

Reflections of Christ, an Honest Look into Love's Mirror Week 8

Sunday, July 3, 2022 4:00 am

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

Can optimism become or continue to be my mode of being in the world?

2. Daily Applications

3. Beginning of the Week Affirmation:

I Am honest and accepting of all my so-called flaws. I Am choosing to see them as works of art, reflections of a work in progress, instead of imperfections.

4. Day 1

AM

What was the last lie that I told?

Follow-up question: Was it to conceal something or to paint a more positive picture of myself?

Mid-Day

When was the last time that I was lied to on a personal level?

Follow-up question: When this happened, was I reminded of my own lies and reasoning for them?

PM

Do I see my own past mistakes when I see others making the same ones?

Daily Affirmation

The only thing that lies is fear. Love is honest in all things.

5. Day 2

AM

When was the last time I was tempted to cheat or do something to gain an unfair advantage?

Mid-Day

When was the most recent time when I got away with something that could have resulted in legal jeopardy if I had been caught red-handed or after the fact?

PM

When was the last time that I took something that was clearly not mine to take?

Daily Affirmation

I Am learns and grows from the character's lapses in judgment and subsequent reflections on how to handle things in a more loving way the next time.

6. Day 3

AM

When I see a story in the media that shows someone doing harm to another person or other people, can I reflect on times when I was tempted to do the same thing or a similar thing?

Mid-Day

Going back to the morning question, do I feel in any way superior about how I did not actually behave the way my thoughts wanted me to?

Follow-up question: Is there a difference between thoughts and behavior?

PM

Is there anything that I have never been tempted to do? Think in generalities here, not specifics. Example: "Yes, I have wanted to hurt someone" (without specific methods) or "No, I have never wanted to steal."

Daily Affirmation

When you listen carefully, I Am does not condemn. It reminds.

7. Mid-Week Affirmation:

There are mirrors all around me. My sisters and brothers show me things that I need to see.

8. Day 4

AM

Am I clear today?

Follow-up question: What is bothering me, if anything? What is asking for acknowledgment and blessing?

Mid-Day

Reflect on another recent story in the media. Instead of looking at the bad guys and the good guys, this time say with total honesty; "I remember wanting to do that or doing that. I understand now."

PM

Go back to the same situation and bless everyone directly or indirectly involved. Thank them for showing you your dark side.

Daily Affirmation

Characters harm each other in every way imaginable. They are all works in progress, just like you. They are not worse than you or better than you because in reality there is only one of us here.

9. Day 5

AM

If a character kills 1 or 22 others, the effect of the thought makes it worse, but the problem really started with the thought. True or false?

Mid-Day

Can someone do harm if they are always operating from a place of love?

PM

Can someone who doesn't know what love is and has never experienced receiving it be faulted for the catastrophes they cause?

Daily Affirmation

Human societies are not based on love, but I Am will triumph in the end.

10. Day 6

AM

Does my soul feel emotional sadness and pain?

Mid-Day

Does my soul feel happy all the time?

PM

Is there a human emotion that my soul does not feel?

Daily Affirmation

I Am my soul. I Am is all souls and I Am feels a range of feelings very deeply.

11. Day 7

AM

When I see someone lying, can I remind myself of times when I have lied?

Mid-Day

When I see someone cheating or stealing, can I remind myself of times when I have cheated and/or stolen?

PM

When I see someone doing emotional or physical harm, can I remind myself of times when I have done emotional or physical harm?

Daily Affirmation

How can I blame and shame ever again? I Am is honest in all things.

12. End of Week Affirmation:

The world is what it is. I was what I was. I Am truth in unity. God gives up on no one. I Am is in all. Who am I to judge?

End Time: 5:08 am