

RADICAL ACCEPTANCE OF APOLOGIES RECEIVED

Radical Forgiveness and World Peace Creation Instrument # 6

Before proceeding, make sure you understand the difference between an ordinary apology and a RADICAL apology and the spirit in which each of them can be accepted.

The Ordinary Apology

An ordinary apology is made in simple recognition that you were hurt, disadvantaged or in some other way damaged by the person - and that what they did was wrong. It is a direct communication to you that they are in sorrow, guilt and regret that the event occurred and they wish you to know that. It may also be an appeal for forgiveness. However, because there is no recognition of any underlying spiritual purpose in what took place, they will not be holding the vibration of Radical Forgiveness.

The Radical Apology

A Radical Apology recognizes in just the same way that, in human terms, you got hurt and that they feel truly sorrowful and perhaps even 'appropriately' guilty about that. The person accepts full responsibility for what happened in human and worldly terms and are willing to be accountable for what they have done. At the same time, however, they are open to the possibility that some higher purpose was being served and it had to happen that way for whatever reason. They 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 their vibration while at the same time releasing the low vibration energy tied up in the situation itself — thus opening the opportunity for 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 a perpetrator — to really 'know' that there was a perfection in the situation, it seems that a genuine expression of compassion and sorrow, rather than regret, might help both parties. The sorrow is not so much because it happened but that you, a human being, was hurt or damaged. If nothing else, it opens the energy up for Radical Forgiveness to enter into play — especially for you. Therefore a Radical Apology is a BRIDGE to Radical Forgiveness and Reconciliation. It is also a preliminary step in the direction of clearing the perpetrator's shadow.

THE RADICAL ACCEPTANCE RESPONSE

If you are not carrying the Radical Forgiveness vibration yourself, the only possible form of forgiveness for you, no matter whether it is an ordinary apology or a Radical apology, is traditional forgiveness — letting bygones by bygones. We know that this is difficult and takes a tremendous amount of time and, frankly, is seldom achieved. The truth is of course, you wouldn't know a Radical Apology if it was made to you. If the person making it actually articulated it to you, rather than just doing it internally and expressing outwardly as a seemingly ordinary apology, you might very easily be offended by it.

If, on the other hand, you are coming from the Radical Forgiveness perspective — that everything that happens is Divinely guided and purposeful in terms of the soul growth of both victim and perpetrator, and that there is nothing to forgive, your response will be the same in both cases. As you receive an ordinary apology, you will uplevel it in your own consciousness and receive it as if it were a Radical Apology. There will be no other way you could receive it, given your awareness of spiritual reality. When you receive the Radical Apology it will resonate with you as such and you will again respond accordingly.

Hopefully, having read my book — one or both — you will have integrated the Radical Forgiveness perspective sufficiently to now go ahead and make a Radical Acceptance of the apologies that others doing the Radical Apology worksheet are making.

BEGIN THE WORKSHEET

WHY I FEEL ENTITLED TO AN APOLOGY

I was a member of the group/groups I am checking below.....

- 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
- Other _____

Feel free to expand on any one of the above items, perhaps to say more specifically what was done to you

.....and do wish to register my complaint about the abuse that I/we suffered at the hands of the perpetrators. The feelings I have/had about this included ...

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

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

MY BLANKET STATEMENT OF RADICAL ACCEPTANCE OF APOLOGY

As a spiritual being having this human experience — and as a member of the human race and a resident of planet Earth, I wish to register my willingness to receive into my heart the Radical Apologies of those who “victimized” me/us, as in the knowledge and comfort that everything was, is and always will be, in Divine order.

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

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, _____, unconditionally accept 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 in accepting this Radical Apology, I am extending unconditional Radical Forgiveness to those making the apology.

NEXT, READ THESE STATEMENTS ALOUD.

I completely accept myself/America as a loving, generous and freedom loving being/country. I release all need to hold onto blame and judgment about other Americans and America itself. As I let go of the past and release all barriers against the love and abundance that I know that I have in this moment, 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 unconditionally accepted an apology for, 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.