

Honesty, Compassion and Oneness Exercise –ACIM Wk # 7 H-O # 3

Purpose: To create a heightened sense of honesty and compassion with both yourself and others. To lighten up and not “be so hard” on yourself and the objects of your perception.

Expected results: An increased sense of peace and oneness in your world.

Instructions: This exercise is to be done from a distance and is not meant to be physically noticeable to the subject being viewed. It can also be done remotely or in your mind’s eye. It can be done anywhere you might see people. It can even be done on any objects, both animate and inanimate. Personalize the statement with the object’s name. Also, begin each step with your attention focused on the subject.

Step 1) With your attention placed on the subject, repeat to yourself: “Just like me this person is seeking some happiness for his/her life.”

Step 2) With your attention placed on the subject, repeat to yourself: “Just like me this person is trying to avoid suffering in his/her life.”

Step 3) With your attention placed on the subject, repeat to yourself: “Just like me this person has known sadness, loneliness, and despair.”

Step 4) “Just like me this person is seeking to fulfill his/her needs.”

Step 5) “Just like me this person has come here to learn about themselves.”

Step 6) “Just like me this person is crying out for forgiveness.”

Step 7) “Just like me this person is asking, “Can you love me?”

Step 8) “Just like me this person has temporarily forgotten what he/she really is.”

Step 9) “Just like me this person needs the guidance of the Holy Spirit.”

Step 10) “Just like me this person is a Child of God.”

Step 11) “Just like me this person’s source is the Oneness with God.

Step 12) “Just like me and my Creator, I and this person are one.

Step 13) End the session with an affirmative prayer of thanksgiving. “I forgive you of all the judgments I have placed upon you. I thank you and bless you for the role you have consented to play on my behalf. For in this blessing I receive forgiveness, thanks and am eternally blessed. For I and My Father are One. Namaste.

Additional variations for the above exercise:

- 1) Do this exercise on people that are in your life. Family members, friends, and people you are having difficult relationships with are all excellent candidates.
- 2) Do this exercise on people that you have incomplete or unresolved issues and relationships with from your past. These people may or may not be currently alive.
- 3) Do this exercise on people that you have antagonistic thoughts about.
- 4) Do this exercise on people that you perceive have “wronged” you.
- 5) Do this exercise on people that you have judged harshly.
- 6) Do this exercise on your parents, spouse, ex-spouses, siblings and children, even if they are no longer alive.
- 7) You can also do this exercise on groups of people, nations, societies, the planet or any other object or thought.

Make sure you give yourself the same benefit of the doubt as you gave the subjects.

Watch your emotions and viewpoint change.

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