASE OR IMPAIRED HEALING.

Getting the information:

The "part of the mind that knows all about the person" can be asked to take them back to the incident(s) which "caused" the disease. This is not a thinking process using the intellect. It is allowing that part of us that is above the mental level to be in charge of the process. It is surprising how often the mind will locate precisely the incident(s), GIVEN AN APPROPRIATE, LOVING ATMOSPHERE, AND ENOUGH TIME.

Or, the Self can lovingly invite forth an image which represents the disease, or the part of them which is responsible for the disease. Using a special gestalt technique of then 'becoming' that part or image, they can address the Self, say what the unmet needs are, and 'show' the Self on an imaginary video screen all the incidents which have contributed to the disease. (This is part of a process called "Embracing Disease as Teacher")

Almost without exception, the incidents reported are those where one feels guilt for what one has done or allowed others to do, or where one is holding hate or resentment against oneself or another person or persons.

Often, as one follows the thread of incidents "shown" in this way backwards through the person's life, it leads to a particularly significant incident as a child.

Healing the Inner Child

As a child, one usually had no choice or no power to prevent what happened. In such situations, the child nevertheless often blames him/herself for what others did. The child may "swallow" the false guilt that s/he could not prevent the incident(s), and the associated anger, fear, grief, outrage etc. The sense of outrage may lead to hopes or thoughts of harm to the perpetrator, but there is also guilt about harbouring such thoughts.

For example, a child is molested by a relative living in the home. The child knows it is not right, but feels caught in the situation. Never telling anyone, keeping the dark secret, the sense of guilt may be held, even repressed out of awareness, for thirty or forty years. The damage continues, however, at unconscious levels. The underlying negative emo-

tion, *the false guilt*, affects every level of the person's existence.

Often when children feel this bad, they may have wished to die (as adults can also).

Sometimes their lives are at risk if they tell anyone. They may become obsessed with the thought of dying. Death may appear to them better than what they are experiencing. They may even feel that they should die for what happened, believing themselves to be "bad" - or how could such things have happened to them?

Feeling that the love of the parent(s) will be lost if they were to find out what has been happening, they can also come to feel unworthy of love.

Such a deep unconscious wish to die, with images of dying, and/or feeling that one should not have been born, can often be found in persons suffering severe and life-threatening illness...

In re-viewing this incident which "caused" the disease, from the position of the Self, the person will often now see the incident in a different light. They can see how helpless they were at the time it happened, and that they had no responsibility for what happened.

In creative imagination, they can "move into" the scene with all the wisdom, strength, and love of the Higher Self, to heal the child in them. They can say to the child-they-were exactly what they needed to hear as that child, and act out the loving hug or gesture that would have been what the child needed then. The child can be told that they are loved just as they were then.

The Self can then create in the imagination a day for the Inner Child which exactly fulfils the needs that were unmet then.

The Healed Inner Child is then returned to the scene with all the resources thus given, and the scene recreated exactly how they would have preferred. With this fundamental new energy in their psyche, all the other incidents which followed can be "re-scripted" with satisfactory outcomes.

Now, in the memory bank, are stored more balanced energies from which the person can draw in future.

The life-review that this process leads forth, also shows all the incidents where the person is holding hate or resentment of others. The next step is to use the Forgiveness of Others Process to forgive the menacing adult(s) and others who molested, injured, or offended them.

There may be associated or unrelated incidents where the person realises that they did not live up to their own expectations of themselves, and the Self-Forgiveness of the Personality Process will be used.

Sometimes, when sore pressed, a person can create an illness or death wish upon someone who has harmed them. But this goes against the will of the Deep Self, and creates a deep inner conflict or tension, that can only be resolved by the process of self-forgiveness.

Sometimes the person is also still very angry at Life, or "God" (their image of "God"), and "Forgiving Life, or God" (using the Forgiveness of Others Process), and then oneself for hating "God", (!), is needed to fully restore the flow of life and love energies. It can be very enlightening for one who feels this, to role-play "God" and speak to themselves from God's perspective, as they engage in a gestalt psychodrama between themselves and "God", as a lead-in to their forgiveness of "God".

Completing these processes can produce very great relief, - and fundamental changes in the way a person is in the world, and in their ability to self-heal. The full potential of these approaches has not yet been fully explored, and research is needed to document the many ways people apply these principles to each individual's life-situations.

A guide (therapist) with experience in these methods can greatly assist a person through this phase of self-healing and may be needed in case of difficulty, until the skills are second nature.

Ideas for the way of healing of the Inner Child in the forgiveness process were originally stimulated by Dr. Milton Ericson.

Your own thoughts:

Self Forgiveness Process

Basic version

Drawn from an exercise created by Edith Stauffer. A good introduction to the process.

1. Start sitting on a chair, on the floor or kneeling. Quiet yourself, be aware of your breathing. Then reach up in consciousness and ask the Higher Self to forgive you for...(whatever you seek forgiveness for).....

(Initially it can be wise to start with only ONE thing until you get used to the process),

2. Next stand up, and with the eyes closed imagine yourself as the Higher Self looking down on your personal self. As the Higher Self identify with compassion — unconditional love — understanding — patience — feel these qualities as the Higher Self, and send these qualities to the personal self.

3. Speak to the personal self, assuring him or her you do forgive what they have asked forgiveness for.

4. The personal self waits to see if the Higher Self wishes to say more to the personal self.

5. When the Higher Self has finished speaking to the personal self, the forgiver returns to the first position and spends time receiving and absorbing the forgiveness and love.

Group Use.

The above exercise can be used for one person. Edith Stauffer describes how it can also be done with 20-50 people at once in a large room where each can feel some privacy.

In such a case the facilitator has each person list ONE thing they want to be forgiveness for.

The facilitator demonstrates the steps in self-forgiveness using another person or him or herself.

The facilitator gives the directions to the whole group at the same time. Each person finds a place where they can hear the directions. Usually facing a wall is best. This gives more privacy (as it is helpful to whisper or make a low sound, rather than thinking the words in one's own head only).

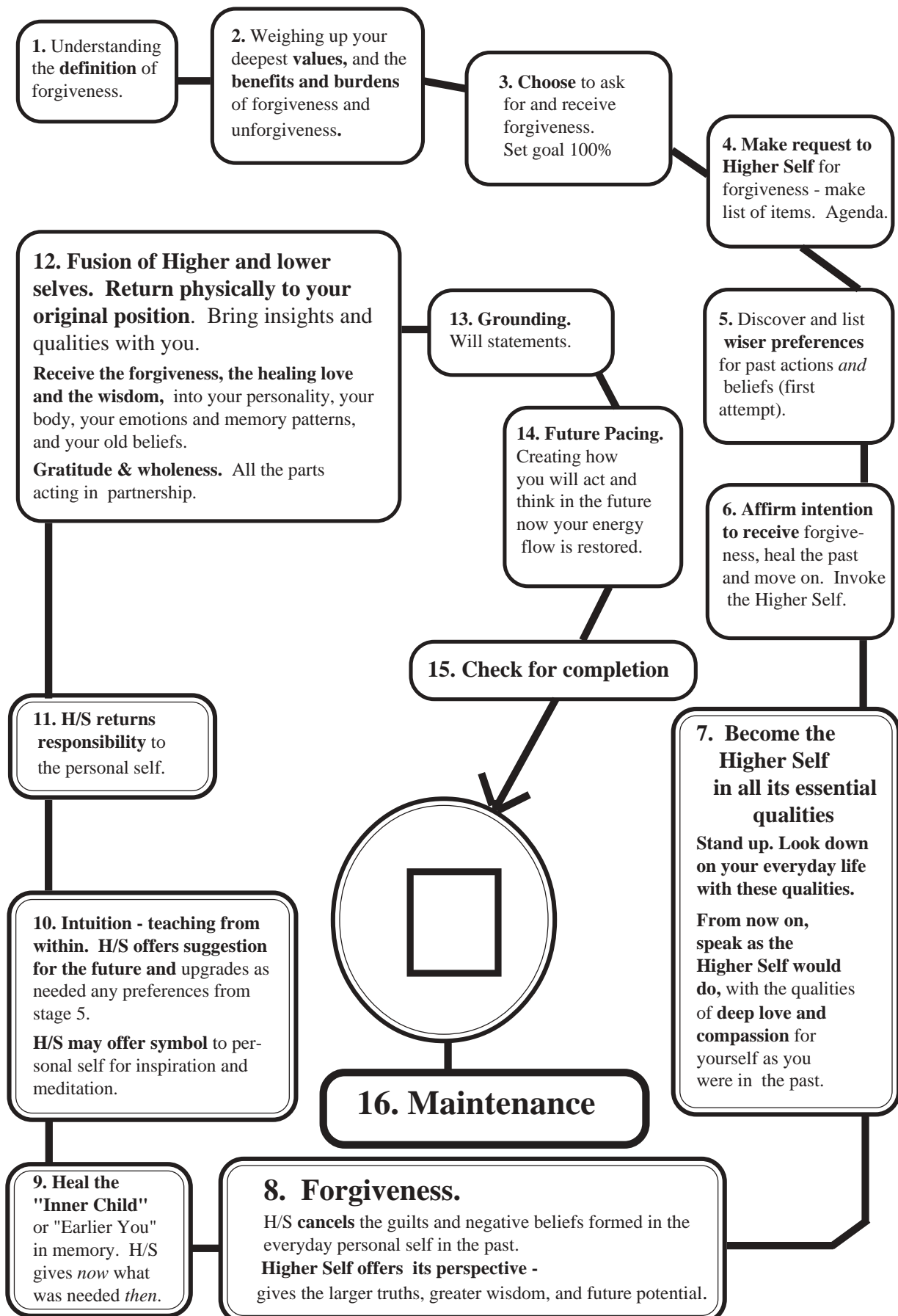
The facilitator goes through the directions as above, giving plenty of time for each step. The facilitator can ask "If you need more time please raise your hand. When you are complete, lower it." Those needing more time can be given it until all the group is ready to go on. The facilitator thus ensures that all have completed each step before moving on to the next.

