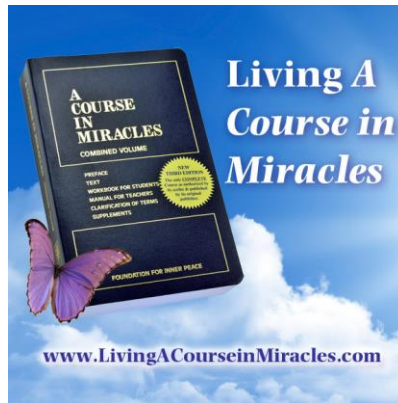


March 18, 2014



Colin Tipping: Radical Forgiveness

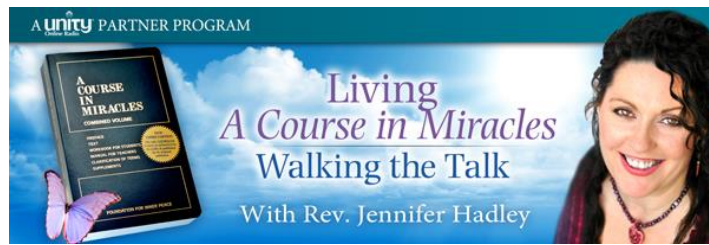


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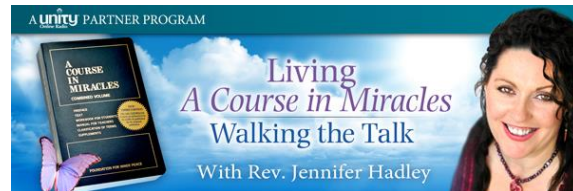
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March 18, 2014

Collin Tipping: Radical Forgiveness

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Hello. Hello. Hello. So happy to be with you. And, it's Tuesday morning in Los Angeles but I'm back in England. I'm in Salisbury, not too far from the Cathedral, and I'm going to stay here for the next week or so.

I'm not jet lag at all because I just flew in from the East Coast of the United States. I'm so happy to be here. Spring is springing. I'm so happy to be with you. So, let us begin as we always do with a prayer and a blessing.

Opening Prayer

I invite you to place your hand on your heart and join me as we turn within and consciously Partner UP with the Higher Holy Spirit Self.

So grateful and so thankful to open our hearts and minds to the unlimited, to the unprecedented. Taking this breath of Love, and grace and gratitude. We open our hearts and minds to release all sense of judgment, all sense of harboring any resentments, any regrets, any hurt, any worry. We're releasing it all. We're forgiving ourselves and we're forgiving others.

We're grateful and thankful to recognize right here and right now, that this is our appointed time to reveal our Holy Self. We're already as holy as holy can be and we're willing to accept that as the truth of our being right now.

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

Colin Tipping's Book

Well, I have a special treat for you today. My guest is Colin Tipping. You probably know him best as the author of *Radical Forgiveness* among many other books. Colin is very prolific and his latest book is *25 Practical Uses for Radical Forgiveness*. He's done a number of *Living A Course in Miracles* classes with me, considered to be a favorite in those series. Our focus today is on forgiveness and the practical uses for the *Radical Forgiveness* teaching that is so helpful and been so helpful to so many people around the world, including myself. Welcome, Colin.

Colin Well, it's great to be with you again, Jennifer.

Jennifer Yeah, I have to give you a shout out for being so prolific.

Colin Oh, thanks. Yeah, I think I've got 10 books up there now which is amazing. But, I think it's probably my last one.

Jennifer What? Yeah. Your last one—

Colin I want to write a book about this. I love to write, actually. It's something I like to do. So, it's not a problem.

Jennifer I do, too. Yeah. I love the story of when you first wrote *Radical Forgiveness*, and how that book—now that you followed your intuition as I recall, you and JoAnn, you had to put a second mortgage on your house?

Colin Yeah. We did. If I really had known the risk, I probably wouldn't have done it. But, I think Spirit kept that from me and we did it anyway. And, the book fortunately...

Jennifer Yeah, as I say we—

Colin Go ahead.

Jennifer We often work on a neat [unintelligible] with Spirit. And, I always say, if many cases like with the *Living A Course in Miracles* series, if I had had one clue how much work would be involved in putting on a free class, I, for sure

never would have taken it on. But, I didn't know. And, I got so far into it. I couldn't turn back, so there you go.

