

QUANTUM

Forgiveness

GROWING INTO A LIFE YOU'LL LOVE

ROBERT *Bloom*

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CHAPTER 1

New Beginning

As I look back over the last eighteen years, it's been quite a journey. That's how long ago it was when I first realized I didn't know how to create the kind of life I truly desired to experience. All along I thought I knew. In fact, I was sure I knew. But as I wandered around my beautiful custom home that day, it became clear to me that I did not.

It wasn't that I didn't enjoy where I lived or what I had, because I did. I enjoyed it a great deal. I thought I had everything I needed to be happy and content, but I was wrong. Something was missing. Something was not quite right.

As I quietly paused in front of the family room fireplace and took in my surroundings, I was gratified by

what I saw. The grand fireplace rose up fourteen feet to greet the ceiling, and windows on either side looked out over the pool to the majestic pines beyond. I was pleased that I lived in this home. I felt appreciative, but it also felt hollow. Where was the fulfillment? I wondered.

In a way it was a bit confusing. I had money, a loving relationship, beautiful children, a gorgeous home, time to play, and a great paying job that I was good at, but it felt meaningless. I'd been under the impression that if I had all this I'd feel happy, content, fulfilled and at peace, but that wasn't the case. I'd been pursuing an illusion.

As I took a deep breath and exhaled a thoughtless, wordless understanding arose within me. *I ached to create work and a life that I'd lovesomething that would feed the family and the soul.* This is what I truly desired, but I didn't have a clue where to begin. Recognizing this I looked up to heaven and prayed, "What now?" A few weeks later I got fired.

Although my termination came as a bit of a shock, I felt elated. I had invited change and assumed this was just part of the process. Thankfully, I had the resources to take the next few months off, which is exactly what I chose to do.

During this break I played golf religiously. I also attended several college and professional football games

and watched as both teams had banner seasons! I traveled to the beach, went on adventures and enjoyed time with family and friends. I had time to read, exercise, meditate and play! It was a ball! By the time the year came to a close I had more than satisfied my appetites and was feeling eternally grateful for the experience.

In part I was feeling that way because I recognized how fortunate I'd been, but it was more than that. I wasn't just feeling grateful; I was literally bubbling over with gratitude, so much so that I felt an overwhelming need to give back. Energized by this desire I finally did what I'd been putting off for years.

I surrendered heart, mind and soul to Spirit.

This action was decidedly a long time in coming. All my life I'd felt called by Spirit. It was like an irresistible, gravitational pull. In times of trouble, Spirit would speak to me and give me guidance. This was a reality I kept silent about, but took for granted. When I was twenty, a near death experience pulled me out of my body towards a radiant, pearlescent orb of light. It was the first time in my life I remembered not only being free of pain, but feeling totally loved as well.

Startled by the sudden departure from my body, I began to wonder what was happening. A masculine presence that seemingly appeared out of nowhere responded, "You would call it dying. In a moment, you'll have to make a decision. If you go on into the light, you will not be returning to your body."

Just then I experienced a life review of sorts. I say, "...of sorts," because I didn't see particular scenes playing out; rather, I just got a sense of my life up till that point in time. The impression was that it felt unfinished. It wasn't a strong impression, but it was enough to make me wonder.

At about the same time, maybe a second or two later, a voice emanating from somewhere outside of me answered, "No, I have to return. I have way too much left to accomplish." It felt as though my soul had answered on my behalf.

Up until that moment I'd felt like I'd been hurtling through space at break neck speed, but as I willed myself back into the body, the brakes went on. At first it was difficult, as if I was attempting to stop a speeding car using only my mind. However, once the forward momentum eased a new force took over. It was as if rubber bands connecting body and spirit had been stretched to their limits. As they retracted, I felt my being yanked with enough force to slam it back inside the body. I particularly remember my lips and hands snapping back into place. That's a feeling I'll likely never forget. As a whole, the experience was a bit unnerving, but it was incredibly enlightening as well.

