



### Exercise: Ego Speaking vs. Holy Spirit Speaking

1. In which areas do you still desire to be unfairly treated so as you can preserve your “corrupted” innocence as a defense against Love and healing? Who and what do you have a hard time forgiving? Is it someone from your childhood? Is it the body (which is entirely neutral, innocent and incapable of any self-motivated attacks)? Only you will know your own scapegoats. If you really want to heal, here is a journaling exercise to help:
2. You will need a page or more divided vertically in half. The left side is titled, “Ego Speaking” and the right side is titled, “Spirit Speaking.” If you can’t divide a page in half simply use two separate pages.
3. Perhaps you can find a quiet place and relax while setting your intention to allow Spirit to reveal whatever you need to see. Without self-judgment, ask to see if there are any people present or past whom you find it difficult to forgive. Look carefully. Whom do you still believe you were victimized *by*? Be radically honest; to what degree do you still believe this really happened?
  - 1) First, allow the ego to speak. Let it purge as you ask, “Why does it need to justify its grievance?” And, second, “What does it fear to lose if you were to forgive and heal completely?”
  - 2) Now ask Spirit to help you see this differently remembering that the ego believes your “corrupted” innocence (protection from God’s punishment) depends on holding grievances, on you being a victim. Allow Spirit to write to you in its column.
  - 3) Now, repeat the same process with anything else that concerns you such as: relationship conflict, the body’s pain, disease, weight issues, financial concerns, etc. Are there any “aha” moments? Can you recognize any self-sabotage patterns arising that you may have previously attributed to outside causes?
  - 4) Are you ready to withdraw your projections of attack onto others, yourself, the body, the world and God? This is precisely what forgiveness is for...to forgive yourself for having been mistaken. Now you may see the precious value in forgiving what never really happened. Ideally, this exercise will completely reinterpret how we see the past. Instead of believing we were indeed victimized, we might begin to have gratitude for everyone who has offered such great forgiveness opportunities. For without them we could never undo our own cycle of unconscious self-attack.