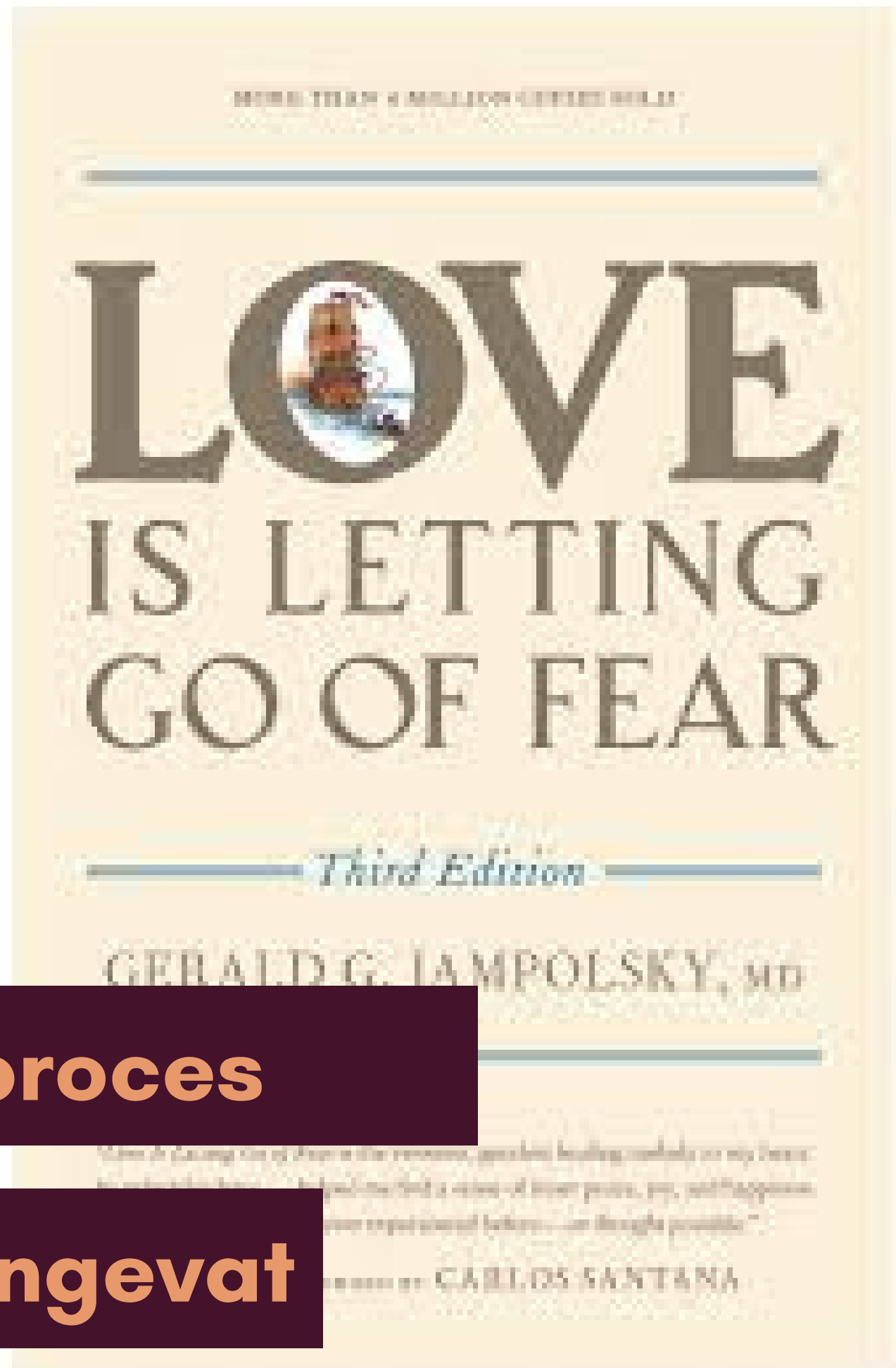




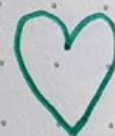
mijn proces

samengevat

LESSON 1 ALL THAT I GIVE IS GIVEN TO MYSELF.