I now knew beyond a shadow of a doubt that I was a spiritual being having a human experience, not the other way around.

Throughout the years numerous other experiences gave me the impression that Life was tapping me on the shoulder, patiently waiting for me to say yes, but unnamed fears held me back. I now recognize that the conditioning I underwent as a youth was the source of that fear, but I hadn't come into this realization yet. I just felt afraid, although I wouldn't admit that to anyone, *not even myself*.

The day I chose to surrender was another matter altogether. Instead of feeling afraid I was cloaked in a spirit of gratitude and armed with courage. Thusly, I turned my attention to heaven and declared to God, "I'm tired of being afraid! I don't care if you blow me up! I have to know what's possible. Show me!"

A couple of days later, during an evening meditation, I was drawn into an altered state of consciousness where I came into the experience of total wholeness. It was as if I was meeting the creator face to face. "You and I are one," communicated the Presence, whereupon every thought and feeling I held in opposition to that understanding rose to the surface of my mind.

"You and I are one," repeated Wholeness. Again the thoughts began chirping.

"Follow those thoughts to their source," communicated the Presence, "Ask them to identify themselves."

This time the thoughts in my head began claiming that they were me. "Who are you?" I would ask.

They'd reply, "I am you."

It was surreal. From my vantage point it was crystal clear that these thoughts weren't who or what I am, yet they persisted in their claims. However, eventually, after asking them to identify their source over and over again, they faded into nothingness and my mind grew silent.

In that moment of silence I experienced myself as being both the totality of all that is as well as an individuated identity. There was no sense of separation. I was living the paradox of being both well-defined and of having no definition whatsoever. From this point in awareness the individualized aspect of my being asked, "Okay, if you and I are one, then why don't I perceive as you do?" That is to say, I was inquiring as to why my vision and understanding was so much more limited.

"You could have that right now," Totality responded. "Just say the word and it will be so."

In that split second I experienced perhaps the biggest "ah-ha" of my life. For as long as I could remember I had harbored the notion that I didn't want to be here. Being in a body felt like a burden, not a gift. Life felt more like a life sentence than an adventure to be savored and enjoyed. It was something to be endured, something I was meant to do or had to do. However, when given the opportunity to return to Source, I expe-

rienced a radical shift in perception. In my heart of hearts I absolutely wanted to be alive. I actually chose to be here. As this awareness dawned upon my mind the following words spilled out of my mouth, “Oh, it’s like we tell ourselves a giant story, buy into it hook, line and sinker, and then we get to live out the stories we tell.”

This was a surprising revelation, so much so that it provoked a complete paradigm shift within me. If I chose to return to Source the game would be over and that’s not what I wanted. What fun would that be? There was way too much left to enjoy and explore. There were so many possibilities. I’d been mistaken. My impression of life was that it was something to be endured; to be survived, like some backwater cosmic hellhole. But it wasn’t. Life could be anything I chose to make of it! Life wasn’t the problem. Living wasn’t the problem. I just didn’t like the painful story I’d bought into. I wasn’t enjoying the story I’d created for myself.

As this inspiring realization sunk in I did what any rational thinking person might have done; I asked Totality how to change the story if I didn’t like the one I was currently living?”

With that the experience ended. The question was met with silence and I slipped back into ordinary consciousness. I wasn’t sure if I’d ever get an answer.

A couple weeks later I did begin receiving an answer but I didn't recognize it as such because I was far too consumed by my own agenda. I was focused on creating both work and a life that I'd love, something that would feed the family and the soul, and I assumed that the intuitive guidance being received was for this purpose. Therefore, when my intuitive knowing reminded me to, "Be patient," I thought it meant to be patient until I got what I wanted. When I heard, "Let go," I thought the same thing. In my mind everything I thought, heard, felt or saw related to this intention, but that wasn't the case.

Life was pointing me towards freedom.

Life was giving me the opportunity to see, feel, know and experience the answer to the question I had posed. However, in the end, it would be almost two decades before I'd grasp the message in its entirety.

