



Radical Forgiveness Study Group Review

Radical Forgiveness, Six Week Study Group Review

by Linda Aragon

As a Certified book study leader of Radical Forgiveness - September 6th -Oct. 11th, 2010 was the first pilot group study I conducted. This six week study brought fifteen of us gathering each week to study the concepts and the book - "Radical Forgiveness" written by Colin Tipping. This study is based upon spiritual principles and requires little other than openness and willingness along with a belief in a higher power, however you may perceive that. This study included portions of DVD's explaining the foundations of Radical Forgiveness and how Soul Contracts work within our life and this work brings new meaning to "Everything Happens for a Reason". The blessings of this work are many, but primarily is the release of "victimhood". Would you not like to adopt a way of living based on true forgiveness - I can show you how. This allows you then to come to a place of unconditional love and peace.

Agreements are first signed before study begins, that includes sacred confidentiality (safety in sharing), commitments and time agreements of participation (missing even one week can detract from fully embracing these learning's), adhering to rules of discussion, respecting where people are, honoring the opinions of oth-

ers and an understanding that we are not a therapy group.

The itinerary included 'Jill's Story', an audio CD of a common scenario of infidelity that through Radical Forgiveness, can be seen on a much deeper level. Some concepts discussed within the six week study included Accountability, The Mechanisms of the Ego, Hideouts and Scapegoats, Attraction and Resonance, Cause and Effect, Transforming the Victim Archetype, As Above, So Below, You Spot it-You got it!, etc. I did a number of handouts and outlines to bring concepts to an easier place of understanding. Reading of the book is essential and time was allowed to discuss chapters and concepts.

The eagerness and high energy of this group was evident from the first meeting. The participants were fully engaged and truly desired to raise their spiritual awareness and it felt very enlightening for many to learn how differently many things happening in their life might be looked upon. Realizations came forth that Soul Contracts are often set up by ourselves for our highest good (our higher selves know just what we need) and for our spiritual growth. As this understanding is fully embraced, we realize that forgiveness is not only unnecessary but we can even say 'Thank You' - as we begin to see our so called perpetrators might easily be giving us a 'gift' - bringing forth basic underlying fears to be healed. Judgments

of others are never in order for we cannot know their path and contracts. Common underlying fears many of us experience are around common issues in need of healing such as:

- 1) Abandonment and Separation - we feel alone - expressed as relationships where you are devastated when they fail.
- 2) Self worth - We are not good enough expressed as issues of low self esteem creating relationships that match your expectations of not being good enough.
- 3) Surrender and Trust - We believe this world is not safe expressed as inability to surrender to our experience and relationships that mirror our expectation of this world being unsafe and unworthy of our trust.

An introduction to the study of Universal Laws was brought into this study and many wanted a further deeper study of these laws which I plan to bring forth in the future. A study of vibrational levels was also brought in and how important 'YOUR' levels "contributes to" or "detracts from" from our planet's evolution to the fourth and fifth dimensions.

A worksheet was introduced as a tool to work through any area for which you are holding an inability to forgive resulting in anger and/or resentment being held within your body. This worksheet has some-

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Book Review: The Autism Prophecies by William Stillman

The Autism Prophecies: How an Evolution of Healers and Intuitives Is Influencing Our Spiritual Future by William Stillman. © 2010, New Page Books. ISBN 978-1-60163-116-9.

Stillman, who has Asperger's Syndrome (on the autism spectrum), presented different examples and experiences from several individuals - with those with autism or who worked with a person with autism.

I would like to highlight that Stillman informed readers that those with autism are: very intelligent, just not always able to verbally communicate; and the autistic community has grown tremendously - they are here to help the human race to grow and heal.

A spiritual theme emerges - and it is the same theme worldwide...but many still have not heard the message - so it continues to be given until we all have under-

stood the message.

Stillman finished this book with his survey questions that he asked the autistic community to answer - I found their responses interesting.

