



Living A Course in Miracles

Radical Transformation
Inside & Outside



*with Colin Tipping
& Jennifer Hadley*



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with David Fishman & Jennifer Hadley

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Living the Truth

with Colin Tipping & Jennifer Hadley
October 26, 2016

- Jennifer Alright. Here we go. Hey, Colin, are you still there?
- Colin I am.
- Jennifer Good. I'm always glad when the technology works.
- Colin Yeah.
- Jennifer Yes. Sometimes you know how it is. It can...
- Colin Yeah, I know.
- Jennifer But whacky-do. I always say, it's so interesting how much technology we have to learn in order to do our work as a spiritual teacher. It's kind of crazy.
- Colin Yeah, yeah, yeah. It doesn't always work right.
- Jennifer No, it doesn't always cooperate. It gives us an opportunity to practice radical patience.
- Colin Yeah, that's right. That's my kind of lesson, is patience.
- Jennifer Really?
- Colin Yeah. Yeah, always in a hurry, I always wanted to get things moving.
- Jennifer Yeah, I know that feeling. Oh, my gosh! Well, listen, as people are coming on the line, we're getting ready to start, I would love to ask you, I know you're—you've got a bunch of things coming up. Where could people participate with you, anything live and in person?
- Colin Actually, we've just finished this year's event with a retreat in Switzerland for seven days and then another workshop in Kiev, Ukraine, a 10-day training in Kiev.
- Jennifer Wow.
- Colin That's it for this year. I'm working on a lot of writing stuff. I'm still in England, as you know.
- Jennifer Right.



- Colin Intend to be back in the States at the end of November around Thanksgiving time. Then we've got whole slower things on the events coming for 2017. Starting in January, every month, and lots of little bits and pieces in between, some webinars, and all that kind of good stuff. Next year now.
- Jennifer Are you having retreats, events that people can come see you at? I know how much people love to do the in-person work.
- Colin Oh, yeah.
- Jennifer Also, I will probably talk about this in the class, but even now just to let people know, as they're listening to you up front, that you have some really wonderful trainings. In fact, I just met someone in Germany who had been through one of your trainings...
- Colin Uh-huh.
- Jennifer . . . and loved it. Because people get so inspired to do this work and to help others and people who are life coaches want to add what you have to their list of skills in coaching people. You have not just got the forgiveness training, but you have other trainings as well.
- Colin Right. We actually have a program, I guess, you call--the program which we call *Radical Living*, which includes *Radical Forgiveness* and *Radical Transformation* Of course, the major philosophical grounding for all of them. We also do include in that Radical Manifestation, Radical Transformation, which actually we're going to talk about tonight, I think on the call itself.
- Jennifer Yeah.
- Colin Radical Self-Forgiveness, Radical Self-Acceptance, and all that good stuff. Really, it's more about—actually, Radical Forgiveness has evolved from being simply—when I say simply, but being a healing modality from way back when I realized how helpful this stuff was that to help people heal the past as it evolved into some now which is much more about a way of living, a way of life.
- That's why we developed this umbrella called *Radical Living*. It's all about living consciously, living with awareness and living in a way that supports the planet as well as each other. It's evolving, constantly evolving.
- The training that I think you were referring to, we've got more coming up in January, which is a 10-day training for people who want to become



Radical Living Master Coaches. It's a combination of the two trainings that we've been doing online which is the *Radical Living Coach*, and then *Radical Living Master Coach*.

I decided just to in a last couple of years that a lot of people really want to do it with me live as opposed to doing it online, so we started doing that now, just done that in Ukraine. We did 16 people in Ukraine. I did 30 people in Russia last year, and 32 the year before. 32, I think, it was in Peru. We've got that coming up in January for those people really want to make a career whether part time or full time. That's coming up January 27th and 29th.

Jennifer I'm so—that's so great. I'm all about supporting the light workers, really stepping up and out, living their passionate and being truly helpful in the world. I know your trainings are life changing for those people.

When we help the people who are helping the people, it just keep rippling and rippling and rippling.

Colin Right. Well, you do a lot of practical experiential stuff, too, don't you? I mean, I'm always seeing you out there doing retreats and wonderful vacation in Thailand.

Jennifer It's true. Yes.

Colin Foreign...

Jennifer We're getting ready to go to Thailand. Uh-hmm.

Colin I think, really, spirituality has to be made practical and has to be made so that people can integrate it to their everyday life and that's what I'm all about.

Jennifer Exactly. Without that, it's really not worth our time and energy because that's where the changes happen, that's where the healings happen, and that's where the Love is.

Colin Yeah.

Jennifer In that practical application—yeah. One of the things that a lot of people are moving out of just reading books and taking classes into the action. Hey, that's our theme this time.

Colin Great theme.

Jennifer I—yeah. I say, looking at the clock that it's perfect time for us to get started.

Colin Okay. Let's do it.



Jennifer Let's do it. I'm just going to take a pause here for a moment.

Welcome to *Living A Course in Miracles*. I'm Jennifer Hadley, your host. I am so glad to be here. Our theme for this entire series is, *Time to Rise and Shine, Taking Spiritual Action*. As you know, we're all about—we do the inner work and that's how we change the world. We change our mind about the world and then the world has to change.

Today, we have Colin Tipping. Colin is one of my favorite teachers. We always have a good time together. We've done many classes together. He's been a guest on my radio show many times. He is a prolific writer and probably best known for his beautiful book, *Radical Forgiveness*, which is a great tool for anyone particularly who is interested in *Living A Course in Miracles*. Forgiveness is our function for *A Course in Miracles* students and *Radical Forgiveness* is an excellent, excellent book.

Colin has a lot of resources. We're going to talk about that as well today. He's very practical. He's very inspiring and he teaches the teachers. Just a treasure.

I'm so glad. Thank you for joining us today, Colin.

Colin Oh, it's my pleasure. It always is fun working with you, Jennifer. I always say, "Yes."

Jennifer I know you do. It's great. I really appreciate that. I'm going to start us off here with a prayer, and then we'll jump in to our topic of *Radical Transformation Inside & Outside*.