Today I will give to
others only the gifts I
want to accept for
myself.



LESSON 2 FORGIVENESS IS THE KEY TO HAPPINESS.

Forgiveness is the key for changing
our perceptions & letting go of our
fears, condemning judgments &
grievances.

LOVE is the only REALITY.

Today I choose to let go
of all my past misperceptions about myself
& others. Instead, I'll join with everyone and say
I see you and myself only in the light of true
forgiveness.



LESSON 3

I AM NEVER UPSET FOR THE
REASON I THINK.

It is from our peace of mind (cause)
that a peaceful perception of the
world arises (effect).



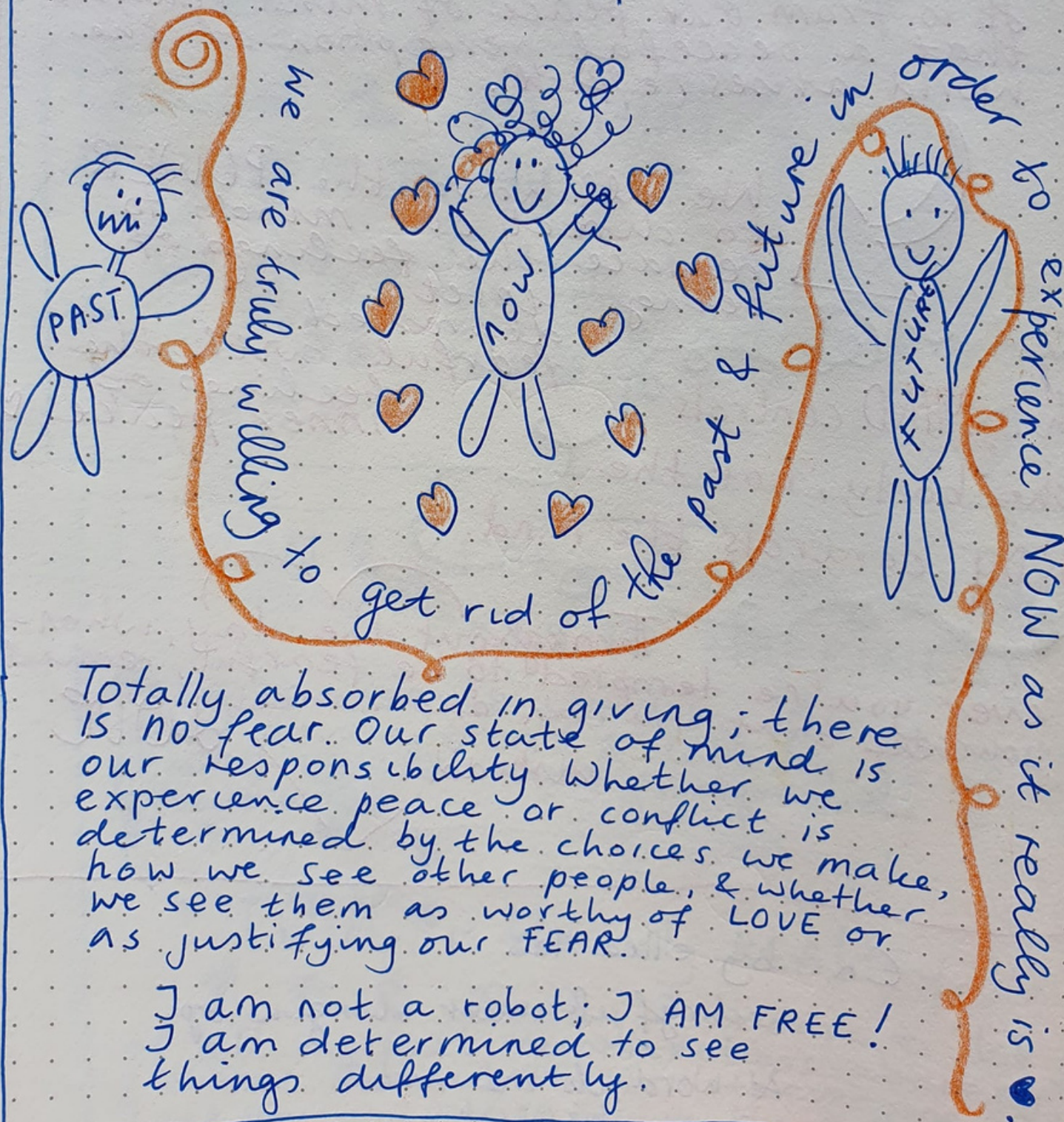
We all have the POWER
to direct our minds to
replace the feelings of
being upset
depressed
fearful with the
feelings of
inner peace.

