

Reflections of Christ, an Honest Look into Love's Mirror Week 6

Sunday, June 19, 2022 5:30 am

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

Can I step out of my own way?

2. Daily Applications

3. Beginning of the Week Affirmation:

I Am is beyond all thought.

4. Day 1

AM

What triggered me this week?

Mid-Day

Is there ever a justification for anger?

PM

If the world is made up of both my own thoughts and the thoughts of others, can I ever be free from their control?

Daily Affirmation

Unspoken and spoken thoughts can dictate and be a slave master, but I Am has no master. It cannot be controlled through fear.

5. Day 2

AM

When was the last time I smiled?

Mid-Day

Can I be aware of the world in the background, but focus more on joy in the foreground?

PM

Can the world and its occupants be as they are without me attaching judgments to them?

Daily Affirmation

I Am observes and is free in its neutrality.

6. Day 3

AM

Have I been involved in a conflict of any type recently?

Mid-Day

Do I still feel compelled to join the conflict and support the right group or individual over the wrong group or individual?

PM

If right and wrong are largely judgments, am I willing to leave them in favor of accepting what is in the totality of any situation?

Daily Affirmation

I Am rises above the fray and loves all.

7. Mid-Week Affirmation:

I Am is in the world, but not of it.

8. Day 4

AM

What brings me discomfort?

Mid-Day

If I'm pushed past my comfort zone, what am I worried might happen?

PM

Am I willing to become more comfortable with discomfort?

Daily Affirmation

The truth of any situation is uncomfortable for many, but I Am is here to explore and transform, without barriers of any kind.

9. Day 5

AM

If I practiced any form of religion before practicing spirituality, how much of the religion did I bring with me?

Mid-Day

Are all my ideas I may have brought with me into my spirituality true?

PM

When I look out into the world, do I think God is part of this group or that group and is opposed to other groups and individuals?

Daily Affirmation

I don't have to look far to see evidence of God because God is everywhere. There is nowhere God is not.

10. Day 6

AM

When harm and suffering arrive at someone's doorstep, do I think they must have deserved it, attracted it, or needed it to happen?

Mid-Day

Do I still have any beliefs about God punishing people?

PM

Do I think God has or is punishing me for anything?

Follow-up question:

When can I release guilt for things, I'm ashamed about?

Daily Affirmation

Love heals, but only if the heart is willing.

11. Day 7

AM

What is my greatest joy?

Mid-Day

Can I allow my life experience to incorporate more joy?

PM

Can I live a life without rules and let freedom lead me to more and more joy?

Daily Affirmation

I Am is pure happiness and joy, plain and simple.

12. End of Week Affirmation:

It has been the pesky thoughts and judgments that have enslaved me all along. I Am is free from their traps.

End Time: 6:16 am