

Day 22

WITNESS YOUR EGO'S SPECIAL ILLUSIONS

"We become comfortable in the ego's perception of others, using attack and judgment to "protect" ourselves from being hurt or disappointed." - May Cause Miracles

Today you'll be guided to pay attention to what you think about others.

Today's practice will challenge the ego's crafty tricks and show you how separation interferes with your happiness. Witnessing your ego's separation is the first step toward reconnecting with peace and oneness in all relationships.

MORNING REFLECTION DAY 22

Get comfortable in your meditation space. Read the passage that follows out loud to yourself and then take a deep breath in and release. Sit in stillness for one minute to let the words set in.

Today I commit to witnessing my ego's false perceptions of others. I invite my inner guide to help me see how I have wrongly judged others. I will become aware of how I've compared myself to others, attacked, and made people more special and separate than me. I will be the witness to my ego's false beliefs, and I welcome the process of undoing this behavior.

AFFIRMATION DAY 22

"Today I am the witness to my ego's false perception of others."

Repeat your affirmation throughout the day when you catch your ego in the act.

Today's practice is to witness how you judge, attack, compare, and make others more special or less special.

EVENING EXERCISE DAY 22

This evening, make a list of five ways you separated yourself from others today. In what ways did you choose the ego's false beliefs and see separation rather than oneness?

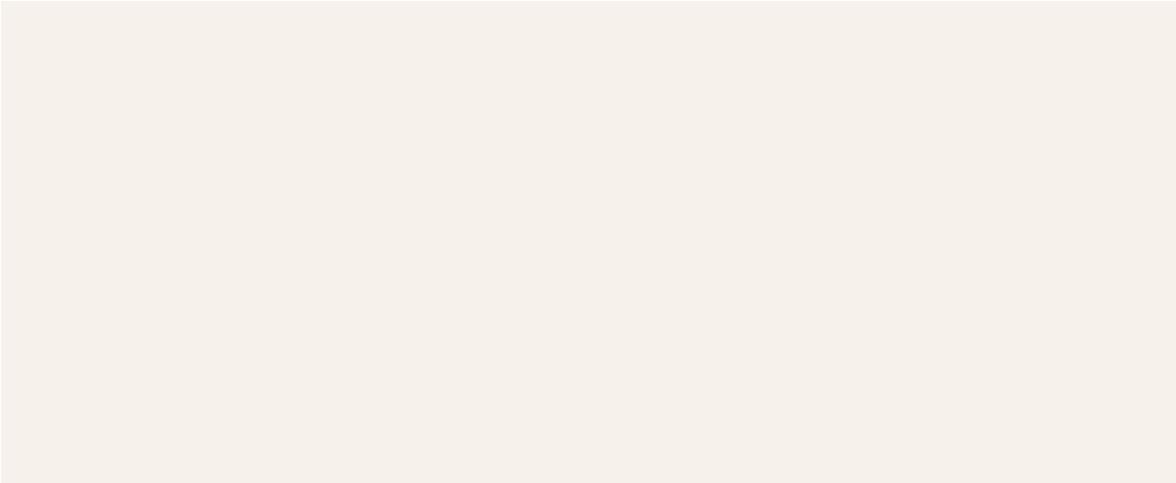
Answer the following questions:

How do I judge others?

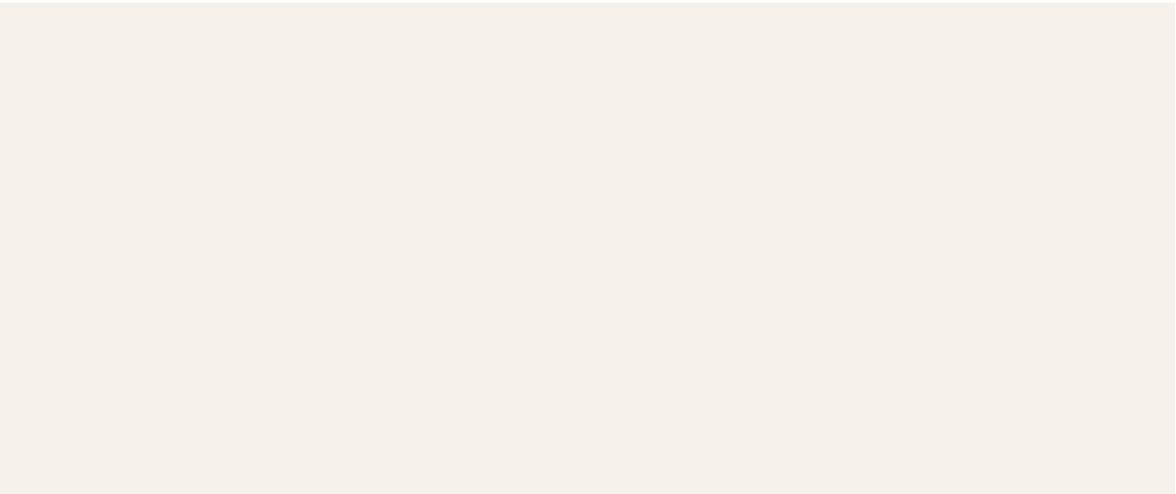
How do I attack others (in my mind or through my actions?)

Whom do I make special

How do I make myself more special than others?



How do I compare myself to others?



After writing your answers, say a silent prayer:

Inner Guide, I am aware of my ego's false beliefs and no longer choose this path. I welcome you to help me heal these fearful ways and guide me toward oneness with all.

