Walk for Forgiveness & Atonement Wk # 8 Handout # 3

Purpose: To relieve misunderstandings, upsets and suffering.
Expected results: To reclaim your ability to act as source, or cause, of your world. To remove and relieve misunderstandings, upsets and suffering. To realize that any event holds a lesson that I must learn if I am to remove all the blocks that I have placed between myself and love.

Instructions.
(1) Pick a topic, situation, or unresolved issue about which you desire to gain greater understanding. This can be any problem or unhealed area in your life.

(2) Pick a destination for your walk. The location can be anywhere as long as it is chosen deliberately and allows you to feel comfortable in doing the prescribed "soul searching".

(3) Since you wish to come under the guidance of the Holy Spirit's thought system, ask for Its assistance in this area. Understand and repeat the following:
"All experiences are lessons I have chosen to teach me how to remove a blockage I have place between myself and love. Holy Spirit, help me to forgive so that I can see this differently. I will forgive so that this lesson is learned and any blockage to love disappears."

(4) Begin your walk. With each step toward your destination, whisper a judgment that you placed on your brother, yourself or the situation. If this involves an interpersonal relationship, this would include how you saw your brother or event as "wronging you". State what beliefs you feel your brother would have had to possess to inflict this "wrong" upon you.
Begin each statement with how you have chosen to judge this event.
Example: "I have chosen to judge that … (Joe was attacking my honesty.)"
Example: "I have chosen to judge that … (my father was overreacting to what I said.)."
Example: "I have chosen to judge that … (Mary didn't like my dress because she was jealous)"
With each step state how you chose to perceive the situation out of your sense of fear or of being a victim. Keep the perspective that this is a choice that you have made.

(5) Upon your arrival at your destination, contemplate what the Holy Spirit would have you learn. What was the purpose of the lesson and how can you learn for this experience so that it will no longer be necessary to repeat this same lesson. Forgive yourself of the judgments you have placed on the situation. Since thoughts never leave their source, realize that these same judgments that you have placed on the situation you have also placed on yourself. To condemn your brother requires that you, as his jailer, must also remain in the same prison to guard his jail cell. Through your condemnation, both you and your brother have lost your freedom. Affirm to yourself that all events in your world of perception, or provisional reality, are really neutral learning devices. Ask the Holy Spirit what you needed to learn from this experience. Affirm that you wish to choose happiness over the need to be "right". Ask the Holy Spirit to reinterpret the event into a learning experience, which will help you recall your true nature as a Child of God. Affirm, "I will forgive, and this will disappear."

(6) Begin your journey back. With each step, whisper a blessing of forgiveness for your brother, yourself or the event. What lesson could I learn from this experience? See the situation as either, a cry for love from your brother or a neutral learning device. See your brother or the event as something that you requested or called into your life. It was a lesson that you requested so that you could learn to remove a block that you had place between yourself and love. Your brother was merely a hired actor appearing in the play you design which you call your life. Be sure to include yourself in this healing process, understanding that you chose the play and can chose a new script whenever you wish.
Examples. I forgive and thank… (Joe for helping me learn I am not a victim.)
Examples. I forgive and bless… (Joe for helping me learn that I need to respect myself.)
Examples. I forgive and thank…(Joe for helping me learn this lesson of…)
Examples. I forgive and bless… (myself for helping me learn I am not a victim.)
Examples. I forgive and thank… (myself for having the guts to tackle such a big blockage to love.)
Examples. I forgive and bless… (myself for helping me learn that I need to love myself.)
Examples. I bless the situation … (for helping me learn that I don't need or want to live this way.)

With each step back you reclaim that you are the source of your experiences. As the decision-maker, you have the ability to choose again.

(7) Upon the return to the end of your walk, thank the Holy Spirit. Reclaim your divine birthright and your Oneness with the Father. Take a moment to contemplate the lessons that forgives has taught you.
Affirm: " I am God's beloved child with whom He is well pleased. I reclaim my divine birthright. I and My Father are One.

(8) As soon as possible, take a moment to write down any insights you have gained. What were the underlying beliefs that caused me to experience this event? What new beliefs could I adopt that would prevent repeating this same experience? Unless we change our operational beliefs, we will be doomed to repeat these same lessons.
If you feel some action is warranted on your part, do whatever you are guided to do to.resolve the original problem.

Note: Often you may achieve resolution to the problem long before you meet your original destination. If this happens you may wish to switch into to mode of thanksgiving. However, do make sure that you have given the topic adequate time in which you can peel down through other hidden beliefs. Often major breakthroughs will results by going deeper down into the original problem. This may lead to the root cause or belief, which was hidden under an apparently unrelated experience.
You can do this by asking yourself the following questions.
"Have I had similar or related experiences?
"Why does this keep recurring in my life?"
"What beliefs would I need to have to want to cause this experience in my life?"

It is the last question that holds the key to resolving the apparent "problem".
Peel down the layers and watch your answers change.