The MIND controls
the body; not the
BODY controls the mind.

Throughout the day, when-
ever you're tempted to be fearful, remind
yourself that you can experience
instead. LOVE



Lesson 4 I AM DETERMINED TO SEE THINGS DIFFERENTLY.



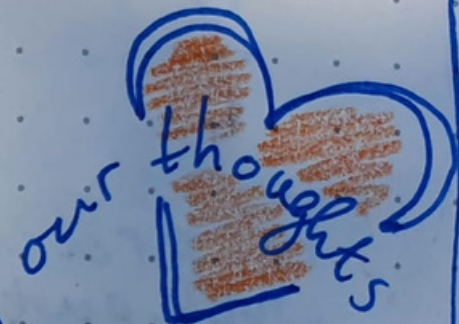
Totally absorbed in giving; there is no fear. Our state of mind is our responsibility. Whether we experience peace or conflict is determined by the choices we make, how we see other people, & whether we see them as worthy of LOVE or as justifying our FEAR.

I am not a robot; I AM FREE!
I am determined to see things differently.



Lesson 5 I CAN ESCAPE FROM
THE WORLD I SEE BY GIVING
UP ATTACK THOUGHTS.

★ We change the world
I recognize today that my
attack thoughts ★ by changing
about others are really
directed against myself first. I do
not wish to HURT MYSELF again today.



about it...

★ I want to experience
peace of mind right now. I
★ happily let go of all attack thoughts
& choose P E A C E instead. ♥



LESSON 6 I AM NOT THE VICTIM OF THE WORLD I SEE

To be consistent in achieving inner peace, we must perceive a world where everyone is innocent.



there is a choice...



Only my loving thoughts are real. It is only there I would have in this situation (specify) or with that person (specify).



Lesson
7

TODAY I WILL JUDGE
NOTHING THAT OCCURS

To practice being nonjudgmental,
without expecting instant perfection.

- repeat } practice
- sustain }

Constructive criticism = disguise
for faultfinding.

Tunnel Vision → NOT to see
people as a whole.

♥ + evaluator, but ♥ to hear ourselves
say "I totally LOVE & accept you
as you are" ♥

✓
L look at the strengths of
others & overlook their
weaknesses & not want to change
them.

APPLY this to everyone
&
OURSELVES !

Today, I'll view without
judgment everything that
occurs. All events provide that
with another opportunity
to experience LOVE
in place of
FEAR. ♥

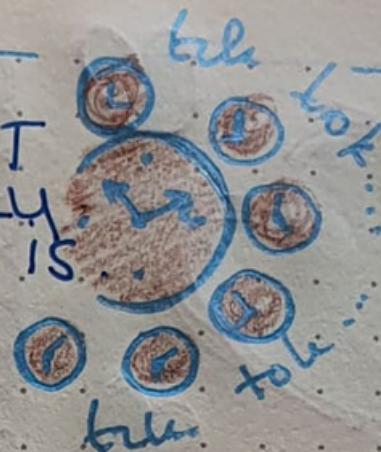
*



Lesson



THIS INSTANT
IS THE ONLY
TIME THERE IS



Recognize that holding
on to it does not
bring us what we
want.

My preoccupation with the past & its
projection into the future defeats
any aims of present PEACE.

