

EXERCISE: DECODING AND LIVING ACIM – WEEK # 3 HANDOUT # 2

Reclaiming your divine birthright.

Objective: To remind ourselves about our true nature as unlimited spirit. To reclaim our divine inheritance as Children of God, perfect, whole and complete.

Expected results: An increased awareness of your true identity. Self-empowerment and increased sense of well-being as we reclaim our big “S” Self, our Christ consciousness. An increase sense of interconnectedness and oneness with everything.

Specific Instructions:

- (1) Affirm to yourself the following: Arrogance is the belief that I am something that I am not. Today I will accept only the truth about myself. I am and can only be as God created me
- (2) While standing with hands over your heart and eyes closed, slowly inhale while at the same time, stretching your arms to your sides, palms open.
- (3) Upon completion of the inhalation, repeat out aloud the following affirmation three times:

I AM ONLY LOVE.

- (4) Repeat steps (2) and (3) for the follow affirmations.

I AM GOD’S BELOVED CHILD, WITH WHOM HE IS WELL PLEASED.

I AND MY BROTHER AND SISTER ARE ONE.

I AND MY FATHER ARE ONE.

I AM GOD.

- (5) Upon completion of the above affirmations, rest in the understanding that you are not an individual. Instead, you are a shared Oneness within the Mind of God.

General conditions:

This exercise can be done at anytime, but preferred times would be at beginning or ending of your day.

It is preferable to say the affirmations out loud rather than only mentally.

This exercise can be done mentally if the conditions or setting is not appropriate for physical compliances with any of the steps.