

RECALIBRATE YOUR HEART!

A Forgiveness Course



*"**Forgiveness** is the art of allowing life to flow through us **without resistance.**"*

Miguel Franco

RECALIBRATE YOUR HEART: A *Forgiveness Course*

"The time spent with Miguel and his RECALIBRATE YOUR HEART course materials has been very high-quality time. I've found myself continuing to draw upon what is presented in the written course material, and I practice with the Forgiveness meditation recording. Miguel transmits, through his very own energy and awareness, his message. He shares glimpses into what can be possible for all people through the consciousness engineering he teaches, and I can see that as a guide, he has the skill to turn those glimpses into manifestation. His conviction and passion in what he teaches illuminate places within my being that I am happy to remember, reawaken, and through deeper understanding, to foster and cultivate with love."

Katy B

Movement Trainer & Educator

"This course allows insights and comprehensions, emotional and energy shifts to be taken to levels that perhaps were unthought or unheard before."

Andy Bellamy

Clinical Psychologist

RECALIBRATE YOUR HEART: *A Forgiveness Course*

Hello, I'm Miguel Franco and I welcome you to **RECALIBRATE YOUR HEART: A Forgiveness Course**.

If your heart is not singing everyday, perhaps it is fragmented and affecting other areas of your life, including relationships and finances. If you are carrying around any type of anger, shame, guilt, resentment or blame, consciously or unconsciously, it is time to **RECALIBRATE YOUR HEART**.

The more radiance your Heart vibrates, the greater your coherence with the Quantum Field of infinite possibilities will be.

When in coherence, your heart can rewire your Brain and reprogram your subconscious with the **creative impulses** of your **SUPERCONSCIOUS MIND**, which leads to ***High Flow Performance***.

When in ***High Flow*** you feel **abundant** because positive momentum from the creative impulses flowing through you guide your thoughts, feelings and actions in a way that brings you joy and fulfillment.

It all starts with a **radiant heart**. Enjoy this course, which is a condensed version of the one offered as a bonus in the **[SUPERCONSCIOUS EXPERIENCEtm program](#)**.

Much Love,

Miguel

RECALIBRATE YOUR HEART: A *Forgiveness Course*

SESSION #1

Welcome to **RECALIBRATE YOUR HEART: A Forgiveness Course**, session #1/6.

Holding on to resentment, blame, shame or guilt can affect our vitality and ability to lead others and ourselves effectively.

*Have you ever **felt angered** by a team member that didn't deliver? Or a failed business venture or product launch? Or a promotion you worked hard for but didn't get? Or the judgments or expectations from your parents? Or the lack of support or betrayal from a spouse, partner or friend? Or complaints from angry customers? By manipulative people and schemes? Or **some of the choices you have made**? Or the injustices of this world?*

Being able to consciously process these feelings can positively impact our success and well being. And **forgiveness** is the first step we can take on our journey to **higher consciousness** and towards growth and evolution. Forgiveness includes **having compassion** towards self and others. Through forgiveness we can **let go of the old** to embrace new possibilities.

I define forgiveness as *having a strong intention to experience positive and uplifting thoughts and feelings instead of the guilt, blame, anger, resentment, vengeance or hate caused by our interactions with people or the circumstances we find ourselves in.*

Science has unearthed much evidence supporting the theory that our Universe is intentional and self organizing with a vibrational structure that is constantly expanding.

When we see **forgiveness as a vibration**, it becomes easier to activate or deactivate it with our thoughts, feelings and actions.

Forgiveness transforms the energy of resentment, guilt, shame, blame, etc.. which can undermine our well being and hold us back on our **evolutionary path**. If we want to experience our **Best Version**, we have to transform these energies.

My work is all about transcending and transforming any frequency that it is no longer appropriate for our growth.

I like the word resentment in Portuguese (my native language), which is **ressentimento**. Sentimento comes from sentir, which means to feel. So, ressentimento **literally means to feel something over and over again**. In this case, the energy becomes a loop of anger, rage or hate, from small to obsessive levels, and can even somatize into life threatening diseases.

