

Reflections of Christ, an Honest Look into Love's Mirror Week 4

Sunday, June 5, 2022 6:15 am

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

Is anything in the world truly surprising?

2. Daily Applications:

3. Beginning of the Week Affirmation:

I Am the stability in the midst of chaos.

4. Day 1

AM

When I gaze out into the hectic world, do I see evidence of the collective reaping what it sows?

Mid-Day

When I break down any event that happens in the world, can I understand that the content is at least similar to many events that have happened in my own life experience?

PM

Do I finally understand that I Am no better or no worse than anyone else, due to the common threads that run through all our lives?

Daily Affirmation

I Am the calm in any storm.

5. Day 2

AM

Do I have any taboo subjects that are strictly off the table for discussion?

Follow-up question: If so, why?

Mid-Day

What would it take for me to be free enough to contemplate or discuss anything?

PM

What am I afraid will happen if I contemplate or discuss (fill in the blank)?

Daily Affirmation

I Am free from all constraints.

6. Day 3

AM

When certain common people become fodder for the News cycle, what is my response?

Mid-Day

If someone may be a celebrated person, do I feel like they are deserving of praise or condemnation?

PM

Can I put aside perceived status or lack thereof to see my brother or sister as myself?

Daily Affirmation

I Am all of all, the totality of both the good and the bad.

7. Mid-Week Affirmation:

We are all in this world experience together because I Am is in all.

8. Day 4

AM

What is my take on right and wrong concepts of morality?

Mid-Day

What is my take on good and bad concepts of morality?

PM

Is it possible to see labels of right/wrong/good/bad as nothing more than temperature gauges of what is happening internally?

Daily Affirmation

I Am sees past appearances to the true content in any matter.

9. Day 5

AM

Can I like or enjoy something without giving it any additional meaning?

Mid-Day

Can I dislike something without giving it any additional meaning?

PM

Do I fully understand that others may like things that I do not and likewise, they may dislike things that I like, without taking these as cause for judgment?

Daily Affirmation

Resonance is a soul confirmation and is beyond like or dislike. Few can honestly use this term.

10. Day 6

AM

Do I look for reasons to cast people or things to the side and deem them unworthy of my time?

Mid-Day

Do I see myself as a guardian or as an acceptor?

PM

Can I move towards accepting the unknown with grace, without casting it away?

Daily Affirmation

I alone do not exist, but I Am is the eternal flame. It is beyond opinion, likes, and dislikes, which are character traits and nothing more.

11. Day 7

AM

If I lose my home, will I realize that there is something much greater that I will never lose?

Mid-Day

If I lose my life partner, will I realize that there is something much greater that I will never lose?

PM

If life strips everything from my grasp, will I realize that there is something much greater that I will never lose?

Daily Affirmation

I Am beyond loss of any kind because loss only reveals what is underneath.

12. End of Week Affirmation:

My soul's truth is all that really matters in the end.

End Time: 7:04 am