

Reflections of Christ, an Honest Look into Love's Mirror Week 7

Sunday, June 26, 2022 4:00 am

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

Truth is defined as information that is 100% true 100% of the time. Are my brain's standards being "mostly true" or "may be true" good enough to live by?

2. Daily Applications

3. Beginning of the Week Affirmation:

I Am living, breathing, walking, and talking truth.

4. Day 1

AM

When was the most recent time when I was stubborn about a stance I had taken?

Mid-Day

Do traits like stubbornness serve me in the end?

PM

Do I know where personality traits like being stubborn and wanting to defend a stance come from?

Follow-up question: Can a heart-based way of love bypass personality?

Daily Affirmation

Love does not originate from my brain, but emanates from my heart.

5. Day 2

AM

Using the gold standard for truth as presented in this week's reflection, does the voice in my head ever tell the truth about anything or anyone?

Mid-Day

Using the gold standard for truth as presented in this week's reflection, do I understand that the voice in my head frequently lies to me?

PM

Using the gold standard for truth as presented in this week's reflection, do I understand that partial truths and possibilities are not entirely true and are in fact illusionary?

Daily Affirmation

I am free to choose illusion when I listen to my brain's commentary, as I Am also free to choose reality when I stop listening and believing in it.

6. Day 3

AM

When was the most recent time someone said something negative about me, either directly or indirectly?

Mid-Day

Going back to the situation that I remembered this morning if I apply the gold standard of truth,

can it lessen the impact of the comments?

PM

Knowing that virtually all comments and behavior originate in the brain and with its master, the ego, does this understanding help me to not condemn and therefore need to forgive less?

Daily Affirmation

I Am sees through the illusionary ego and understands how it operates.

7. Mid-Week Affirmation:

My job is a simple one. I Am to stay in reality by not listening to half-truths. When I listen to them, I have fallen back into the illusion.

8. Day 4

AM

When I express from stillness, do I realize that my brain has been temporarily shut off and I Am free from its tyranny?

Follow-up question: When was the most recent time this happened?

Mid-Day

Compare/contrast my experiences living as my True Self in reality vs. my experiences living as a character in illusion.

PM

Which way leads to greater peace: reality or illusion?

Daily Affirmation

No one has ever said this is easy, but now is the time to leave the illusion for greater rewards in reality.

9. Day 5

AM

Select a friend, either a current one or one from the past, and focus on them for today's exercise. Describe positive and negative character traits you may have noticed.

Mid-Day

With the same friend and without using your brain, describe them as love would describe them. Use your heart for this one.

PM

Compare/contrast the two versions of the same person. What do you notice?

Daily Affirmation

Only what is 100% true, 100% of the time is real.

10. Day 6

AM

Select someone you do not like and who does not like you. Describe positive and negative character traits you may have noticed.

Mid-Day

With the same person and without using your brain, describe them as love would describe them. Again, use your heart for this one.

PM

Compare/contrast the two versions of the same person. What do you notice?

Daily Affirmation

What is not 100% true, 100% of the time is an illusion.

11. Day 7

AM

Pick either of the two characters I have asked you to focus on the past two days and honestly answer this question; What do things that bother you about them say about you?

Mid-Day

Using the same character, what do their positive qualities say about you?

PM

Using the same character, on the soul level, can you see the love that is there?

Follow-up question: If the answer is an honest “no”, why not?

Daily Affirmation

Love sees only love and is 100% true 100% of the time.

12. End of Week Affirmation:

Now that I understand the difference between illusion and reality, I choose reality, but I must do so in each present moment. When I have fallen back asleep into the brain’s programming, I know how to wake myself up out of illusion.

End Time: 5:03 am