Discuss the process. Were they able to experience the forgiveness to completion? If some have difficulty, let the group share in the discussion of what happened and how it might be overcome.

If time affords they could go out of the room and go through the experience on their own, say being given 30 minutes to do that. They are to return to the main room to discuss their experiences after that time.

If you need greater depth and detail use the longer version, next.

Process of Self-Forgiveness - key words and steps



Self-Forgiveness Process

More detailed version

To review some of the faulty conditions in the mind that may need the **Self-Forgiveness-of-the-personality Process** Refer back to the list on page 21

STEP 1. UNDERSTANDING THE DEFINITION.

GUIDE, REMIND THE FORGIVER THAT:

Forgiveness is the cancellation of the conditions in the mind that are blocking the full flow of love or Life Energy, independently of the behaviour of others. It is a free personal choice and act of will.

It can also be seen as the process of (i) reconnecting with the best in you, (ii) invoking the best in you, (iii) becoming the best in you, (iv) expressing the best in you. It is truly the act of becoming one's Self. Your willingness to invoke your Self and to receive Its gifts is all that counts.

The personality can and must initiate the process by choosing and willing it, but the Higher Self is the **source** of the qualities and energies needed. Our emotional and intellectual parts do not seem able to forgive completely without bringing in the spiritual level of our consciousness. Forgiveness involves our total being. It is also very much easier and lighter if you adopt the mind-set of looking for the errors in your mind in order to self-correct *with joy!*

THE **FORGIVER** should speak this process aloud and the GUIDE can write out the key personal parts, or, if alone, the FORGIVER should speak and write it out to bring it into the body. It can be helpful for those who grew up with a different language than English to put the whole process back into their natural language. This can have profound effects. Compare the two to find out which works best for you.

STEP 2. MOBILISING THE WILL. WEIGHING UP YOUR VALUES, THE BENEFITS OF FORGIVENESS AND THE BURDENS OF THE CONTINUED UNFORGIVING STATE.

GUIDE, ask the FORGIVER to be seated, on the ground or a chair.

GUIDE: " Identify with the personal self, and the qualities of choice and will, of being responsible for, and in charge of, your life. Become aware of your values , and the purpose of this activity. Which of the following best fits your motivation? Speak them out and ask yourself if you are blocked to any of them".

FORGIVER, say or write, and test out your reaction to these phrases, which have been useful to others.

• I value my healing - physical, emotional, mental, and spiritual, - **more than** ill-health in any of those areas.

(the word "spiritual" is used here to mean unfolding the very best in your development, and your relationships as a human being from the invisible, intangible realms to the visible and tangible world of everyday life)

• I value **compassionate self-forgiveness and joyful self-correction** of all the blocks to love and life energy in my mind, to relieve my inner distress and get back on course for my life, - **more than** continued guilt, self-damaging thought or behaviour, or being 'off track' for my life in any other way. (or:- "**More than** continuing to feel false guilt." (if this applies))

• I value establishing the flow of love and joy through me again - **more than** continuing their blockage any longer.

• I value Joy **more than** joylessness,...

• love **more than** hate or bitterness,....

• Becoming receptive to love **more than** blocking it out,...

• Being well **more than** being ill,...

• Feeling dignified (worthwhile) **more than** feeling worthless,...

• Being creative **more than** being blocked,...

• Freedom **more than** being imprisoned, marinating in my own emotional and mental negativity,...

• Moving on **more than** staying stuck

• Harmony **more than** disharmony,...

• Cooperation **more than** separation and destructive competition,...

• Inner Peace **more than** irritation and imperil.

("Imperil" describes the physical effects in your body of negative emotions - for example, hypertension, muscle tension and postural imbalance, accidents, free radical proliferation and tissue degeneration, altered immune response, poor digestive processes etc).

Then create a phrase or phrases which will be most meaningful for you:-

"I value (or, "I am committed to...", if that works better for you)**x**.....**more than****y**....."

WEIGHING BENEFITS AND BURDENS:

FORGIVER: "The benefits of self-forgiveness could be.....

1.

2.

3.

ETC.

The burdens of continued unforgiveness include.....

1.

2.

3.

ETC.

Do you want benefits or burdens? There is a choice to be made — by you.

STEP 3. CHOICE AND DECISION

FORGIVER:

" I do have a choice. I do have a will. I am tired of the burdens and pain being caused to myself and others. I therefore choose and will to do the Self-forgiveness process COMFORTABLY, JOYFULLY AND COMPLETELY, and that is my goal now"

STEP 4. REQUEST TO THE HIGHER SELF

GUIDE: "Now you can “look up” in your mind’s eye towards the Higher Self, the Naphsha, Deep Self, Soul, Wise Person Within, Transpersonal Self, or True Self (use the words with which you are most comfortable). Address your Higher Self asking for help with whatever it is that you feel badly about".

FORGIVER:

“Dear Higher Self, I ask forgiveness for.....”

Specify the errors-in-the-mind or in behaviour for which you are seeking help and forgiveness. Check from the list (page 21) of occasions for self-forgiveness if you are having difficulty in “seeing” some of the less obvious areas for self-forgiveness that are so much needed nowadays.

Your list is likely to include ways of thinking as well as ways of behaving. You can do this very completely all at once, or over several days. Write, or your guide can write, what these are, leaving a space between each.

Cont.

STEP 5. DISCOVER AND LIST PREFERENCES FOR YOUR PAST BELIEFS AND ACTIONS.

When the list is complete, GUIDE prompts the FORGIVER to say:-

FORGIVER:

“As I look back now, I realise that I would have preferred to have believed, (thought, said, or done) the following....”

Into the spaces you left between each item, for each of your previous statements insert whatever would have been the preferred most wise, loving, or skilful behaviour, carried out with inner strength. Make sure that these statements are positive pictures, free of elements of judgemental criticism.

Examples:- “I would have preferred that I had maintained love and goodwill towards....x...by doing ..y.. instead of wishing them harm or telling others bad things about them”, or: “I would have preferred to have believed that I was a worthwhile person”

STEP 6. AFFIRM INTENTION TO RECEIVE FORGIVENESS, HEAL THE PAST, AND MOVE ON.

FORGIVER:

“I now will to heal the effects of all this. I am tired of the pain and burden being caused. (repeat this if it helps increase intention) I have had enough of being uncomfortable about all this. I am choosing to be free again and I ask for forgiveness to heal all this.”

STEP 7. IDENTIFYING WITH THE HIGHER SELF REALITY. EMBODYING THE QUALITIES OF THE HIGHER SELF.

GUIDE: "Now move; stand up, move physically into the “space” of the Higher Self (gestalt technique), and begin to “lift up your consciousness” and identify with the **QUALITIES** of the Higher Self - E.G. Patience, courage, acceptance, compassion, wisdom, unconditional love, forgiveness, dignity, peace, deep knowing of what is best for all concerned, ability to see the whole, the sweep of history, the interconnectedness of everything,... This is important."

Be aware that there is within each person a source of these qualities - you have seen it in others. Know that it is in you too, and your decision and intention to express these qualities calls them forth from within you, more and more each time you choose to do so. You are building a bridge, or channel, to your Higher Self, which is the *source or origin* of these qualities within you. Do not be discouraged or criticise yourself if you do not get a “good enough feeling” or even clear visualisations during this exercise. The qualities you invoke *will* come through you into your life in the next few days if you invite them in and *are willing to express them*. It can be surprisingly easy and natural.

