

The Healing of America Project

Worksheet to Appreciate the Role of Osama bin Laden (*his soul*) in Reflecting Part of the American Shadow

Before proceeding, please make sure you understand how all these worksheets are constructed in terms of the five essential stages of Radical Forgiveness.

1. Write in the name of the person (*bin Laden*) with whom you are upset: _____
(Do the worksheet as if he were still engaging in terrorist activity.)

FROM HERE ON, READ OUT LOUD EVERYTHING THAT IS IN BOLD PRINT.

2. Speaking as a citizen/resident of America, I accuse you, _____, of doing the following things that I and others in America find totally unacceptable and despicable.

- a. Committing a despicable act of terrorism against innocent people.
- b. Killing thousands of innocent people in cold blood.
- c. Having other people do your killing work for you and then running away.
- d. Justifying your despicable acts as being in the name of God.
- e. Defiling the peace oriented religion of Islam by declaring your actions as a Holy War.
- f. Creating an atmosphere of fear in the world - because of you no one feels safe.
- g. Ruining the economy of the United States and putting people out of work.

3. Because of what you are doing or have done in the past, I feel

- angry disgusted scared outraged sad helpless frustrated
- hateful hostile righteous insecure critical threatened
- Other _____

4. The beliefs that I attach to the feelings that I have about you are — *you are an extremely evil person who should be punished and killed. In fact, since you believe that to die in the name of your religious fundamentalism is glorious, I feel like death is too good for you. I would like to keep you alive and make you suffer like those who burned to death on 9/11, so you would get a taste of your own evil and despicable behavior. We in America hate you and feel absolutely justified in hunting you down like a dog, even if it meant killing thousands of innocent people in Afghanistan. You are the epitome of what is evil and bad and you must be wiped out. We, on the other hand, are essentially good and God is on our side. God blesses America — but not you since you are our enemy.*

I would also add _____

SHIFTING NOW TOWARDS A WILLINGNESS TO SEE THE SPIRITUAL PURPOSE OF THIS SITUATION ...

5. As I, _____, open up to my spiritual awareness that, even though I don't know why, there must be a higher purpose being served by bin Laden and the 9/11 situation and that if I were able to see the spiritual big picture, which I cannot, I would be able to see the perfection in it.

- Totally Agree
- Willing
- Skeptical
- Unwilling
- Strongly Disagree

6. I am now realizing that we only get upset when someone resonates in us the parts of our collective shadow that we have denied, repressed and projected onto them. I, _____, now see that everything about you, _____ (*bin Laden*), that I find despicable, represents the

very things that we need to forgive in ourselves as well as that which is denied and repressed in America's shadow, all of which we have projected onto you.

Totally Agree **Willing** **Skeptical** **Unwilling** **Strongly Disagree**

7. I, _____, am willing to thank the soul of Osama bin Laden for being willing to engage in a healing dance with us in order that our soul (of America) might be healed. Thank you, bin Laden, for being willing to reflect the terrorist in America's shadow. *(Remember, we are not condoning his human behavior. This is purely at the spiritual level.)*

Totally Agree **Willing** **Skeptical** **Unwilling** **Strongly Disagree**

HEALING THE SHADOW

1. Having had my (America's) shadow revealed to me by Osama bin Laden, I now recognize that in order to heal my/our shadow, I must bring to this situation my compassion, humility and spiritual understanding in becoming willing to entertain the possibility that since — in terms of the spiritual big picture, EVERYTHING happens for a reason and that Spirit does not make mistakes — nothing wrong happened and that in truth there is nothing to forgive ourselves for, any more than there is anything to forgive bin Laden for. In spiritual terms, nothing wrong happened. It was Divinely guided for the purpose of healing. *[This is NOT, in World of Humanity terms, to try to escape responsibility for, or to avoid feeling appropriate guilt over what actually happened in physical terms. The objective of this step is to begin to release the energy of blame and guilt tied up in the situation by recognizing that a spiritual purpose is always being served in every situation. There are, in the final analysis, no victims and no perpetrators.]*

Totally Agree **Willing** **Skeptical** **Unwilling** **Strongly Disagree**

2. I recognize that in totally accepting the shadow side of me (America), I heal the split within and release my erroneous belief in separation. I now feel myself (America), reconnected with all of humanity and life on the planet. I now feel LOVE for myself, for bin Laden and for all those we have ever judged, made wrong, blamed or have seen as less than perfect, whose actions or words have become part of the American shadow.

Totally Agree **Willing** **Skeptical** **Unwilling** **Strongly Disagree**

Signed _____

When you have completed this worksheet we suggest you do a burning or burying ceremony with it.