Colin Okay.

Opening Prayer

I invite everyone to join us and take a breath. We move into our heart, just step out of time and space and into our heart. Placing my hand on my heart, I am grateful and thankful to wholeheartedly say, "Yes," to Love, to radical transformation, inside and out.

So grateful to consciously Partner UP with the Higher Holy Spirit Self for the purpose of remembering our true identity, remembering that we're already as Holy as Holy can be. We're already perfect, whole and complete.

We are grateful to join together to remember the Truth that sets us free. We are grateful and thankful to open our hearts and to recognize that



everything we need to have transformation and to be a transformational presence in this world has already been preinstalled in our heart.

We're grateful and thankful to join together for the purpose of revealing our magnificence, revealing the Love that we already are. Love is the healer and it heals everything in this world that seems incongruent with Love. We take a stand for our loving heart, sharing the benefits with everyone because we're One with them.

In gratitude, we let it be, and so it is, Amen. Amen, Amen.

Colin Amen.

A Shift Inside And A Radical Transformation Outside

Jennifer Uh-hmm.

Colin Thank you.

Jennifer I'm going to ask you first, Colin, this is the question that Spirit's giving me, to ask you first, to give an example of how you did inside transformation and you saw a demonstration, we could say a miraculous demonstration, in the world that maybe even surprised you.

Colin You mean, an event on the outside, you mean?

Jennifer Yeah! Something you—you had a shift inside and you had a radical transformation on the outside as well.

Colin Well, yeah, that's a difficult one to start, really, because there are so many things that not always, shall I say, dramatic. There are lots of stories that people tell me in their lives, that I have in my life, too that on the phase of it, are not dramatically huge stories that would have a tremendous “wow” factor.

But when put them all together, they accumulate in such a way that over a period of time, at least that it has been in my case, over a period of time that these stories, these events, these instances of transformation, both within myself and observed on the outside have changed me almost infinitesimally.

Yet they're massively transformational, not just for myself over this period of time, but for people that I worked with, people that I love, people that are my own family, that this work of living consciously and being willing to



show up in the world in a practical way demonstrating spiritual principles, I think that's what it's been like to me. It's been more like a very gradual change over a long period of time.

I never came to this out of some great epiphany or huge experience or anything like that. I would say it kind of crept up on me. It found me, in other words. Radical Forgiveness sort of came upon me and I had no expectation of it, whatsoever. I didn't even recognize it at first. It just—what is this?

Now that I really look back over the years, it was about 20 years ago, that I guess this was started for me, that it was just given me. It was something that got downloaded quite unexpectedly. It was quite some time before I realized what it was even that it was something that would have an effect on the world that I could never have imagined that it could, because I always had no religious background, hardly any spiritual background that was sort of searching, but I had nothing to sort of grasp onto at that time. I was in my fifties at this point, too. It didn't come to me early.

Jennifer Uh-hmm.

Colin But somehow I knew that there was a book to be written and that I was supposed to write it, and I didn't really know what it was. I knew that --

Jennifer Well, I remember you're telling me—that you and your wife bet the house on it, literally.

Colin Oh, absolutely, we did. Yeah. It actually started out, a lot of the book, the worksheets that I now think of as a critical. The tools that we used, the resources that we give people to make this thing work for them came a long time before the book. I created these worksheets as a sort of a way to put people to sort of put their ideas together about spiritual reality and so on, not really understanding it a lot myself. But I thought to myself that one day I'll write a book explaining how to do these worksheets and give some instructions. That's really how the book was conceived. But I didn't write it until probably 15 years later when I'm looking back. It wouldn't have gone anywhere, had I written it when I first thought about it. But I always made up an excuse saying, "I haven't got enough money or enough time to write this book." But when the time was right, Spirit nudged me, I just sat down and wrote it.



That sort of how it crept up on me. It's amazing, really. I'm still surprised. I'm still amazed at what happens when we give this to people and help people relate to it in a way that's just totally transformational. It changes so many people's lives in ways unimaginable. I have people tell me how it has changed them.

Jennifer Yeah.

Colin Yes. No big story, really, but...

Jennifer What about your—your Radical Forgiveness Worksheet helps so many people who do that practical application of forgiveness. One of the things we've said we would talk about today is your *Radical Transformation Worksheet*.

Colin Right.

Jennifer Let's lay the ground. People are—I've been talking to so many people about the election, about terrorism in the world, fears of disease outbreak, all kinds of things that people are fearing and upset by in a world, these are actual things that we're experiencing. They're not small in a sense. They are very intense. People are extremely distressed sometimes. It's like their spiritual practice goes out the window.

Colin Right, right. Well, how I came about for me was a slow progression, as I say, you know, *Radical Forgiveness* has evolved. Showing people how radical forgiveness can change our lives has proven to be fairly easy because once you have somebody do these worksheets, they say, "Oh, my God, I feel different and everything has changed."

It's not hard to convince people to help heal the past and let go of the pain of the divorce, so whatever that happens that's troubling them and for them to be able to see it from the more spiritual perspective. That hasn't proven to be so difficult as trying to have people see the perfection in the kind of things that you have just described. I say, "Yeah, but how can that be perfect, how can Spirit wants us to have these experiences such as—ISIS cutting people's heads off. All the horrible war that's going on in the world."

Jennifer Uh-hmm.



Activating Spiritual Intelligence

Colin How can that be reframed in such a way as to change, change it for myself for a start and then to change the world as a consequence as to seeing it differently and so and so. This has been much more difficult to teach people.

I came up with a worksheet that I call *Radical Transformation Worksheet* because, as you know, we've talked about it so many times, the importance of these Worksheets because they are the key to activating what I call Spiritual Intelligence. Mental Intelligence is pretty useless when it comes to looking at the world through the spiritual lens. Emotional intelligence, which is the intelligence of the heart, gives us a way of entering in the world and looking at the world of feeling, responses to the world. Spiritual Intelligence is the real knowledge of how things really are at the spiritual level. These worksheets really activate this part of the psychic called the Spiritual Intelligence.