GUIDE: "Feel these qualities in yourself and with these qualities, look down upon your personal self, living life in the field of learning and experience".

If you are still emotional, upset, critical, judgemental, etc., then you are not fully enough identified with your Higher Self, which is never any of these. If this happens, adopt the following steps:-

(i) You can exaggerate the behaviour for a time, until you are really tired of it. Most commonly it is of the self-critical, saboteur, victim, or helpless/confused patterns (see page 87). Then:-

(ii) consciously disidentify or separate off from that behaviour (it's not the real you, only a past conditioning) and move physically back or higher, e.g. onto a chair, then if necessary onto a table, up a storey, on top of the building, onto a hill, mountain, or even up in a helicopter or plane! Get a higher view, a bigger perspective. Again identify with the qualities of the Higher Self which do lie deep within you, as in everyone.

Some people can also do this in imagination just as effectively, or imagine their Higher Self as if on a cloud, and then move up in their imagination to become the Higher Self on the cloud, looking down on their personal self in the arena of experience. This way could be needed for one who could not physically move because of a disability.

Eventually you will find that you can identify with these qualities. Physically moving higher, to symbolise leaving at a lower level the subpersonality or emotional patterns, and reaching higher in your consciousness, works. Call it "psychological mountain climbing" - the air is clearer and you can see further. You can test this out for yourself. You can also include imagining yourself like a person or persons who have these qualities, then more so.

GUIDE: "Now you are able to look down at the personal self, (and the critical part, or other subpersonalities involved, if they are there) and, indeed, at the whole personality and all its history, background, connections, and future possibilities. You can see how life is a learning ground. You were not your wrong or bad past actions, you were a person experiencing lessons in life. Nothing that you did in the past or do in the future can really negate the existence of the love of your Higher Self. Mistakes are but the stepping stones to wisdom".

Eventually you will reach the right physical and psychological "height", and will be able to speak as the Higher Self would speak, with wisdom, compassion, love, and understanding. The flow of such inspiration can often be started by:-

STEP 8. FORGIVENESS, CANCELLATION.

FORGIVER:

(SPEAKING AS THE HIGHER SELF, WITH GREAT GENTLENESS, COMPASSION, WISDOM, LOVE AND UNDERSTANDING)

"Dear (use your name)....I do love you and I really do forgive you. I understand how it was for you in the past. You did the best you could at the time. And I love you just the same, no matter what happened...."

Open the gates and allow the love through you to the personality, through all its past experiences, from conception or birth if necessary, right through the still hurting experiences of childhood, adolescence, and adulthood.

Sometimes you will access a stream of compassionate inspiration and know what to say to the personality. There is no need to struggle to *think* what to say - sometimes there is simply a silent flow of love energy and understanding. The following sentence often helps to establish this flow.

FORGIVER (AS HIGHER SELF):

“Yes, it’s true that you didn’t always do the wisest things,....the most loving things,..... or the most courageous things,..... but I love you just the same - no matter what....”

Always the words spoken by the Higher Self have great simplicity, love, and truth, never sarcasm or judgemental criticism. What is discovered from the Higher Self from now on is often a new and more enlightened way of acting in similar situations in the future.

FORGIVER (AS HIGHER SELF):

“In forgiving you I am now cancelling all the guilts, and negative beliefs that became set in your mind in the past, blocking the flow of love.”

These would be the different guilts, expectations, demands, negative or critical beliefs, vengeful or destructive thoughts, etc. Use the words that fit the situation best. (Note how negative beliefs or guilts arose at times when our needs were not met. They are only *partial truths* about the world seen through the filter of our experience at the time. "Enlightenment," however, has been described as "the capacity to no longer confuse a partial truth for the whole truth").

GUIDE, note that STEPS 9 and 10 may flow in and out of each other, and you will use your intuition to guide you. Sometimes the focus will be more upon Healing the Inner Child ,or Forgiver as "Earlier You" (STEP 9) before the belief systems can be changed. At other times, the emphasis will be simply on changing old beliefs (STEP 10).

STEP 9. HEALING THE INNER CHILD (if this fits).

GUIDE: "You may want to engage in the Healing the Inner Child Process at this stage. If so, see one of the most important of your memory’s pictures of the past, chosen for you now by your Higher Self, as the love of the Higher Self, like a pair of loving hands or a very loving being, reaches into the picture, and draws the child away to one side, away from the scene of pain. The Love of the Higher Self holds the ...□..., perhaps even cradles ...□... in those Loving Hands, in just the way ...□... needed then. The love of the Higher Self flows into the child and brings all the hurt and bad feelings to peace. The Love gives *now* what was needed *then*. Take all the time you need. Only when the child signals that he/she is ready, then watch how gently the Higher Self places the child back into the picture, back into the memory, healed and at peace.

This can be done for all the scenes of the Earlier You at any age right up to the present time. Let your Higher Self show you in sequence all the memories that It knows need

to be healed in this way. You have all the time you need. Let me know if you need me to give you the instructions each time. or if you prefer me to keep silent."

NOTE ABOUT RECREATING A POSITIVE CHILDHOOD:

Sometimes, if the incident was extremely traumatic, it is wise to invite the Higher Self to take the child away for all the time that is needed to create in some detail in the imagination exactly the kind of events that would have met the Child's needs perfectly. This offers the GUIDE an opportunity to work creatively in partnership with the Higher Consciousness of the FORGIVER, using the symbolism that comes up. Example: "See ...□... now being given the kind of day that would have been just right for her. See how the Higher Self takes her off for an interesting and exciting day, and shows her really beautiful and wonderful things, which strengthen her inner beauty and bring it forth. Describe something of this day. Watch how the Higher Self from time to time offers her just the kind of food she really loves and that goes inside and *strengthens* her in all the places that need strengthening. Find out what kind of refreshments are offered, to *cleanse* and wash away the old hurt, to *refresh, heal* and *purify*...."

Note that these kinds of sentences are non-specific - i.e. the *opposite* of the preference statements used elsewhere in the forgiveness processes, which are to be very specific. Non-specific phrases offer the FORGIVER maximum opportunity to elaborate functional patterns from the gifts offered intuitively by the Higher Self.

STEP 10. INTUITION - TEACHING FROM WITHIN.

GUIDE: "You may like to choose to bring each of the actions, beliefs and mind-sets for which forgiveness is being sought into the light of the wisdom and compassionate understanding of the Higher Self".

The GUIDE brings each of the items for forgiveness obtained in Step 4 up for the Higher Self to review and offer wisdom, and further improvements over the preferences obtained in Step 5.

As an example:-

GUIDE: "...□... came to believe he was unworthy. What is the Soul's perspective on this?"

HIGHER SELF: "I cancel your belief that you are not a worthy person, which was the decision you came to because of this incident. I offer you the truth - which is that you are a unique, capable, loving, and lovable human being."

Or:-

GUIDE: "...□... came to make a death wish upon herself".

HIGHER SELF: "I cancel your guilt about harbouring a death wish on....., and I offer you the capacity to forgive and love without conditions, to see their unmet needs, their cry for help and for love, to see the good in them and yourself, and want the best for them and the relationship. The Truth is that you are capable of doing this and can learn to do it".

The personal self may need to hear the Higher Self's forgiveness (cancellation) and perspective on each of the issues raised in Step 4. It usually takes the form of a great flow of love, and words such as (the GUIDE might prompt by offering these).

FORGIVER (AS HIGHER SELF) (these kind of phrases help the flow to begin):

**"I cancel your guilt (or bad feelings) about....
I cancel your belief that.....
I cancel your tendency to....
The Truth is.....,
In the future you could,
In the future you can learn to you can choose to**

The GUIDE and the FORGIVER will have to choose or adapt to find what is appropriate. The wiser perspectives of the Higher Self become known through such sentences. The FORGIVER transmits compassionate wisdom to the younger self.

GUIDE,

1. RECORD VALUABLE INSIGHTS, AND ANY UPGRADES OF THE PREFERENCES FOR WISER BEHAVIOURS AND BELIEFS THAT WERE OBTAINED IN STEP 5.
2. FROM TIME TO TIME CHECK FOR RECEPTIVITY:

GUIDE, Ask the **FORGIVER**, who is now identified with the Higher Self looking down on the personal self: **"AS YOU LOOK DOWN ON ...□... Does he/she have the willingness and openness to accept the love and forgiveness? If not , can you offer guidance as to how that resistance can be overcome?"**.

During this stage the FORGIVER often comes to realise deeply that what we have called "the errors in the mind which block love" have simply been times when goals and mind-sets were allowed to be set in the mind by the lower levels of consciousness - by subpersonalities that were hurting, or by emotional reactions at times when needs were not being met. Now the FORGIVER is realigning goals with those of the highest level of consciousness, the Higher, Transpersonal Self, or Soul.

