

# A Radical Transformation Worksheet

Applying the Strategy of Radical Forgiveness to World Events

1. What is happening in the world now that disturbs me is:

2. The feelings I am experiencing about this situation include:

Fear  anger  helplessness  apathy  panic  anxiety  aloneness  hopelessness  
 abandonment  betrayal  despondency  other feelings \_\_\_\_\_

3. I am noticing my automatic 'knee-jerk' reactions to this situation, such as:

lay blame  punish those responsible  get something done about it  change something  
 complain  be right (I told you so!)  scream  go fix it myself  demonstrate  declare war  
 get revenge

Write here about the ones you just checked and any others that have come to mind.

4. If I had infinite power and authority over the situation, I would . . . (Fantasize as much as you like and don't censor your thoughts. If you think people are to blame, include any dark, negative thoughts that might be running through your mind.)

5. In spite of my initial feelings of : (Pull from 2)

And my initial knee-jerk reactions: (Pull from 3)

The actions I can take that might make a practical difference is to . . . (e.g send money; go help; write a letter; volunteer; become a whistle-blower; protest; etc. **Note:** It may well be nothing.)

6. However, what I know I can do, **in additon to the above—even if it's nothing**, that will make a big difference **energetically**, is to read out loud the Radical Forgiveness Invocation plus the proclamations that follow. (Next)

## 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 we can truly say and feel — we are ONE.*

7. Having read the above Radical Forgiveness Invocation, I now realize that what is occurring 'out-there' is perfect just the way it is and all part of the divine plan.

willing	open	skeptical	unwilling

8. In being willing to see it this way, I am opening the way for myself and others to awaken to the truth, and by holding the vision of a 'healed' world, I am making a huge contribution to facilitating a shift in consciousness where such situations, as in Box 1, have no further need to occur.

willing	open	skeptical	unwilling

9. I hereby declare that I am willing to hold this higher vibration and to resist all temptation in the future to react to 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.

willing	open	skeptical	unwilling

10. I realize now, too, that what was happening 'out there' was a reflection of something that needs, or needed, to be healed in me. What it may be mirroring for me is - or was:

11. In forgiving the situation in Box 1, I have automatically forgiven myself. I am grateful for the healing.

12. I am centered now and have released the need to continue feeling what I was feeling in #2 above and  
***I choose peace.***

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