Having proven that the others have worked well, the Radical Forgiveness, the Radical Self-Forgiveness, the Radical Self-Acceptance, or of those Radical Manifestation, too, I thought, well, I need a worksheet to help people apply the strategy of Radical Forgiveness to world events that is extremely upsetting and very difficult to reframe in any sort of spiritual perspective.

That's what I sent over to you the other day for us to have a look at or maybe discuss some to this program.

Jennifer Uh-hmm.

Colin If I may just back up a little bit and say that this idea of spiritual people taking action in the world is quite controversial. I mean, we have a list of about 30, 000 people. I tried to blog fairly frequently and whenever to a blog about what's going on in the world and make comment on it.

I've got lots of e-mail saying, "Why are you talking about the world? Spiritual people has been taking notice of politics and shouldn't have a position on anything like that." That's one of the things that a lot of spiritual people feel that if we're spiritual, we shouldn't get involved in the real world. We shouldn't take a position on anything. We shouldn't do anything to change it and so on and so forth. That's a hard one to really mediate because it's true. One level that it's not true with another.



My take on it is that the most spiritual people in the world are those that are not human and that have an ability to influence how we human beings behave and become inspired by them.

For us to be spiritual, I think we have to live in true world. At the same time, we have to live in the human world and be the best human person we can be and yet we have to also simultaneously live in the spiritual world because that's the Truth. If we can hold those two positions at the same times psychically, then we are 20 times, hundred times more powerful than somebody who is either just spiritual or somebody who is just human, humanistic or practical, whatever you want to call that.

We are in fact required to be bipolar. In a sense that we have to be human on one hand, and live in this human world, as well as spiritual living in the spiritual world and putting those two things together is really where the power is. That's my opinion, anyway.

Jennifer Yeah. You know, I...

Colin I take positions and I have points of view about what's going on in the world. I have an urge to take some action over certain things, as well as knowing at the back of my mind that what's going on out there is absolutely Holy and is what's supposed to happen the way it's happening right now is exactly what is supposed to happen for reasons that is beyond us at this point in time. Where were we?

Divine Guidance And Inspiration From The Spirit

Jennifer I think it's so important what you're talking about because certainly I experience the same thing, comments from people. *A Course in Miracles*—and I recognize you're not *A Course in Miracles* student per se...

Colin Right.

Jennifer ...but you've participated in many of these Living *A Course in Miracles* class. It's been on the radio show a number of times because you're so much in alignment with the *Course* and your teachings on forgiveness help us all to live the *Course*.

You might find it interesting, Colin, that in the *Course*, it says, Jesus speaking as you know He says, "*In time...*" in the experience of time and space. "*In time, we exist for and with each other. In timelessness, we coexist*



with God. You can do much on behalf of your own healing and that of others if in a situation calling for help you think of it this way."

This is a prayer and it's called, *The Purpose Prayer*.

"I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."

Then a little bit later in the next section, He says that, *"Constructive acts are involuntary."* Involuntary, so we're so in tuned with Spirit that we can take constructive action following the Divine Guidance and Inspiration. It's essential that we are following Divine Guidance and Inspiration when we're taking action in the world.

It's part of our curriculum to learn and grow through taking loving action in this world. It's a wonderful way to express Spirit and to be in tuned with Spirit. It's not about just sitting in a cave somewhere.

- Colin Exactly. The way I look at it is when some things happen in the world that are really upsetting, our first duty is to just hold on to the idea that there is Divine Guidance going on at every level here and any action I take, I simply ask to be guided in that action.
- Jennifer Yes.
- Colin That action becomes more powerful because it comes from a place, the total surrender to what is.
- Jennifer Uh-hmm.
- Colin If we want to change something because we think it's wrong, we're already out of alignment with the Spirit. If we want things to change in a way that would improve people's lives, first of all, we have to accept it as is, and then it changes because that's when we bring the Love vibration into the situation and Love changes everything.
- Jennifer Uh-hmm.
- Colin The two things, though, go together. That's what I tried to do for people in this worksheet.
- Jennifer Being able to practice it again and again and again, then we really are changing our life because, for me, in my personal experience, there's a feeling that I have when I know I'm in the flow of Love, and taking inspired



action. The more we do it, the more you recognize that. More importantly, you recognize when you're not in the flow of Love.

Colin Right, right. I'll do that.

Jennifer If you're not feeling in the flow of Love, you're not feeling divinely guided and directed, you can take a step back, pause, recalibrate.

Colin Right, I agree.

Transforming Pain To Loving Acceptance

Jennifer Where people are—I talk to people, as I'm sure you do, who are really, really upset about the election.

Colin Yeah.

Jennifer Really, really upset about terrorist acts that are going on. I'm not saying that it's wrong to be upset and yet that doesn't help anyone...

Colin Right

Jennifer ...to just let the upset go unchecked. It's critical that we feel how we feel that we allow ourselves to have the experience of feeling our feelings and not do a spiritual bypass, so that we don't ignore our feelings...

Colin Exactly.

Jennifer ...or bypass them.

Colin I mean, I use that term all the time when the spiritual people just want to gloss over something and say, "Well, you know, it's just God's Will and what have you, they're not really authentic."

With all of the worksheets, all the tools that I have, they all follow those five steps or five stages, as they call them. You always need to begin with where you're at it at this moment.

Whatever is happening that you're upset about, you need to be able to feel it, register it, look at it, see it what it is at the human level, feel the pain associated with it, and only then can you really seek to transform it by changing your mind about it, but it always is necessary, I think, anyway, to really confront what is going on in your life or what is going on out there in the world and feel the pain of it, because in that pain is probably the lesson for us...