GUIDE: "Continue to send that love and compassion to the personal self and/or child that you were. Feel it flowing through you as the Higher Self to your personal self".

"Does the Higher Self have a gift for ...□...? This can be a scene, a symbol, a word, or just a flow of the quality into the forgiver which will convey that love, - or *other quality needed in the forgiver's life situation at this time* . (e.g. courage, clarity, confidence, faith, gratitude, unconditional love, trust, hope..... etc.)

"Does the Higher Self have any further ideas to be offered to the personal self. Is there anything else that he/she needs to know and hear at this time?"

GUIDE, RECORD THESE.

STEP 11.

RESPONSIBILITY RETURNED TO THE PERSONAL SELF.

FORGIVER (AS HIGHER SELF):

"I now give you back responsibility again for the way you lead your life. I send you all love now, without conditions, to nurture you on your path."

STEP 12.

THE FUSION OF PERSONAL REALITY WITH HIGHER SELF REALITY. SELF-HEALING.

GUIDE: "Now return to the "place" of the personal self and sit down. Take enough time now to receive the forgiveness and love, and the symbol if there was one, and

for letting it all come into your body, your feelings, and mind,

As in the Forgiveness-of-others process, you receive the healing love physically by inviting the love like a gentle, soothing, warm ray of light to the areas of your body wherever you have felt pain, tension, or disease, then smoothly overflowing it to the whole body. (You could follow the long version as on page 75 if you wish). **Be aware of the wholeness and synthesis of the tiniest cells, the organs, the systems.**

Imagine all the parts working together in a right and harmonious relationship. See you body healthy, engaged in happy, useful service.

If you have a medical condition, overflow this gentle healing love in a general way to others who have it also. Imagine the healing love circulating — both in you and to others.

If the Higher Self gave one, place the symbol somewhere appropriate. Perhaps be prepared to make a sketch or painting of it later. Put it where you can see it often. This can help to anchor the psychological energies carried by the symbol.

GUIDE: "Now receive the healing of the emotional nature by again reviewing the pictures from the past and seeing the love flow into the person-you-were through the loving hands of the Higher Self. The Higher Self goes to the "you" in those pictures one by one. As a very loving pair of hands or loving being it draws you aside from the painful scenes to do this, holding you in the way you needed then, until it is all brought to peace, and you watch how gently it places the you-as-you-were-then back into the picture, back in the memory, healed.

Now receive the healing of the mind by accepting the cancellation of each of the old mind-sets that were blocking the flow of love and joy, and *even more important, their replacement by the more positive ones offered by the Higher Self*. To use the symbol of the jig-saw puzzle tilted off the tray, the pieces falling to the ground, separating, softening so they cannot go back the way they were, being cleansed before returning as fresh "mind-space", to be used with the wisdom and compassionate understanding of the Higher Self to create wiser patterns, can be very effective here. It represents old negative patterns of the mind being broken up, softened and cleansed before being returned to the personal self, with its free will, to be used by the mind to make wiser patterns. You are realigning your personality goals and attitudes with those of the highest levels of your consciousness.

See the new beliefs and patterns take up the shape of a SYMBOL that you are given by the Higher Self. This could be the same as the one already given or a new one for these beliefs. Imagine this SYMBOL going into your mind to continue its constructive work.

Let yourself realise that this Step is now complete. You are free to move on from these experiences. They need no longer condition your thinking or behaviour in the future. You may even already experience a joyful sense of deep relief, or a release physically. You may want to send gratitude to your Higher Self, this part of your consciousness that has these possibilities stored within it, waiting for you to evoke them".

Many people can feel the energy shifts that occur in their bodies as they receive the love and forgiveness from the Higher Self, and a new sense of wonder at the beauty and complexity of themselves as a human being.

STEP 13. GROUNDING. THE WILL STATEMENT.

FORGIVER, say or write:

“I will to keep this change in me intact.”

This is a commitment to *vigilance*, to keeping this wisdom and this learning, - and to using them in everyday life to remember (a) how to avoid similar error, (b) how to think, feel, and act more lovingly, wisely, and with more inner strength, instead of the old patterns.

You may want to add a *commitment* to practising each of the beneficial mindsets independently of the behaviour of others or outer circumstances (inner peace and restful poise even when harassed, giving attention and energy to the good in self, others, and situations, looking for the true needs of yourself and others, and trying to meet them, looking for the errors in your mind and self-correcting joyfully, working towards what is fairest for all, seeing the whole - the broad perspective and interconnectedness of everything.) We often need to re-mind ourselves of these!

STEP 14. CREATING THE FUTURE REALITY.

GUIDE: “Future pace” yourself: Move into the future now, into some real-life situations. Imagine how you will now be as you act out of this new pattern - at work, at home, wherever, seeing yourself expressing this love, wisdom, and inner strength. See how your eyes look,... how you move,... how you now choose your words to speak, and how you might write. You no longer have any negative beliefs or patterns of reaction.

This is an active, creative stage, imagining the future you as you design him/her. How do you like what you see? Are there any refinements you want to make?

Meditating upon, or drawing/painting the symbol and placing it where you can see it often, will reinforce the psychological energy it carries for you.

After doing the self-forgiveness process you may now find it easier to forgive any others whom before you found difficulty in forgiving".

STEP 15. CHECKING FOR COMPLETENESS

GUIDE, You can now check for completeness either

(i) by muscle-testing the FORGIVER for the phrases:

"I love myself. I love my body. I love my emotional nature. I love my mind."

"I love life. Life is a celebration!"

"I love what I do" (meaning "I can put Love into whatever I do.")

(ii) by the way the FORGIVER feels - or by the hand-writing.

(iii) You may often find that after a Self-forgiveness Process the Forgiveness has overflowed into many of the other relationships as demonstrated by the muscle-testing.

STEP 16. MAINTENANCE.

FORGIVER:

" I WILL TO KEEP THIS CHANGE IN ME INTACT."

The price of freedom is eternal vigilance.

Ends.

I love My Self

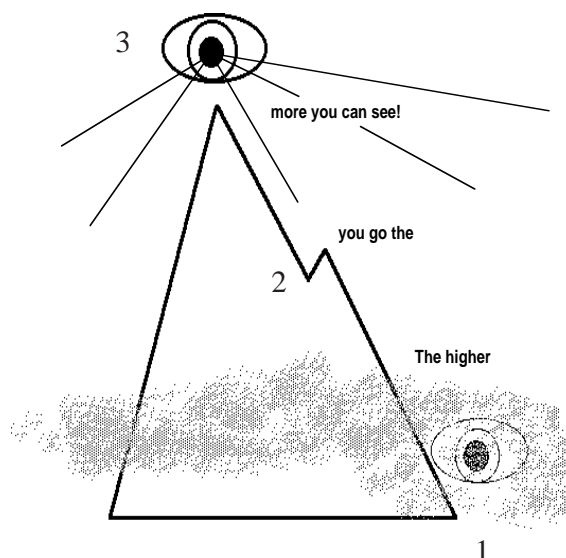
from "Loving yourself" tape by Louise Hay. Music by Jay Josefs.

I love my Self the way I am
there's nothing I need to change.
I'll always be the perfect Me,
there's nothing to rearrange.
I'm beautiful and capable
of being the best me I can.
And I love my Self,
just the way I am.

I love You just the way you are,
there's nothing you need to do.
When I feel the love inside myself,
it's easy to love You.
Behind your fears, your rage and tears,
I see Your shining star.
And I love you, just the way You are.

I love the world the way it is,
'cos I can clearly see,
that all the things I judge are done
by people just like me.
So till the birth of peace on earth,
that only love can bring,
I'll help it grow by loving everything.

I love my Self the way I am,
and still I want to grow.
But change outside can only come
when deep inside I know
I'm beautiful and capable
of being the best me I can,
and I love my Self,
just the way I am.
I love my Self
just the way I am.



May the love we share

May the Love we share
Spread its wings
Fly across the earth
And bring new joy
To every soul
That is alive.

May the blessing
Of your Grace and Love
Shine on every one
And may we all
See the Light within
Within,.... within....

Self Forgiveness - a summary

1. Your deepest values are your source of strength. Say:-

(a) “I value my healing - physical, emotional, mental, and spiritual - more than ill-health in any of those areas.”

(b) “I value compassionate self-forgiveness and joyful self-correction of the errors in my mind, to relieve my inner distress and get back on course for my life - more than continued guilt, self-criticism or any other form of self damage. Or:- More than continuing to feel false guilt.” (if that applies)

(c) “I value establishing the flow of love and joy through me again - more than continuing its blockage any longer.”

(d) “I value joy more than joylessness and regret, love more than bitterness, being well more than being ill, being creative more than being blocked, being dignified more than feeling worthless, Inner Peace more than irritation and imperil”...etc.

