



## Audio Prayer ©

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### DAY 39 – Forgiveness & Grievances

#### Key Topics:

- Self-Doubt will significantly delay your happiness
- You cannot know the answer
- You can rely on the Holy Spirit with certainty
- Guidance from the Holy Spirit always feels peaceful
- If there are steps to take, they will feel peaceful and compelling
- Self-Doubt comes from your belief in separation from God
- Once you receive an answer, trust it with unwavering certainty
- You will be corrected, if needed, by Holy Spirit
- Guidance comes in many forms
- Self-Doubt delays happiness
- EFT Tapping Exercise to Release Self-Doubt
- Final Prayer on Self-Doubt

#### **Self-Doubt will significantly delay your happiness**

One of the greatest factors that will block you from the consistent awareness of God's love, support, and abundance is "self-doubt". It's kind of like a pot-hole or a dip in the road that will significantly delay your happiness. Some people think that doubting yourself and considering all the options is a wise and careful choice. In A Course in Miracles, you are taught that judgment of any kind is not useful.

#### **You cannot know the answer**

Judgment is not useful because you "cannot know" the answer. From your point of reference, it would be impossible for you to know the right course of action that leads to peace and happiness for everyone involved. There is One who knows every answer and every right course of action to ensure happiness for everyone and this is the Holy Spirit, your Teacher of Peace. The Holy Spirit is the One who knows the absolute realm of Divine Intelligence and the wisdom of God. The Holy Spirit also knows your experience here in the illusion and the challenges you are faced with. The Holy Spirit is the bridge between your perceptions and the true knowledge and wisdom of God; the bridge between illusions and the truth.

#### **You can rely on the Holy Spirit with certainty**

Given this information, you might feel that you should never make a decision by yourself. The one decision you can make with absolute certainty, is that you can rely on the Holy Spirit to make every decision perfectly for you and through you. Whenever you are in a position

where you feel you need to make a decision, it is wise to turn inward to the Holy Spirit and ask for the answer.

**Guidance from the Holy Spirit always feels peaceful**

You will know when you have received the answer because you will feel peaceful about the information. If there are steps to be taken as a result of the decision, you will be told what they are in a way that you can understand, and you will also be given the support and resources to carry out the plan.

**If there are steps to take, they will feel peaceful and compelling**

You will know when you've been told what the steps are, when you feel both peaceful and compelled to take action.

**Self-Doubt comes from your belief in separation from God**

The reason you doubt yourself so frequently is because, at a deeper level, you believe you are separate from God. If you really were separate from God, you would have good reason to doubt yourself, however, you are not separate. You are one with God and one with the wisdom of the Holy Spirit which comes from God, therefore, you can always trust your Inner Guide to tell you exactly what to do in every circumstance.

**Once you receive an answer, trust it with unwavering certainty**

The Holy Spirit responds to your slightest invitation. It is highly important that after you have asked for guidance, that you trust the answer you are given with unwavering certainty. Many people get delayed at this point because they continue to look at all the options, try to come up with the best answer and then ultimately go back to doubting themselves. It is an endless circle of self-deception. Once you have prayed for guidance and you then receive guidance that feels peaceful and compelling, it is time to trust that guidance with all your whole heart.

**You will be corrected, if needed, by Holy Spirit**

If for some reason, you hear the information wrong or you take a step in the wrong direction, you will be corrected by the Holy Spirit. The Holy Spirit will not let you fail, just because you heard the information wrong. As long as your goal is peace and you are listening for guidance from your Teacher of Peace, you will be guided and corrected, and obstacles will be removed from your path.

**Guidance comes in many forms**

The guidance you receive may come in the form of very strong but peaceful thoughts, an actual voice, a song on the radio, a book, a billboard, a loving thought from a friend, or something else. God will always speak to you in a loving and peaceful language that you can understand.

### **Self-Doubt delays happiness**

Today, I ask that you join with me in letting go of all self-doubt. Self-doubt is a form of self-defense. If you made a decision in the past that brought you or someone else pain, you may feel reluctant to make another decision. No one wants more pain, however, when you made the decision in the past, you were probably in fear and you were not asking the Holy Spirit to guide you. This time, everything is different, and this time the outcome will be happy. Your part is to trust God through the wisdom and guidance of the Holy Spirit. The moment you doubt yourself, you are declaring that you are separate from God and therefore, you are vulnerable and powerless. The effect of this declaration is the experience of lack, scarcity and powerlessness. This will delay your happiness.

### **EFT Tapping Exercise to Release Self-Doubt**

Let's agree today to put all self-doubt behind you. You are in very good hands. It's time to trust instead of doubt. Now let's take a few moments to release the past along with all the fear and self-judgment that you have been carrying. It's a lot easier for the Holy Spirit to guide you when you are not carrying a 1000 pound load on your back.