Colin That's right. That's right.

Jennifer It's a bait and switch. It's a bait and switch. But listen, I really want to jump into the practical teaching for Radical Forgiveness because our audience, our *A Course in Miracles* audience, we are attuned to every opportunity to learn more about forgiveness. And, your book just came out, or it's just about to come out?

Colin Yeah, it did. I sold the first few this last weekend at my workshop. I did a workshop here on the *Expanding into Love*. That was great. I just had one there and they all just add it up. So, that was a good sign. They seem to think it was what they wanted. Yeah, we had a good time.

So, yeah. It's funny. I was thinking when I first wrote the *Radical Forgiveness* book, I remember the day I opened the box and sort of like giving birth to a baby. And, the same thing happened this time. When I opened the box, and see the books there and take them out and look at it, find a couple of spelling errors immediately, of course. A number of times you can go through a book. I bet we've gone through it six or seven times proofing it. I mean, you open a page and there it is. Oops.

Jennifer Yeah. Well, I found typos in *A Course in Miracles*.

Colin Have you, really?

Jennifer Yeah. We've been through that a few times.

Colin Yeah, well if Jesus can get it wrong, then we haven't got to worry.

Teachings of Radical Forgiveness

Jennifer Yeah. We have to forgive Jesus for his typos. So, your book *Radical Forgiveness* is a really thorough and helpful guide book. It's very clear and gives many, many opportunities, options, things that we can actually do. It's not just an intellectual exercise, which is what I love about your teachings in your work, Colin.

Now, you've got *25 Practical Uses for Radical Forgiveness*, your new book. And, I really appreciate your taking the time to be on the show with me. And, of course, our audience, we already understand the power of forgiveness. We already understand why forgiveness is so important. What

many *A Course in Miracles* students struggle with, really, is how to get there. Like, how to really emotionally get there, to get out of our head from saying, “Oh I forgive you,” and into the real full release of the suffering.

Colin: Yeah. Well, so, if you want me to say a little bit about that, then, Jennifer?

Jennifer Yeah.

Colin Can we do that?

Jennifer Yes.

Colin: Okay. When I first read the *Course*, and I have to tell you, tell your listeners that my book is not a closed book. There are quite some differences between the *Course*, but it's grounded in the same idea though it's not very different, but there are some differences. I just wanted to make that point. But, when I first read the *Course*, in fact it was on a trip from America to England, actually. I got hold of the Kenneth Wapnick tapes, the *Simplicity of Salvation* because I found the book very difficult to read and understand. So, I got his tapes, because it's very left brain and I'm a little bit left-brainish. And so, I thought, "Well, I would listen to these tapes all the way across seven hours on the trip over to England." And, so, I did. And, I made some notes. And then, I got off the airplane and got down the end of the tunnel and realized I'd left the tapes behind on the seat next to me. So, I went dashing back down the tunnel, which of course you can't do today. They would probably shoot me if I did that. But, anyway. So, I dashed back in and the tapes were gone. So, I thought, “Well, someone else need it more than I did.” And that was about it, really, as far as my studying the *Course*.

Steps to Doing the Forgiveness Work

And then, I got into doing this forgiveness work and realized it was very similar, but not quite the same. So, basically what it is for me is a five-step process. And, the first three steps are very similar to any kind of forgiveness, really, but there's a big difference when we come to step four.

So, the first three steps are fairly easy. It's tell the story, you know what actually happened, and then second step is to feel the feelings, and we make a big point about the necessity of feeling the pain of what happens if you can't heal what you don't feel. So, that is an important step. A lot of people want to miss that out. But, do a spiritual bypass on that one and say, “No. The Holy Spirit will handle that.”

Jennifer Well, you know, that's a really important point. I think that's really important to stress, because *A Course in Miracles*, a lot of the audience including myself, were very intellectual and the intellect is run by the ego. So, the intellect says, "I forgive that. I have forgiven that." When you're really intellectual, you have a deep desire to skip the emotional. "Please, let me skip that," and so we actually convince—

We'd gnaw off our arm in order to skip that part. But, then we can't get to the healing. We can't just jump over it, intellectually. No.