- Jennifer Yes.
- Colin ...because it's the transformation of that pain into loving acceptance. It really is the transformation.
- Jennifer *A Course in Miracles* says, "Pain is a wrong perspective, " that when we're identified with being separate from God, helpless, small, lacking and limitation, then we're going to experience some kind of pain. Our emotions are, of course, can be very painful and they wake us up to when it's time for us to course correct to...
- Colin Right.
- Jennifer ...examine our thinking and change it. Yeah.
- Colin Yeah, yeah. We have to be careful, though, not to make pain wrong or feeling pained as being wrong.
- Jennifer Exactly.
- Colin One of the things I have believed in or an assumption in any way, I never used the term, "believe, " by the way. It locks you up into some sort of a box. I always use the word "assumption." My assumption is that the human experience that we came into have is essentially a feeling experience, so that we can—unless we feel the pain and accept it for what it is, how can we transform it if we're not starting from that place. The feeling experience that we have as a result of this human journey that we're taking, the purpose of it is to transform that into the feeling of Love because without it being an emotion, then Love is just an idea.
- Jennifer Right.
- Colin I believe that the human experience is essentially a feeling experience and that thinking experience, secondary.
- Jennifer Uh-hmm. Hmm.
- Colin I'm always encouraging people to go into that feelings and to feel them fully with little judgment about them as possible in a sense that there is no such thing as a negative feeling. It's just a feeling. It's attached to an idea because an emotion is a thought attached to an idea. A feeling attached to an idea, I'm sorry. But if they ought to be felt and then once we felt it, then we can transform it.



Jennifer We've got some perfect situations happening in the world right now, for instance , there are a lot of people that literally hate two candidates—two main candidates for president. They hate them. They're literally filled with hatred for them and fear and disgust and all kinds of things like that. Honestly, I have to say that I kind of feel like I like to put one of those bumper stickers on my car that says, "Somebody else for president, " but...

Colin Yeah.

Healing Our Misperceptions About Ourselves And Others

Jennifer It is what it is. Everything works together for good, there are no exceptions, according to *A Course in Miracles*, and so I stand by that and live by that. People who are feeling this real intense emotion, using your worksheet, how do they break it down and move through that?

Colin Well, let's look at it this way. One of the things I always tell people, you always know when Spirit is working its magic. When what you're seeing out there is so darn odd that you can't make sense of it, that it makes an absolutely no sense that those two people having a mud wrestling match in lieu of the election are trying to show us something. They're trying to teach us something. The hatred that we're feeling is a projection of their own consciousness onto those two people because they are providing the mirrors for us all.

Every judgment we make of that Donald Trump or Hillary is simply a projection of our own self-hatred. That's really the service that they're providing for us, is in so many different ways mirroring for us what it is that we hate about ourselves and what we support in the political system, because most of what we are reacting to, especially to Mr. Trump, is the most based feelings and prejudice and emotions that we all have. It's no good saying, "Well, I don't have them." We all have them to some degree or another.

Those two people are giving us a wonderful opportunity to heal out misperceptions about who we are and what we stand for. Just in the same way that people like Hitler, Stalin, Milošević, they all what I call healing angels in a sense that they'd been recruited by the human consciousness to provide the mirror that we need to confront representing what we hated in ourselves as a human race, so that we can transform it. Not until we accept these people as they are that we heal ourselves.



I'm just as mad about everything I see on television when I watch the debate even though—I saw the most--those recent one over here in England. At the same time I'm trying to look at them and saying to myself, there's a couple of healing angels there because, otherwise, why would the Spirit allow them to come this far?

Jennifer Right.

Colin I just still see the own comprehension that somebody like Donald Trump could be standing up and saying, and being supported to be the most powerful man in the whole world, with his finger on the nuclear trigger and everything else, and yet that's what's happening. There has to be a reason for it. That's the way I look at it, you know. There has to be a reason that Spirit has put these two people there for us for a purpose, maybe to—not just for ourselves, but to bright down the system that we have in our political system to break it down because it's a sham. Just like our own ego is a sham.

Jennifer Right.

Colin What I'm saying out in the world right now is lots of instances where what is being manifested from our own consciousness because whatever shows up out there is our consciousness reflected is presenting us with a huge opportunity to shift our consciousness in the direction of Love, if only we would see it that way, and to let go of our need to project our hatred onto them.

Jennifer I so appreciate what you're sharing. I think this is so helpful to talk about this. Let's say somebody is listening and they think, "I hate this one because they're liar. I hate this one because they're a billionaire and they're not paying any taxes and I have to pay taxes. They want to raise my taxes and lower the taxes on the rich. That's insane. I hate them for it." Let's say—so then the person is thinking. "Well, how was that my self-hatred? I'm not a liar and I'm not a billionaire trying to starve the poor people." How does someone really see it?

Colin All of these have—let's say, for people to be mirrors for millions and millions of people, they're going to be extreme, because those parts of us that do tell lies occasionally and who doesn't...

Jennifer Right.



- Colin ...well, those part of us who envy those who have more than we do. Well, those parts of us that manipulate other people out of selfish concerns may only be small part of that ego and our shadow. They are, nevertheless. It takes somebody like them to really shout back at us and say, "Look at yourself. If this help do get you, it's yours." I always say, if you spot it, you got it.
- Jennifer Right.
- Colin Whatever is upsetting you about this person, especially these two politicians, it's yours. If only you could own it and say, "Thank you for showing that to me, " it doesn't mean to say you have to like them. It doesn't mean to say you have to vote for them.
- Jennifer Right, right.
- Colin It would be a good idea if someone else can shut them up and shove them both out if they're out of the line ...
- Jennifer Lord!
- Colin But that's not the point, the real point for us and what we have to get over to the people is that this is Spirit working its magic in providing us with opportunities to heal our misperceptions about who we are. These people are simply reflecting our consciousness or be it in appearing to be extreme that only insofar as it resonates our shadow to the point where we get upset enough to begin thinking about transforming it.
- Jennifer Uh-hmm.
- Colin Aright. That was my computer doing an alert.
- Jennifer That's alright.
- Colin Okay. That's my self-box about them. It's going to be very interesting to see how it all plays out at the human level and at the spiritual level because there's a huge opportunity I think here for this to provoke a shift in consciousness if only we would wake up to the fact.

