

RADICAL FORGIVENESS

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Introduction (pp. 1-4)

- I. There is not a human being on the planet who has not been seriously victimized at least once in their lifetime, and in minor ways more times than they can count.
 - A. The victim archetype (model) is deeply engrained in all of us, and exerts great power in the mass consciousness.
 - B. We have been playing out victimhood in every aspect of our lives, convincing ourselves that victim consciousness is fundamental to the human condition.
- II. The time has come to ask ourselves—how can we stop creating our lives this way and let go of the victim archetype?
 - A. To break free from the victim archetype consciousness, we must replace it with something RADICALLY different—something so compelling and spiritually liberating that it magnetizes us away from the victim archetype and the world of illusion.
 - B. It is essential that we transform and adopt a way of living based not on fear, control and abuse of power, but on true forgiveness, unconditional love and peace.
 - C. Jesus gave a powerful demonstration of what transforming the victim archetype means.
 - D. We have ignored the lesson of genuine forgiveness that Jesus taught—that there are no victims. Yet, we try to forgive while believing we are victims.
- III. In order to transform an energy pattern so fundamental as the victim archetype:

- A. Many, many souls must accept this as their spiritual mission.**
- B. We must revisit situations and see them through spiritual lenses.**
- C. Radical Forgiveness challenges us to radically shift our perception of the world and our interpretations of what happens to us in our lives so we can stop being a victim.**

PART I - A RADICAL HEALING

Chapter 1 - Jill's Story (pp. 7-38)

- I. Jill learned that her soul had lovingly created the situation wherein her husband, Jeff, responded more affectionately to Lorraine than to her.**
 - A. Jill's relationship with Jeff was a positive experience when she saw that he served as her guardian angel to teach her how to heal herself.**
 - B. Love existed in Jill's relationship as it always does, because of the perfection in how Jeff was to help her to heal her imperfections.**
 - C. Jill no longer saw herself as the victim and Jeff as the villain; she saw him as a "savior" in her life.**
 - D. In Radical Forgiveness, is Jeff held accountable for his role in Jill's healing?**
 - E. What role did Jill's father play in the fact that Jill felt unloved by him?**

PART II – CONVERSATIONS

Chapter 2 - Underlying Assumptions (pp. 39-42)

- I. Since theories are based on certain assumptions, RF is also based on underlying spiritual assumptions, for instance:
 - A. God is everywhere evenly present in different forms of manifestation.
 - B. Vibrationally, we live in two worlds: the World of Divine Truth and the World of Humanity.
 - C. We have bodies that die, but we have immortal souls that transcend death.
 - D. To transform anything, we must be able to experience it completely and fully, which means that to transform the victim archetype, we must experience victimhood fully. Therefore, we need situations in our lives that allow us to feel victimized so we can transform the energy through RADICAL FORGIVENESS.
 - E. Things don't just happen, things happen "just."

Chapter 3 - Worlds Apart, The World of Humanity / The World of Divine Truth (pp. 43-60)

- I. Negative situations may be exactly what we need and have indeed called forth. These situations could hold the key to our healing something deep within that keeps us from being happy and prevents our growth. The perpetrators could be our greatest teachers.
 - A. Beneath what is happening on the surface, there is a wholly different world altogether.

- B. Looking at Jill’s story from a RF/Spiritual prospective, Jeff is not the villain but the hero and has done nothing wrong.**
 - C. Jeff played his part in the drama as dictated by his soul—acting in support of Jill’s healing at the soul level.**
 - D. Spiritually, when we shift our perspective to this possibility, we become open to the idea that nothing wrong has happened, there is nothing to forgive—this is what RF is all about—that is what makes it RADICAL.**
- II. Traditional Forgiveness (TF) vs Radical Forgiveness (RF) (Two different worlds—different perspective)**
- A. Traditional Forgiveness: Willingness to forgive; need to condemn; victim consciousness is maintained—nothing changes. More rooted in the physical world—The World of Humanity / the world of everyday reality.**
 - B. Radical Forgiveness: Willingness to forgive; no need to condemn; victim consciousness is dropped. More rooted in the metaphysical world / the world of Spirit / The World of Divine Truth.**
 - C. Traditional Forgiveness is not inferior to Radical Forgiveness, but different.**
 - D. We look at TF and RF through different lenses. They provide totally different viewpoints.**
 - E. TF and RF are combined because we are constantly moving from the world of humanity to the world of spirit.
The World of Humanity – world of form – low frequency vibration.**
 - F. The World of Divine Truth – world of spirit – high frequency vibration.**

Chapter 4 - Accountability (pp. 61-68)

- I. We are spiritual beings having a human experience, governed by two laws: Spiritual Law and man-made law. In both laws we are held accountable for our actions.
 - A. In the world of humanity as well as spirit, when we hurt other people, there are consequences for our actions.
 - B. In the world of humanity, we work with the law of cause and effect, sowing and reaping—“for every action, there is a corresponding reaction; whatever we sow, we shall reap.” We may go to jail, get fired, and be shamed publicly. In the world of divine truth, we may suffer, we may lose, or we may have to get punished in some form.
 - C. In RF we choose to see accountability from a different perspective—this makes it radical!!!!