Colin: Yes. I mean the ego knows what it's doing by doing that because it means that we really don't go, we don't get to the core. We don't get to the part of us that really knows the truth which is our Higher Self and the spiritual intelligence that goes with that. So, if we're just using our mental intelligence, it's not really taking us far enough to really connect with the idea that we are all in fact all One and the idea of separation is just an illusion. We know that intellectually, but to actually connect with it requires us to dig into that spiritual intelligence, that we access with radical forgiveness. So that's an important aspect.

But the feelings, yes. The feelings are important. I believe that we incarnated and took on a body. That's the first order of separation. So, that's our first experience of separation and we use our body to continually experience the myth of separation until we wake up, but, anyway. So, that's the second step.

Third step though is what I call, "Collapsing the Story", and that's where we—I guess we're challenging the ego to say, "You know what? How did you magnify this story, ego? What interpretations did I make? What expectations did I have that were totally—what's the word? Undeserved? Or something like that. What if I were to walk in this person's shoes, would I have done something like that?" So, we're bringing understanding and mercy and humility and all the best of human qualities.

Jennifer Compassion.

Colin Compassion and empathy, we're bringing all of those into the situation in order to do the very best we can on the forgiveness front. And, that's as far as traditional forgiveness can go because there is still an underlying belief that something wrong happened. That's the key.

So, step number four is the radical forgiveness step, where we attempt to give up the idea that something wrong happened, that there was a purpose in what happened, that it didn't happen to us, but for us. And that, it was all part of our Divine Plan, if you like, for our souls' journey. When we open up to that as a possibility, I would stress you don't have to believe it. It's not a belief system. But if we can just open it up, open ourselves up to that is a possibility, something clicks. Something clicks inside us and that's where I think the spiritual intelligence then gets activated, and takes us where we need to go in order to find Peace and happiness from within, and also to change the situation itself.

So, something really magical happens once we do that, and that's the radical forgiveness step. And, then the fifth step is simply to integrate that shift by integrating a new story, which is the story of Wholeness, Oneness, as opposed to victim and separation, which is number one. Integrate that into the physical body, and it's rather, the analogy I like to use is, like the computer. We uninstall the victim's story and then install the new program. And, we do that by doing something physical.

I like to use breath work, but we when we do the worksheets, then it's writing and speaking, that kind of thing. So, those are the five steps, but it's that fourth step that is radical, where we say that nothing wrong happened actually, and therefore, there is nothing to forgive.

Healing That Misperception of Separation

Jennifer And, that's the whole alignment with *A Course in Miracles*. Nothing real can be threatened. Nothing real exists and that this is an illusory experience which when someone has seemingly betrayed you, it's really hard not to get into that story, even on an intellectual, even if you're not feeling I'm feeling. So, it's very easy to get stuck in an intellectual, "They did something to me."

Colin Right, instead of "for me." So, your enemies or apparent enemies are really your healing angels, I call them, because they're giving you an opportunity to heal the misperception of your separation.

Jennifer Yes.

Colin Because every experience we have of that nature is an opportunity for us to learn, and to heal that misperception of separation.

Jennifer: And, now I'm curious about the *Practical Uses for Radical Forgiveness*. And, forgive me, I'm just saying I don't have the book yet, because I've been on the road the last couple weeks. And so, I haven't picked it up yet. But, I have your other books and disks. Everybody knows I do indoors radical forgiveness. *Radical Manifestation* is a wonderful book, too. But, the *Practical Uses for Radical Forgiveness*, what kinds of things are in this book?

Colin: Well, the way this came about was that I realized that people embraced the concept and they would use it to heal something big in their lives, something that happened, maybe some sexual abuse when they were children and that kind of thing. But, they didn't really see it as something to use on an almost daily basis.

Parts of the Book, 25 Practical Uses for Radical Forgiveness

And, so, there's, "Oh, yeah. I got your book, and I did that and really. I forgave my mother and all that." But, when was the last time you did a worksheet? And, "Well, I haven't done one for a couple of years." So, I thought I would ask myself the question, "Where would I use one in my everyday life?" Just ordinary things that happened. And so, that was really the motivation for the book. And, I said, "Well then, it's going to be about 25 instances where doing a worksheet would really help me to get on to certain things." So, that's how it came about.

