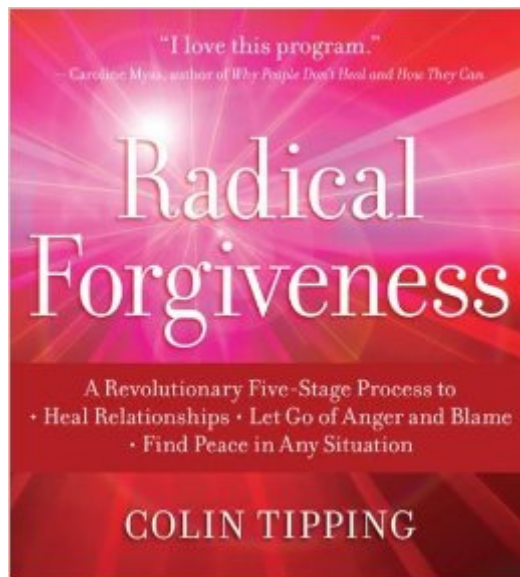


The book was found

Radical Forgiveness: A Revolutionary Five-Stage Process To Heal Relationships, Let Go Of Anger And Blame, Find Peace In Any Situation



Synopsis

Could there be a divine purpose behind everything that happens? If you're willing to embrace this possibility, every aspect of your life can change. This is the theory behind Radical Forgiveness, Colin Tipping's revolutionary method for liberating your energy for the soul's highest expression. In Radical Forgiveness, readers join Colin for step-by-step instruction in what begins as a healing process, and culminates in a paradigm-shifting path to awakening. Readers will discover: bull; How to transform difficult emotions like anger, fear, and resentment into unconditional love, gratitude, and peace bull; The five essential stages of Radical Forgiveness, and how they help us transcend the victim archetype and embrace the inherent perfection of life bull; The tools of Radical Forgiveness-a series of quick, effective, and easy-to-use techniques and processes including "Fake It Till You Make It", "Collapsing the Story", "Satori Breathwork", and more. "Radical Forgiveness is much more than the mere letting go of the past," writes Colin. "It is the key to creating the life that we want and the world that we want." With Radical Forgiveness, he puts that key in our hands.

Book Information

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Customer Reviews

As a Unity minister who has been on the "path" for years, I didn't expect to find much new or valuable in this book. But I certainly did. Ideas came "alive" that formerly had been interesting concepts, but not REAL and practical. Since everything is actually happening "now", conscious actions chosen today can heal both Present problems and patterns created by events in the "Past". Traumatic events have powerful emotions attached. These emotions form patterns that create similar events and feelings over and over again in your life. Unfortunately, many of these patterns

were formed when you were a child, so they're usually wrong and downright dangerous. Yet they repeat the same situations wearing new costumes. They distort our present. Normally we like to blame others for all our problems. We dearly love to tell everyone how we have been victimized. "He done me wrong!" is a world class theme. However, if you can recognize a new possibility, a startlingly different way to view things, a way to see events from another dimension, ...or even if you are only WILLING to TRY a new approach - you can abolish your "victim role" forever. You can recast yourself as a "Winner" in life. When you use the simple technique of Radical Forgiveness, you release enormous quantities of energy that were trapped in maintaining your original negative patterns. This liberated energy then surges through your life, flowing into new positive patterns that create success and love. Parents can use Radical Forgiveness as a tool to free their children from traumas that otherwise would ruin their lives. Lovers can REALLY forgive each other and love even more.

I found it very difficult to concentrate on the core message of the book because of the distracting philosophies presented. First I believe that Colin has some very great ideas about forgiving. I can understand and accept the message about anger, hate and other feelings we hang on to cause much of our physical and emotional problems and lead to illness. There are some very powerful lessons about how we play the victim role, how we want to be right, how we need to be validated. And our need to be right often creates or increases the problems in our lives. We often attract those who are a mirror of what we don't like about ourselves. And even though he says Radical Forgiveness works whether you believe his assumptions or not, I still have some trouble getting past his assumptions. He is very honest and straightforward in his beliefs. He shares his assumptions but does not offer any proof on them in this book. One of his assumptions is that the soul lives before and after the body. That our soul chooses to be born and chooses who the parents will be. Because of our past lives, we come into this life with certain problems and that fate brings people into our lives to help us solve the problem. He further believes that the soul forgets everything about past lives at a conscious level but retains knowledge at the subconscious level. I do believe that a lot of what is taught in this book can bring about healing of the body and soul. However unless you are willing to overlook those things that you do not agree with or can totally embrace his philosophy and assumptions, you will probably be too distracted to see the value of the lessons.

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