

# The Healing of America Project

Radical Forgiveness and World Peace Creation Instrument # 1

## Worksheet to Appreciate the Role of Saddam Hussein (*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 Saddam with whom you are upset \_\_\_\_\_**  
*Do the worksheet as if he were still in power.*

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 genocide against your own people and others outside your country.
- b. Incarcerating, torturing and executing people you don't like or who oppose you.
- c. Denying basic freedom to your people.
- d. Ruling by fear and intimidation.
- e. Never keeping your word — we can never trust you; you are a liar.
- f. Living lavishly and with grandiosity while keeping your people poor.
- g. Creating weapons of mass destruction to use to threaten or bully your neighbors.

**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, I feel like a quick death is too good for you. We would like to torture you like you tortured others so you would get a taste of your own evil and despicable behavior. We hate you and feel absolutely justified in going to war against you, even if it means killing thousands of innocent people. You are the epitome of what is evil and bad. 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 the Saddam Hussein 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, \_\_\_\_\_ Saddam, 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 Saddam Hussein for being willing to engage in a healing dance with us in order that our soul of America might be healed. Thank you, Saddam, for being willing to be America's mirror. 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 Saddam, I now recognize that in order to heal my 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 Saddam for. In spiritual terms, nothing wrong happened. It was divinely guided and purposeful. [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 last 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 Saddam and for all those we have ever judged, made wrong, blamed or 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.*