So, the first part of the book is just retelling of the radical forgiveness story. And then, I thought I divided it into 10 parts. It's actually 25 chapters, I think. Twenty-five chapters, but the parts, *Applications for Better Health*. That's the first, that's Part 1 and that's all about detoxing or doing an emotional detox. Number two is called *Detox Your Body, Reduce Stress, Live Longer, and Enjoy Better Sex*.

Jennifer: Well.

Colin: And I got to say, lose weight, love your body, control perfectionism, and find your inner slob, overcome addictions, releasing trauma, managing anger. So, the idea is to try to get people to really think that this is something they can use whenever even the smallest thing crops up and they're angry or upset about it, they can use this to shift the energy and raise their own vibration and that's the point, really.

We really only can change the world if we all raise our vibration, and it takes each person to do it. So, the idea with this book, really, is to help people to have a handbook. It's called *A Handbook for Solving the Problems and Challenges of Everyday Life in a New Way*.

And then, Part 2 is about *Dispute Resolution*. Now, we can use, if you've got lawsuits and court cases pending, you can really use radical forgiveness to make a difference and to get things like that resolved in a very good way so it's win-win.

Part 3 is all about *Relationships*, making Peace with your family, making Peace with your children, surviving the slings and arrows of parenting, reviving a failing relationship, make it or break it, how to negotiate a new relationship, find Love and acceptance for yourself the way you are, find love for the other guy, even if he is a jerk.

Jennifer No judgment, yeah.

Colin And, then we've got a whole lot on using the practical spirituality at work. As you know, I think I've been doing this with a lot of business people now. And, business people and corporations has really realized that this could be a tremendous help to resolve disputes and things like that in corporations to raise the consciousness of the whole workforce. How to rescue a dysfunctional family business, shifting your money consciousness.

Part 5 is all about *Death, Tragedy and Other Illusions*. Making you a radical forgiveness bucket list, grieving the loss of a loved one with less pain, making sense of abortion.

And then Part 6 is about *Transforming Mass Consciousness*. That's it.

It encompasses the gamut of human experience that we all go through. We all experience these things one time or another. But if you've got these tools to help you move through it and to find the Peace in any situation, then it's a very helpful tool. One of the other things that we have found that has been necessary, always, is for the idea that we need to use the tools to make this work because there's just something about using these worksheets that makes it happen. And so, if you try to do it in your head, then you're going back into the intellect again. And, of course, there lives the ego, as you say.

Jennifer Well, we are in for a treat. I am dying to ask you some questions but it's time for us to go to a break, Colin. So, while we're doing that, I'm inviting

people to go order a copy of the book online or go to ColinTipping.com or RadicalForgiveness.com.

And, you're listening to Colin Tipping. He's my guest today. I'm Jennifer Hadley, *A Course in Miracles* on Unity Online Radio. We'll be right back.

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

Get ready to focus on your intent to be the Love, be the Peace through practical application as we return to *A Course in Miracles: Living the Love, Walking the Talk*.

Death and the Grieving Process

Jennifer Welcome back. I'm Jennifer Hadley and my guest today is author, Colin Tipping. You know him best as the author of *Radical Forgiveness*. He's been a wonderful guest on several of the *Living A Course in Miracles* series, and his latest book is *25 Practical Uses for Radical Forgiveness*.

And, let's jump in and get some of those practical uses, Colin. What about, particularly, so many people have talked about this lately is the death of a loved one. How does forgiveness play into that?

Colin Yes. Grieving is a special case actually, because with some of the other things, when we go through our five-step process, we can pretty much gauge how long it's going to take someone to move through the feelings, especially if it's just anger or something like that. We get people through that feeling step quite quickly. But with grieving, it's a different matter. Grieving takes a long time or can take a long time.

Whenever I'm working with a person who's just lost someone, they have to tell me when they're ready to move beyond that stage because, sometimes it can take a year or more, even more than a year to get beyond what Stephen Levine called the, "rope burn of grief," which I thought was a tremendous way of explaining that terrible pain that we feel when we lose somebody, or even a pet, or a job even. It's not just losing a loved one, although, of course, that's the main idea, but losing a job, losing a limb as for a soldier who has got blown up somewhere. It all has to be grieved.