As I sit here today, I have, for the most part, mastered the keys presented in this book and know them to be profoundly life changing. I am not the man I was when I began this process, not even close. I no longer battle anger, depression, sadness, apathy or suicidal thoughts. I am emotionally free. I live largely without guilt, shame, anger, fear or pain, because I know how to quickly transform these misunderstandings into insight, understanding, clarity and growth. I also choose to live fearlessly, which is not to say I don't experience fear, it just doesn't rule my world. The fact of the matter is the keys presented in this book have empowered

me to consciously and deliberately rewrite the script of my life.

It's like having a set of universal keys that enable me to connect with and unlock the highest and best within myself.

They enable the best in me to express itself in any given moment, even in the most challenging situations. That's not to say I'm always at my best. To be sure, when I'm tired or stressed out I can be reactive and defensive, but that is now the exception, not the rule.

For example, not all that long ago I was introduced to a woman I initially felt inclined to steer clear of out of fear. At our first meeting there was a spark of recognition and a mutual attraction, but the first thought that crossed my mind was, "This could be dangerous!" I feared that opening up to this person could prove disastrous. Things were going to end badly! Or so my mind would have me believe.

Thankfully, I chose not to listen to the voice of fear and instead chose to be courageous enough to explore the unknown with her. I'd learned long ago that fear and excitement are exactly the same energy, the difference being how I choose to receive it. Knowing this allows me to step into the unknown without getting beat up by fear. In this case, that knowledge proved essential because my egoic identity was going to be put to the test.

In one of our early conversations, one topic led to another, and I found myself asking if she could imagine what it might be like to be in a relationship where two people were courageous enough to be totally vulnerable. What would it feel like to be that intimate, to hide nothing?

What would it feel like to speak only truth?

I didn't ask the question with an agenda in mind, it just sort of slipped out, and her reaction was visceral. Her eyes grew wide, she smiled brightly, and then she exhaled as if she'd been under water a bit too long. "Oh my God!" she exclaimed, "That would be beautiful. It would be wonderful ...and TERRIFYING!" After which we broke out in an excited, but decidedly nervous, laughter! But in the days that followed, that's exactly what we did. It wasn't something we talked about or formally agreed to do; it unfolded organically as a result of our mutual commitment to being open, vulnerable, transparent and unerringly truthful with one another, even when telling the truth felt terrifying. It wasn't unusual for us to begin a conversation with the phrase, "I really shouldn't tell you this, so I'm going to."

From the beginning our relationship was built on a few simple agreements. We agreed to be open and truthful with one another, even if we thought it might offend, terrify, put off, or otherwise diminish ourselves in the eyes of the other. We agreed to be willing to be totally vulnerable, to withhold nothing. And we agreed

to take responsibility for our own reactions. In so doing we created an atmosphere that was electric. The agreement to tell the truth and expose ourselves completely led to a level of intimacy that is difficult, if not outright impossible, to describe. But it didn't come easily. It meant stepping into the fire of difficult emotions and working through the discomfort. The result of the relationship was that I experienced a depth of intimacy, union, emotional healing and self-revelation that is unparalleled in my experience. This doesn't mean that it was easy or comfortable, but it was incredibly FREEING! It was also something that wouldn't have unfolded had I not embraced the keys presented in this book.

What I have learned over the last eighteen years has permitted me to experience life in a way I might never have imagined. Being emotionally free is invigorating. It allows me to take worthwhile risks, where in the past I might have balked. It empowers me to live life as I choose without being haunted by an unhappy past, because I no longer identify with the victim/villain paradigm in any way, shape or form. This is why I am so passionate about this work. I can only imagine what life might be like if we can end the vicious cycle of abuse that is the victim/villain paradigm! To be sure, becoming emotionally free isn't a journey for the weak or timid; it's an adventure for those who choose to live fully and passionately! If you count yourself among this group, the insights revealed in this book will speak to you. It's about revealing, loving and expressing the

most authentic aspects of your being, and letting go of the rest. It is about *being* the magnificence you were born to be!