

# The Healing of America Project

Radical Forgiveness and World Peace Creation Instrument # 4

## **Worksheet to Forgive the American Government for All It Has Done, Past or Present, to Victimize People in America and in the World**

*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 entity with whom you are upset \_\_\_\_\_**  
*Do the worksheet as if it were a person.*

**FROM HERE ON, READ OUT LOUD EVERYTHING THAT IS IN BOLD PRINT.**

**2. Speaking as a person concerned with human rights, I accuse you \_\_\_\_\_, of doing the following things that I and others in America find totally unacceptable and despicable.**

- a) Using your power to dominate other countries and peoples, economically and politically
- b) Supporting slavery and racial discrimination
- c) Lying to and betraying American Indians and committing genocide against them.
- d) Going to war with Iraq rather than cleaning up your own shadow.

**Plus,**            *Write in as many things as you wish*

**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 criticisms and judgments I have about you, that I attach to these feelings are ...**

*Write in*

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 or in what way, there must be a higher purpose being served by the President now, and all Presidents before him and all those in the American government, 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, \_\_\_\_\_ U.S. Government, that I find reprehensible, represents the very things that I need to forgive in myself for, as well as that which is denied and repressed in America's shadow, all blame for which we have projected onto you.

Totally Agree     Willing     Skeptical     Unwilling     Strongly Disagree

7. I, \_\_\_\_\_, am willing to thank the soul of American Government for being willing to do a healing dance with us in order that we ALL become self-realized and ready to create heaven-on-earth. Remember, we are not condoning government behavior. This is purely at the spiritual level.

Totally Agree     Willing     Skeptical     Unwilling     Strongly Disagree

**HEALING THE SHADOW**

1. Having had my shadow revealed to me by the U.S. Government, I now recognize that in order to realize the truth, 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 the Government for. In spiritual terms, nothing wrong happened. It was Divinely guided for the purpose of self-realization. [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 and that of America, I heal the split within and release my erroneous belief in separation. I now feel myself, reconnected with all of humanity and life on the planet. I now feel LOVE for myself, for all in American Government and for all those we have ever judged, made wrong, blamed or have seen as less than perfect, whose actions or words have become part of the American shadow.

Totally Agree     Willing     Skeptical     Unwilling     Strongly Disagree

Signed \_\_\_\_\_

Date \_\_\_\_\_

When you have completed this worksheet and printed it out, we suggest you do a burning or burying ceremony with it.