But then, there comes a point, when people have got to that point where they come to that stage of bargaining. I guess if we think of those five stages that the loss come up with the denial, the anger, sadness, and then bargaining, and then. what was the last one? It was like coming to terms with it but I forget the actual word.

But, that's when we can maybe shift into the radical forgiveness. And then, the way we do that is to introduce the idea that there is a different way of looking at the death experience. And of course, it all depends on the person's concepts at that time, whether they've been introduced to the idea that death isn't really real, that it's a transition from one vibration to another.

So, the way I would briefly describe what we do with the grieving process is to say, "Okay, let's, first of all, honor the fact that we feel intense pain about the loss of the person." This person's not in our life anymore. That's going to be pain for the rest of our lives, really, because we'll be missing them.

But, we can reduce the suffering. And, there is a distinction between pain and suffering. Pain is the pain of what happened, just the way it happened. And, from a grieving point of view, as I say, it's the missing of the person. But, the suffering that we attach to it is when we say it shouldn't have happened, or it was tragic, or it was too soon, or the manner of the death was not okay and someone is to blame. Who do I blame for this death? That's where all of the suffering is. That's distinct and different from the actual pain of the missing of the person or the pet.

A lot of people will go there straight away. This part of the grieving process is part of the denial process, actually. When you think about it, the first thing is to say, "It shouldn't have happened," and "Who's to blame? Who do I sue? Who do I get revenge from?" That kind of thing. And, this is especially true for some, for a parent who loses a child because it goes against our normal perception of how things should be, that the child should outlive the parent.

That's really where the work is, when we're doing the grieving, is to reduce the suffering and get the person to a point where they can begin to see that there was a possibility that we choose when to die and the manner in which we die, that death isn't real, the person is still there energetically, it is simply a vibrational change.

I think once people get to understand that at the core level, at deep level, that there is suffering is very, very much reduced. And so, it's radical forgiveness applied to that particular instance, where we're bringing in the underlying precepts of radical forgiveness, i. e., death is not real, everything happens when it's supposed to happen, everything happens because it's

needs to happen at that time and in that manner and that's what the soul has chosen.

Radical Grieving

It's a big step and it may take a long time. We have a program, an online program for that, and we call it *Radical Grieving*. And, so there is a chapter in the book about it. Then we have the online program that people can actually use if they are in that space of needing help with their grief.

Jennifer I'm so glad you have that. I'm so glad you reminded us of that, Colin. It's interesting. I mentioned at the top of the show that I just arrived in England. I stopped off at the grocery store to just pick up a few things and right there on all the newsstands, all the headlines were that Mick Jagger's sweetheart had committed suicide. I know many people who their parents committed suicide, their children committed suicide, their siblings committed suicide, and for most of those people, it changes the rest of their life.

Colin Yeah.

Jennifer But, it doesn't have to be an endless horror. There really can be tremendous healing, but it does take great willingness.

Colin It does, and patience on the part of the person helping them through it, may it be therapist or friend or career. We don't do grief well in this country or in the Western world.

Jennifer No.

Colin We give ourselves a couple of days and then we're back at work and everybody says that, "Sorry about that, but we must get on." Whereas, a lot of cultures, it's at least a year. People take a year out, wear black or whatever it is and honor the fact that this is a major event in one's life and it's going to take some work to get through it.

We've had more clicks on that *Radical Grieving* program than any others, and it's the last one that we've done. It's not even up there a short while. It seems that grieving is one of the main things that we get clicked through on. And, when we do our ceremony—did you have to do a ceremony with me? I don't think you have.

Jennifer No. No. I need to make a plan to do that.

Colin Yeah. Well, the ceremony, what we do is we all send a circle and then I ask a series of questions which basically cover the gamut of human misery, as I put it. All the victims' stories that you ever likely to have had and then you walk across the circle and you meet someone come in the other way, and have a little exchange and so on.

There's one question that I get to. I think is about number 12 on the list of 17. It says, *"If you've ever lost anyone, a person or a pet even to an untimely, unexpected or tragic death including a suicide, walk the circle."* And, I bet you, half the people walked circle at least, if not more than that, probably 70% walked the circle on that one. That's where all the tears come, because, you know, even those that are expected still have pain attached to them.

Issue of Abortion

Then the chapter after that is where I deal with the issue of abortion. You want to go on that?