Resentment can feel like wanting to throw a hot stone at a person, while the stone is slowly burning our own hand... I think this a Buddhist quote :)

Resentment can make us feel hurt, drained, disrespected, betrayed, unresolved, depressed or unloved. When we get trapped in mental chatter that's filled with resentment, an unpleasant chemical cascade streams through the body and **intoxicates our cells**. Our thoughts and feelings poison our words and actions. Our light dims, our beauty fades, we lose our power and we turn into a **bitter person**.

We may even become addicted to this thought-feeling pattern and **experience a high** when we release our anger towards another person. It can make us feel powerful and strong on the surface, masking the underlining cause of resentment. And this pattern may show up again and again with different people and situations throughout our life.

How are past emotional wounds affecting you today? This is a good question to ask ourselves as when we hurt inside, we hurt others back either consciously or unconsciously. And in most cases, we are just reacting to our own fears.

To rid ourselves of resentment, we need to **shift our attention** to the good that's present in our life and in the lives of others. **When we change the way we look at things, they change, and as a consequence, we do too.** And our Universe expands.

I love what Socrates, the greek philosopher said:

"The secret of change is to focus all of your energy not on fighting the old, but on building the new."

Very true. So by understanding that resentment is a vibration and therefore has a frequency, we'll explore how to dissolve resentment and raise our frequency to experience more joyful feelings.

A quick **action item** to do BEFORE SESSION #2 is to **write down what you are ready to let go of or complete in your life.** Forgiveness includes the art of letting go, so it is beneficial to practice non-attachment, much like doing a spring cleaning in the home.

Decluttering environments can be a great way to start a new process and move some energy. It can be as simple as cleaning out a wallet, purse, drawer or closet.

RECALIBRATE YOUR HEART THROUGH FORGIVENESS!

SESSION #2

Welcome to session #2/6. Hopefully you were able to find something to complete or let go of. In this session we are going to explore what **vibrational coherence** is.

When **you are connected to the essence of who you are**, you experience the Universe working through you and for you as a **strong, positive and rhythmic energy**. And life feels great!

I'm sure you've all had days when ideas flow freely and you feel **inspired** and **excited**. When stimulating ideas flow, they **break through opposing thoughts** and create feelings of expansion, joy and sometimes euphoria. And we experience ourselves as **wise, focused, ingenious, connected, empowered, turned on and thriving in life**.

When we experience these feelings we are in **coherence with our Being because we move towards the higher end of the vibrational spectrum**. Our Being is our **non-physical aspect**, or a spark of **Core Energy** (the energy that powers the Universe) that manifests through our body. Some people call it higher self, spirit, source, god, Universe ...

According to **Core Interactions Theory**, the science based framework that informs my work, the interaction between our Body and Being creates our uniqueness, or **Essence**. When this interaction is coherent, the frequency can be so high that it creates a powerful magnetic

field. We glow with love, purpose and confidence and we attract positive experiences into our lives.

Resentment can lower our frequency to the other end of the vibrational spectrum and when this happens, we get out of alignment, or out of coherence with our Being. We tend to feel **unwise, stuck, disconnected, disempowered, stressed out and struggle in life.**

We often experience this **fragmentation** as a chronic pattern and may even get used to these states. Fragmentation can manifest as **anxiety, fear, longing, illness and stress, and also as mental conditions such as schizophrenia, bi-polar disorder, depression or paranoia.** Intense resentment creates highly fragmented and out of coherent states.

*Each day is an opportunity for a fresh start and to reset our **vibrational coherence**. It is important to let go of the **emotional drain** caused by unpleasant situations such as failed investments, office politics, business ideas that were shared with others and later copied, friends who betrayed a trust, lovers that left us with an empty heart, and any missed opportunities that still leave us feeling angry or unresolved.*

These emotional weights create invisible wounds and suffering that hold us back.

