

REVIEWING THE KEYHOLE INTERVIEW

Read through your Keyhole Interview, noticing the following: situations that created emotional trauma in your life; repeating patterns (incidents, emotions, stories, etc.) and number patterns (i.e., moved/changed jobs every ___# of years, relationships ending after same number of months or years, etc.), people with the same name (or Astrological sign, birthplace, profession, etc.), frequent accidents, injuries, deaths, etc.

Select the ones with the most emotional energy that occurred and assign a number from 1-10 that reflects the energy level of the emotion attached to it (10 being the most energy). Then complete the following questionnaire.

Did any of the following show up? (Check all that apply)

- Betrayal
- Abandonment
- Severe Disrespect
- Being discounted/ignored
- Lies/withholding of information
- Control/manipulation
- Cheating/Infidelity
- Physical Abuse
- Emotional Abuse
- Severe rejection
- Punishment

Did any of them show up repeatedly? If so, which ones?

Any number patterns?

Every _____ months/years, _____

Every _____ months/years, _____

Every _____ months/years, _____

Every _____ months/years, _____

Does a recurring number indicate the first wounding? (Example: If you discover a recurring pattern of the number "5," check your list or ask yourself if something happened at age 5 that has been repeating itself in some form or other over the years. This may occur in a rather disguised way or it may be obvious. Colin Tipping says, "This could be the emotional event that led to a decision that might have run your life." At age ____ the following occurred:

What decision did you make as a result of that experience or what belief was formed by that experience that has played out repeatedly in situations since the original event?

From Getting to Heaven on a Harley, p. 82, Colin says:

As you are now aware, this was entirely purposeful because it leveraged the pain of the original wound. However, now that you have reached the point where this is no longer necessary, you should use the tools of Radical Forgiveness to free your mind from such decisions and to make new ones based on your current knowledge and understanding of who you are and what life is really about.

OTHER OBSERVATIONS:

SOUL PURPOSE ASSESSMENT—What was my Pre-Birth Plan?

Taking into consideration everything you have learned from your life review using the Keyhole Interview, and what you have read in both Tipping's and Schwartz's books, take some time now to reflect on what your Soul's Plan might have been. It doesn't have to be 100% accurate, but make an attempt to discern: (Carmen will come around and support you in this process.)

Lesson(s) to be learned: _____

Experiences to be had: _____

Karmic Debt to be balanced: _____

Purpose of Roles Played for my benefit by:

Mother _____

Father _____

Siblings _____

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Romantic

Partners _____

Others _____