Jennifer Yeah. Let's talk about that because that's something many people aren't willing to talk about. I know I talk about that in my forgiveness workshops. It's so important.

Colin Yeah, yeah.

Jennifer For men and women.

Colin Absolutely. Yes. I mean the question we asked there actually comes immediately after that one in the ceremony. "If you ever had to agonize over all big part of the decision, whether or not to have an abortion, walk the circle." The men walked as well as the women, which is always good to see. They get it just as much just as painful for them, too.

I put these two chapters together because it's the same issue really that you have to give time for people to feel the pain of the loss of the pregnancy. Whether the person wanted it or not, I think that the woman always feels a sense of loss there. So, it is part of the grieving process.

But, it's such a shame that we have made it such a political issue. That's the most upsetting side of it, because it induces a tremendous amount of guilt, I think.

Immortal Soul

The main idea that I have in this chapter is, since the soul is immortal and cannot die, well, first of all, nobody knows when the soul attaches to the body. Nobody knows. A lot of people have theories about it and they make statements about it, but nobody really knows when the soul attaches.

The soul is immortal and cannot die, so you cannot kill the soul. Now, that's not to say that you don't take this whole thing extremely seriously and give it an awful lot of thought. At the metaphysical level, part of that thinking is, "Well, this soul chose me. Why is it choosing me?" So, this is a serious decision. If I have to turn around and say to the soul, "No, not now. Please, not now. I'm not in a position to do this." You can expect the soul to be a little disappointed but not mortally wounded. That's the point I'm making, really.

So, the soul is saying, "I really wanted to come in through you. I spent a lot of time choosing you for lots of different reasons and maybe we, you know, being part of this cosmic cycle many times before. So, I wanted to come in through you. But, I honor the fact that this is not a good time for you right now. And, so, I'm going to go back home and I'm going to choose someone else to come through or I may come later. Would it be alright if I came later?"

You have this conversation with this little soul with whom you have a connection, because otherwise that soul wouldn't have chosen you to come through. You can have a conversation and say, "Please, it is not a good time for me. This wouldn't work. It wouldn't be the best time for me."

We have to remember that the woman has a soul, too. So, it is a soul to soul conversation. And we all have free will at the soul level. It's not a guilt trip to say from your heart, "This is not a good time for me. So, I'm going to say no." And the soul, yeah, disappointed but not mortally wounded. So, I've got a little illustration. I've got some illustrations in this book. This little soul with this little bag going home with the couple of tears coming out of his... Little cartoon, dragging his heart along with his bag going home. But, I talked to a lot of people about this and a lot of women intuitively feel that soul came through later.

Jennifer Yes, definitely.

Colin It came through their daughter or some that it was a delayed incarnation. But, it came through anyway in a different form.

Jennifer Yes. And, same way with miscarriages, too.

Making the Choice

Colin Yes. Yes. All of that. But, I'm not saying though that it shouldn't be given serious consideration or be treated in a very serious way, when you make these decisions. It's not to be taken lightly by no means at all, because we're still humans.

Jennifer And, there's no benefit whatsoever to holding in your mind that you are a sinner and that you've made the wrong choice. People make the highest and best choices. From this, we learn, and *A Course in Miracles* has a lesson, "*You're never upset for the reason you think.*" So, if you make a choice, you feel upset by it later. You're not upset for the reason you think. You are most likely upset because you're not forgiving yourself, you're judging yourself.

Colin Yeah, yeah.

Jennifer Or someone else involved in the decision because sometimes people make that decision to abort a fetus and they're not the only one involved with the decision and so, maybe it's not their choice.

Colin I do say, I think it's important if the woman is going to say, "No," that she says, "No," early on. Because, I'm sure that the longer the soul is attached to that fetus, the more difficult it is to detach and to go home, go back home. So, the earlier that's done, the better, I think. I don't know if that's the truth, but that's what I'm getting intuitively.

I wish that the male population would mind their own damn business because I think this is a woman's issue. Women decide. No man knows what it's like to give life. No man on earth has ever done that, to give life like a woman does, commits her body and her choice is my opinion. Men should stay out of it. Unless, it's your partner, of course, then as we said earlier on, it is a joint choice at that point.

Jennifer Yeah. Yeah.