In our next session you are going to practice an exercise that will help **raise your vibrational coherence setpoint**, improving your focus and attention on what matters most to your well being.

RECALIBRATE YOUR HEART THROUGH FORGIVENESS!

SESSION #3

Welcome to session #3/6. How can we shift highly fragmented, out of coherence states when we find ourselves there?

The first step is to become mindful of our thoughts. Mindfulness practices are gaining momentum in today's fast paced environments because they are showing us how to slow down and become more selective of the thoughts we focus on.

Are your thoughts typically empowering or disempowering? Loving or hateful? Compassionate or judgmental? Inspiring or negative? Are you even aware of what you think about?

As we become more present and attentive to what is happening in our lives, we make **more appropriate and conscious choices**. This is what living a more *conscious life* is all about, and often leads to deep transformation. When we transform energy, we become creators because we intentionally give form to something new. **We change the “what is” to the “what is next”.**

When we listen to our inner voice, we activate and engage our creative genius, and become more receptive to its energy and creative impulses. This feels exciting and pleasurable, even if the transformation takes time and effort. We can train ourselves to make **appropriate choices** by asking **appropriate questions** and being receptive to the

answers we receive. But most importantly, how we interpret these answers will determine our outcomes.

Then it is not just about the questions we ask ourselves, **it's about how we interpret our answers too**, as they relate directly to our Body/Being communication.

When we are out of sync, we filter information differently than when we are more aligned, or in tune with ourselves. When we are in coherence we get the answers that move the needle, and we take more ownership of our decisions.

To be fully present or in tune with ourselves requires being more **intentional** with our thoughts. Have you ever wondered *how many thoughts* we have a day?

Science says that we have an average of **60,000** thoughts a day. Think about it. Most of our thoughts are repetitive and form patterns. We tend to think the same thoughts over and over. Some of our thought patterns are empowering, loving and nurturing and move us forward. I call these **Creative** thoughts. Other types of thoughts can be disempowering, offensive and draining. They drag us down and can lead to illness and isolation. I call these **Survival** thoughts.

*I'm sure you all agree that it is **better to focus on** Creative thoughts than Survival ones, right? The good news is that **we can clear up our mental chatter and be much more intentional with our thoughts.***

The first step is to improve **focus** and **attention**, so let's do an **intentional visualization exercise** to help direct our thoughts

towards positive feelings of love and well being. When these thoughts and feelings are more present, they neutralize lower vibrations.

When we embrace the path of forgiveness, we shift into a **highly liberating and non-judgmental** space of compassion and appreciation, and ultimately unconditional love - the best feeling we can experience!

Before doing the intentional visualization, take care of any distractions, so you can be more relaxed. I suggest sitting in a comfortable position, with arms and legs uncrossed, feet touching the ground and using headphones.

[Click this link to access the intentional visualization, which should take ten minutes to complete.](#) Enjoy!

RECALIBRATE YOUR HEART THROUGH FORGIVENESS!

SESSION #4

Welcome to session #4/6. How was the intentional visualization? Could you find the **center of your head**?

The **first step** towards having more intentional thoughts is finding a **calm and centered place** to dissolve mental chatter. **Guided imagery** helps **focus** our attention and **dissolve** mental chatter.

In the exercise we focused on four things: breathing, love, appreciation and a specific person. This simple exercise demonstrates that **we can be intentional about what we think and feel**. And knowing that thoughts can change us, or the way we feel about ourselves and others, we can **consciously** and **intentionally** improve our lives.

When we focus our attention on our breath, even for just a few minutes, our **physiology changes**. We lower our heart rate and brain wave activity, and bring them into **coherence**. This turns our **parasympathetic system on** and our **sympathetic system off**.

The sympathetic nervous system prepares the body for intense physical activity and is often referred to as the fight-or-flight response. The parasympathetic nervous system relaxes the body and inhibits or slows many high energy functions to allow regeneration.

