

Lesson 3 1-20-19 Accepting Life and Managing Hard Times

Meditation to Be Here Now. Take a moment to breathe deeply and bring you energy back into your body. Stop the mind chatter and the thoughts of your endless list of Things you need to do. They will wait for you. Just be present. Breathe deeply and relax into your own space. Be Here Now.

Opening Prayer: God of love grant that we may love like You. Open our minds to our own greatness that You gave us as our birth right being your sons and daughters made in Your likeness. Thank you for your son show us the path of righteousness

Review of last week: Whatever we believe we live our lives out of that.

Intention: To learn how to change unworthy beliefs into noble beliefs that are in tune with Christ consciousness.

If you have the belief you are no good, you are calling God no good and believing it. BK

Nothing about your body embarrasses you. Your thinking about it embarrasses you. Bodies just are. BK

If you believe deep down that you are not worthy of money, or love, or whatever else you want to attract – then you won't attract it. It is that simple!

Before you can love and accept others you must first learn to love and accept yourself. If you can't love yourself, warts and all, you will never believe you are worthy of being loved by others. No matter what they do or say to show their love, you will not let it in. The path to loving yourself is really easy.

1. **Never** compare yourself to others. Comparison creates instant separation. You are either superior or inferior given yourself beliefs and there is no connection. **If the mind didn't compare, there would be no jealousy.** Think about that for a moment. You can't compare apples and oranges. We are all different and special in our own ways. **YOU CAN'T BE ANYTHING BUT WHAT YOU ARE!** Without my story, I am me, being me. Me being God. Content and at peace. So be happy to be you. It's a fact and a choice. We are each individually and in our way, **God's Gift** to the world. When you come to understand that you is a **bonding**.
2. **Choose YOU!** Pick you just as you are in this moment. Pick the color of your hair and eyes, pick your teeth, the shape of your body, your family, your car, your job, your health, your bank account... just as it is, your education, your dog or cat, where you live, your kids, your significant others and be content. Totally accept your whole life just as it is this moment remembering everything is temporary. How does it feel to be at peace with yourself versus at war? No trying to be something else for someone else. God forbid trying to please others. It is not possible. "God, spare me from the desire of wanting acceptance, love and approval." Those are things you give yourself. Don't expect the world to give it to you. That is your job and when you do it, a world of joy and opportunities will open to you.
3. **"How", you ask?** Just look in the mirror everyday and love yourself for all your life challenges, until that love just explodes in to happiness and self-content. Let go of the story and past history of your life. How does that feel? Now, do more of that until it becomes the thought you think ever moment of everyday and your new ingrained belief. "I adore myself, now and always just as I am." "I totally LOVE MYSELF."

“As you imagine and visualize and verbalize your new story, in time you will believe the new story, and when that happens, the evidence will flow swiftly into your experience. A belief is only a thought you continue to think; and when your beliefs match your desires, then your desires must become your reality.

There is no physical body, no matter what the conditions, that cannot achieve an improved condition. Nothing else in your experience responds as quickly as your own physical body to your patterns of thought.” A-H

4. Accepting others. “Thou shalt love thy neighbor as thyself” How you see your neighbors depends on how you see yourself. I have news for you. Other people don’t disappoint you. Your thinking about them disappoints you. Criticism is a projection onto others of what you unconsciously don’t like about yourself. You have an expectation about how they should live their lives. It should be your way. Get rid of the expectation and let them live their lives. Let’s face it, we have all gone down some wrong roads and learned from it. Allow them their own learning experiences. Otherwise it comes across as just babble from someone who doesn’t believe in them. Remember there are only three kinds of business. “Your business, my business and God business.” Whose business are you in? Especially if they don’t ask for your advice. Remember the word “No” doesn’t mean you don’t love them.

The only way to help them is to be as God and Christ have taught us, giving unconditional love and free will, while believing for them they will find their way knowing, God has their back too.

Remember this: **All the suffering in the world is in the past. Trauma is nothing more than being stuck in your thought. Byron Katie**

*God is good, God is everything –the end.
You go on with your illusion that something is not okay
and you lose
and you lose
and you lose. Byron Katie*

Acceptance is the sweetest word-It means aligning with what is- That’s all. BK

“Try to view each day as an adventure, carefully planned out by your Guide. Instead of staring into the day that is ahead of you, attempting to program it according to your will, be attentive to Me and to all I have prepared for you.” Jesus Calling by Sarah Young

Closing Prayer:
Cajun Story Marie’s New Car.
The Law of Life