

# Radical Consciousness Worksheet

Applying the Technology of Radical Forgiveness  
to Creating a World of Forgiveness by 2012

1. What is happening now that disturbs me is . . . *(Describe the situation)*

2. My feelings about this situation are . . .

fear  anger  helplessness  apathy  panic  anxiety  aloneness  hopelessness

abandonment  betrayal  Other feelings \_\_\_\_\_

3. The knee-jerk reaction I feel tempted to make is to . . .

4. What I sensibly need to do in response is to . . .

## **The Radical Forgiveness Invocation**

*May we all stand firm in the knowledge and comfort that all things are now, have always been and forever will be, in Divine order, unfolding according to a Divine plan. And may we truly surrender to this truth, whether we understand it or not. May we also ask for support in consciousness in feeling our connection with the Divine part of us, with everyone and with everything, so that we can truly say and feel — we are One.*

5. Having read the above Radical Forgiveness Invocation I now realize that what is occurring is perfect and all part of the process of moving from a consciousness based on fear and greed to one based on love and harmony and that by holding the vision of a healed world I am making a huge contribution to having the shift happen relatively quickly and easily.

6. I hereby declare that I am willing to hold this higher vibration and to resist all temptation to react to all events with fear and despondency. Whenever I feel myself slipping back into fear I am taking six deep breaths in order to bring myself back to my center and maintain my vibration. I am centered now and have released the need to continue feeling what I was feeling in #2 above. I choose peace.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_