When **resentment** is present, our sympathetic system is **more active and releases stress hormones** like **cortisol**, which negatively impact our **immune system**. By focusing on our breathing, and on the

positive aspects of ourselves and others, we reverse this activity as the body starts to **release more feel good hormones and neurotransmitters**, like **endorphins** and **serotonin**. There is much research currently available on how meditation causes physiological changes.

We can **consciously** alter our physiology to dissolve the physical stressors caused by low negative feelings. When our **heart is free from negativity**, we become more receptive to creative thoughts and **new possibilities**.

The perspectives, processes and practices I share in my programs are **designed to help you engage with your creative thoughts**. When they are present, they take over survival thoughts and feelings, including resentment, anxiety, boredom and depressive states. This is why it is so important to increase our ability to focus if we want to become our best version.

What came up for you when I asked about the qualities you love in yourself and another person? Write down your thoughts.

Being more **aware** of the qualities you love or appreciate in yourself **will activate** these qualities in your energy field.

Also, when you think about the qualities you love and appreciate in others you **activate them in your own vibration too**. And love becomes more predominant in your space.

When we **raise our frequency**, we are more prepared to deal with unpleasant feelings such as resentment. I always suggest to my students and clients that they **list the positive aspects** of people or

situations that have caused them to feel angry or hateful as it can help gain new perspectives.

It all comes down to shifting your focus and perception about a person or situation if you want to free yourself from an undesired past.

When we have a focused and centered mind, it helps to enhance our intuitive skills and we become more receptive to our answers. **But we tend to get stuck when we fail to clarify what we want for ourselves, or ask the relevant questions.**

With clarity it becomes easier to integrate our intuition and analytical mind, and apply the information that comes through.

Sometimes our answers don't come to us straight away. In these situations, it is better to relax and do something else to get our mind off the issue, for example, taking a walk, reading or dancing. The answer may come later when you least expect it.

Every thought and feeling that you have broadcasts an electromagnetic field that influences every atom and every molecule vibrating in your life, so become more conscious of what you are thinking and feeling. Intentional visualizations can make this process faster, easier and more effective. I've developed a complete system of intentional visualizations that integrate with many other processes to **increase coherence.**

This visualization exercise takes just a few minutes, but it can make a huge difference to the quality of the energy you broadcast each day. Download it to your phone. It can help you get more centered before a

meeting, an exam, or an important conversation with someone that you are having problems with.

In our next session we will explore how to transform a high negative feeling into a high positive one.

RECALIBRATE YOUR HEART THROUGH FORGIVENESS!

SESSION #5

Welcome to session #5/6. I hope you are **feeling** more loving towards yourself and others and could practice the visualization exercise. In this session, we are going to do a simple **thought engineering process** to transform the energy of resentment.

Let's imagine that someone you know has an **emotional outburst** without any warning and says some really offensive things to you, invalidating your work, self-worth and integrity. **How would you feel?**

This person could be your boss, a peer, a direct, your spouse, your child, a friend, a lover, a client, a teacher, a religious leader... anyone!

If you are like most people, you would probably feel anger or rage inside and think *"How dare you..."*

"I gave her/him so much and look what I got back"

"I hate this person for what he/she is saying about me ..."

"I'm going to show her/him how it feels to be treated this way".

And as you say or think these thoughts, you would probably feel the **emotion** of resentment **building up**.

This is a **high negative mode state**. **Thinking** aggressively triggers **rage**, and **feeling** rage triggers **aggression**. This **loop** consumes

energy and can be extremely draining. Other feelings, like revenge, might show up and feed on aggressive thoughts, and this person would probably start to dominate your mind. This **obsessive thinking** builds **negative momentum**.

You can slow down this negative momentum by shifting into a **low negative mode**. You could say to yourself - *"I'm disappointed (or pissed off!) with this person and don't want to talk or think about the situation."* You would feel **disappointment** and think **avoidance**.