Chapter 5 – Radical Forgiveness Therapy (pp. 69-76)

- I. Radical Forgiveness Therapy is a process which can be applied to quite ordinary problems in everyday life. It can be an alternative to traditional counseling and psychotherapy.
 - A. In RF we see nothing wrong as having happened, then there is nothing to change. We believe that everything that happens to us is divinely guided, purposeful and for our greater good.
 - B. Therefore, RF is less of a therapy and more of a process of education. Its purpose is not to fix something, but to enlighten us.
 - C. RF helps us to release the past, therefore, releasing the victim archetype. It requires a belief in a Higher Power / a spiritual reality

beyond our physical world and a knowing that we can walk in both worlds simultaneously.

- D. RF does not work well for those who are mentally sick, with deeply repressed pain, nor complex defense mechanisms.

Chapter 6 - The Mechanisms of the Ego (pp. 77-84)

- I. What constitutes the Ego—what role does the ego play in Radical Forgiveness?
 - A. The Ego is the “self, the personality, the senses, with no inclusion of God.”
 - B. The ego-as-enemy: This viewpoint makes the ego responsible for keeping us separated from source. Therefore, it is our spiritual enemy. Ego allows us to see God as the angry enemy. It encourages us to feel guilt which we try to pass on to others and make them scapegoats.
 - C. The ego-as-a-loving guide: Here the ego splits off to play a guiding role; an anchor in the world of humanity that fully tests our ability to be a spiritual being having a human experience. It helps us to experience fully belief in duality, separateness, and fear. We need to feel these fully and completely in order to make us remember that the opposites are true. We need these experiences for our spiritual growth.

Chapter 7, Hideouts and Scapegoats (pp. 85-92)

- I. Essential to Radical Forgiveness is an understanding of the twin psychological ego-defense mechanisms called repression and projection. Together, these two wreak havoc upon our relationships and our lives.
 - A. Repression: A defense mechanism which blocks from the consciousness feelings of terror, guilt, or rage. Without this blocking

- device, many could go mad. It works so well that no memory or feelings are left for days, weeks, years or a lifetime.
- B. **Suppression**: A defense mechanism when we consciously refuse to acknowledge emotions that we do not want to feel or express. These feelings can also become repressed.
 - C. **Projection**: Even when we have repressed feelings or memories, we know on an unconscious level that the shame, guilt or self-criticism remain with us. We attempt to rid ourselves of these feelings by projecting it to someone/something else.
 - D. When we project, we see others as owning the problem. For example: We repress guilt and project it. That which we judge in others is usually what we condemn in ourselves.

Chapter 8, Attraction & Resonance (pp. 93-98)

- I. There are people who have the capacity to resonate and vibrate (emotions vibrate/resonate at certain frequencies) with our feelings, those are the ones who become convenient scapegoats.
 - A. We attract into our lives those people who vibrate and resonate at the same frequencies or the opposite as we.
 - B. The attraction works both positively and negatively. If we are loving and trusting, we will tend to attract people into our lives who are also loving and trusting. If you want to know what you dislike about yourself and have disowned, simply see what annoys you about other people.
 - C. RF requires that we simply forgive the person for what is happening at a given time. In doing so, we automatically undo the projection no matter how complicated the situation.

Chapter 9 - Cause and Effect (pp. 99-104)

- I. The law of cause and effect means that every action has an equal reaction. Every cause has an effect in the world. Therefore, we create our world with our thoughts.
 - A. When we pray, meditate, and contemplate, we vibrate at high frequency and can create consciously and intentionally through thought.
 - B. When a thought gathers sufficient energy to become a belief, it has an even greater effect in the world.

Chapter 10 – Mission “Forgiveness” (pp. 105-120)

- I. Not one of us can consider our soul’s journey to be over until we have completed the mission we created for ourselves. That mission is to transform the energies of fear, death, and duality to a full realization that we are not separated from God, and the negative energies are simply illusion.
 - A. We are each made up of a soul group and the energies with which we work are determined by that soul group before our incarnation. We belong to a soul group which either incarnates with us or acts as a guide from spirit.
 - B. After the energies with which we are to work are decided, we then choose parents who will provide the experiences we need to accomplish our soul mission on earth.
 - C. To accomplish our mission (to transform energies) we must have a total experience of those energies. For example, to transform the

energy of victim, we must feel totally victimized. To transform the energy of fear, we must feel terrorized, etc.