I highly recommend this book - whether you know someone who is on the autistic spectrum or not.

what of a 'magical power' - releasing long held resentments and suppressed energy. This negative energy can often bring a feeling of 'tiredness' and even contribute to physical illness. Lessons of growth tend to repeat themselves until we get the message. I always say there is no "side stepping" life - it's up to you how long it takes to bring healing within.

I understand that some of the ideas presented here can be very challenging, especially for those carrying so much pain. Would you not like to find a way to release that pain? This work can be extremely freeing and healing. Radical Forgiveness challenges us to radically shift our perception of the world and of our interpretations of what happens to us in our lives.

Evaluations gathered on the last meeting brought forth very positive experiences and high recommendations for this study. With permission of participants, below is a sampling of testimonials received:

*** "Very valuable and worthwhile course on Universal spiritual principles - I am able to view situations from a higher prospective" Sharon I.

*** "I am now able to forgive more easily, knowing we are all one. You did a great job at every aspect in this study". Netta Havelin

*** "This class gave me everything and more that I was seeking - it really opened my eyes! Thank You! A great way to create rapid change in one's life, by providing a shift in perception. Marie

*** "Linda's Radical Forgiveness Workshop opened whole new doors for me. It showed me how to choose a new way of seeing life's challenges as an opportunity to heal myself". Eva B

*** "I have gained much insight into what

"Forgiveness" is all about". Terri M.

*** "This class is an excellent tool for forgiveness and awakening of the soul. There were interesting DVDs and discussions. I highly recommend it! Ann Peck

*** "The energy exuded by the leader and the students was incredible! The preparations and venue was A-ok - techniques impressive. The leader added a big boost towards the feeling of oneness". Maury Castro

*** "I loved the home environment and you as a leader was the best part. Made me look within myself and I learned tools to use in life". Dolly Castro

*** "Course content was enlightening and very insightful - relevant to spiritual growth and awareness. Course material was presented in an understandable manner and useful for incorporating into daily living". Steve W.

*** "The most positive, valuable aspects are the tools and the teacher. The book- I could not put down or highlight enough passages. The teacher - WOW! You are a natural at this work. Please continue to provide somehow, somewhere. I really feel it is important to get this information out to more people. The Radical Forgiveness class was the most valuable experience for self-growth I've ever experienced. The worksheet and tools have helped me with beginning to end the victim role. Thank you! Thank you! I loved your hospitality and your pets roaming about. Loved it!" Kelly Dickson

*** "Unique and informative class to change the way you look at people, events, and experiences in your life. I highly recommend that you set aside time to take the class. When you are ready to let go of the past, this class will definitely help you". Tina

*** "I realize why you are so passionate about Radical Forgiveness. We believe we know, but boy, we don't know as much as we would like to. I have discovered a diamond in Radical Forgiveness. I get it, I actually get it. This beautiful jewel came into my life surrounded by this beautiful sunshine and radiant soul, "YOU LINDA". A remarkable person, a beautiful blessing full of wisdom and passion, there are no words to describe you. I thank you from the bottom of my heart". Letty V.

I have to say, I am a little taken back and of course thrilled with the positive experiences and testimonials! Just reaffirms my path and my goal to help the planet make this shift, and to take this study out to the community. I thank all for your very positive support I have been receiving to bring this endeavor to a reality.

It is interesting to note that among the comments, it was consistently noted that more time should be allowed for this study - recommendations came forth for longer than six weeks, longer than two hour segments, perhaps a part B for support on worksheets and individual cases, and a second class on "Radical Relationships" which I do plan on bringing forth at a later date...

If you were not a part of this study group, I sincerely hope you will consider participating in the next group in the Spring. You may contact me through my website below or directly to my email below for further information, any questions you may have, and to be added to list for next study group. Dates and times not yet set, let me know your preference - day-evening- or weekend.

