

Healing Heart Protocol Online Course
Module IV – Water Element: Complete the Past
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Worksheet #1: Conscious Completion Process - Section Two
Final Completion Steps

This is the worksheet to accompany Module IV to help you deepen the process we guided you through on the audio track.

I. Writing & Reflection Time

A. The Five Greatest Learnings

The first topic of reflection is on finding the five greatest learnings from the time with your Ex, which includes the separation process you are in right now. You can refer to the notes you wrote at the end of Module III about the gifts of the relationship and specifically about the difficulties and how you grew and transformed through the relationships and the break up process. Spend some additional reflection time and you'll be surprised that everything always changes and you likely will have some additional insights since your last reflection. The learnings can be big and small.

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As you write them down, we highly encourage you to avoid referring to or mentioning of any behavior of your Ex that led to your learnings. This might be a challenge because the ‘hurt selves’ within often look for ways to prove their point that it was all ‘his’ or ‘her’ fault.

Your awareness that you cultivated will help you to focus just on what you learned.

Personal Examples:

Michael:

What I learned in our relationship was generosity. You and your family were much more generous than the family I grew up in and I really take from you and them the importance to be generous.

Neelama:

What I learned from our relationship was just how much pressure I had put on men, and on you, to try to feel I was good enough, I was loveable. I realized that this sense of worth comes from within me – and it’s not anybody else’s responsibility –nor can anyone give me that ...it’s inside of me, and it’s up to me to do the work to reclaim and remember that.

Michael:

During our breakup, as hard as it was, it had me look at my abandonment issue that happened when my younger brother was born and how that created a deep fear of abandonment in me.

Neelama:

During our breakup, I made you the ‘bad guy’ in my mind, an enemy on some level. I learned eventually that this was really just a way of rationalizing myself. I felt extreme guilt about the way I ended the marriage, and because I didn’t know how to deal with my own guilt I made you ‘wrong’ so that I could feel right about leaving. Our breakup taught me that I *can* admit when I’ve made mistakes, and when I take ownership about the mistakes I made, and that there’s actually a freedom in doing so.

We invite you now to reflect on this --and using your notes from Module III plus some additional reflection answer the following question:

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‘What were the five greatest learnings and insights that I can take with me for my new life?’

Write them down in a list of five. You will use this list in the next step.

B. List of Appreciations and Gratitude

We acknowledge you for having already reflected on and acknowledged gifts you received in the relationship.

And, we invite you to do another cut. The reason for this is that to complete with another human being is so much easier within the spirit of appreciation and acknowledgment. It is also from this place that our heart opens even wider to attract more love into our life.

We know that for some of you there might be overwhelming evidence of nothing to appreciate.

Still, take a moment and look at the relationship journey you have been on with this woman or this man and be open to what might arise. You might have a resentful passenger on the bus who insists only to look at what wasn't done and how half empty the cup was.

Ask this part, in the service of your own golden future, to step aside and allow you to perceive also that which worked. Even if these times were much less then the other way around. Focus on the positive for this section.

Likely there have been some good things on the journey you have been on together; maybe children, financial gains, shared experiences, or the intangibles, insights and inner growth.

Even in the midst of our separation journey, when we were able to be present with our then 2 year old son, we could appreciate the other person through him.

We realized that both of us were each making sacrifices for the sake of our child. When we reached the stage of Module III in the separation journey, it became easier to remember also the times of tenderness and care that we received from each other.

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Here some examples from us:

Michael:

-Neelama, I appreciate that you put our son and his well-being first.
-I thank you for the caring you showed me when I fell ill, when I needed to be comforted, when I felt low.

Neelama:

-Michael, I appreciate your love and hands on support with our son, for the incredible father you've been to him.
-I thank you opening up the door to my career path which has been one of the most fulfilling things in my life.

Allow memories of what 'worked' to come in and help you write your appreciations.

Make your notes, which we'll use in Step Two.

C. Making Amends

In the next step we invite you to reflect on how you can bring restitution in response to any of your past actions towards your Ex.

'I am sorry' and other apologies, spoken from the heart, are needed - and – in some circumstances, making amends is also asked for.

The guidance for possible restitution for our action is based on the Eastern concept of Karma. The principle of Karma states that our past action will come back to us or as the saying in our culture goes:

We reap what we sow!

Spiritually speaking it is very wise to rigorously take responsibility for what we caused to the other. Usually it is those closest to us that we cause the most hurt.

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Look from your Aware Self which is not defensive and open and curious whether at some point you caused hurt and injustice to your ex partner.

