

# The 13 Steps to Radical Forgiveness Process

1. Tell the story -- or describe the situation -- as you see it-- is as concise a way as possible, allowing the feelings associated with this story to come to the surface.

2. As you go ahead and close your eyes, you might become aware of the place in your body where the emotions seem to be located. Put your hand on that place if you can.

3. That's fine. Just take a moment and let the feelings come up to be expressed if they need to. Don't judge them or resist them. *(Allow them 30 secs or so to see if emotions occur. If tears flow, don't go on until they subside - no matter how long it takes: only then ask -- "Are you ready to go on?")*

4. Even if you don't understand how or why, are you willing to be open to the possibility that the situation may be purposeful -- and that your Higher Self has created the situation for your spiritual growth?

5. Do you realize that your upset is a direct reflection of something that needs to be healed and that, even if you cannot see it yet, the healing message is contained in the situation?

6. Are you willing to release your need to judge the situation as right or wrong, good or bad? Even if you cannot explain how or why, can you simply allow the situation to be perfect just the way it is?

7. Can you be open to the idea that you only get upset when someone resonates in you, something about you that you have denied, repressed and projected onto them, and that what is upsetting you about the other person represents a part of you that is crying out to be loved and accepted?

8. Even if you have no idea what that part of you is that you have disowned, are you willing to unconditionally love and accept that part of you, right now,..... in this moment ? Perhaps you can feel your heart opening now to that part of you that you have rejected. If so, welcome it back, embrace it and love it unconditionally right now. *(Allow 30 secs or so if emotions occur)*

9. *(If there are others involved)* Are you willing to be open to the idea that you attracted them in to your life and that, subconsciously, you are both receiving

exactly what you have both needed -- enabling each of you to let go of your addiction to being a victim, so you can reconnect with your true nature and access the power within you?

**10.** Do you recognize that in forgiving them, you have forgiven yourself?

**11.** Let me know when the feelings you had at the beginning have begun to subside. Nod your head yes to confirm that this has happened and that you are now beginning to feel the Divine love behind the apparent situation.

**12.** Nod your head yes, when the story that was attached to those feelings has lost some or most of its charge -- or maybe you can't even hardly remember what it was.

**13.** Forgiveness being always a change in perception and a shift in energy, you may now begin to feel this occurring within you. Notice any sensations in your body that confirm this is happening. It is through taking your attention away from the story you had previously given your power to, and focusing instead on the truth that the release occurs. Nod your head yes as you feel this happening and as you connect to the truth of who you are.

If you should wish to speak to how you might have experienced this shift while doing this 13 Step process, please take a moment or two, keeping your eyes closed, to do so — or simply open your eyes when you are ready.