

AN EXERCISE:

WHAT DO YOU DESIRE MORE THAN PEACE AND FORGIVENESS?

Bringing our illusions to Truth is a necessary first step in spiritual awakening. What we think we want, and what we want to avoid, represent our current blocks to the awareness of Love's presence.

1) What do you desire *more than the peace of God*?

Is there anything, anyone, or a situation that you desire more than you want to have your perception healed?

Exercise: Name something (or someone) you think you want more than peace.

I want _____ more than peace because I believe it would bring me _____.

- Now, look at this statement and ask, "Is this really true?"
- What do you think this thing will give you that your healed perception (forgiveness) will not?

2) What do you resist?

When we try to resist or avoid something, this thing is what we actually desire more than Truth. Why is this? Anything we fear or try to control without Spirit, will act as an unconscious magnet. It draws the feared thing to us, and blocks our ability to trust in God's Love. What we fear and resist become unconscious idols that the ego holds apart from Spirit in our mind. Because they are not surrendered to Spirit, we will attract them into our experience. For example, if I fear betrayal or abandonment, I will attract these.

3) Is there anything, anyone or any circumstance that is causing you concern or suffering?

Is there anything you feel you need to control?

4) Is there anything, or anyone from your past or present that still upsets you now?

5) Review your answers.

Which of these are you now prepared to surrender to Spirit for forgiveness and acceptance of the Atonement? Make sure to take these through the Atonement/forgiveness process.