

RADICAL APOLOGIES **AND EXPRESSIONS OF DESIRE FOR HEALING**

Radical Forgiveness and World Peace Creation Instrument # 5

Before proceeding, make sure you understand the difference between an ordinary apology and a RADICAL apology.

The Ordinary Apology

An ordinary apology recognizes that someone was hurt, disadvantaged or in some other way damaged because of something we intentionally did - and that what we did was wrong. It is a direct communication to the aggrieved party that we are in sorrow, guilt and regret that the event occurred and we wish that the party knows this. It may also be an appeal for forgiveness. However, because there is no recognition of any underlying spiritual purpose in what took place, and that victim consciousness is fully maintained, this kind of apology is not compatible with Radical Forgiveness.

The Radical Apology

A Radical Apology recognizes in just the same way that, in human terms, someone got hurt and that it is something to be truly sorrowful and perhaps even 'appropriately' guilty about. We also accept full responsibility for what happened in human and worldly terms and are willing to be accountable for what we have done. At the same time, however, we are open to the possibility that some higher purpose was being served and it had to happen that way for whatever reason. We are, in effect, seeing the situation from the perspective of both the World of Spirit and the World of Humanity at the same time. This has the effect of raising our own vibration while at the same time releasing the low vibration energy tied up in the situation itself — thus enabling a healing to occur for all concerned as well as a general raising of consciousness such that there will in the future be less need for such hurtful things to occur.

However, since it is still difficult for us — as the perpetrator — to really 'know' that there was a perfection in the situation, and probably even more difficult for the victim, it seems that a genuine expression of compassion and sorrow, rather than regret, might help us both. The sorrow is not so much because it happened but that the person, a human being, was hurt or damaged. If nothing else, it opens the energy up for Radical Forgiveness to enter into play — especially for the victim. Therefore a Radical Apology is a BRIDGE to Radical Forgiveness and Reconciliation. It is also a preliminary step in the direction of clearing one's shadow.

MY BLANKET STATEMENT OF RADICAL APOLOGY

1. Even though I know that everything was, is and always will be in Divine order, I/America am nevertheless now willing to make a blanket statement of Radical Apology to everyone and everything that I/America have caused to be hurt or damaged in any way. I do this in the knowledge and comfort that this will begin the process of clearing my America's shadow and, hopefully, healing the pain of those I/America have hurt. In particular, on behalf of all Americans, I put forth sincere Radical Apologies to...

- African Americans**
- American Indians**
- Hispanics**
- Chinese Americans**
- Japanese Americans**
- Other races discriminated against _____**
- Women**
- American citizens wrongly accused, incarcerated and/or executed**
- American citizens subjected to witch-hunts by government agencies**
- The people of Nagasaki and Hiroshima**
- The people of Vietnam, Afghanistan, Iraq and others we have bombed.**

The people of other countries we have hurt by 'meddling' in their affairs

Should we apologize for what was done by our ancestors, or not?

It is of course true that we are not directly responsible for what our ancestors did, and what they did cannot be undone. This is given most often as the reason why we should not apologize now for slavery. Bear in mind however, that unresolved emotional pain gets handed on down through the generations in our genes and those unresolved issues get acted out with each generation. We are all carrying our ancestor's pain. If our forebears were the victimized party, we carry their hurt and anger — and continue to pass it on to our own kids. If we are the ancestors of the perpetrators, we carry their guilt and shame. That gets passed on too. We are ALL in pain and will continue to be so until we decide to heal ourselves and each other. The Radical Apology is the first step in that healing process. So why not do it, on behalf of our ancestors if necessary, but primarily for ourselves and our children.

use this box to add an additional group, or an individual, to the list who you feel deserves an apology. Use it also to expand on any one of the above items, perhaps to say more specifically what you are apologizing for and how you felt then and/or feel now.

NEXT, FILL IN YOUR NAME IN THE SPACE AND READ THE STATEMENTS OUT LOUD.

I, _____, do this for myself and for America, so that we can all heal our pain and clear our individual and collective shadows and, by so doing, raise our vibration.

I, _____, do this for myself and for America, in order to release the anger, fear and shame held our energy fields so that we can come to feel only peace in our hearts.

I, _____, make these Radical Apologies on behalf of those Americans who have passed on, so that their souls can rest in peace.

I, _____, do this for myself and America, in the full knowledge that my/our apologies may not be accepted and that forgiveness may not be extended in return. I nevertheless do it anyway, with my heart fully open and without expectation or attachment to an outcome.

NEXT, READ THESE STATEMENTS ALOUD

I completely forgive myself America , _____ / _____ and accept myself/America as a loving, generous and freedom loving being/country. I release all need to hold onto self criticism and judgment about America. I let go of the past and release all barriers against the love and abundance that I know flows from myself and from America. As I bring everything to the light, and make my amends to those I/we have hurt, I am empowered to be myself again, to unconditionally love and support myself/ America, just the way I am, in all my power and magnificence.

I now SURRENDER to the Higher Power I think of as _____ and trust in the knowledge that the situations for which I have apologized, will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my Oneness with everyone and feel myself totally reconnected with my Higher Power. I/America am restored to my true nature, which is LOVE, and I reach out to the world in LOVE. I close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

Signed _____ Date _____

Print Name _____

READ THE INVOCATION OUT LOUD

***“May we all stand firm in the knowledge and comfort that all things are now,
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.”***

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If you would like to write a testimonial about how you feel having just done the worksheet, send an e-mail to info@radicalforgiveness.com.

When you have completed this worksheet and printed it out, we suggest you keep it as a sacred document or do a burning or burying ceremony with it.