

Heart Forgiveness: Creating Freedom

HOW TO Live *Without* Anger

Table of Contents

SECTION 1 The Beginning

Chapter 1	Perspective	9
Chapter 2	Energy Prisons	13
Chapter 3	IS and Is NOT	17
Chapter 4	Anger Impacts	21
Chapter 5	Preparing to Process	27

SECTION 2 "HOW TO" Clear Anger at Others

Chapter 6	Clearing Small Angers	37
Chapter 7	Clearing Biggest Anger	41
Chapter 8	Tears, Habits, Details	47

SECTION 3 "HOW TO" Forgive Your Self

Chapter 9	What We Have Learned	59
Chapter 10	Iceberg Process	61
Chapter 11	Forgiving Your Self	66

SECTION 4 "HOW TO" Clear God Angers

Chapter 12	Reality, Grief, Acceptance	73
Chapter 13	Forgiving God Angers	79
Chapter 14	Forgiving Church and Religion	89

SECTION 5 “HOW TO” Live FREE of Anger

Chapter 15 Anger is a Learned Skill	93
Chapter 16 Living FREE of Anger	97

SECTION 6 Applications

Chapter 17 Relationships	105
Chapter 18 Sports and Business	109
Chapter 19 Results	113

CONCLUSION: Heart Fire 125

SECTION 7 Appendices

APPENDIX A Glossary of Unique and Original Terms	129
APPENDIX B Art and Science of Energy Measuring	130
APPENDIX C Personal Progress Journal (PPJ) pages	132
APPENDIX D Symbols 2 Circles	140
APPENDIX E DTQ [©] PROCESS	141
APPENDIX F Heart Scriptures	144
APPENDIX G Opportunities + “Journey of Self”	145
Personal Progress Journal starter pages	149