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Pressure Cooker

by Jan Toomer

Beginning yesterday (5:10pm MT), I began to feel cranky, agitated, jittery and extremely alert mentally, but off (klutzy) physically.

I felt like a pressure cooker was on and building so much pressure that it is "fixin' to blow!"

For me, this usually means a large earthquake and/or massive volcano eruption (and it is still building, so it is not the ones that are currently erupting).

Today, it seems heightened.

I was in town earlier this morning and stopped to put gas into my truck. As I removed the gas cap, a long loud "hiss" came out from the gas tank.

I began to pump and less than 1 gallon later, the gas came gushing out of the truck and at me; three times this happened. I ended up wearing gasoline.

I made it to an automotive repair shop, where they are checking it out.

My vehicle usually mimics something in my life – it could be my health, or what my energies are reacting to in the environment and/or world.

I have also been having dreams of wearing arctic-type clothing (I am a cold weather wuss) and in the dream it is overcast outside. I KNOW that we are cut off from town; we cannot drive the roads yet. I also KNOW that this is temporary (short term).

So, you know how my thinking goes....

Could this be the fallout from a volcanic

eruption that I am dreaming about?

Are the two – the dream and the 'pressure cooker' feeling – connected?

Am I dreaming and/or experiencing stuff from elsewhere?

I do not have the answers to these.

However, having lived in Louisiana, I have learned to keep on hand enough canned food and water for short term weather emergencies – so I offer up that bit of common sense.

And in the meantime, I send healing energy/thoughts to those who may be experiencing this; I stay shielded; and (due to my klutziness) stay away from sharp objects until I balance out again.

Spiritual Portrait

by Jan Toomer

I went to the MLEC* for my 2pm appt. with Barbara Besser who does spiritual portraits. I have never had this done, so was excited for the new experience.

Seated across a small table, Barbara had a sketch pad between us, and art materials beside her.

Beside me were examples of some of her work – some interested me enough that I had the thought that they would look great framed.

Barbara asked me to take some slow deep breaths with her and to briefly place my hands in hers; I did.

Barbara tuned into me, released hands and proceeded to verbally communicate to me what she was "seeing" while she created an artistic rendering of her interpretation.

I found the process fascinating and her reading ("seeing") me/my energy was very accurate.

I looked back at her examples that were beside me, then back to the piece Barbara was working on for me; I then compared them energy-wise.

I was stunned, then pleasantly surprised! The examples near me were visually pleasing – but, when I looked back at the one Barbara was working on for me, I realized that it was...well... *me*. The energy on that paper was recognized 100% by my being as my energy. How cool is that?

Barbara does travel, and she does do this as distance (absent) work as well. I have included her contact information below.

I really enjoyed the experience and enjoyed Barbara – Thanks Barbara!

Energy Portraits with Intuitive Guidance

Barbara is a visionary artist who has a unique gift of clairvoyance, assisting her in sharing spiritual guidance. She will create a Spiritual Portrait just for you!

Barbara is in Albuquerque, NM and is available for Individuals * Couples * Festivals *

Parties * Fairs

Phone (Mountain Time): 505-304-7852

Email: artonwings@aol.com

Site: Barbara Besser

<http://www.themanyfacesofgod.com/barbara-besser.html>

*MLEC = Metaphysical Life Enrichment Center, Las Cruces, NM

<http://www.mlecnm.com/home.html>



For Laughs - Simon's Cat

If you are a cat lover, or cat owner, and you need a laugh break - I highly recommend this link. (short videos)

Hope you enjoy!

Simon's Cat
(<http://www.simonscat.com/films.html>)

Drop the idea of becoming
someone, because you are
already a masterpiece.

Osho

Chemotherapy and Spirituality

by Jan Toomer

When I was a teenager, my mother was diagnosed with breast cancer. Even though we didn't really get along, I was beside her after she came home from surgery and cheered her on through her exercises.

