

## Part Three: Healing the Heart (1st half)

Pages 85–107

### KEEPING IN TOUCH

- *Did anyone view a situation with a different perspective during the last week because of something you've learned?*

#### 1. The Merciful Heart

How can asking for forgiveness help to heal the heart and what might prevent someone from asking? (pp. 87–90)

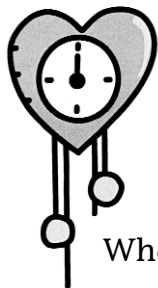
- ◆ Kindness, resolution, moving on
- ◆ Fear and guilt, rejection, avoidance

What happens when someone does not forgive? (pp. 89–90)

- ◆ Rope of nonresolution—who is the master?
- ◆ Surprise on the other side
- ◆ Health issues
- ◆ Other thoughts?



What is the relationship between forgiveness and responsibility? (pp.90–92)



- ◆ Forgiveness does not equal absolution
- ◆ Time to prepare for retesting
- ◆ Spiritual dynamics of love
- ◆ Fundamental law of karma—“do unto others as . . .”

What is the energy equation of forgiveness? (pp. 92–93)

- ◆ Blockage in life
- ◆ Sticky issues—quick actions

How do mercy and justice work together to create real freedom of the soul? (pp. 93–95)

- ◆ Two-step process: forgive the soul and bind the negative forces
- ◆ Letting go: “Vengeance is mine . . .”



- ◆ Love the spiritual nature that resides deep within each person
- ◆ More on this topic?

## 2. The Mystery of Self-Transcendence

What are some reasons that it can be hard to forgive yourself? (pp. 96–97)

- ◆ Not worthy
- ◆ Human perfection
- ◆ Past belittlement or ridicule
- ◆ Accuser-of-the-brethren archetype



How can we transcend society’s tendency to reinforce the negative? (pp. 97–99)

- ◆ Love each soul, what we are at our core
- ◆ Love beyond perfection or imperfection
- ◆ Path of the heart: taking God in each other “down from the cross”

How does criticism of others relate to nonforgiveness and nonacceptance of ourselves? (pp. 99–101)

- ◆ What bothers you is in you
- ◆ Harshness and rigidity toward self and others
- ◆ Mistakes, growth and self-transcendence

What is a self-limiting matrix and where does this come from? (p. 101)



- ◆ Can’t conceive of what you could be
- ◆ Recreating the same patterns
- ◆ Accepting condemnation or criticism: beliefs
- ◆ Ideas of your own?

If you’re not where you want to be, how can you get there? (pp. 101–02)

## 3. Making It a Reality: A Ritual of Forgiveness

What insights can be gleaned from the story about John, his wife and his use of the “Affirmation for Forgiveness”? (pp. 104–05)

Every night before going to sleep or anytime you have an unresolved issue, try giving the ritual of forgiveness below and use this powerful affirmation to open and clear your heart.

## A Ritual of Forgiveness

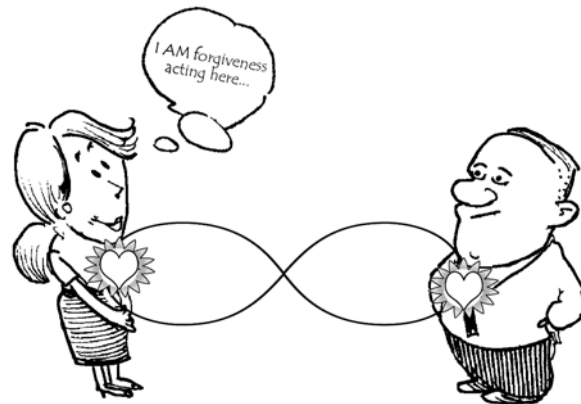
Pages 106–07

- ∞ A good way to keep the channels of the heart open is to use this ritual or create your own. Take enough time with each step to truly engage the energies of your heart.
- ∞ Think about some unresolved issue with another person or situation in your life.
- ∞ Speak to God or your Higher Self about this. Ask for forgiveness for yourself and anyone else involved. Ask to be shown practical steps that can be taken to quickly move toward resolution.
- ∞ Visualize a figure-eight flow from your heart to the hearts of those involved.
- ∞ See a sacred fire of love and forgiveness, intense pink mixed with violet, flowing over this figure-eight and consuming all nonforgiveness, hurt and pain.
- ∞ When you've established this visualization, give the following affirmation as many times as you wish. The more you repeat it, the greater power and momentum you will build.

