

# THE STAGES OF RADICAL FORGIVENESS

All the tools provided in the Radical Forgiveness technology take us through the following five stages. It is essential that none are skipped, especially number two. A lot of people try to avoid the feeling stage and go straight to spiritual interpretation. That is what we would call doing a 'spiritual bypass,' and is counter productive. We begin with our victim story, recognize and accept our judgments, feel the feelings and only then proceed to the spiritual perspective.

## 1. TELL THE STORY

Having your story *heard, witnessed* and *validated*, is the first step to letting it go. Likewise, the first step in releasing victimhood is to own it fully. So, in this step, someone willingly and compassionately listens to you tell your story, and it is honored as your truth in the moment. [With a worksheet there is no active listener - except yourself].

## 2. FEEL THE FEELINGS

Your feelings represent your authentic power. Your strength lies in your vulnerability and your willingness to show up as fully human. You cannot heal what you don't feel. When people access their pain, this is the beginning of their healing.

## 3. COLLAPSE THE STORY

This is where we make a conscious choice to withdraw the energy we have given to the story and begin to realize that the story is mostly our interpretation of events based on our limited perception of reality, and that since there is more to it than meets the eye it is largely an illusion.

## 4. REFRAME THE STORY

Here we specifically replace the 'illusionary' story with another story - the Radical Forgiveness 'story.' This one expresses our willingness to see that what appeared to have happened, far from being a tragedy, was in fact exactly what we wanted to experience for our soul growth and was in that sense, absolutely perfect

## 5. INTEGRATE

It is necessary to integrate that change at the cellular level. That means integrating it into the physical, mental, emotional and spiritual bodies so it becomes a part of who you are. Breathwork, walking, physical work, doing worksheets etc.