

EXERCISE:
FINDING THE PROBLEM'S SOURCE AND SOLUTION
IN THE SAME PLACE

1) Find an issue, person or problem you'd like to resolve. Look at the problem as it currently appears. Notice it is seen as a problem because it threatens the illusory idea that your identity is the body (emotional or physical).

Examples of these threats include:

- self criticism
- anxiety, depression
- anger at another or self (past or present)
- fear for self or another
- emotional or physical pain
- disease (physical or mental); yours or another's
- any form of loss, scarcity or deprivation
(lack of approval, love, money, opportunities, etc.)
- body image, weight issues, etc.
- grief
- death

2) Consciously identify the cause of your problem. It may seem to be in the body, in another, in the past or in the world, but the real and only cause is unconscious guilt. If you feel any lack of peace, you can be certain the cause is in your mind and not external in any form. Anything upsetting you is always the effect of its cause within your own mind. Be willing to acknowledge this.

3) Review the issue, no matter how convincing the problem appears, and acknowledge you have been mistaken. You have believed the problem is real, and that it is separate from the answer (which is Spirit in your mind). Make healing your goal. Do not look at the problem as a problem, first making it real, and only afterward attempt to forgive and heal it.