- D. The energy is transformed when one who feels hated sees the love beneath the hate and forgives the person who hates.

Chapter 11 – Transforming The Victim Archetype (pp. 121-130)

- I. Our primary mission is to transform the victim archetype and raise the consciousness of the planet. To transform anything and then raise consciousness means:
 - A. Experience it fully and love it just the way it is.
 - B. Only love has the ability to transform energies.
 - C. The decision to transform something can be made only from the World of Divine Truth.
 - D. When we choose to see the perfection in a situation, we change the energy at once.

Chapter 12 – The Ego Fights Back (pp. 131-134)

- I. Radical Forgiveness raises our vibration and moves us in the direction of spiritual evolution. The more spiritually evolved we become, the more likely we will realize we are one with God.
 - A. Our ego fights our vibration, and if we allow it to take charge, we revisit our wounds and we then have a tendency to blame our parents and others—blaming buys us nothing.
 - B. The necessary thing to do is get in touch with our repressed childhood rage and find ways to release it.

- C. When we release anger and add RF, all sorts of repressed emotional and mental toxicity are cleared. Thus, we move out of woundedness and beyond victimhood.

Chapter 13 – Time, Medicine & Forgiveness (pp. 135-154)

- I. Spiritual evolution points toward a new view of our physical bodies and how to care for them. We now look at healing as holistic, the mind-body approach.
- II. For optimum health, our life force must be clear and uncluttered.
 - A. We cannot be healthy if our bodies are clogged with the energy of resentment, anger, sadness, guilt and grief.
 - B. When we speak of the body, we are referring to the whole person: emotional / mental body and the physical / causal body.
 - C. Consciousness (mind-emotional-mental) integrates with the physical/causal body and is referred to as the body-mind continuum.
- III. In the body-continuum, the life-force must be free to flow easily through the entire body.
- IV. When consciousness is clear, the body-continuum is reflected by clarity, health, and harmony.
- V. The time element in healing is determined by how quickly the body-continuum is healed.

Chapter 14 – As Above – So Below (pp.155-164)

- I. We create our reality mentally through our prayers. The prayers which move from thought to feeling. By feeling that a prayer is already answered, we bring about the answer to that prayer.

- II. The purest form of prayer is to feel peace—the kind that comes when we surrender totally to what is—which means knowing that spirit will work it all out for the best.
 - A. It is only when we are fully surrendered to the situation that we have now that the energy will open up for changes to occur. Don't pray for "peace," pray to feel "peace."
 - B. DECIDE TO HAVE PEACE!!!! DECIDE TO BE HAPPY! DECIDE TO FORGIVE!
 - C. Toxic drugs are never a cure for any illness or disharmony, the only cure is Love – the gift of all ills.

PART III, ASSUMPTIONS EXPANDED

Chapter 15 – Articles of Faith (pp. 165-186)

- I. In Chapter 2, Assumptions were discussed, this Chapter provides a greater depth of theories based on unproved assumptions:
 - A. Contrary to most Western religious thought, we are not human beings having an occasional spiritual experience. Rather we are spiritual beings having human experiences.
 - B. We have physical bodies that die, but we are immortal.
 - C. While our bodies and our senses tell us we are separate individuals, in truth we are all one. We all individually vibrate as part of a single whole.
 - D. When all our souls were one with God, we experimented with a thought that separation was possible. We became wrapped in that thought, which became the illusion or dream that we now live. It is a dream because the separation did not actually happen. We only think it did—and that thought gave birth to the belief system we call the Ego.

- E. When we decided to experiment with physical incarnation, God gave us total free will to live while experimenting in any way we choose and to find for ourselves the way home to All that is.**
- F. Life is not a random event. It has purpose and provides for the unfoldment of a divine plan with opportunities to make choices and decisions in every moment.**
- G. Physical reality is an illusion created by our five senses. Matter consists of interrelating energy fields vibrating at different frequencies.**
- H. We have subtle bodies as well as physical bodies. Our physical body vibrates at the frequency of matter (the World of Humanity), while the highest two of the five subtle bodies vibrate closer to the frequency of the Soul (the World of Divine Truth).**
- I. Universal energy as life force and consciousness is brought into our body via a chakra system. The first three chakras are aligned with the World of Humanity while the fourth through eighth align more closely with the World of Divine Truth.**

PART IV – TOOLS FOR RADICAL FORGIVENESS

Chapter 16 – A Spiritual Technology (pp. 187-194)

- I. The tools of RF are simple, practical, quick, effective, and easy to use.**
 - A. The tools work holo-energetically (using the energy of the whole), which involves spirit, mind, and body.**
 - B. When we work from a holographic viewpoint, we cannot change one part without affecting the whole.**
- II. The forgiveness worksheet is a tool which represents one part of the whole. Using this one tool, affects the whole person.**

- A. Other tools are the RF ceremony, the RF letter, or the thirteen steps to forgiveness. (The 13 steps are a seven-minute question and answer CD which requires all affirmative answers which relate to one's willingness to see the perfection in a situation.)
- B. Each of these tools represents the delivery system for the energetic imprint of RF, which simply means there is nothing to forgive.
- C. The process is subtle and requires a tiny degree of willingness to complete the worksheet.
- D. It also requires a fake-it-til-you-make-it approach.