As personal self address your Higher Self:-

“Dear Higher Self, I ask forgiveness for....”

specify and record the errors in the mind or in behaviour for which you are seeking forgiveness. Leave spaces for the preferences, next:-

“As I look back now, I see I would have preferred I had.....”

outline the wiser, more loving options carries out with inner strength.

“I will to heal the effects of these incidents. I am tired of the pain and burden being caused. I am tired of feeling uncomfortable about this. I am choosing to be free again, and I ask for forgiveness to heal all this.”

2. Move upwards physically, stand, on chair if need be. As Higher Self address your personal self:-

“Dear....(use your name).... I do forgive you and I really do love you. I understand how it was for you then. You did the best you could at the time. I love you just the same.”

“In forgiving you I am now cancelling the guilts and negative beliefs that got set in your mind at those times, blocking the flow of love.” (Specify the negative conditions or beliefs and wiser more loving possibilities)

“I send you all love now, without conditions, to nurture you on your path through life.”

Let the love flow through to the personality. Healing the Inner Child and Younger You Process. Is the personal self willing to receive the love and forgiveness? What is lacking to heal this block if it is present? The Higher Self shows the way - if truly invited in. Send symbol, gift, or idea for the personal self to use to help it at this time, if such is forthcoming. Honouring free will comes next:-

“I again give you responsibility for the way you lead your life.”

3. Return to the earlier level, the “ordinary” world, and identify with the personal self. Receive the forgiveness and love, physically, emotionally, and mentally. The negatives are cancelled, the loveflow restored. Grounding is next:-

“I will to keep this change in me intact.”

Gratitude. Sense of wholeness. *Vigilance and future pacing* the changes in daily life.

The Commonest Obstacles to the Forgiveness Processes - especially the Self-Forgiveness Process

There are four subpersonalities (the gang of four!) which if overdeveloped and unbalanced by their opposites in a person's psyche can cause difficulty. These are:-

The Inner Critic, the Inner Saboteur, the Inner Victim, and the Inner Depressor. Each is an expression of a time of an unmet need, usually in childhood - for approval, for security, for love, for upliftment and encouragement respectively.

The forgiveness processes as currently set out can usually take care of these obstacles, and help to heal them. You must climb above the limited perspectives of these subpersonalities, to the transpersonal level of your being. If you get stuck, go back to the values statement at the beginning, and you will access your higher will, enabling you to go on.

Approving of yourself for doing this work will start the flow of love and appreciation, as an antidote for excessive self-denigration. Realising that you cannot grow without taking some risks will help to counteract the sabotaging inner voices.

Seeing how much you are suffering and recognising that *you don't want to go on doing that anymore* is important in setting aside the tendency to feel victimised or "poor me".

If you have difficulties that are not covered here, you may need to find someone who is skilled in guiding this process - but you will be surprised (a) how often you can solve the obstacle yourself with time and (b) how often people with little professional training can nevertheless guide this process once they have seen it done once or twice.

We need to become aware of and learn how to use all the 'levels' of our consciousness, - our personality. Our personality has many diverse parts: at one level the "subpersonalities" as they are called in psychosynthesis (these are like the players in an orchestra, or the actors in a play).

At the next level, there is our centre of conscious choice and will, the personal self. It is the agent of the Higher Self on earth (like the conductor of the orchestra or the director of the players).

Above all, we are to be in tune or contact with our Higher Self (which could be regarded as like the composer or author). It is the **source** within us of

all the higher qualities, that are waiting to find expression in our everyday lives. The composer, conductor and players are *partners*, needing each other to express the music. The author, director and actors are *partners*, needing each other to create the drama.

The Higher Self and the parts of the personality are *partners*, and need each other to create our best life's work. The capacity to forgive, i.e. to cancel the conditions that are blocking the flow of love, now exists *within you* at this stage in the evolution of mankind, and it is one of the capacities we are to develop further.

When we love ourselves, others, and the Source of Life totally, **independently of the behaviour of others and outer circumstances**, we fulfil a Natural Law known about and taught by the great sages and teachers of the past. We bring heaven to earth. We experience grace. Whenever we experience tension, stress/distress, dis-ease, unhappy relationships etc., it is a signal that we are not living in accordance with that law. It is a signal that we need to check our mind-processing, and practise forgiveness, to cancel whatever is causing the blocked love.

Just as it was necessary for man to master the laws of aerodynamics to extend beyond the limitations imposed by the laws of gravity, so it is necessary to master the laws of the mental and spiritual realms to extend beyond the limitations imposed by the laws of the physical and emotional realms.

It is essential to use the will to 'lift' to the mental and spiritual levels, rather than to continue to be "willed by" our reactions to our physical or emotional states, valid and to be honoured as these may be. This is true 'strength' of will, and becomes 'good' will, or 'will-to-good'.

If you find these processes useful, please consider expressing your gratitude by sending an anonymous donation to any person or organisation that is working to create right human relationships. Please send any suggestions for improvements to:-

Whole Life Endeavours.
Dr. G.A.Pettitt, 81, Cambria St.,
Nelson, New Zealand.
Ph +64-3-548 44 00.

Where to from now?

**“The greatest gift
anyone can give is to
think aright, and to send
forth love continually”.**

(“White Eagle”)

"Action Circles"

In different countries, after seminars on this material, participants have continued to meet in small groups fortnightly for up to a year, sometimes for longer, helping each other learn about this material, and exploring its beauty and depth together.

They overcome difficulties and produce wonderful results in their lives.

They build deep and lasting friendships.

You could do the same.

Learning and practising forgiveness is an act of will

PURPOSE:

To heal and forgive. To enhance life, health, and relationships through Unconditional Love.

VALUE:

My Life and Health. Goodwill. Creativity. MORE THAN the negatives.

DELIBERATION:

I weigh the benefits of doing it versus the burdens of not doing it.

DECISION:

Yes, I'll do it, and I will set aside other goals until I have completed it. I give it top priority now.

PLANNING:

Making a list of all the people and events for which I need to apply the forgiveness process. Joyfully looking for all the occasions when I have blocked the flow of love through me. Listing the occasions for self forgiveness. Rank-ordering the incidents and starting with the easiest ones first.

Becoming conscious of my own needs and subpersonalities lovingly and with good humour.

Approving of myself for doing this project. Getting together with a friend or small self-help group.

Using some of the exercises daily. Reading the notes and/or the book, perhaps several times. Practising the Transpersonal mind-sets (good attitudes) daily. Reviewing my progress with love and compassion for myself, either in my journal or with my support friend or group.

Taking more courses in this (psychosynthesis and the forgiveness project). Recording the changes in my journal, to help evaluate my progress.

Welcoming crises as opportunities for growth and learning.

Forgiving myself for not mastering it all yesterday!

WHAT ABOUT RELAPSES?

There is a *tendency* for a car to not steer itself - it must be guided by a *vigilant* driver. You *will* need to use vigilance and to apply the process from time to time, then you will be able to return to the safe

course quickly and easily. But, like driving skills, it tends to get easier and become part of your unconscious skills in time. And like driving skill, it's worth it.

"If what we call "love" in relation to other people creates in us no added capacity for goodwill towards many, we may doubt that we have experienced genuine love. We are moved by the experience of genuine love towards a greater capacity for goodwill".
(Eric Fromm)

"Love is the Will to extend oneself in the service of the spiritual growth of oneself or another. It is an act of will, work, and courage".
(Scott Peck MD)

If this manual or the exercises have been helpful to you, and if it feels right for you, please make an anonymous donation to any person(s) or group(s) you know who are working for peace, goodwill, or Right Human Relationships.

Action Circles

Support Groups for Practising Forgiveness Skills and the Goodwill Patterns

Small Groups formed after a Forgiveness Seminar have been very effective in "grounding" the material. Here are some suggestions for you to consider.

Number of Members: Three people is an ideal number, for at each meeting one can be the Forgiver, one the Guide, and one the Observer, these roles rotating so that within three weeks everyone gets a turn in each. But two or four could also work. Larger than that and the groups can become unwieldy, and it takes too long for the rotation of roles to occur.

Frequency of Meetings: Weekly is best, the work gets completed quicker, and the group's learning is faster. Fortnightly is OK, but longer than that and the work becomes slowed, and interest may become hard to maintain.

Group Agreement: It is just as important for the small group as in the seminar, that members come to an agreement about rules and ethics for the group's meetings. This agreement could be based upon a discussion of the GUIDELINES for Building Community at the beginning of this manual, with adaptations by each group to meet their own requirements. Confidentiality, trust, acceptance, no competition, cooperation, "I"-statements, honesty, 100% commitment to the group's process and the forgiveness work, and so on — these are all things that need to be discussed clearly, and *be agreed upon by all* at the first meeting. It is also important to discuss how difficulties, if they arise, will be handled by the group. This is excellent practice in knowing your needs and stating your preferences clearly!