Throughout the years I have had friends, family, and acquaintances that have had cancer and went through chemotherapy. This is when I began to see a pattern, which I will share with you today.

I noticed that during chemotherapy sessions or treatments, as the chemicals worked on destroying the cancer cells, the individual often times felt disconnected from their higher self and/or their spirituality.

So the individual was not only having to deal with chemotherapy effects, the cancer, and the emotions tied to both, many were angry because they felt completely cut off from the spiritual aspect of themselves.

Please know that for those of you going through chemotherapy or radiation treatments, you are not cut off from your spirituality; you are however very physical-based so that you feel out of touch with the spirituality.

For example (and this is no way in comparison with chemotherapy treatments): if you have ever had a broken bone, given birth, or have another trauma to your body and you think back to that, you will notice that you had been 100% physical, and you stayed that way until your body

started healing from the trauma.

When there is a trauma to the body our energies are needed 100% on the physical to help heal the physical body. When you were dealing with that, did you ever stop to think, "Oh my! I lost my spirituality!?" No, you concentrated on getting better; spirituality was not forefront in your mind.

Chemotherapy and spirituality do co-exist; so for those of you who are receiving chemotherapy - please remember your spirituality is not gone, your energies are focused on healing the body. You are never alone - your higher self, guides, family, friends, your medical team (both physical and metaphysical), Source, etc. are still there and supporting you.

The Grim Reaper

by Jan Toomer

While cleaning out (yet more) files, I came across some pages torn out of an old journal - this one is on the Grim Reaper. Was it fever-induced hallucination or dream, or was it real?

Either way, it made me see the legendary "Grim Reaper" in a new light...

Jan. 2003

I had come down with a sinus infection and bronchitis. Tea and vitamins only slightly eased the discomfort.

At bedtime I feel asleep easily - but awoke a few hours, drenched in sweat. From there I progressed to chills, then fever, then back and forth between the two.

After about three hours of this, I was frustrated and worn out. I rolled over on my side and saw the Grim Reaper, shrouded in black. He moved towards my back, fingers going into my back and pulling something out of me.

I thought I should be upset or concerned about the Grim Reaper approaching me - but I felt relaxed and calm. I rolled over to face the Reaper and told him what I had been thinking, and asked why he was here

and what he was doing.

He explained that he not only guides the deceased to move on, he also removes the dead from organs or any dead within a body. He said he was removing the "dead" from parts inside my body to help my body.

I told him I had never thought of Death doing anything other than 'collecting souls'.

I eased into a light sleep. By morning, my congestion was gone. I felt clear eyed and ready to face the day.

Music Energy

by Jan Toomer

This is a Discussion from the "Undefined Reality" course. The "Tester" had been my daughter JoAnna who had been really blown away by this experience:

Music, any music, with or without lyrics, tells a story. It also interacts with our being - mind, body and spirit/soul. We respond to the story, both through the lyrics and the instrumental and the mood aspects of that piece.

Some people listen to the "head banging" music. One of my children listens to that. We each have our likes and dislikes.

For that child's English class, lyrics was the

assignment. I am not quite sure what exactly the assignment was, but it involved involving me. I was game.

I was asked to listen to the song. I listened. I then informed my child (the "tester") that I couldn't understand the words, but I could tell what the song was about because of the instrumentals and the mood/vibration of the song.

With pen in hand, "tester" was ready to write my interpretations, I was given the go-ahead to say what the music told me - so I gave my interpretation.

"Tester" sat with mouth gaped; I smiled, and asked if I got it right.

"Tester" told me I had to try the next one - so another song played. Again, I couldn't understand the words, so I gave the story as per the music.

Six songs later, "Tester" was convinced that the music tells the same story as the lyrics; one complimenting the other.

I still have no idea what the assignment was, but I think we both learned something about music.

As for the lyrics that I couldn't understand, the "Tester" told me that it was probably better that I didn't understand the lyrics.

■ The articles posted here and on the blog reflect the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.