Feeling disappointment has **less charge** than rage and can **help shift** from a high negative mode. Not thinking about the person or situation **creates space** to think about **something else**, like personal projects or people you care about. This may not be easy to do initially, but well worth putting in the time.

Let's now see how we can step up to a **Low Positive Mode**.

To gain more **emotional control** you could **change your perspective** by thinking about the situation as a **learning experience**, that you **gained** something from it, which would give you a feeling of **empowerment**. For example, you could say something like *"Her attitude is making me review my values and preferences in a relationship."*

When you focus on what's important to you in a relationship, you start to **feel better about yourself** and take **responsibility** for what you **want to experience**. You may recall other relationships and the positive impact they have had on you. For example:

- *I appreciate my co-worker who always gives me open and honest feedback.*

- *My boss supports and helps me stay accountable and engaged with my projects.*
- *My wife is caring and has confidence in my abilities.*

You can use this process with the person you are having problems with. **List their positive traits** and what you **appreciate** in them. If you revert back to low negative thoughts and feelings while doing this, then just keep **focusing on the positive aspects of other relationships and the impact they have on you**. It will train you to look for the positive in others and make you feel better.

You can shift your thoughts into a **high positive mode** by appreciating not only the learning but also the person. You could say to yourself - *"Thanks to him/her, I now have more clarity on what I want in a relationship. And I don't need to react to or put up with irrational tantrums."*

Now you have more thoughts of compassion, and as you put your attention on feeling appreciation you reach new levels of understanding about your self and others, which builds a **positive momentum** for new and empowering thoughts.

And this is what **Self Leadership** is all about.

Congratulations, you have transformed not only your energy states but also your bio-chemistry too and are ready to move on with your life. There is nothing more liberating than **freeing up our energy from resentment and guilt**.

I've learned that the best way to deal with upsetting people and situations is to **love them unconditionally**, and not take anything

personally. The more we **evolve**, the more we can see people's blind spots and understand their fragmentation. This is the main reason to forgive as **we all have blind spots and experience fragmentation.**

Sometimes **creating distance or allowing a connection to fade is more appropriate**, especially when **trust** is no longer present. With family members this might be more difficult, but doable.

It's important to recognize **when to let go of a relationship or situation that drags us down.** Abundance is our natural state, and as we let go of what we don't want, we **open up for more of what we do want.**

Any thought, good or bad, **becomes active only when attention is put on it.** Therefore, it's important to train ourselves to put our attention on what uplifts us, or turns us on, and not on what upsets us.

If nothing seems to turn us on, then it is time to create something that does. Creativity contains the information for the "what is next". **Creating new desires**, like with projects, people or activities, can reawaken thoughts and feelings that turn us on.

Let me share one of my quotes, which many of my students have appreciated:

"The conscious path to happiness excludes holding another person responsible for how we choose to feel and behave."

Take a moment to think about this.

Through the **intentional visualization** exercise you could experience feelings of love, joy and peace. And through the **thought engineering**

process, you could shift your emotional state. **You didn't depend on anyone else to feel better.** I hope this is all making sense now.

How we choose to think, feel and behave is totally up to us. It is not always easy to sustain a new frequency because our old patterns and thinking habits tend to get in the way, but **we do have a choice** about the thoughts and feelings we want to entertain.

The more loving and positive our thoughts are, the easier it is to let go of **resistance**. In the act of forgiveness, we allow a new flow of positive thoughts and expectations to take place. **And we feel alive again!**

RECALIBRATE YOUR HEART THROUGH FORGIVENESS!

SESSION #6

Welcome to session #6/6. As a consciousness engineer, I know that when we understand the ***what*** and ***why*** of our desires, the ***how*** becomes easier because our trust in the process increases.

The intention I have for my work is to **demystify** the *what* and the *why*, while giving you the nuts and bolts for the *how*. My transformational work is based on 3 Ps: **perspectives, processes** and **practices**.