Meeting places: This could be in rotation at each others' homes, or at an agreed place. Obviously the group must be undisturbed during meetings.

Suggested format for meetings: What has worked well for other groups is to:-

1. Have a round of sharing where every member shares in turn telling of his or her experiences since the last meeting. It is wise if this is focused and specific to the purpose of the group and not a rambling "chat". Experiences with the use in daily life of the Goodwill Patterns, and any effects of using the forgiveness processes are the essentials here. Insights gained, lessons learned, successes achieved, obstacles overcome or difficulties to be overcome are useful.

This kind of sharing can be most productive, especially if the other members just listen lovingly and acceptingly. Interrupt the speaker very little, if at all. Speakers, keep to the group task, and remember that gossip about people outside the group, and criticisms of self or others are to be avoided. People outside the group should be spoken of only in the light of the Goodwill Patterns or the Forgiveness Processes.

2. Next, the next of the Goodwill Patterns derived from the Aramaic words could be taken as a theme for the coming week. The meditation or exercise on it could be done, and the groups discuss how it could be applied in their own lives. They agree to meditate daily upon it, invoking its qualities and practising it as best they can in the coming week. They will share their experiences at the beginning of the next meeting.

3. Someone volunteers to do forgiveness process and does it. This might be in rotation, or if there is urgency for someone their needs might take precedence over the roster.

4. Someone guides them through it.

5. The other(s) observe with two purposes: (a) to be *detached* and develop powers of observation of *process*, and give feedback to the guide later, and (b) to be *involved* in the process and assist in the *content*. It takes skill and practice to do both these tasks simultaneously and the group's growth may be best served by doing one only according to where the need lies.

6. It goes without saying that each is seeking to practise unconditional love within the group dynamics.

Check-list for Self-Assessment by the Guide

Here are some criteria that a group came up with about guiding skills. You could start with this as a check list, and then adapt it to your own needs. You could also use it to rate yourself over 5-10 sessions on each item and observe your progress in developing your guiding skills. Your Observers can help you with this by rating you independently, and you compare self- and other- assessments. Please make copies of this so you can use a new one each time.

I would be very happy to hear from any group about improvements to the process you discover.

Did I as the Guide:-

1. Use the qualities the trainee's group decided were essential in a guide/teacher, namely, Abilii, Kenoota, Khooba, Rukha, Makikh. Did I maintain connection with my Higher Self, and keep my personality aligned with the Higher Self as an instrument for healing for the forgiver in alignment with the forgiver's soul purpose?
(I suggest we add the sixth quality of Clear Communication and Understanding to this list).
2. Keep the forgiver focussed on the task throughout?
3. Probe deeply enough into the negative beliefs systems, the layers, for clarity and awareness?
4. Return the forgiver to the use of "you" in the preference statements to avoid gossip *about* the other person ("he", "she")?
5. Insist that the forgiver be specific, full and complete enough about the preferences? Insist that the forgiver learn the skill of Clear Communication of their needs?
6. Avoid getting involved with my own "stuff" if there was any similarity or "resonance" between my life history and either the forgiver's or the life of the one being forgiven? Were there any transference, counter-transference or countertransference issues?
7. Ensure that the forgiver learns to separate out their values, benefits, burdens, feelings, beliefs, preferences, and the deep values underlying the preferences?
8. Pin the forgiver down to details, events, to being specific, eliminating vagueness?
9. Use a nurturing tone of voice and manner?
10. Enable the forgiver to experience the differences that come with different kinds of language forms and "inner speech", thus moving the forgiver in the direction of Right Speech?
11. Use humour and lightness wisely?
12. Understand and use skilfully the Third Person (name of the forgiver) in the meditation stage of the forgiveness process?
13. Ensure healing of *each* of the emotionally distressing memories discovered?
14. Bring *each* of the negative beliefs up for "wisdom upgrade" by the Higher Self
15. Non-verbal: Watch the forgiver closely during the meditation stage for clues and keep pace with them (ie. use accurate empathy)? Head positioning in the Healing of the Emotional Nature?
16. Use the information gathered from the history creatively during the meditation process? (ie use my own intuition skilfully)?
17. Use the Goodwill Patterns creatively with the client?
18. Live them and the Forgiveness Process in my own life?
19. Understand meridians, the "domino effect" and can I use the inner Flame test, will-to-wellness test with discernment?
20. Have the right intention in being a guide?
- 21. How do I rate myself on each of these?**
- 22. How could I do it better next time?**
- 23. What is the order of importance of the above for me at this time?**
- 24. Which should I give priority in my self-development as a Guide?**

Forgiveness as a couple:-

Early on in my work with forgiveness, I thought that it would be most unlikely that couples would be able to "handle" working on forgiveness with each other. This view was my own limitations speaking! Events happened which showed me that couples could greatly benefit from working on forgiveness processes together. If done in the right way, with trust, love and compassion, it greatly deepens their relationship.

As I came to think more about this, I could see that when I worked one-to-one with clients, benefits could certainly occur - but when couples came and worked together, the level of energy was higher, and the benefits increased exponentially. I was beginning to experience **synergy** - the group energy being greater than the sum of its parts.

Forgiveness in Families:-

Extend this principle. One person working on unblocking their loveflow in a family can certainly produce benefits. What can happen when a whole family does this work simultaneously? For example, what happens when the *rest of the family* forgives the "bad" one (the addict, offender, sick one, victim, perpetrator, etc....)? Some have begun to do this.

We all live in a "system" of networked relationships, and as you get deeper into this work, you will want to work at unblocking the loveflow, not only in your own body etc., but also in the "system" in which you live. Your family is where you can begin.

Forgiveness in groups:-

Extend this principle to the groups you belong to - the workplace (management and staff), the clinic, the hospital, the religious, political and other groups. What happens when *everyone* in such a group is practised in the forgiveness processes, so that Unconditional Love flows freely throughout the entire "system"?

"ACTION CIRCLES"
The post-workshop support groups have shown the value of enlarging the group you share with.

Forgiveness between nations, races, and religious factions

Extend this principle to the larger groups on the planet. What happens when national and other prejudice and strife is replaced with a freely flowing love energy?

We can begin to see how the use of television and other rapid communication is *already* beginning to bring this possibility before us. (The work of Nelson Mandela, Mikhael Gorbachev, Mother Theresa, and many other individuals and international groups carries the hallmark of this style of thinking and acting). From time to time you will see how the theme of forgiveness comes up. Begin to imagine how this force for right human relationships could be fostered, developed, brought generally into public awareness, then into actual behaviour of groups. This brings us to the idea of:-

An International Year of Forgiveness

Have You Considered This?

What might happen if the year 1998 were to be declared

The International Year of Forgiveness?

And the year 2000 were declared

The International Year of Unconditional Love?

The United Nations has in the past declared other International Years - e.g. of the Child, of Women, etc. This has resulted in beneficial focusing of attention on certain important issues, raising consciousness, drawing out the inventiveness, creativity and productive service of countless people and organisations all over the world.

Much preparation has gone into these International Years - people, money and energy are gathered together and used constructively. Barriers between people have been broken down and international cooperation has been achieved.

Most importantly, let us remember, each of them began life as an idea, which was then nurtured by the collective thought of many people into manifestation.

U.N. International Years of Forgiveness 2005 and of Unconditional Love 2025 A.D.

Give thought to what will be needed in terms of training teachers of the skill, finding the right language for different groups of people, writing suitable plays, songs, stories, etc., for skilful presentation by the media, gaining the support of groups - international, religious, political, educational, scientific, business and media groups, and so on.

**“Peace on earth will come
when the love of power
has been replaced
by the Power of Love”.**
(Sri Chinmoy)

If this is an idea that touches you and stirs you in your heart, and you give your attention to it, thoughts and actions will follow.

Write to the United Nations itself, the United Nations Association of the USA, 485 Fifth Avenue, New York, NY 10017 USA, your own local United Nations Association, your church, your politicians, or to Global Cooperation for a Better World, 866 United Nations Plaza, Room 582, New York, NY 10017, USA, about ideas and support you may have for this project. There are local branches of this in many countries. You could discover your own by contacting this main office.

**Visualise an
International Year of
Unconditional Love and
Forgiveness
for the year 2005 A.D.,
and an
International
Day of Forgiveness
each year thereafter.**

“If it is to be, it is up to me”
(a workshop participant, 1988)

**Write to your
country's
Prime Minister,
President, and/or
Ambassador
to the U.N.
asking
that the
proposal
be put to the
U.N. General
Assembly.**

(See sample letter on next page)

Excellent resource books for further reading are listed in the references.

