

## **10-Step Quantum / Radical Forgiveness Process**

This process is **profoundly effective in releasing any judgemental, fear-based thoughts and emotions about people and situations in your life**, so that you see only the **Divine perfection** in everything and the opportunity to grow into an **awareness of perfect Love** that everything presents. After all, if life and the world are all an illusory dream, nothing that happens in this dream can be of the slightest consequence and affect your perfect inner peace and awareness of Love in any way, so there is absolutely nothing to fear, no matter what may appear to be happening in the dream. This freedom from fear allows you to play the game of human life we are all playing consciously or unconsciously while abiding in the timeless state of Love that is who and what you truly are, which is **being in the world, but not of the world**.

The quantum or radical forgiveness process, with explanatory notes, follows below:

### **1. Acknowledge the Negative Thoughts**

Bring to mind the thoughts about the situation and / or person that are disturbing your inner peace. This step is essential to start the healing process, because denial of negative thoughts and emotions leads to repression and suppression of them, which means you are not consciously aware of the thoughts and emotions and cannot move to step 2 of the process.

### **2. Be Aware**

Be fully present and aware of these thoughts, remaining somewhat detached and not letting yourself react emotionally to the thoughts so you don't sabotage this process. See yourself as separate from the thoughts and emotions you are observing in the mind of the person you thought was you previously. This is the beginning of the full realisation you will one day have that you are not really that person at all. Breathing deeply through your nose and raising your eyes to look up while you do this step will help you to keep your mind clear and remain aware of your thoughts without involving yourself emotionally in them.

### **3. Remember it's an Illusion**

Remind yourself that the world and your changing perception of it is an illusion, a dream created by your egoic mind to enslave you that is not real and that has never really happened.

### **4. It's your Illusion or Projection**

Moreover, it's all your projection, even if it appears to be outside and independent of you, because there is only one mind that is dreaming the dream of the universe and the life in it. Whatever someone appears to be doing to you, you are in fact doing to yourself out of your own unconscious guilt that you have projected out into the illusion and manifested in the form of the situation and person who appears to be causing you pain. It is our projection that makes our perception of the world and nothing else, which is another way of saying you create your reality.

### **5. Have Compassion**

Be compassionate towards yourself and all others involved in the situation, knowing that you and

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they are doing the best they can in their current state of consciousness and all unconscious, unloving behaviour happens because people do not feel loved, and is in fact a cry for help, so you and any other people involved in the situation need your love in order to heal and become whole again, not your judgment.

#### **6. Feel the Emotion**

Feel the emotion evoked by the thoughts you brought up in step 1 fully, experiencing all the pain and unpleasantness of the emotion briefly while remaining very aware and not allowing the emotion to trigger more negative thoughts or emotions.

#### **7. Surrender the Pain**

Decide that you do not want this painful, negative feeling inside of you to disturb your inner peace and cloud the awareness of your true Self ever again, and just let it go by letting go of all the effort it takes to hold on to the thought and emotion. Breathe in deeply and then exhale fully as you do this, visualising light flowing into you as you inhale and all the dark energy of the thought / emotion leaving you as you exhale. Allow yourself to revel in the peaceful sense of relief and freedom that you will feel as you release the toxic emotions that have kept you imprisoned for so long.

#### **8. Realise the Perfection**

See the divine perfection in the situation in that it has brought your own unconscious guilt that may have remained buried through your suppression of it in your subconscious mind to the surface so that it can be released and you can be healed and become aware again of the perfect peace and love within you that are your true nature.

#### **9. Be Grateful**

Thank the person or people involved and the entire situation for being your teacher and for giving you the gift of bringing your own negative thoughts and emotions to your attention so you can release them and be healed.

#### **10. Forgive and Release Completely**

Say to yourself that you have totally forgiven the whole situation, the people involved in the situation and yourself for all your thoughts, words and actions related to the situation, that it has been dissolved into the nothingness it always was and you and everyone else involved has been healed through your forgiveness. Say to yourself as an affirmation of this: "I forgive and I am forgiven completely. All is forgiven and released. We are all One."

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This radical forgiveness process is based on the principles covered in detail in ***A Course in Miracles*** published by **The Foundation for Inner Peace**. To fully understand these principles, it is highly recommended that you read and do the *Course*, which systematically trains you to think only with your right Mind inspired by the Holy Spirit – your awareness of the perfect Love inside you and everyone else – by undoing the ego mind that pretends to be you through radical or quantum forgiveness (see

[www.acim.org](http://www.acim.org) for more information about the *Course*).

The following books and movies are also highly recommended reading and viewing, as they discuss the principles and practices of radical forgiveness in everyday language and therefore make the principles in the Course more understandable. We suggest you read the books in the order they are listed below to facilitate your learning experience and speed up your progress in mastering the Course's principles significantly. **Click the links below the titles to buy any of these books and movies online** through the South African Kalahari web site, or if you live in a country outside Southern Africa, you can get all of them online through Amazon.com. The list of recommended books and movies follows:

- ***The Disappearance of the Universe*** by Gary Renard  
<http://etrader.kalahari.net/referral.asp?toolbar=none&linkid=5&partnerid=1752&sku=27936383>
- ***A Course in Miracles***  
<http://etrader.kalahari.net/referral.asp?toolbar=none&linkid=5&partnerid=1752&sku=32393329>
- ***Radical Forgiveness – Making Room for the Miracle*** by Colin Tipping  
<http://etrader.kalahari.net/referral.asp?toolbar=none&linkid=5&partnerid=1752&sku=27224011>
- ***What the Bleep Do We Know!***  
[www.whatthebleep.com](http://www.whatthebleep.com)
- ***The Matrix (Part 1)***  
<http://etrader.kalahari.net/referral.asp?linkid=5&partnerid=1752&sku=1513229>

If you are interested in **individual or group coaching** to help you to apply this radical forgiveness process in your life and in your team or organisation, **Jonathan Quail**, the creator of this 10-step process, can help you. Send an email to [jono@lifebuild.com](mailto:jono@lifebuild.com) requesting help and he will respond. For more information about Jonathan and the work he does, visit his web site at [www.jonoquail.com](http://www.jonoquail.com).

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