Bringing The Light To Our Awareness

- Jennifer Exactly, exactly. It does require us taking the spiritual action of doing this transformation inside. It's the only way that real change is going to happen



if we change our minds because what we're seeing is our projection of our, as you were saying, the disowned stuff.

For people who—it's so disowned. It's hidden. We're not aware of it at all. Do you have something to offer people how to bring it to the light of their awareness?

Colin

Really, that's what the radical thing in this worksheet does. That's really the whole point of the exercise is to bring people to a place, first of all, accepting that they're upset about something or they feel victimized by something and to feel the feelings of that and to be willing to feel the feelings and to recognize that those feelings are reflection of how they actually see the situation or be a misperception.

Then to come down to the realization that there is another way of looking at this, and that what is occurring out there is a reflection of what we had disarmed, denied, and repressed, and then projected onto to this people who are providing an opportunity for us to heal that part of our shadow which we are up to now unable to accept, especially because it's unconscious. We don't even know it's there often times.

If we take it as a principle that if you spot it, you got it, that's an opportunity for you to love and accept that part of yourself even though you can't actually see it necessarily, because often times it's symbolic whereas several times removed from the obvious. If we can see this as an opportunity for us to heal that, then immediately the person that's been doing that mirroring for you is forgiven and you have forgiven yourself at the same time. Automatically, it just happens that way.

Jennifer

Yes.

Colin

The magic—this is always the proof of the pudding, is that the situation that caused you to feel victimized in the first place usually just simply dissolves and goes away because the purpose has been served now. The transformation has happened automatically, so there's no need now for that situation to continue because the only purpose of that situation arising in our life is to help us heal. Once we do that, then the situation just goes away.

This is very practical. We teach this for the people in business.

Jennifer

Uh-hmm.



- Colin All of this stuff is going on in every business in the land. That accounts for all the conflict and everything else that goes on in business. The course is then to go downhill and to get into big trouble is because people are using the environment of the business to create conflicts there simply for us to use as healing mechanisms or healing opportunities, but we don't know that. We just make everybody wrong and then start getting political and doing all sorts of crazy things.
- Jennifer Yes. I'm hearing that phrase we're all familiar with, "What you resist, persists."
- Colin Yes, exactly.
- Jennifer It really does. There's something that's coming up, Colin, that sometimes particularly when it comes to things like elections or when, let's say, there's intense anger or upset about an unjust experience like murders and terrorism, or just when, let's say, someone hates their boss or there's a divorce that's extremely acrimonious, situations like that where people are not forgiving, not even considering forgiveness. There's even a sense sometimes of my power lies in my righteousness. My power lies in my upset.
- Colin Exactly. Yeah, because it gets the support of most of society, unfortunately, right now, instead of what the *Course* says if I'm quoting it rightly that my power lies in my vulnerability, right? Isn't that what it says?
- Jennifer Yes. "In my defenselessness, my safety lies."
- Colin Yes.
- Jennifer Yes. "In my defenselessness, my safety lies." Yeah.

Radical Forgiveness

- Colin Yeah. The society, unfortunately, supports it. The unfortunate thing about the word, "Forgiveness," is that the normal use of the word is not the same as what is given in *A Course in Miracles*, or in my version of it, which is the *Radical Forgiveness*, because even though people say that they've forgiven, they really haven't because they've maintained the story of victimhood. They say, "I'm trying to forgive you, but you still did that to me. I'm still a victim."



It really doesn't work, hardly anybody. That's why most people feel so difficult whereas when I try to do radical forgiveness, we make it so easy. The people do it almost by default. It just happens if they just do that worksheets. It happens almost immediately because it activates that part of us that really knows the Truth, that nothing wrong ever happened and therefore there's nothing to forgive because it was all meant to be that way.

Jennifer Right.

Colin That applies exactly the same to then happening in the world out there where people are getting killed, horrible abusive things are going on in the world, trafficking, slavery, that's a big topic here in England right now.

Jennifer Yes.

Colin Modern slavery. All of that it seems to be terrible, but if we are true to our belief about a true forgiveness, then we have to say it has to be perfect. It has to be what Spirit wants us to see in order for us to change our mind about what is real.

That's the essence, really, of the Radical Transformation Worksheet, to be able to look at what's going on in the world and say, "Even though I don't understand it, even though I don't know what the reason is, or what Spirit has in mind, I have only one choice and that's to see it as being exactly what needs to happen."

For me to get engage in it in the way that we change the consciousness that created in the first place because it just not happening, we are creating it. Whatever is happening in the world is an expression of our consciousness and we're all complicit in that. Always. Nobody's immune from it. But we can bring it to mind that that is a possibility that we just have to change our minds about it and everything will then change as a consequence of it. The more we try to struggle against it, the more it persists and the more we give energy to it and so on and so forth. It's the choice that we have to make. It's not an easy one, though.

Jennifer It's true. One of the issues that many people have when they come to *A Course in Miracles* is understanding this responsibility. One of the main teachings of *A Course in Miracles* is, "I am responsible for what I see."

Colin Exactly.

Jennifer We have collective responsibility. We have individual responsibility. We're all One, so it's really the same thing. This is very, very challenging for some



people to grasp this idea that, how could I be to blame for what's happening in the world when I don't feel like I have anything to do with it?

Colin

The problem there is that word "responsibility, " that's kind of blame. That's the trap there. We are responsible in the sense that we have created this experience for a spiritual reason, not just for me, but for anybody else that's involved in this situation. I am responsible for having created it, but I am Holy to use your words really. It's a Holy act for me to have created this, so that it provides the opportunity for us all to heal.

It's a very different way of thinking about responsibility. I have created this for a purpose. That's just the way it is. I don't know how I've done this. It's just occurring. But I'm co-creating with Spirit every experience that happens in my life and out there as I experience it.

Four-Step Process

We have a four-step process. I know we've talked about this before. The first step is to say, "Look what I've created." That's to take responsibility, but it's also to recognize that this was meant to happen. I'm guided to create this situation for a purpose even though I don't know what that purpose is in my mind, because my mind is not adequate to understand it, but my Spirit knows, my Highest Self knows, what it's all about.

