

Noa's Rewrite: Forgiveness- a tool with which you change your reality

“Any judgment, or feeling that lacks love, is my cue of denial”

1. A) Subject (Who or what do you want to forgive): _____

B) The Situation: _____

C) My Feelings Are: _____

Any feelings that lack love are feelings of denial “My emotional experiences are internally caused” and
Feelings are shadows of thoughts

D) **If I am in Pain- I am in error.** My thoughts and beliefs that cause my feelings, pain or upset
are: _____

E) I want to (My thoughts of punishment- this is an honest evaluation, not positive language)
: _____

2. An offence experienced is an offense I have committed against myself. I want to punish only when
my hidden guilt or fear is triggered.

My blockage of personal error maintains this reality and seems to prove you are responsible I am seeing
you (1A) thru my Fear (threatened) and or Hostility Filter (irritated). I will forgive and withhold attack
until I have perceptual love. By forgiving (changing my personal reality through releasing the fear) I can
maintain personal power.

3. A) I release (do verbal release refer to 1C) _____

(1D) _____ (1E) _____

B) I recall when I was accused of (if applicable, refer to 1D) _____

C) I recall when 1E was “done to me” _____

4. I willingly go through the symptoms of healing. My past physical symptoms, low energy, confusion,
negative thoughts, depression, and negative feelings Will Surface and are safe to feel and release. I
accept this opportunity and 100% responsibility for my life. I release all thoughts of guilt, fault, blame,
and my need to be right.

5. When I **Deny-Suppress- Project**, I choose powerlessness and by trying to plug in out there I
disconnect. The truth is safe- this is MY REALITY. I pardon you for not meeting my expectations and
for what you did not do for me.

6. (Using only positive word images) What I really wanted from the situation in 1 is:

7. I am not upset for the reason I think. My unplugging is the only cause of pain and upset. My error? A mistaken goal! I made (#6) _____ more important than my connection to My Source.

Forgiveness Empowers me, offers Peace, Health and Reconnection

8. I am responsible for what I see and feel- the goals I achieve- everything that happens to me!!!
I have received therefore I must have asked.

To truly experience love, I need only find and release identification with what is unlike my true nature.

9. A) I cancel/forgive my demand for (refer to #6): _____

B) I invite (use your own words for your higher power source) _____
_____ to: Undo my reality, teach me the truth, set me free, and:

C) I reconnect with My Source, restore myself to love and restore my self with love to (refer to 1A): _____

10. A) I feel (how do you feel right now in terms of this process): _____

B) After forgiveness I can see that (describe #1 now): _____

11. I am grateful to (1A): _____ for this chance to experience and heal a hidden part of myself. I join with the love of you, and visualize us creating only perfect love and

**I CHOOSE TO KEEP LOVE CONSCIOUS, ACTIVE AND PRESENT
AND USE OUR RELATIONSHIP AS AN OPPORTUNITY TO LEARN
FORGIVENESS**

My Commitment

I promise to trust you enough to treat you lovingly, gently and with respect, in my thoughts, words and actions, whether in your presence or not.

In every interaction I will surrender to love, our true nature. Being connected to my source and my relationship with you will always be more important than any issue.

If anything unlike love comes up, I will hold us in my heart as we each experience, speak and are responsible for our realities. I will be there for and with you, keep communication open, and keep love conscious, active and present as we heal!

Jonas Saulk

We are living at a turning pointing in our development. At such a time, great tensions naturally develop. Depending on whether we choose to focus on what is dying or what is being born, we will be apocalyptic or optimistic, because of the urgency, because we see the handwriting on the wall, and its beginning to crumble, people are beginning to take notice. We are the cause and effects of what we are feeling. We can choose to influence the process... and stop ourselves from being drawn into our own destruction. Instinct compels us to bring out the best in ourselves and each other... to recognize our interconnectedness with everyone else. Loving and forgiving will release a power in the nucleus of each individual – a power much greater in its positive effect than atomic power is in its negative.