Colin But from the political or religious standpoint, men really should honor the fact that women know better when it comes to this kind of stuff. And they

should have the humility to admit that they don't know. They haven't got that inner knowing that a woman has about giving life.

Jennifer Well, it's time for us to go to a break here in a moment, but I would like to say that the teaching in *A Course in Miracles* about special relationship versus holy relationship, parents can have a special relationship, and obviously an ego-based relationship with a child. They can have a holy relationship. I never thought about it before this moment, but I don't see why you couldn't have a holy relationship, or a special relationship with an unborn child, or even with the soul of an aborted child. And, so, no matter what has transpired, is never too late to have a holy relationship.

Colin Exactly. I agree certainly.

Jennifer All right. So, we're going to go to a break. Did you have a final thought on that, Colin?

Colin No. I mean, as I said before, a lot of times we come into the incarnation with people that we've dumped before and if we swap roles, so, it's highly likely that the soul that has incarnated at that moment is one that we had a relationship, a holy relationship with before. And, there's a purpose in it happening again. But, nothing is wrong, nothing is tragic. We just rearrange things and God has this wonderful computer in the sky that just rearranges all the situations.

Jennifer Yes. Nothing real can be threatened.

Well, for those who are just coming in here, I'm Jennifer Hadley. My guest today is Colin Tipping, the author of *Radical Forgiveness*, and his latest book is *25 Practical Uses for Radical Forgiveness*.

When we come back from the break, I'm going to ask Colin about forgiving the inner slob. Oh, boy. And, you're listening to *A Course*...

Colin Loving the inner slob.

Jennifer Oh, okay. Loving the inner slob.

Colin Loving the inner slob. Yeah. Yeah.

Jennifer You're listening to *A Course in Miracles* on Unity Online Radio. Colin and I will be right back.

You've been listening to *A Course in Miracles: Living the Love, Walking the Talk*, with Reverend Jennifer Hadley. If you have a question or comment about today's program or if

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Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

Control Perfectionism and Chronic Fatigue Syndrome and Find Your Inner Slob

Jennifer I'm Jennifer Hadley back with Colin Tipping.

And, Colin is talking about — has been refilling. People would Love to come and see you in person and do some of this in-person work. I want to let people know they can go to ColinTipping.com...

Colin We're having some problems, Jennifer. It's breaking up really bad.

Jennifer Okay. Can you hear me at all now, Colin?

Colin Yes, I'm hearing you, but it's kind of cutting in and out. RadicalForgiveness.com is the web site to go to for most of the information. The ColinTipping.com website, we're going to be shifting a little bit, because I'm re-branding myself. And, so, RadicalForgiveness.com is where people can go find all the information about these books, and the online programs that they can use, and so on.

Okay. Alright. Well. While Jennifer is trying to get it sorted out on Skype, Skype is so unreliable.

She mentioned that about finding your inner slob and this is application number 6 out of 25. And, it's really about controlling perfectionism. Because, I find that the actual title of this chapter is called *Control Perfectionism and Chronic Fatigue Syndrome and Find Your Inner Slob*, that's the title of the book. And then, the little piece under that says, "*Perfection is not obsessed with perfection. They're obsessed with imperfection. They look for imperfection all the time, and when it relates to them or their work, they will always find it.*"

I don't know that I can claim any research on this but I have noticed that anybody that comes to my workshop and say that they had or have Chronic Fatigue Syndrome, 99% of the time, they're perfectionists or they had highly perfectionist parents. This is a very toxic condition to have. The forgiveness around that is to forgive your parents or whoever it was that made you feel that you were not okay the way you were, because that's

how it comes out. That's how it comes about, is that we constantly getting messages that we're not okay the way we are. So, we keep trying to get approval by changing, by getting better, by doing everything as perfect as we can, and it's never enough. And, it's a really toxic belief system that is generated. And, it leads to all sorts of problems. Not the least of which as I said, I think it is Chronic Fatigue Syndrome.

I think what happens is that the body says, "What if I can never be enough, then what's the point? I might as well give up." So, perfectionism is a real problem for a lot of people, a lot of people. And, it comes from that idea that we've got to keep improving. Our parents, if we get an A, we're just going to be an A plus next year. And, if you get an A plus, well, it better be as good next year as it is this year. There's always that message, that you never quite enough the way you are. And, so, that's a lot of forgiveness needs to be done around the people who actually created that in you.