That's the first step, "Look what I've created." Then, "I noticed my judgments and my feelings and loved myself, anyways." That's step number two. But then, step number 3 is the radical forgiveness step where we say, "Well, I'm willing to see the perfection in this situation, even though I don't understand it, I'm willing to see the perfection in the situation." Then fourth step, "I choose Peace."

We have found that that's one of the most profound processes—if people will just learn it and apply it every time something happens in their life that they see as being wrong or bad or painful, they say to themselves, "Wow, look what I've created . I noticed my judgments and loved myself anyway. I'm willing to see the perfection in the situation and I choose Peace." Something happens energetically right there and then to move people beyond this idea that they are to blame for it. I hate that notion because it's just another way of projecting a oneself instead of projecting it on somebody else. Now, we project it on ourselves and blame ourselves for



doing something quite wrong where it's not bad at all. We're doing something right even though it doesn't look like it.

Jennifer Right. I find that in this process, what helps me so much is to be looking for the loving choices. In this moment, what is the loving choice for me now? Given what is, what is loving choice for me now? And loving myself. Loving myself. Is it kind to myself to allow myself to be angry and filled with hatred and to be stirring other people to agree with me?

Colin Absolutely. Righteousness.

Jennifer Right.

Colin Uh-hmm. Yeah.

Jennifer Yeah. Are you familiar with the Heart-Math people at all?

Colin Yeah, absolutely. Uh-hmm.

Jennifer Yeah, because they tell us that scientist have proven that when we—like we did at the beginning of this class, place our hands on our heart and take some breath, and for 90 seconds go into our heart in that kind of a prayerful meditative heart-opening moment that we literally boost our immune system for six hours. Conversely, when we get upset, we depress our immune system for six hours. We can always turn it back around, flip it, flip it, flip it, as often as we like. Just looking at this process of healing and radical transformation starting with, "What's the most self-loving choice?"

Colin Right. Yeah. I tend to move that towards the end. I don't start with that, "What's the most loving choice?"

Jennifer Right.

The Radical Transformation Worksheet

Colin What I start with is—is this a good time to go through worksheet real quickly, go through the steps?

Jennifer I was just going to say, let's do that. Yes.

Colin Yeah. The *Radical Transformation Worksheet* starts out box number one and you would ride into this, "What is happening in the world now that disturbs me is..." You would write about Donald Trump and Hilary Clinton, and that mud wrestling that's going on there. It's disturbing you, okay.



Number two is, "The feelings that I'm experiencing about this situation include..." Now I give a number of different feelings because a lot of people are not very much in touch with their feelings. They don't know what they're feeling.

Jennifer Uh-hmm.

Colin You can check the box: fear, anger, helplessness, apathy, panic, anxiety, aloneness, hopelessness, abandonment, betrayal, despondency, and so on, and other feelings. That's the step number two saying, "This is what I'm feeling about this situation."

Usually, on the other worksheet, too, I would put, "I'm entitled to these feelings and these feelings are authentic, and I'm okay with that."

On this worksheet, though, number three is, "I'm noticing my automatic knee-jerk reactions to the situations." This is what we normally go into. First thing we normally do is lay blind, then we want to punish people, then we want to get something done about it. We need to change the system, change something, complain, be right, scream, go fix it at myself, demonstrate, declare war, get revenge. These are what I call the knee-jerk reactions to a situation that we naturally make because we human beings—okay. Alright. Then, I encourage people to write the ones that they just checked and any others that come to mind.

The next step is, now we're moving towards being a bit more reflective about this, "If I had infinite power of authority of the situation, I would..." and then you put down the kind of things that you would do if you had infinite power, if you were a dictator or something. You can do anything you wanted and what would you do. That gives you a thought process about the situation and go deeper into it, and what would you do if you will face with it.

In number five, it says, "In spite of my initial feelings..." and you look at what you've done in number two and my knee-jerk reactions in number three, "the actions I can take that might make a practical difference is to..." this is way that we might send money and we go actually out there and move bricks been an earthquake or something. Write a letter to somebody, volunteer, become a whistleblower, and so on.



This is the practical element that I was talking about earlier, where you can actually go out and make a difference. However, this is where it starts to change. This is where it transforms.

Number six. However, what I know what I can do, in addition to the above, even if there's nothing that will make a big difference energetically is to read out loud the *Radical Forgiveness Invocation* plus the proclamations that follow.

This is the equivalent of really what you did at the top of the program is the prayer. It's that affirmation or the proclamation that even though I don't know why this is happening, I don't know what Spirit's purpose is, but I'm willing to go there and be in that space.

The *Radical Forgiveness Invocation*, if I may read it goes like this. "May we all stand firm in the knowledge and comfort that all things are now have always been and forever will be in Divine Order unfolding according to a Divine Plan. May we truly surrender to this truth whether we understand it or not. May we also ask the supporting consciousness and feeling, our connection with the Divine part of us with everyone and with everything, so that we can truly say and feel we are One."

Now that's the invocation. If that is read often enough by enough people, it will shift the energy around whatever the situation is that's upsetting us. That's my belief or assumption anyway.

Jennifer Uh-hmm, uh-hmm.

Colin Then number 7."Having read the above *Radical Forgiveness Invocation*, I now realized that what is occurring out there is perfect just the way it is and all part of the Divine Plan." You're invited to check willing, open, skeptical or unwilling. There's some participation here.

By the way, these worksheets always have to be read out loud for them to be effective because your spiritual intelligence is really mediated through the body if the body wants to feel the resonance of these words.

Then in number 8 it says, "In being willing to see it this way, I'm opening the way for myself and others to awaken to the Truth and that by holding the vision of a healed world, I am making a huge contribution to facilitating a shift in consciousness with such situations as in box one have no further need to occur." Willing, open, skeptical, unwilling.