Chapter 17 – The Five Stages of RF (pp. 195-198)

- I. No matter how RF is approached, whether it be the worksheet, the 13 questions, the Radical Forgiveness Ceremony, or the RF letter, etc., each involves using five essential steps.

Telling the Story: Tell the story; have a listener, own the story, be the victim, say it, feel it, be as cruel as you need to be. Re-visit your pain; don't shut out feelings.

Feeling the Feelings: "Feel what you feel" fully without feeling guilty. Give yourself permission to acknowledge and access the pain.

Collapsing the Story: Study the facts of the story, get rid of the assumptions, omit the interpretations. See the real truth of the story. See the players as being human and imperfect, all doing what they know to do at the time. Also, a mature view of the situation may be different than a long-held childhood view.

Reframing the Story: See the story from another viewpoint. Allow yourself to shift perception.

Integration: Put it all together; weigh the variables. After you see the perfection in the situation it is necessary to integrate that change at the cellular level. This means the situation has to be integrated into spirit, soul, and body so that it becomes part of who you are. It is like saving computer work on the hard drive—then, and only then will your feelings become permanent. One way of integrating change is through the Satori Breathwork discussed in Chapter 27, p. 267.

Chapter 18, Fake It ‘Til You Make It (pp. 199-202)

- I. Radical Forgiveness is a journey and can take minutes, days, months, or years.
- II. Radical Forgiveness usually begins quickly when we are willing to forgive.
- III. When we feel unable to forgive, we fake it ‘til we make it by:
 - A. **Surrendering**: using no force or control—let it happen.
 - B. **Opportunity**: Shift perception; see the perfection.
 - C. **Shifting Perception**: Shift energy—take another viewpoint.

FIRST-AID FORGIVENESS TOOLS

These tools are designed to use to help jerk us quickly out of the “hood,” that is, victimhood. These tools may save us from even visiting the hood.

After we have visited the pain, use these First-Aid Forgiveness Tools:

Chapter 19, Feeling the Pain (pp. 203-210)

- A. **Feeling the feeling** is the **second stage** in the forgiveness process and it arises out of the **first stage** of **telling the story**.

B. When we deny feelings and give them over to spirit, this is called “spiritual bypass.”

Chapter 20, Making Room for the Miracle (pp. 211-238)

(See textbook; read, discuss, and complete handout worksheet).

Chapter 21, Collapsing the Story (pp. 239-252)

See if the story is real and whether holding on to the pain is justified.

Chapter 22, Four Steps to Forgiveness (pp. 253-256)

Step One: “Look what I created!”

Step Two: “I notice my judgments and love myself for having them.”

Step Three: “I am willing to see the perfection in the situation.”

Step Four: “I choose the power of peace.”

Chapter 23, Seeing the Christ in Another (pp. 257-258)

See the person as being a child of God, perfect in every sense. Experience being totally in the present moment—not the past; not the future.

Chapter 24- Forgiveness is a 3-Letter Word (pp. 259-260)

Write three letters to the person you feel has wronged you—DO NOT MAIL!!!

Chapter 25 - Forgiveness Rituals (pp. 261-262)

Ritual with Fire

Ritual with Water

Chapter 26 - Artful Forgiveness (pp. 263-266)

A method of using art as a tool to forgive

Chapter 27 - “Satori” Breathwork (pp. 267-270)

A Japanese word meaning “insight or awakening,” which is done by breathing in a circular pattern, coupled with loud music.

Chapter 28 - The Radical Release Letter (pp. 271-272)

A Release Letter to proclaim to your Higher Self and to every part of your being that you give full permission for all aspects of unforgiveness still remaining in any situation to be lovingly released.

Chapter 29 - The Forgiveness Rose (pp. 273-276)

To dissolve unforgiveness, put an imaginary rose between you and the person you wish to forgive.

Chapter 30 - A Wake for Your Inner Child (pp. 277-282)

A loving funeral meditation to close the life of the “inner brat” in your life.

EPILOGUE – 9/11 (pp. 283-294)

Applying the Four-Step Forgiveness process (Chapter 22) to the 9/11 experience.