Please write to let us know of any breakthroughs you have as you undertake this work. We would love to learn what happens for you as you do this.

**“Peace is not the result
of having won a battle or a war.
It is the opening of a gate
through which
Unconditional Love can flow”.**
(Edith Stauffer)

Dr. Guy A. Pettitt, MA, MSE(Psych), MRCP, FRNZCGP, DObstRCOG,
Whole Life Endeavours, 81, Cambria St., Nelson, New Zealand/ Aotearoa
+64-3-548-4400, Fax +64-3-548-1241, Website: <http://www.ts.co.nz/~gpettitt>

To the Prime Minister, the Right Honourable Helen Clark
Parliament House
Wellington

Dear Madam,

I write respectfully to ask you to put a motion through your Ambassador to the United Nations to the UN General Assembly that the year 2005 be declared the International Year of Forgiveness, and the year 2025 be declared the Year of Unconditional Love.

I understand that protocol for suggestions for themes of upcoming International Years to be actualised is for them to be put by a UN Ambassador (from one country) to the General Assembly. Perhaps they go to a committee before or after, I do not know. I am asking if you would be willing to have the above motion put (either alone or in partnership with other like-minded Ambassadors) through the appropriate channels. I suspect you would find there is wide support for this idea. Forgiveness is already finding its way into the media. It is an idea whose time has come.

International Years have done a great deal of good, mobilising positive thought, linking people of goodwill, magnetising energy and money for important projects in world civilisation. They have benefited the causes of Women, Children, the Disabled, and Indigenous Peoples for example.

I note that 1994 was the Year of the Family, and that 1995 was the Year of Tolerance, — the first time that a *quality of consciousness* has been chosen for world consideration and development. It would seem to be a worthwhile project to use the International Year Idea to promote the *skills* as well as qualities of both Unconditional Love and Forgiveness. There is a growing demand for them. More than ever, people recognise the need for them and for *training* in them.

Teaching about these ideas is available in the world's spiritual traditions. Not all of it has been used yet! Perhaps because the *practical skills* have not been taught. New approaches to the psychology and *skills* of unconditional love and forgiveness include the writings of Dr. Edith Stauffer (in her book "Unconditional Love and Forgiveness"), Dr. Scott Peck ("The Road Less Travelled" and other books), Dr. Jerry Jampolsky ("Love is Letting go of Fear" and his other books based on the "Course in Miracles"). There are other streams of forgiveness skills teaching. These authors show how to develop these skills. They use terms that can be easily understood and used by people.

International Years of Unconditional Love and Forgiveness would stimulate further activity upon these themes. They are essential to peace. Plays, songs, films, TV series, videos, art forms and stories would be brought forth. Study groups throughout the world would come into existence. Research would be funded. Interchange of ideas would occur across national boundaries at international conferences. The themes would have a chance to enter into the stream of the everyday media. Political and economic planning would be refreshed. The healing of ancient hatreds would be hastened.

I have studied the benefits of one kind of forgiveness process leading to unconditional love in my medical practise and taught courses in New Zealand since 1982, and internationally since 1988. I believe that ways would be found to apply the seventeen steps of forgiveness to groups and nations as well as individuals. Please give this idea your support.

Yours sincerely

Workshops on the use of this material can be offered throughout the world, called either “Health, Joy, Love, and the Forgiveness Process” or “Unconditional Love and Forgiveness skills - from negativity and conflict to peace and wholeness”, for the public, or for health, business, organisational and educational professionals.

For details, contact:

**Whole Life Endeavours,
81, Cambria St., Nelson, NEW ZEALAND/AOTEOROA.
Ph +64-3-548 44 00**

or

**Psychosynthesis International,
PO Box 279, Ojai, CA 93024, USA. Ph: U.S. code-805-646-7041**

Commitment Leads to Success

The most important step in the forgiveness process is deciding to do it. Any time when there is pain, tension, or disease, physically, emotionally, mentally, or in relationships, the application of the forgiveness process and restoration of the flow of love will produce benefits.

Deep down we all value love more than hate (blocked love). We know we have to master the practise of love - independently of external conditions, independently of the past or present behaviour of others, if we are to reach our best potential as human beings.

We know it is our responsibility to do this in the area and times where we find ourselves. It is unlikely that there is anything in this manual that you did not already know. My trust is that the seminar and this manual, combined with follow-up groupwork that you will do, will enable you to bring the truth which you already knew out into the world of everyday, ordinary practical living.

A final word of caution:

Unless specifically requested by another person to share your experience of the seminar, you are asked to really work to apply this material in your own life **before** telling others about how good it would be for them! Right speech can include right reticence and right timing.

A surgeon can learn about surgery without operating upon himself. But you will discover that you cannot learn about forgiveness and unconditional love without being willing to operate on yourself...

It is an ongoing task for us to *demonstrate* these skills in the way we live and serve life forces on earth. People will want to learn from you and ask you about it when they see the difference it makes to your way of being in the world.

Further Resources

Information about seminars on the Unconditional Love and Forgiveness Process can be obtainable from

Whole Life Endeavours, (Dr. G.A.Pettitt), 81, Cambria St., Nelson, Nelson, New Zealand, Tel: +64-3-548-4400; Fax: +64-3-548-1241. In New Zealand (03)-548 4400, email: gpettitt@ts.co.nz
Website: <http://www.ts.co.nz/~gpettitt>

Psychosynthesis International, (Edith Stauffer, PhD) P.O. Box 279, Ojai, California, CA 93024, USA. Tel: +1-805-646-7041 Fax: +1-805-646-9338, email: <psi@west.net>, Website: <http://www.healthy.net/psi>

International Forgiveness Institute, address PO Box 6153, Madison, WI 53716-0153, USA, Fax: +1-608-222-0281, which publishes a newsletter called "The World of Forgiveness", with news of books, stories, conferences and courses related to forgiveness.

Centre for the Study of Forgiveness and Reconciliation, Coventry University, Coventry, CV1 5FB, England.

The Templeton Foundation funds research into the benefits of forgiveness. Website: <http://www.templeton.org> ; E-mail <info@templeton.org> ; or Mail to John Templeton Foundation, PO Box 8322, Radnor, PA 19087-8322, USA ; or call +1-610-687-8942

Books and articles about Love and Forgiveness

“Unconditional Love and Forgiveness” by Edith Stauffer, PhD., Publ. by Triangle Publishers, Box 1416, Burbank, California, 91507. USA. (1987), Obtainable from Psychosynthesis International, P.O. Box 279, Ojai, California, CA 93024, USA. OR: Synthesis Distribution, on the Internet, at <http://members.aol.com/SynthesisD/catalog.html> OR: the Psychosynthesis Trust, 27, Tudor St., Motueka, New Zealand.

The Khabouris Manuscript, an ancient text in Aramaic, translated and publ. 1970, by the Yonan Codex Foundation, Atlanta, Georgia. This is the source of the Aramaic words used in this book that describe the mind-sets that lead to Unconditional Love.

“Forgiveness: a teachable skill for creating and maintaining health” by G.A.Pettitt, 1987, New Zealand Medical Journal, Vol 100, No 820, pp 180-2. Some medical; applications of the Forgiveness Process.

“Changes of Heart: the role of love and will in illness and wellness - part III” by G.A.Pettitt, 1988, New Zealand Medical Journal, Vol 101, No 853, pp 573-4.

"Bringing More Love Into Your Life: The Choice Is Yours," by Eileen Caddy and David Earl Platts, ISBN 0-905249-75-5, Findhorn Press, Forres, Scotland. A step-by-step 288-page guide using psychosynthesis principles and techniques with chapters on the Will, Identification, Disidentification, etc., and more than 125 exercises designed and sequenced to take readers through their own personal process of introspection and discovery.

"Choosing To Love," by Eileen Caddy and David Earl Platts, ISBN 0-905249-90-9, Findhorn Press, Forres, Scotland. A summary of excerpts from "Bringing More Love..." for people wanting just a straight theoretical read without most of the exercises.

“The Road Less Travelled”, “The Different Drum”, and “The People of the Lie”, by Scott Peck, MD, publ. 1978, 1987, 1983, by Simon and Shuster, 1230, Ave. of Americas, New York, 10020. (About the psychology of love, community building and evil respectively)

“Love, Medicine and Miracles”, and **“Peace, Love and Healing”** by Dr. Bernie Siegel (Arrow Books London 1988 & Rider/Century Hutchinson London 1990 respectively). (A surgeon shares experiences learned from his exceptional patients concerning the role of positive attitudes and emotions on their healing).