### Affirmation for Forgiveness

*I AM\* forgiveness acting here,  
Casting out all doubt and fear,  
Setting men forever free  
With wings of cosmic victory.*

*I AM calling in full power  
For forgiveness every hour;  
To all life in every place  
I flood forth forgiving grace.*



As you become more skilled in using this visualization, you can send fiery spheres of violet light to more and more people—visualizing the flames of forgiveness over entire cities, countries, disaster-ridden or war-torn areas as a healing balm of forgiveness.

\*Each time you say “I AM” (from “I AM THAT I AM”) you are really saying “God in me is. . . .” The “I AM” is the power of Spirit working personally through you.

# HEART PERSPECTIVES WORKSHEET

## Part Three: Healing the Heart (1st half)

*Healing the heart begins with mercy.*



### Self-Reflection and Discussion

Use these exercises and practical techniques to increase your capacity to give and receive love. Create your own alchemy of the heart!

### THE MERCIFUL HEART (pp. 87–95)

#### Self-reflect on forgiving.

1. When issues come up, are you able to easily resolve them or do you carry them around with you for a long time?
2. Are you able to let go, turn them over to God and forget about them? If not, what might help you do that?




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#### Seek resolution.

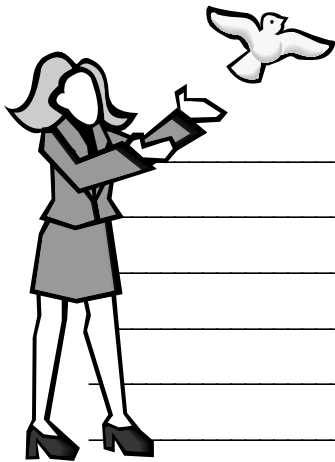
Is there a situation in your life that you have never fully resolved—something that may have happened years ago that still burdens you at times?

If so, you can talk to that person, or you can write a letter to ask for forgiveness or to forgive him/her. If the person has passed on, you can write a letter, burn it and ask the angels to deliver it to that soul.

### THE MYSTERY OF SELF-TRANSCENDENCE (pp. 96–102)

#### Sustain a higher image of yourself.

1. Are you holding on to a self-limiting matrix of yourself?
2. What are the erroneous beliefs you may hold about yourself that have been reinforced by misguided authority figures, peers, etc.?
3. What is the higher image that you would like to manifest?
4. What could you do to help yourself sustain that higher image day by day?




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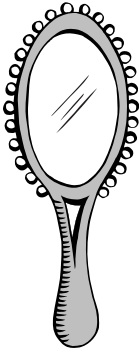
After you've completed the above exercise and at any time you feel condemned, you can affirm:

*I have called upon the law of forgiveness.  
 My God has forgiven me.  
 I am going forth to do better today.  
 And therefore I do not accept this guilt,  
 this shame or this label of sinner!*

Throw all blame, shame and sense of guilt into the alchemical fires of the heart. Let those fires, like a great furnace of forgiveness, burn up any walls around your heart and set your soul free!

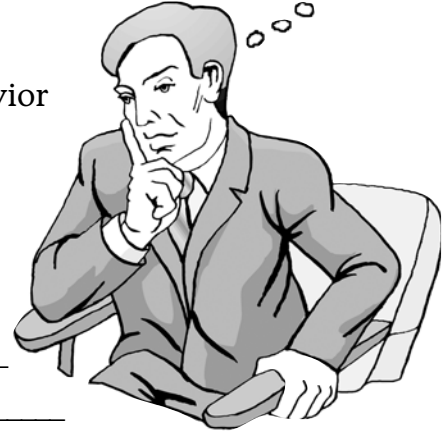


**Use the mirror.**



*Think of a trait in another person that bothers you.*

1. Does it remind you of something that you don't like about yourself?
2. Can you imagine why he or she may need to act that way?
3. Can you see how a parallel (or similar) behavior within yourself serves a purpose for you?



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