

Reflections of Christ, an Honest Look into Love's Mirror Week 5

Sunday, June 12, 2022 6:00 am

1. Reflection for serious contemplation, journaling, or discussion:

If I'm not really me then who Am I?

2. Daily Applications

3. Beginning of the Week Affirmation:

I Am the whole and the holy.

4. Day 1

AM

Have I been offended by anyone or anything in recent days?

Follow-up question: Who is it exactly who can be offended?

Mid-Day

Anytime I have been offended, what is it exactly that comes to the surface?

PM

When mild to strong feelings come to the surface, do I know what to do with them?

Daily Affirmation

I Am a simple being, but my humanity makes me intricately complex.

5. Day 2

AM

Who or what did I have to forgive recently and why?

Mid-Day

Do I understand why I condemned this person or situation, to begin with?

PM

What feeling did this person or situation invoke in me?

Daily Affirmation

I Am does not condemn or forgive. Forgiveness is in the realm of my human self.

6. Day 3

AM

Do I feel complete with my forgiveness work?

Mid-Day

Is there anyone or anything left that I have not unconditionally forgiven and embraced?

PM

Is there anything or any situation that I have not forgiven myself for creating or being a part of in any way?

Daily Affirmation

Nothing outside of me has any power. It is all just a reflection that shows me what needs to be healed inside of me.

7. Mid-Week Affirmation:

True healing is when wholeness replaces fragmentation. It is when the soul is everything and the brain is subservient to the soul.

8. Day 4

AM

When was the last time I thought about or discussed something that brought up strong feelings inside me?

Mid-Day

Is it possible that I feel guilty about something that this person or situation is reminding me about?

PM

Can I be fearless and look inside deeply instead of blaming/shaming/finger-pointing at people or situations that are reminding me to do so?

Daily Affirmation

This person or situation would not bother me if my own guilt and shame weren't preventing me from seeing them clearly.

9. Day 5

AM

Can I make it part of my own self-care to frequently ask if I am looking at someone or something through my brain or through my heart?

Mid-Day

When I observe myself using my brain to judge and cast out, can I remind myself to pick out this weed and keep my garden clear?

PM

What will my life experience be like with a clear garden?

Daily Affirmation

Love encompasses all of I Am.

10. Day 6

AM

When I look out into the world today, what do I see?

Mid-Day

When I look out into the world today, do I see the potential of love?

PM

When I look out into the world today, do I see billions of other versions of myself at different stages of development?

Daily Affirmation

I Am encompasses everyone and everything.

11. Day 7

AM

Does what I like truly matter in the big scheme of things?

Mid-Day

Does what I don't like truly matter in the big scheme of things?

PM

Can I see my likes and dislikes as less significant or even insignificant?

Daily Affirmation

My likes and dislikes are part of my human experience and nothing more.

12. End of Week Affirmation:

I Am knows the difference between a human-level truth and a soul-level understanding.

End Time: 6:46 am