



The Seven Essential Principles of Quantum Forgiveness (Atonement)

- 1) **Apply true denial.** Recall there is only one Power, and it is God's Loving Will. Therefore, steadfastly deny anything not of God's Love the power to hurt you or anyone else.
- 2) **Place cause and effect in their proper sequence.** No matter the form of problem, all cause is in your mind and nowhere else. If you believe the cause is anywhere but in your mind, you will be unable to heal the cause or its seeming symptoms. Recall unconscious guilt is self-attack projected outward. There is no one to forgive except yourself, for unconsciously using others, the body, the past or the world to attack you.
- 3) **Make healing of your mistaken perception your priority over all else.** You must desire to have your perception of the illness or problem healed, more than you want a physical healing, a physical miracle.
- 4) **Look past appearances.** Look beyond what your physical senses tell you of reality. The ego sends these senses out to report back exactly what it wants us to see; they will always confirm "proof" of separation and suffering.
- 5) **Remember there is no hierarchy of illusions.** One illusion is never truer or bigger than another. They're all equally illusory. As we accept and practice this principle, we also learn and demonstrate there is no order of difficulty in miracles. One miracle is not harder or more impossible to achieve than any other. By accepting and demonstrating the illusory nature of illusions, and the maximal power of miracles, we undo everything the ego made to attack us.
- 6) **Accept the Atonement.** In accepting Atonement, we immediately join with and receive God's Will for healing. This unequivocally cancels out the ego's wish to be unfairly treated. This is the miracle! No matter where we see suffering, we must accept the Atonement, the miracle, for our self. If we perceive suffering in another, the past, the body or the world, healing must be accepted in our own mind first. This is the divine undoing of fear and guilt in our perception.
- 7) **Trust in God's Love and healing!** It is already done. Doubt and trust are mutually exclusive. If we doubt, we cannot accept healing.