*You can listen to the Audio version of this EFT Tapping Exercise (below) in the audio called, "Relief for Self-Doubt" in your "More Tools & Resources" section of today's lesson.*

*Let's begin by tapping over your heart and repeat these words after me.*

- I am aware that I have been doubting myself in many different areas.
- I forgive myself completely in all respects.
- I have never altered myself.
- I cannot interrupt God's Will for my happiness.

*Other side of the chest*

- I am aware that self-doubt is not useful for any purpose.
- I can trust and rely on the Holy Spirit to guide me in everything I do.

*Top of the head*

- Whenever I need guidance, I will turn within and ask what to do.
- I will listen for the guidance that is peaceful and compelling.

*Eyebrow point*

- I will follow the guidance I receive.

*Pause and take a long deep breath and exhale and release*

*Karate chop point*

- My only goal is peace.
- God's will is my happiness.
- With the guidance of the Holy Spirit, I have nothing to fear.

*Over the heart*

- I trust that every step I take is directed towards my greater peace.
- I trust my decision making as it comes from God.

*Top of the head*

- I trust my ability to listen and follow the guidance I receive.

*Eyebrow point*

- I trust that I am safe and secure because God's will is my happiness.
- I can borrow His Certainty that His Plan is certain.

*Take a long deep breath*

*Inside the knees*

- My future is safe
- My future is provided for because God's plan is certain.

*Karate chop point*

- My loved ones are safe because God's plan includes everyone.

*Side of the eye*

- I cannot think apart from God.

*Take another long deep breath*

*Over the heart*

- Even though, I have made mistakes in the past,  
and those mistakes brought me pain and sometimes despair,
- I completely forgive myself.

*Middle of the chest*

- I cannot alter myself.
- I am as God created me.
- I am whole.
- I am complete.
- I have never altered myself.

*Other side of the chest*

- I am now listening to a Higher Wisdom that will guide me in every decision.

*Eyebrow point*

- I trust the guidance I receive.
- God loves me.
- His Will is my happiness.
- I am never alone.

*Over the heart*

- The power of God walks with me in everything I do.
- The Holy Spirit ensures a peaceful outcome for everyone involved.

*Take another long deep breath*

*Karate chop point*

- Even though, I'm used to flooding my mind with fearful and conflicting thoughts
- and then I use this information to doubt myself
- I am determined to stop doubting myself.
- I am determined to stop doubting God.

*Top of the head*

- I will quiet my mind frequently.
- I will listen to the One who will always ensure my peace, my safety, my abundance, and my happiness.

*Eyebrow point*

- Once I invite the Holy Spirit to guide me,  
I can fully trust the guidance I receive.

*Over the heart*

- I am determined to trust, without doubt,  
that everything is being aligned for my greatest happiness.

*Take another long deep breath*

*Karate chop point*

- I have nothing to fear.
- I trust that God is walking with me and speaking through me.
- I dedicate my whole situation to the Truth and peace is assured.

*Top of head*

- I trust instead of doubt.

*Eyebrow point*

- I stand in the certainty of my Creator.
- I accept His will is for my happiness.
- I will not decide against Him.

*Inside the knees*

- Every step I take is another step to my greatest happiness.
- I cannot make a mistake because I am being Divinely Guided.

*Over the heart*

- I thank God, in advance, for the enormous blessings that are  
coming to me through my awakened mind.

Take another long deep cleansing breath

## **Final Prayer on Self-Doubt**

Dear God,

We come to you and we bring to You all of our self-doubt. We bring to You all of the busy-ness in our mind. We bring to You every conflicting idea, every misperception, every worry, and every fear. We bring to You even those thoughts that we are not aware of that are contributing to the delay of our happiness. Today, we bring it all to You in complete trust and surrender. We thank You, in advance, for deciding for us about every decision. Our goal is peace. We release all things in the illusion in the world that we see, as we understand that the world we see is the effect of our mind. As we turn and firmly focus on You, we trust the Your Will is our happiness. As we turn and accept Your Plan, our happiness is guaranteed. The effect of our choice to focus on You, to listen to Your Guidance, is that we will walk in all the happiness, the peace, the abundance, and the greatness that we have always longed for. We thank You today, for the tremendous miracles, that would replace all of our doubt and our fear and our judgment. Today we accept, that whenever we have made a mistake, whenever we have failed, that it doesn't mean anything because we cannot alter what You created within us. Today we stand in gratitude for all that we are. We thank You that we are Your Holy Child, that we are one with You, and one with each other.

Thy Will be done.

Amen

Your commitment to Trust your Guide without doubt will bring many blessings and miracles. Together, we place our future in the hands of God where happiness is guaranteed.

Remember always to expect miracles.