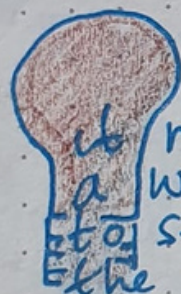
The PAST is OVER; the FUTURE
is yet to BE ♥. Peace cannot be
found in the past or future, but
only in this instant.

I am determined to live today
without either past or future
fantasies!!!



LESSON 9 THE PAST IS OVER - IT CAN TOUCH ME NOT.

We cannot
♥ LOVE ♥
when we feel
FEAR &
GUILT.



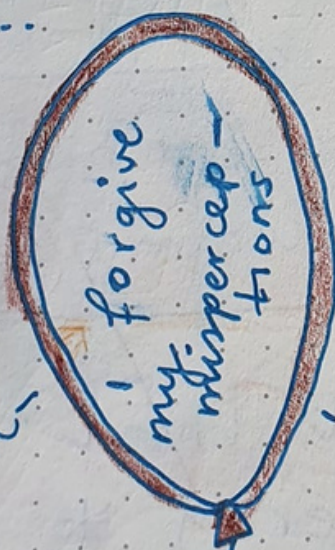
it means
a willingness
to see only
the light in
others....

If we are to see our
(ex) spouse, boss or friend
or co workers as they
truly are, we must see
them now, by recognizing
their past & our own have

NO validity in the
NOW!

worse -
experien-
ces

pain-

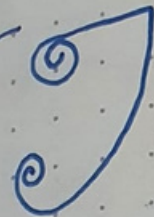


- fear

- guilt

Today I
choose to
claim my
release from
past pains &
suffering by
living only in
the immediate
present





could

LESSON 10

see peace instead of this



most of us determine (un)happiness by the events in our environment & reactions of other people to us.

!

! WHATEVER

-NOW-

LIVES CAN ONLY

BE EXPERIENCED

NOW!

The bits & pieces of my daily experience reflect the chaos I see within. TODAY, I welcome a new perception of myself and the world.

Repeat to yourself whenever you feel that your peace is threatened by anything or anyone:

I could see peace instead of this.



Lesson 11 I CAN ELECT TO CHANGE ALL THOUGHTS THAT HURT...

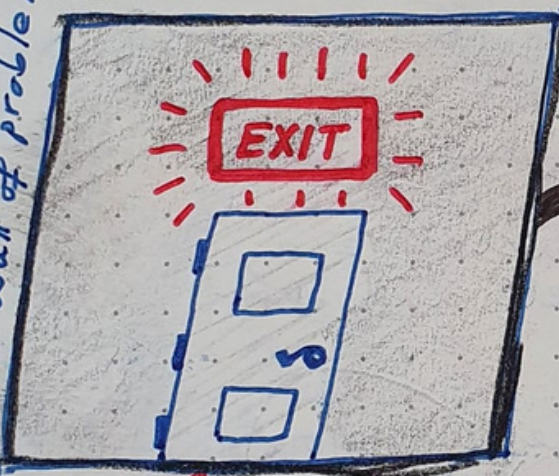
1. FREE WILL
2. CHOICE

} inherent attributes
of the mind we tend
to forget...

Use your active imagination
to find a way out of your
problem:

thoughts be free from fear, guilt &
condemnation...

great wall of problem



"WALK
THROUGH
THE DOOR"

I'm choosing the
contents of my mind
since no one can make
choice for me.

"Happy Retreat":

your problem is no
longer with you, you
have left it behind.

Here are:

- * no worries
- * just do what
you would enjoy

READY TO LEAVE?

bring this sense
of release with you. In
the freshness of your
new perception, solutions
previously unavailable
to you will now occur.

perceive things NOT as problems
but rather as OPPORTUNITIES
for learning.



Lesson 12 I AM RESPONSIBLE FOR WHAT I SEE



I am responsible for what
I see,
I choose the feelings I experience,
and I decide upon the
goal I would achieve.
And everything that seems happen
to me,
I ask for, and receive as I
have asked.

