

## ASSUMPTIONS OF RADICAL FORGIVENESS

- Our physical bodies die but we have immortal souls that existed prior to our incarnation and continue after death.
- While our bodies and senses tell us we're separate, we're all one consciousness. We all individually vibrate as part of a single whole.
- In order to expand our awareness of oneness we agreed to come to this world of duality in order to experience the exact opposite of oneness, separation.
- We agreed to forget the world of oneness we came from to experience the pain of separation fully. When we've experienced the amount of pain and discomfort we agreed to in this lifetime, we're ready to awaken and remember who we are.
- Since the pain of separation is an emotional experience we need a body to feel it.
- The human experience is meant to be an emotional one, so the extent to which we deny our feelings is the extent to which we deny our purpose for being here.
- We're spiritual beings having a spiritual experience in human bodies.
- Vibrationally we live in two worlds simultaneously:
  - The divine world of truth
  - The world of humanity
- The world of humanity is a spiritual classroom and life is the curriculum.
- When incarnated into the world of humanity with free will to live the experience in any way we choose and to find for ourselves the way back home to the truth of who we are.
- We have 3 forms of intelligence: mental, emotional and spiritual.
- Life is not random. It provides for the purposeful unfoldment of our own divine plan, with opportunities to make choices and decisions in every moment guided by higher self or ego.
- There are 2 definitions of the ego:

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- It is a part of our soul whose job it is to lovingly find all sorts of ways for us to experience the pain of separation on the earth plane
- An insidious deep seated subconscious guilt complex based on our belief that we committed the original sin of separating from god.
- We create our reality through law of cause and effect. Thoughts are causes that show up in our world as physical effects.
- At soul level we always get what we need to grow and learn. Through relationships we heal are returned to wholeness and truth. We need others to mirror our misperceptions and projections to help bring our repressed material to consciousness for healing.
- Through law of resonance we attract people who resonate with our issues so that we can heal.
- We come into the physical life experience with a mission to fully experience a particular energy pattern so that we can feel the feeling associated with that pattern and then transform the energy into its opposite through love.
- Physical reality is an illusion created by our five senses. Matter consists of interacting energy fields vibrating at different frequencies.
- Everything has an opposite. For every negative there is a positive and to know the positive first we must experience the negative. Without one the other cannot exist. We can't know one without knowing the other. This is premise for all transformation.