

THE TSUNAMI REFRAME WORKSHEET

1. The Situation. *Read only* A massive earthquake in the Indian Ocean triggered a tsunami that completely destroyed communities along the entire coastlines of many countries, killed around 200,000 people and left countless others alone, destitute, injured, vulnerable to disease, exploitation and poverty. The suffering was, and continues to be, unimaginable.

2. My Feelings. When I saw the reports on TV I felt . . . *Check as many boxes as apply.*

fear sadness compassion horror love confusion numb
 powerless giving helpless humbled proud empathy

3. My Thoughts. As I watched the scenes day after day, I thought to myself . . .

- Why should this happen to those who already have so little?
 Why was there no warning given?
 This is terrible. How could the hand of God be in this? How could this be *perfect*?
 Who was to blame?
 I desperately want to help somehow, but all I can do is give money.
 I feel more compassion than I have ever felt for people I do not know.
 This is really the first time I have connected with such suffering even though suffering like this happens every single day in many parts of the world. Why does this one matter more than the others? Why am I indifferent to the suffering of countless millions?
 I am struck by how quickly the world has responded without regard to cost or politics. Wow!
 I cannot help thinking that there is a big spiritual lesson in here somewhere for humanity.
 How interesting that all the wild animals went for higher ground beforehand, and none died.
 If I create my own reality, have I had a part in creating this event?
 Other _____
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4. The Reframe. Remember, to shift energy in a dramatic way, it only takes a small amount of willingness on your part to entertain the possibility that everything that happens is purposeful in spiritual terms and for our soul growth. For this worksheet, we will confine the reframe statements to those put forward in the article attached. *Check the appropriate boxes.*

- I am willing to see that the tsunami might represent our collective shadow coming to the surface for healing. YES/NO
 I am willing to see that healing my/our shadow means loving it just the way it is. YES/NO
 I am willing to see that the tsunami might represent a *wake-up-call* from Universal Intelligence exhorting us to raise our consciousness and awaken to the truth of who we are. YES/NO

- I am willing to forgive myself for being indifferent to the suffering of countless millions in other parts of the world. YES/NO
- I am willing NOW to totally forgive myself for everything that I have done, everything that I am, or have been, that appears less than the perfection of our Source and realize that everything is Divinely guided. I give thanks to the tsunami for bringing me to an awareness of my own shadow, which I now realize is perfect and which I now love and accept unconditionally. YES/NO
- I am willing NOW to totally forgive the whole of humanity for everything that we have done, everything that we are, or have been, that is less than the perfection of our Source and realize that everything is Divinely guided. I give thanks to the tsunami for bringing us to an awareness of our own collective shadow, which I now realize is perfect and which I love and accept unconditionally on behalf of all humanity. YES/NO
- Through the tsunami, I have seen and experienced the capacity that humanity has to BE love and rest in the knowledge that this is the truth about us, and that when we manifest anything unlike love it is not who we are. YES/NO
- I choose now to keep my heart open and to do my best to always stay open to the possibility that we are divinely guided and I am willing to surrender to the possibility that everything is in divine order. YES/NO

4. Integration.

In order to anchor my new awareness of the perfection of what is - as is at the cellular level, I take three long, deep breaths.

Signed. _____

THE RADICAL FORGIVENESS INVOCATION

May we all stand firm in the knowledge and comfort that all things are now,
Have always been, and always 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.

And may we ask for support in consciousness
In feeling our connection with the Divine part of us,
With everyone and everything, so we can truly say and feel
WE ARE ONE.

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Postscript.

You might also wish to try the FREE [Radical Forgiveness Worksheet Tutorial](#) on this site, to help you radically forgive yourself and others. We also have other free downloadable worksheets you can use to help [heal the shadow of America](#). By the end of January 2005, we will also have online programs for self-acceptance and self-forgiveness. Please check back around that time. You will find these programs to be very powerful and effective.