The **first step** in any transformation is to gain new perspectives, so we can create new possibilities and opportunities, and evaluate where we are and where we want to be. This is what conscious transformation is all about. Any transformation is a process and **takes a period of time to complete**, just like any other journey we undertake.

To make a transformation stick, we need to **ground new behaviors** through some kind of a practice until they become second nature.

My work can take you beyond the layers of conditioning and identities that populate the psyche, so you can transcend whatever is causing fragmentation in your vibrational mix, including conscious and unconscious resentments.

When your consciousness expands and seeks a new growth cycle, you **feel more alive and capable of creating a new version of your Self**. Enlightenment is a multidimensional state that integrates infinite

frequencies. And to be in that space, we have to experience a **heart free of lingering wounds**.

Forgiveness is an attitude that leads to a more peaceful heart and does not necessarily mean reconciling with the offender, or accepting poor behavior. It is still possible to love someone **even when we feel victimized by them**, although it may take some work.

Forgiveness means **letting go of an undesirable past by creating a new story from a place of empowerment** where we see an unwanted experience as a blessing. We can find the blessing by bringing our **Body/Being communication into the present moment**, turning shadows into light.

Forgiveness is giving your undivided attention to what you want. **Forgiveness is a return to wholeness.**

In a vibrational Universe, forgiveness starts by first acknowledging that we are co-creators of our realities and that **we attract people and circumstances according to our vibrational mix**. Forgiveness is about freeing energy. Forgiveness takes place when we recognize that a negative vibrational exchange has occurred and we decide to change it.

The interpretation that we give to any situation that comes into our life will determine how we experience it.

The purpose of life is the purpose we choose to give to it.

The act of forgiveness is perhaps one of the greatest evolutionary practices we can embrace. Nothing will bring the frequency of Love and

acceptance back to us quicker than the practice of forgiveness, the pathway to true inner and outer transformation.

The past is history, and can't be changed. **Therefore, let go of the feeling of loss or lack and open up to the abundance that new possibilities create.**

The moment you make the decision in favor of abundance, your heart signals your brain to form new neurosynaptic connections.

All you have to do is to put your full attention on what you want and enjoy pursuing it, trying things out, experimenting ... Let the excitement begin!!

Before I close, let me share a verse of a poem I wrote many years ago. It is from "The Universe Within".

"Create your life without fear

And see delusions disappear

You are not a hostage of the past

And your future you create right here."

THANK YOU!

YOUR NEXT STEP WITH ME

I hope you've enjoyed the RECALIBRATE YOUR HEART course and want to take the **SUPERCONSCIOUS EXPERIENCE™**, my signature consciousness engineering program that will help achieve and sustain ***High Flow Performance***.

When in ***High Flow Performance*** we enjoy well being and prosperity and help others do the same because our energy is coherent with the people we serve and the money exchanged.

Money becomes a consequence of being in High Flow while in service to others, including to our team and support systems. And as we experience life from this energy state, we thrive!

A SuperConscious Experience creates high flow performance because we choose to take inspired action more frequently as we capture the Universe's creative impulses that flow into our awareness. This creative energy flowing through us gives us a multi sensorial experience of aliveness and well being.

The **SUPERCONSCIOUS EXPERIENCE™** program is a pre-requisite for the **High Flow Performance Group Mentoring** and also for the **Apprenticeship Program**.

For more information or to enroll, click here. Much love, Miguel.

© copyright 2002-2020 Miguel Franco - Conscious Path, LLC - all rights reserved internationally

The use of any part of this publication reproduced, transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or otherwise, or stored in a retrieval system, without a written consent from the copyright owner and publisher of this material, is an infringement of copyright law.

If you wish to share this publication with your organization, friends and family, please do so in its current format, without any alteration, by just forwarding the file. We are all about sharing the Love and appreciate your desire to spread it to those you care about.

If you want to use this content as part of an organizational program, please contact us at info@consciouspath.com to help you connect the dots in a collaborative and meaningful way, which can include a custom MasterClass for your particular needs. Thank you.