We highly recommend for you to seriously reflect whether something happens that calls forth any form of ‘reparation’, to clean up your side of the relationship equation.

Let us give you some examples:

Let’s say you were abusive at some point with your words, we suggest that you would apologize in this completion talk and also tell your partner that you are committed to learn from your past behavior and undertake all you can not to repeat your behavior.

Or, when you step back and look back at the time together and you realize your partner was primarily carrying the financial load, although you had also resources, a reparation or amend could be to pay some money back or donate the money in the partner’s name to a cause.

A very important note:

Your amends are for you, for your healing, for your life. So it’s important to make your amends whether your Ex is owning his or her part of the relationship equation or not.

We assure you in the long run this will pay off ten fold. Being generous attracts generosity towards oneself.

Here some amends from us:

-Neelama, I was not fully supportive of you in your need for help with child care. I am sorry for my miserliness. It was because of money. I promise in the future that I will co-operate with your need for help when requested.

-Michael, I am having a higher income than you right now, as an amends I will pay a little bit more for Kai’s expenses to make amends for the past.

Find the courage and willingness to look where apologies and making amends are needed to bring closure also on the spiritual level.

Write your amends down.

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II. Completing Communications

In this next exercise we will ask you to communicate your writings. We found that reflection and journaling are wonderful and powerful tools of inner work. And their impact can be magnified if we take what we discovered and communicate it. Hearing oneself speaking insights adds to the depth of the process of healing and being heard by another adds an even stronger level of impact.

There are a few different options for this process.

-The best scenario is if the two Exes are both doing the **HHP**, then we encourage you to do this process face to face.

If that is not possible, there are a couple of other scenarios that will be very powerful.

-You can do this process with someone close to you that you trust. He or she will represent your Ex. If it's possible to find someone of the same gender as your Ex, great, but that's not necessary. Let your friend know that all they will need to do is to listen.

-You can also do this process by yourself using a chair or pillow to represent your Ex.

If you want to do this process alone we suggest that you set up two chairs or pillows facing each other.

Now, sit on one chair and your Ex or the representative will sit on the other chair. If you're doing this alone, imagine your Ex on the chair or on the pillow opposite you.

Have your notebook with you and the lists that you wrote down.

Take a few moments to breathe slowly and deeply... connect to the present moment and come into connection with your Aware Self within, instead of the wounded or attacking selves.

Make sure you speak from this inner place of calmness whenever you communicate.

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Also make sure that you speak your learnings, your appreciations and your amends from your perspective. You can easily do this by using ‘I’ and as much as possible, stay away from using the word ‘you’.

If you are doing it with your Ex decide who goes first and if you are doing it with a representative it is obviously always your turn.

A. Communicate your Five Biggest Learnings.

B. Communicate Your Appreciations

The person who appreciates has to watch out for a critical part within that tends to focus on all the things that didn’t happen and didn’t work. Instead be generous and emphasize what did work, what they did do well, even if it was only once and a while. Acknowledge them for what they did and for the time period they did it.

The person who receives the acknowledgment makes an effort to let it in and appreciates the effort your partner has undertaken to come to this.

Use a very simple formula.

Personal Examples:

‘I acknowledge you for being a responsible mother/father for our child(ren).

‘I acknowledge all of the ways that you supported me financially’.

‘I am grateful for the way you cared for me when I got sick with pneumonia 8 years ago’.

Listener, you don’t need to say anything except thank you.

When it feels complete, change over or move to the next step.

C. Communicate Apologies and Amends

Using your list, share as sincerely as you can your apologies or speak a heartfelt ‘*I am sorry*’ for the specific things you wrote down.

Also, be willing to take responsibility for any hurt you caused and state what you’re willing to do to make amends for this.

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Listener, please, as much as you can see and feel the inner work your Ex is doing to own his or her side of the relationship story. You don't need to say anything except thank you.

When it feels complete, change over.

III. Completion of CCP Section Two

If you did this process with your Ex, we congratulate you and now invite you to complete this process with a bow. The bow is a symbol of respect and honors each other's willingness to bring closure to this relationship in a conscious and pretty rare way.

If you did this process on your own or with a representative, imagine that we are standing in front of you and are bowing to you as well.

Please accept our acknowledgement and respect for all the work you've done to arrive here.

IV. Completion Letter

For some of you, particularly for those of you who are courageously and sincerely doing our program by yourself, there is also the option to put your appreciations and restitutions in the form of a completion letter to your Ex.

You could write this with the vision to actually send the letter to your Ex if you think they are in a place to receive it. Or, you can write the letter for to him or her and never send it – writing it more for your own sense of completion.

Trust what feels right for you.