Then number 9, "I hereby declare that I'm willing to hold this higher vibration and to resist all temptation in the future to react to events with fear and despondency. Whenever I feel myself slipping back into fear, I'm taking 60 prayers in order to bring myself back to my center and maintain my vibration."

We brought it to a place of accepting that there's a perfection in the situation, now we bring it back to ourselves in number 10."I realized now, too, that what was happening out there was a reflection of something that needs or needed to be healed in me. What it may be mirroring for me is or was..." You write in there what you think it might be mirroring.

Then finally, in number 11, "In forgiving the situation in box one. I've automatically forgiven myself. I am grateful for the healing."

12."I'm centered now and have released the need to continue feeling what I was feeling into above and I choose Peace."

That's the *Radical Transformation Worksheet*. Like all other worksheets, they work energetically. They're not mediated through the mind even though we're speaking those worlds mentally, but physically as well, but it's activating our spiritual intelligence and is going out there as a thought form that has a lot of power to change the world and to change the situation that we find so upsetting.

Jennifer

It really works. People have told me that they find these worksheets incredibly helpful. In a moment, we're going to let people know how they can get them. But before we do that, I just would like to say that as we're going through this process, going back to what we were saying earlier, Colin, about how sometimes people cannot find the thing in themselves that they're projecting out. It's something disowned in themselves, but they're still aren't aware of it.

By going through this worksheet, having the willingness to do the healing, to forgive, to release the attachments to the judgments, the opinions, the point of view, and to participate in being that healing presence in the world, then even if—I believe that even if—or I know I should say, really, more accurately, I know that even if we haven't identified or our ego hasn't been willing to let us identify what it is that's disowned, it will be healed whether we recognize it or not.



- Colin Absolutely. It's essential that we don't get caught up in trying to analyze it and find out what it is, because that only just takes you back into ego's stuff anyway. The worksheet does it for you. That's the whole point about doing these worksheets and I didn't discover it for a long time until when I first did the worksheets, I didn't know they had this effect energetically. As I observed people using them and seeing the change coming about in them and in myself, I realized that these worksheets had some sort of energetic power. It's not magical. It's just energetic. I'm sure the quantum physicists could tell us how it works, but I can't. But the Truth is, as you have said, we don't need to figure it out. In fact, it's a waste of time and effort and I think counterproductive to trying to figure it out because...
- Jennifer Yeah.
- Colin ...many times what is being mirrored for us is something that's so deeply bold and in our conscious that we would never discover it. We just have to accept it that that's what's happening or at least be open to accepting. I always say you don't have to believe this stuff, just try it.
- Jennifer Exactly. One of the things that I feel so grateful that I realized, Colin, is that if we're trying to understand things, if we're trying to figure them out, then we're not actually in tune with Spirit because...
- Colin Right.
- Jennifer ...from a spiritual perspective, we already know.
- Colin Yeah, exactly. Exactly.
- Jennifer Yeah. The ego will never know.
- Colin Uh-hmm. I want to say, do you know the question why is the victim's question, anyway. "Why me?" It's a victim's question. Don't ask. Don't ask it. Acceptance is the key, for me. That's what it's all about really. It's total acceptance of what is as is, and which is, really, for me the definition of Love. It's accepting things the way they are as the way they are because they're meant to be, and that's how Spirit wills them to be right now.

Colin Tipping's Upcoming Events

- Jennifer Uh-hmm. Yes. You have the *Radical Transformation* Worksheet which is so helpful to apply to being upset or bothered by world events and you have



the *Radical Forgiveness* Worksheet which applies to so many other things. Do you have any other worksheets?

Colin Oh, I have lots of them, and programs as well online programs, but the worksheets, *Self-Forgiveness*, *Self-Acceptance: Accepting another person as the way they are*, *Radical Manifestation* Worksheets. We have *Radical Grieving*. What else do we have? We have them online as well. Not only on paper, you can do them on the computer if you want to as well. We have online programs for forgiving your parents and other people like that. *Radical Money*. There's nothing that upsets people more than money. There's plenty of opportunities to do the healing work around money and manifestation, of course, *Radical Manifestation*.

All of these are available on our website, RadicalForgiveness.com, and they're free.

Jennifer Yes. Such a wealth of resources. People always tell me how grateful they are that they found you and that they can start using this, really, life-healing and life-changing tools right away. They're so simple and so profoundly helpful.

Colin Yes.

Jennifer One of the things I'd like people to know that you also offer trainings for, I like to call them, light workers or light-preneurs, who are interested in doing coaching and doing this kind of transformational work. If we could just talk about that for a minute because there are so many people who would like to have a spiritual career. I know how powerful your trainings are and how beautiful they are, even if people don't want to have a spiritual career. I wonder if you could just tell us about...

Colin Yes, a lot of people actually do take their trainings simply because they want to go deeper into it and become more adapt to it from their own point of view and then share it with their friends and family. There's a lot of people who do that. There's also a lot of people who, while they have other jobs take on this role as a—I call them luminaries or spiritual teachers, just want to spread the word as a part-time venture if you like, and some people make a really good business out of it because it can be very lucrative if it's done right. The big part of how we train people is how to make a business out of it, so that it's not just you going out there trying to make a dollar or two, but you can make a living and really help a lot of people if you really place yourself to it.



There are several ways to do the training. For quite a long time, we've had all the training as being an online *Course* at two levels; one is the *Radical Living Coach*, which is a relatively lightweight *Course*. It simply gives you the skill to teach other people how to use the worksheets and that the tools, which is an incredible skill, really, because you're giving them a huge gift, but it takes a certain sensitivity and the willingness to help people come to an understanding of what these worksheets are actually saying.

The next level up from that, once you've done that level is to become what we call the *Radical Living Master Coach*, which goes much deeper into the processes that we use to help people heal their past and heal what's going on in their life and so on. It just takes people to a much deeper level. Those are the two processes that we offer right now and they can be done online.