And, then, what I mean by find your inner slob is it's a very hard thing to overcome, this perfectionism. So, what I say is, "Well, you have to spend at least one day a week being a slob." Just to practice, to feel what it's like, to not have make-up on, to not use the computer, not wash the dishes, and don't even get up if you don't want to. Just be a real slob and don't do anything where you have to be perfect. Get some paints out and do some finger painting. You're not doing art, you're just making colors and things like that. So that you feel what it's like to love yourself, just being totally free of the need to be perfect.

So, perfectionism is healed by it, by doing the forgiveness work on those that expected you to be perfect and give up your need for their approval. That's the big one, because I've had people in their 90s at workshop still crying saying, "My mother didn't approve of me. My mother didn't love me enough," and that's amazing. So, we have to give up that terrible need to be approved of by our parents. Even if they're dead, it still doesn't make any difference. People are still looking for that, and their perfectionism really is the outplaying of that belief that, "I'm not enough, " and "The harder I try, the worse it is."

So, that's that chapter. We make it a three-letter process, writing three letters to your parents in that particular chapter. But, that's the thing you can use for any of these as one of the tools, you write three letters.

I Am Enough

Jennifer I love that. I love it when there are things that we can do that are very practical and tactile like that. And, what you're saying is so important. One of the things I have noticed in my own spiritual growth and awakening, Colin, is that the more I travel this road, the less—I take so many pictures of myself now. People always wanted to take pictures of me now. And, I used to think, "Oh, God." But now, I'm just like, "Fine, whatever." Sometimes the pictures are great, and sometimes they're not, and it doesn't matter anymore. All these things are fading away. They don't take up my bandwidth anymore because they just aren't important. And, we live in this culture, this society where we're constantly being told that our teeth aren't white enough, our breath isn't fresh enough, our parts are too big or too small, and it's just an endless need. The ego will never say, "Ah! You're perfect. Now, you can relax." So, that is never going to come. So, you have to learn to really align with the Spirit, which sees no fault whatsoever.

Colin Right. Yep, we are who we are and that's how we're made, and that's who we need to love and accept just the way we are. Yeah.

There's a quite a chapter in here about health and one in particular on cancer. And, a guy called Lawrence LeShan who wrote a book called the *Cancer as a Turning Point*. And, he was a psychotherapist, worked with cancer patients all his life. He found that there was a common belief amongst nearly everybody who had cancer and it relates to what we've just been talking about because that belief was, "If I show up as who I am, no one will love me. Therefore, I have to try to be someone I'm not."

Jennifer Ooh, yes. Yes.

Colin That is as such a toxic belief. "If I show up as who I am, no one would love me." And so, you have to pretend to be somebody else. It's very sad, really. Seriously.

Jennifer Well, the work that we're doing is to heal that in ourselves and so, "*We seek not to change the world, but to change our mind about the world.*" And so, we are changing our mind about ourselves, and that healing translates to the whole.

Believe it or not, we are out of time here, Colin.

Colin Time goes when you're having fun, huh.

- Jennifer It does. It goes by very fast. And, once again, I want to say Colin Tipping's book, *Radical Forgiveness*, and the *25 Practical Uses of Radical Forgiveness*, his new book is out.
- Colin It's available online, as well. It's on Amazon. They can get it from Amazon.com and my own website, of course.
- Jennifer Yes, ColinTipping.com. There you go, practical ways to really do some deep healing work. We got to do this work in order to really have the lasting results. It's not some intellectual exercise. It's a heart exercise and that's exactly what Colin is helping us to realize.
- And so, with that said, I want to thank you so much, Colin, for being my guest today. And, I look forward to doing into your new book.

Closing Prayer

And, I'm going to invite everyone to place their hand on their heart. And, to take this deep breath of Love and gratitude for Colin Tipping, and his own personal journey of forgiveness that allows him to share so deeply and so healthfully with us. We're grateful and thankful to do our own forgiveness work to set ourselves free and to share the benefits with everyone, because we're One with them.

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

Thank you, Colin.

- Colin Okay. Thank you.
- Jennifer Have a great weekend.
- Colin Have fun over there.
- Jennifer I will, Colin.
- Colin Okay. Bye-bye.

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While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people, who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.