“Teach Only Love”, **“Goodbye to Guilt”**, **“Love is Letting Go of Fear”**, **“One Person Can Make a Difference”**, and other writings of Dr. Jerry Jampolsky, (on the principles of attitudinal healing. His writings have roots in “The Course in Miracles” 1975, publ. by the Foundation for Inner Peace).

“The Art of Loving” by Erich Fromm 1957, now in Bantam Paperbacks.

Elizabeth Kübler Ross and Steven Levine’s books on aspects of Death, Dying, and Love, and the Elizabeth Kübler Ross Foundation’s workshops are recommended for their fine teaching about unconditional love.

- “**The Lost Art of Forgiving**” Stories of Healing, by J. C. Arnold, 1998, The Plough Publishing House of the Bruderhof Foundation, Robertsbridge, E. Sussex, U.K.
- “**Peace Pilgrim**” compiled by her friends. (Inspiring story of a remarkable woman dedicated to peace through love). Published by Ocean Tree Books, Santa Fe, New Mexico. Obtainable from Friends of Peace Pilgrim, 43480, Cedar Avenue, Hemet, California, 92544, USA. Tel: (714)-927-7678.
- “**Service, — the expression of Unconditional Love**” p. 164 of “**Feeling Great, a personal programme to speed healing and enhance wellness**”, 1983, by Jeanne Segal, PhD., publ. by Newcastle Publishing Co., PO Box 7589, Van Nuys, USA.
- “**A Little Book of Forgiveness**” by D. Patrick Miller, 1994, Viking/Penguin
- “**Forgiveness and Other Acts of Love**” by Stephanie Dowrick (author of “Intimacy and Solitude”), 1997, Viking/Penguin
- There are many similar books in any good bookshop nowadays as the subject of forgiveness is one whose time has come and there is growing interest in the subject.

Books on Psychosynthesis

- “**What We May Be**”, by Pierro Ferrucci, publ. by Turnstone Press, Thorsons Publishing Group, Wellingborough, Northamptonshire, NN8 2RQ, England.
- “**Psychosynthesis**”, and “**The Act of Will**”, by Roberto Assagioli, publ. by Turnstone Press, England
- “**Transpersonal Development**” by Roberto Assagioli, publ. by Harper Collins, London.
- “**The Unfolding Self**” (Psychosynthesis in Counselling) and “**Growing Whole**”, by Molly Brown, publ. by Psychosynthesis Press, Los Angeles, California; Her address: PO Box 779, Fairfax, California 94930, USA.
- “**You’re in Charge!**” (A guide to becoming your own therapist) by Jeanette Rainwater, publ. by De Vorss & Co., PO Box 550, Marina del Rey, California 90291, USA;
- “**Psychosynthesis in Education**” (Psychosynthesis for teenagers and those who work with teenagers) and “**Psychosynthesis in Counselling**” by Diana Whitmore, publ. by Turnstone Press;
- “**He Hit Me Back First!**” by Eva Fugitt, (Psychosynthesis for young children, their teachers and parents) publ. by Jalmar Press, 45, Hitching Post Dr., Building 2, Rolling Hills Estate, California 90274, USA;
- “**Psychology With A Soul**” (The story of the evolution of psychosynthesis and its connections with other disciplines) by Jean Hardy, publ. by Routledge Kegan Paul, 11, New Fetter Lane, London, UK.
- “**I - the story of the Self**”, by Michal Eastcott, publ. by Theosophical Publishing House, Wheaton, Illinois, USA.
- “**Changes of Heart: the role of love and will in illness and wellness - parts I & II**” by G.A.Pettitt, in the New Zealand Family Physician, 1989. (medical applications of Psychosynthesis principles).
- “**Soul Play**” by Vivian King (to be published in 1998). The metaphor of the Inner Theatre makes psychosynthesis principles easy to understand..

For information about further training in psychosynthesis

Training in psychosynthesis can be obtained in many countries through the centres in larger cities. There is an **International Psychosynthesis Directory** listing centres and practitioners throughout the world obtainable from the Psychosynthesis and Education Trust, 92/94 T ooley St., London Bridge, London SE1 2TH, England or, send a cheque made payable to David Earl Platts for 12 pounds sterling or 19 US dollars, including air mail delivery, to 7 Oakwood Gardens, Knaphill, Woking, Surrey GU21 2RX, England..

Training by correspondence for those not near such a centre can be obtained from:-

Psychosynthesis International, (Edith Stauffer, PhD) P.O. Box 1110, Ojai, California, USA. Tel: and Fax: +1-805-646-7041 or from: **Psychosynthesis Distance Education**, Psychosynthesis Trust, P.O. Box 301, Motueka, New Zealand

The Association for the Advancement of Psychosynthesis (AAP), PO Box 597, Amherst, MA 01004-0597, USA

On Kinesiology and Life Energy

“**Your Body Doesn’t Lie**”, “**Life Energy**”, monographs, newsletters and tapes by Dr. John Diamond, MD, obtainable from The Diamond Center, PO Box 381, South Salem, New York, NY 10590, USA. +1-914-533-2158, Fax: +1-914-533-2408.

“**Vibrational Medicine**”, by Dr. Richard Gerber, MD, publ. by Bear & Co., Santa Fe, New Mexico 87504-2806, USA.

Miscellaneous

“**Joy and Healing**”, and “**New Dimensions of Healing**”, by Torkom Saraydarian, publ. by the Aquarian Educational Foundation, Box 267, Sedona, Arizona, USA.

“**Healing Research**”, by Dr Daniel Benor (2 vols), 1992-94, Helix, UK and Germany

“**The Anatomy of Spirit**” and “**Why people don’t heal, and how they can**” by Caroline Myss, PhD, 1997, Bantam

“**The Chakras and Esoteric Healing**” and “**Ray Methods of Healing**” by Zachary Landsdowne, 1986 and 1993, Weiser, USA.

“**The Esoteric Healing Handbook**”, “**Practical Guide to Esoteric Healing**”, and “**Advancing in Esoteric Healing**” by Alan Hopking, Godshaer Publishing, UK.

“**The Seat of the Soul**” by Gary Zukav, publ. by Simon & Schuster, New York, 1990.

“**Values Clarification**” 1972 and 1978 by Sidney Simon, Leland Howe, and Howard Kischenbaum, publ. by Dodd, Mead & Co. New York.

“**The Restoration of the Intangible in Medicine**” (A new paradigm for medicine). by Prof. Marco De Vries, The Helen Dowling Institute for Biopsychosocial Medicine, Mathenesserlaan 183, 3014 HA Rotterdam, The Netherlands. publ. by the Institute of Psychosynthesis, 1, Cambridge Gate, London NW1 4JN U.K. This institute conducts research into the methods of psychosynthesis applied to medical problems.

“No Chance Encounter” 1994 by Kay Pollak, Findhorn Press. ISBN 1 899171 46 0

Website: <http://www.gaia.org/findhorn/press/>

On Meditation

Booklets for the Meditation Group for the New Age, and The Group for Creative Meditation, are put out by Meditation Groups Inc., PO Box 566, Ojai, CA 93024-0566, USA. This is an excellent series of booklets that guide the beginner very soundly. Roberto Assagioli helped found this service.

“**Active Meditation - the Western tradition**”, and “**The Light Within Us**”, by Robert Leichtmann and Carl Japikse, published by Ariel Press, and obtainable from Light, 3854 Mason Rd., PO Box 249, Canal Winchester, Ohio, 43110, USA.

“**The Science of Meditation**”, “**Psyche and Psychism**” and other books by Torkom Saraydarian, publ. by the Aquarian Educational Foundation, Box 267, Sedona, Arizona, USA.

“**Meditation in a Changing World**” and other books by William Bloom publ. by Gothic Image, 7, High St., Glastonbury, Somerset BA6 9DP, England.

“**Meditation - the Most Natural Therapy**”, by Judy Jacka

Some sources of further training

The School for Esoteric Studies, 58, Oak Terrace, Arden, North Carolina, NC 28704, USA, offers distance training by correspondence in esoteric studies and meditation, as does the

Arcane School, 3, Whitehall Court, Suite 54, London, England SW1A 2EF.

The International Network of Esoteric Healing, co-ordinator, Dinah Lawson, The Barn, 4A Whitchers Gate, Rowlands Castle, Hampshire, PO9 6BB, UK.

The University of the Seven Rays, offers two to five year courses in esoterism, the language of energy, esoteric psychology, and related subjects. It is an international “university without walls” which teaches by a combination of correspondence and group work at residential programmes. Write to the University of the Seven Rays, 128, Manhattan Ave., Jersey City Heights, NJ, 07307, USA,

The International School for Transformation and Synthesis, contact Jan Lawson, 133 Kowaha Point Rd, Rotorua, New Zealand offers courses for personal integration of spiritual principles for transforming yourself into a better server. Tel: +64-7-346-0958 Fax: +64-7-349-0330