I have recently discovered because people kept asking me, "The material online is great, but I still like the one-on-one, the direct teaching, will you do live training?" Two years ago, I started doing them. Now, there's quite a demand for them. I do a 10-day training. It's pretty intensive. But it takes you the Master Coach level within those 10 days, plus there are some other assessment things you have to do afterwards. The 10 days really gives you the bulk of the training. It's all done in 10 days rather than a longer period where you're studying online and taking months to do it. That's become very popular.

The next one for us is January, the 27th in Atlanta. No wait a minute, the 31st. It is preceded by a workshop on the 27th and the 29th. Which I call the *Radical Forgiveness Solution Workshop*, and that's actually is a great workshops to take prior to the trainee because it gives you a lot of the background to it as well. If you really, really get into it, January, the 27th, right through to the night of February in Atlanta, Georgia.

Jennifer That's wonderful.

Colin I just came back to Ukraine, 16 in the group in the Ukraine. It's the first time we've been there. We've been in Russia three times and we had 32 in each of the trainings in Russia. I handed it over to the Russian guy. This time, he's doing it next week, actually. He's doing it on his own without me. I trained him and he's doing great. Of course, we would do it in Russia, so it's safe than having to do the interpretation which always slows you down a little bit.

Jennifer Oh, yeah.



- Colin The training can become very popular. In Peru, we did 30 people in Peru. We're all doing great down there. Yeah, it's exciting. I love doing that.
- Jennifer That's amazing.
- Colin It's a great—I just love to teach. We have a great time and a lot of fun, making a lot of progress.
- Jennifer It's powerful and it is the most effective way I know to change the world is to change our minds about it and to do these kinds of trainings and immerse ourselves as deeply, deeply healing and transformational and well-worth it. It's hard to imagine how much transformation and healing you can have when you're looking at it from the outside. But once you get inside, it's extraordinary. As you probably know, I do similar kinds of things. I just highly recommend anybody whose feeling inspired or call to investigate, to follow through on your intuition and take it a step further. Believe me, if it's your calling, Spirit will lead you and guide and provide everything that you need for you to be able to do this Divine Work in the world.
- Colin Yeah, yeah. I expect you can—I probably experienced the same. But compared to 20 years ago, people are now ready for this stuff.
- Jennifer Oh, yeah.
- Colin It's not difficult anymore to convince people that there is this alternative way of looking at the world. You know, 20 years ago, people go, "What? Are you crazy?" But now, people will say, "Yeah, I know I feel that. Thank you for putting words to it, " or something to that degree. Now people are really feeling it out there in the world. People who are able to teach it, able to the point where all they need to do is show them the worksheets will have a profound effect on the consciousness of the planet. We're convinced of it now.
- Jennifer Oh, yes.
- Colin It's such rewarding work and people who do the training and then go out there and start teaching classes and things like that, and showing people how to do the worksheets, they are so rewarded, so fulfilled. They feel they're making the difference. That to me—when I observe people who in the workshops go through an awakening, when they get to that point of having awakened, their urge to make a difference in the world becomes paramount, they want to be of service.



- Jennifer Yes.
- Colin That's what we want people to learn how to do with this work because it's not difficult, it's not rocket science. Anybody can really understand radical forgiveness. That's what I love to do.
- Jennifer I'm just going to add one more thought on top of that call and then we'll close out here with a prayer, and that is that in my own work of training spiritual counselors, the first thing that people have to eliminate is a sense of unworthiness. "Who am I to help other people when I still have issues that are unresolved?" Just because we have unresolved issues, it does not mean that we cannot be a healing presence in this world. The greatest spiritual teachers I know are often people who are still working through very intense things.
- Colin If they go on, then they wouldn't be spiritual teachers.
- Jennifer Right. This idea that somehow you'll have to be able to levitate and walk on water before you can be a spiritual coach or a counselor or a teacher is just ego, its pure ego. We don't need to entertain it anymore.
- Colin That's right. I agree.
- Jennifer Yeah, yeah. Well, wow. I'm so grateful. This is such a wonderful help to people. I'm encouraging everybody to go to ColinTipping.com. It's RadicalForgiveness.com.
- Colin RadicalForgiveness.com. RadicalForgiveness.com is for the worksheets and everything. I do have a ColinTipping.com, under construction right now for doing special days with me, but that's not up yet. RadicalForgiveness.com for all the resources that we've been talking about. You're going to get everything you want from there.
- Jennifer I would like to point out that Colin is a prolific writer. In addition to *Radical Forgiveness*, *Radical Self-Forgiveness*, *Radical Manifestation*, and other books, this also expanding into *Love*, which is particularly about relationship healing because I know that's something a lot of people are interested in transforming is their relationships. Colin has all these resources and all these books. I encourage you to really sign up for his e-mail list and check out all those resources and get your free downloads there.
- Colin Thanks you, Jennifer.



Jennifer Thank you. Thank you, Colin. Thank you for such being a resource to enlighten the world. Thank you for following your guidance doing your own inner transformation, so that you have so much to share with us.

Colin Right.

Jennifer With that, I'm going to speak a word of prayer and seal all in here.

Colin Okay.

Closing Prayer

Jennifer I'm inviting everyone to take their hand and place it on their heart once again. What we're doing here is we're not just paying lip service to Spirit and to being a loving presence, a healing presence in the world. We are wholeheartedly available to find the loving choices, know the loving choices, to be a loving presence.

We consciously Partner UP with the Higher Holy Spirit to lead us and guide in every moment. We're receiving a Divine download and direction and we don't have to figure things out. We don't have to analyze them. We are moving inspired by pure Spirit to be that compassionate healing, loving presence in our life, in our workplace, in our relationships, even with our cellular structure of our body temple. We are grateful and thankful to change our mind about the world and to see things in a truly helpful way.

We are grateful and thankful to share the benefits of our loving life with everyone because we're One with them.

In gratitude, we allow our healing to be, and so it is. Amen. Amen, Amen.

Colin Amen. Yeah.

Jennifer God bless you, Colin. Thank you.

Colin You, too, my dear. Carry on doing the great work that you're doing out there. Wonderful.

Jennifer Thank you. I will. You, too. God bless.

Colin Yeah, bless you.