

The Spiritual Philosophy of Radical Forgiveness

1. There are at least two realities – each interacting at different vibrations. The SOUL bridges both worlds.
 - a. **The World of Divine Truth:** a spiritual reality – essentially mysterious and beyond our five senses to perceive it and beyond our mental capacity to comprehend it.
 - b. **The World of Humanity:** the objective reality that we see “out there” with our five senses. It is the setting in which we live our everyday life as spiritual beings having a human experience.
2. Life is not just a random set of events without purpose or intelligence. What appears to happen haphazardly is really the unfoldment of a Divine plan that is totally purposeful in terms of our spiritual growth.
3. We are co-creators with Spirit in the circumstances of our lives and we get precisely what we want (no exceptions). The extent to which we resist (judge) what we get, determines whether we experience it as either joyful or painful.
4. Whenever we get upset with another person (or organization), they are resonating in us something that we have condemned in ourselves and denied, repressed, and projected onto that person or thing.
5. Our soul will always move us in the direction of healing and will keep on creating situations that offer us the opportunity to see the “error” in our thinking or unconscious beliefs. People come into our lives to lovingly “act out” the parts over and over until we heal the error. Herein lies the gift.
6. The people who appear most troublesome are our greatest teachers, for they may be offering us the opportunity to heal by either:
 - a. Mirroring what we rejected in ourselves and projected onto others.
 - b. Forcing us to look at something we have repressed.
 - c. Keeping us on track with our mission (our agreement with Spirit to do certain things in our human experience to either meet a karmic debt, complete a past life contract, or assist in transforming energies within the human condition).
7. What appears to be happening in the objective world – all that we call life – is merely an illusion. It is a projection of our consciousness (unconscious beliefs, ideas, attitudes, etc.). To know what these are, look at what is showing up in your life. Trying to change or control the outer circumstances of our lives (the illusion) is futile unless we first change our consciousness.
8. You cannot heal what you cannot feel. Anger work is essential to forgiveness.
9. Disease begins in the subtle body first and only later does it manifest in the body as some kind of illness.
10. Radical Forgiveness raises consciousness, thus allowing our Higher Self to acknowledge the energy of Perfect Wellness.

This philosophy is truly empowering, and the steps we can take in the moment give us a practical application. In this process, we: **1.** Notice our reaction in the moment, whether it is anger, fear, resentment, jealousy, blame, etc. **2.** Acknowledge that we have created this situation, and that any other people involved are cooperating with us on the soul level to help us grow. **3.** Recognise our reaction and judgement as a part of the process, alerting us to pay attention (guilt-free). **4.** Accept this as truth in the moment, even if we don't understand it all. **5.** Surrender to divine order, and acknowledge the perfection of our experience. **6.** Choose to move with the power of this understanding, and live in peace.

This process is a powerful way to release layers of old programming, which create the situations that keep manifesting, in order for us to shift our energy, and grow. A very powerful point is that we are all working on issues not just for ourselves, but in order to help shift these energies within the whole of human consciousness. When we truly heal ourselves, we are directly helping all life on the planet! This is why inner work can be the most powerful and effective work we can do to heal humanity.

Forewords:

“As difficult as it seems, you can be sure of this: At the core of the heart, you have the power to move beyond the old issues that are still hindering your freedom. The hardest things – the ones that push you up against your limits – are the very things you need to address to make a quantum leap into a fresh inner and outer life.” – Doc Childre and Howard Martin
The HeartMath Solution (www.heartmath.org)

“When you adopt the view point that there is nothing that exists that is not a part of you, that there is no one who exists who is not a part of you, that any judgement is self-judgement, that any criticism you level is self-criticism, you will wisely extend to yourself an unconditional love that will be the light of your world”. – Harry Palmer, *Avatar*

“Who looks outside, dreams; who looks inside, awakes.” – Carl Jung

This information is based on the book *‘Radical Forgiveness’ – Making Room For the Miracle* by Colin Tipping. A profound healing experience for anyone who needs to heal mental/ emotional wounds. Healing cannot take place without forgiveness work (and this may include forgiving ourselves). This book helps us to understand that everything we experience, we have either created or ‘asked for’ at some level of consciousness. By hanging onto old wounds and grudges, in other words, not letting go of any situation, no matter how painful it was, we can never heal our body. Forgiveness is the key to healing our body and every aspect of life as we know it, including our wonderful planet we call home in this present human experience.....