



Radical Self-Forgiveness

Class #4

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REVIEW: class logistics

- Textbook: Radical Self-Forgiveness, by Colin Tipping
- [Handouts](#)
- Recordings (same page as handouts) – lecture recorded separate from class
 - Class sessions are private and not recorded
- Class fees/payments: [love offering](#)
 - Mail a check to CSL Greater Pittsburgh, P.O. Box 365, Sewickley, PA 15143
 - Send money via PayPal (link on our website: [CSLGreaterPittsburgh.org](https://www.CSLGreaterPittsburgh.org))
 - Please indicate 'Self-Forgiveness Workshop' on your payments

Questions from last week?

Text / handouts / exercises / general comments



Chapter 6: The 3 Letters process

- Powerful tool for working through the 5 stages
- Recommended that we only write 1 letter every other day
 - Write a letter
 - Wait a day
 - Write another letter
- **IMPORTANT:** we do not send the letters



The Victim letter

- Letter #1: written to the perpetrator (we are writing to ourselves)
 - Describing in detail how much you have suffered because of all you've done
 - Let it ALL out – say exactly how much this has messed things up
 - Anger, rage, disappointment, sadness are appropriate here
- Letter #2:
 - Write the letter again – this time from a place of compassion
 - From a “heart space” – expressing understanding
 - Not letting anyone off the hook for bad behavior – but being more open to understanding



Stages 1, 2 and 3

- Letter #1 aligns with stages 1 and 2
 - Telling the story
 - Feeling the feelings
- Letter #2 aligns with stage 3
 - Collapsing the story

Letter #3

- Written to the perpetrator (we are still writing to ourselves)
- Acknowledge that you have come to see the circumstances from a different perspective
 - The actions were divinely planned
 - They happened for a reason
 - Likely for your spiritual growth
 - Acknowledge that you likely invited these circumstances into your experience before you came to this life (before you were born)
 - Begin to consider that nothing bad ever really happened & there is nothing to forgive
- This is the 4th stage of radical forgiveness: reframing the story



Faking it

- All forgiveness is “*fake it ‘til you make it*”
 - You’ll likely have to fake a portion of Letter #2
 - You’ll likely have to fake a SIGNIFICANT amount of Letter #3

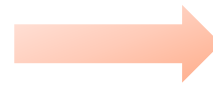


IMPORTANT!

- This “*drastic*” step (Letter #3) will often transform the situation IMMEDIATELY.
- Just writing Letter #3 communicates your intention around the circumstances
- It will be interpreted by your spiritual intelligence as a prayer
 - and acted upon immediately

Repeat letters as the perpetrator

- Letter #1 (channel your judging self)
 - Harsh is OK
- Letter #2 (channel your loving self)
 - Compassion is the order of the day
- Letter #3 (addressing your I Am self)



review Susan's example letters for both perspectives

Some notes

- You will be FAKING a significant portion of this initially
- BUT,...even though you will write things down that you do not believe in any way, your Spiritual Intelligence knows the Truth
 - Dissolves (releases) the energy tied up in the story



Self-Forgiveness (real life)

([video](#))

Chapter 7

Spiritual Intelligence

3 Types of Intelligence

Mental

Emotional

Spiritual



Mental intelligence

- Defines the intellectual human self
- Highly developed
- Emerges from the brain
- Probably understood best
 - Due to fact it can be measured
- Responsible for all cognitive activity of the rational mind
 - Thoughts
 - Ideas
 - Concepts
 - Paradigms
 - Theories
 - Etc.



Emotional intelligence

- Emerges from the heart
- Guides our emotional responses to life
 - Fear-driven
 - Love-driven
 - Guilt-driven
 - Pleasure-driven
 - Etc.
- Alerts us when we are in denial, lying or out of integrity
- Enables our ability to relate to each other at the HEART level



The challenge

- Due to MENTAL intelligence being more highly valued in Western culture
 - People are taught to deny their emotions
 - Emotional intelligence is much less developed
- Allowing the power of emotional responses and unchecked emotions to override our mental intelligence results in many negative outcomes
 - Bigotry, prejudice, false beliefs, inflexibility, etc.
 - We often believe what we WANT to believe, not what makes sense

Spiritual intelligence

- Emanates from our I Am self
- Much more subtle than mental, emotional intelligences
- Operates below the level of our awareness
- It knows the truth of who we are
 - Keeps us connected to Spirit
- Discuss: “Our bodies are the antennae for our Spiritual Intelligence”.

Our Guide

- Spiritual intelligence is a guide
- Working to move us in the direction of growth and healing
- Internal spiritual compass
- Keeps us on track with divine plan
- The only intelligence that connects directly with the Divine



Secular prayer

- My interpretation of the author's explanation is that the Radical Forgiveness/Self-Forgiveness process is like an AFFIRMATION
- From Student Workbook, "*Spiritual Principles & Practices*"
 - Affirmation is a *method* for Intentional Manifestation.
 - Affirmations create a new causal idea in Mind and a deeper acceptance within us of the reality of the idea, which then becomes the seed for the new manifestation.

Spiritual basis

- There is power in speaking our WORD about what we desire to see in our lives
 - Healing/self-forgiveness is no exception
- In the Christian canon (*New Testament*), we are reminded:
 - “[God] gives life to the dead and calls into existence the things that do not exist.”
(from Romans 4:17)
- From Florence Scovel Shinn:
*“I now have the single eye of Spirit
and see only completion.”*



The Letters as Affirmations

- As we work to reframe the circumstances that we are forgiving by considering that it was part of a divine plan for our learning,...
- We are working with a kind of affirmation that begins to work on healing the wound(s).
- The affirmations are working to create a new idea about the situation
- They will help us to integrate and accept the idea
- This becomes the “*seed*” for a new way of considering the event/circumstances

Homework

- Read chapters 6 and 7
- Chapter 6
 - Following the guidance in chapter 6, write your 3 letters
 - Remember to space them out
- Chapter 7
 - Thinking about the way you would LIKE to view a situation or circumstance that you are considering as part of your Self-Forgiveness work: write at least 1 affirmation
 - Consider the meaning of prayer in your life
- See you next week!



Thank you!

Questions/class assistance – email
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