

Radical Transformation Online Interactive WS

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

Adam Lanza shot his mother and 20 children and 6 adults at the school, then shot himself all with a huge assault weapon that literally was overkill. It's one thing to shoot people when you're mad, but to do it so brutally and madly is insane, which is true. Why can't there be support for people like him? Why can't we have gun control. There's no reason for someone like him to have access to a gun. It's stupid for his mother to have had a gun like that too. when has a woman having an assault weapon in her possession ever helped her? way more times, guns like that do hurt people. It IS GUNS THAT kill, the people would never be able to do that sort of thing. Adam Lanza was not at home in his mind when he did that. If he had not had a gun, he would not have been able to do what he did

!

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

motivation

anger

helplessness

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

get something done about it

change something

It's weird, but for me, this actually motivates me to get involved. To speak up and get something done about this. It motivates me to write my legislators to say that guns do kill people when they are in the hands of people who are not able to think when they are upset. The people don't do the killing, it's the guns. The bullets kill the people. If that boy had to do the killing himself, with his own hands or hand held weapon, he would not have done it. the people would have been able to defend themselves, love that boy, and get him the help he needed. At least they other people would have had a chance.

Another knee jerk reaction I have is to get quiet and listen to others and wait for someone else to figure it out. I don't get involved or speak up, just let the victims take care of things.

4. If I had infinite power and authority over the situation, I would . . .

Surround all the people with bright white light, especially before this happened. I would give all the children in the world muscle checking to show that they are all compromised by the crappy American diet and need nutrition - brain nutrition. I would make assault weapons illegal, letting only bb guns or hunting guns in people's hands. I would have more adults in schools, like even at the doors. Schools should be active places. Make homeschool more prevalent.

I would get help for all children and parents who are raising such difficult children. I would have everyone learn Radical Forgiveness NOW!

5. In spite of my initial feelings of:

motivation

anger

helplessness

and my initial knee-jerk reactions:

get something done about it

change something

the actions I can take that might make a practical difference is to . . .

poST SOMething on FB that bullets kill people and if people with guns had to kill people they probably would not do it. Guns do give crazy people a power for which they can not be responsible and guns should not be available to people.

I will set up a call with my community to do this worksheet.

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.

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

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 Step 1, have no further need to occur.

Willing

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

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:

I am powerless to do anything about mental illness, guns, energy shifting, nutrition on a large scale.

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

Willing

12. I am centered now and have released the need to continue feeling what I was feeling in Step 2 and

I choose peace.

Signature

Date

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