Before bed, close your day with another prayer, which will set you up for the day to come:

I witness how I have chosen to deny love. I witness how I have made others special. I choose love instead of this. Inner Guide, lead the way.

Day 23

BE WILLING TO TURN YOUR EGO OVER TO YOUR ~ING

"When you release your ego to your ~ing, you'll feel the presence of a silent companion whose primary purpose is to guide you to forgive." - A Course In Miracles

Today we are going to rock out a full-blown surrender.

This step cannot be skipped. If you're unwilling to let your ~ing enter into the relationship, you will not be conscious of the guidance around you. Your willingness awakens your consciousness.

MORNING REFLECTION DAY 23

Our goal for today is to create powerful shifts in your dedication to the work. Therefore, let's begin with a morning passage that will set you up to win for the day. Get comfortable in your meditation space and read the following passage out loud. Then sit in one minute of stillness and allow your inner guide to come forward.

Inner Guide, I call on you for help. I know I have chosen separation over oneness and fear over love. For today, I choose to see everyone as equal and release my fears to your care. I wholeheartedly welcome your guidance. I ask that you teach me to perceive everyone as equal, and to see everyone as love. Teach me love through every holy encounter.

AFFIRMATION DAY 23

"Inner guide, I ask that you help me see everyone as equal."

Use today's affirmation frequently throughout the day. Each encounter you have with another person offers you an opportunity to invite your ~ing's perception to come forward.

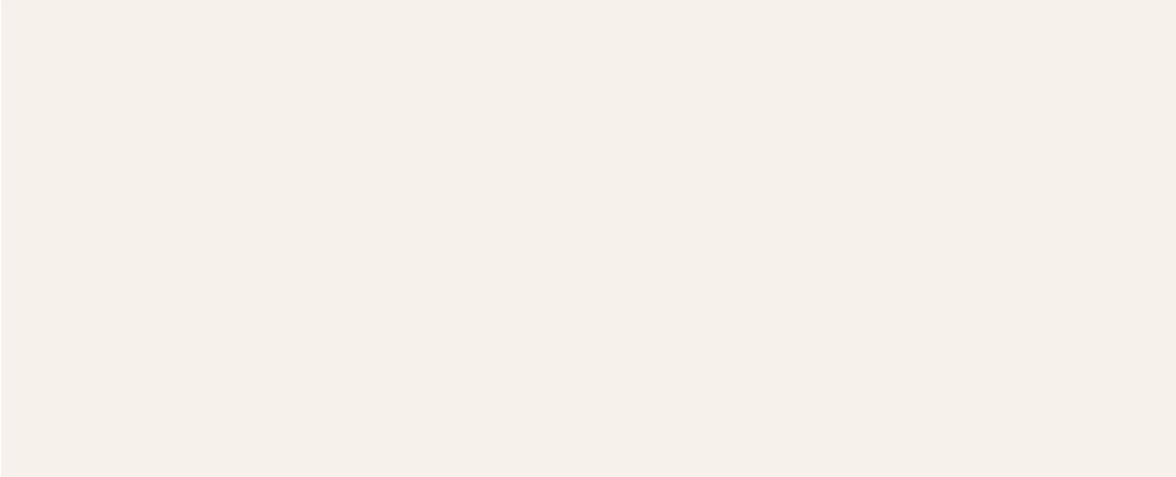
EVENING EXERCISE DAY 23

This evening's exercise will expand on yesterday's work. Answer the same questions that follow. It's likely that many of your answers will be similar to the day before. The difference today is that you're going to respond to your ego with love.

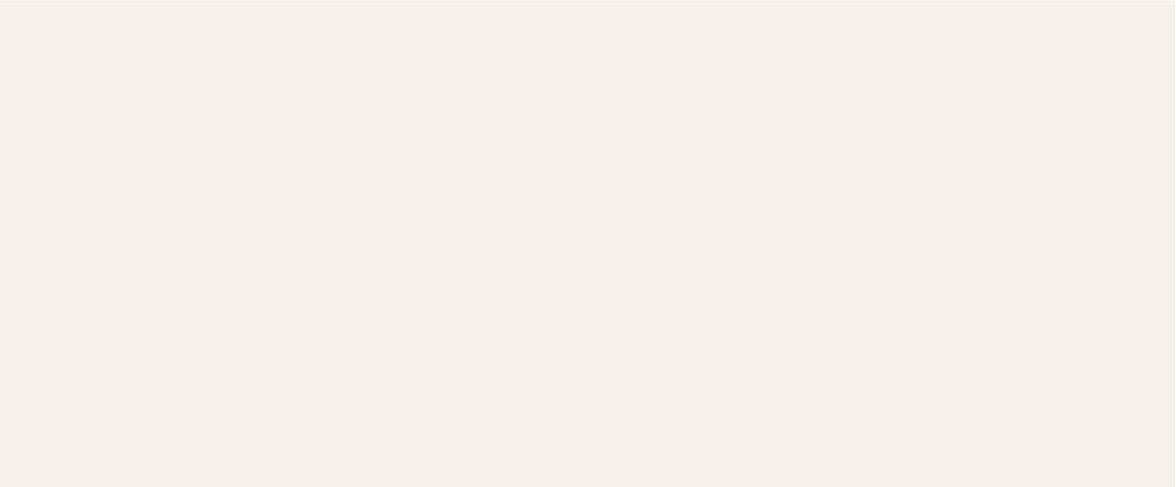
Answer the following questions and then respond by saying out loud: "I am willing to see love instead of this."

How did I judge others today? **Response: "I am willing to see love instead of this."**

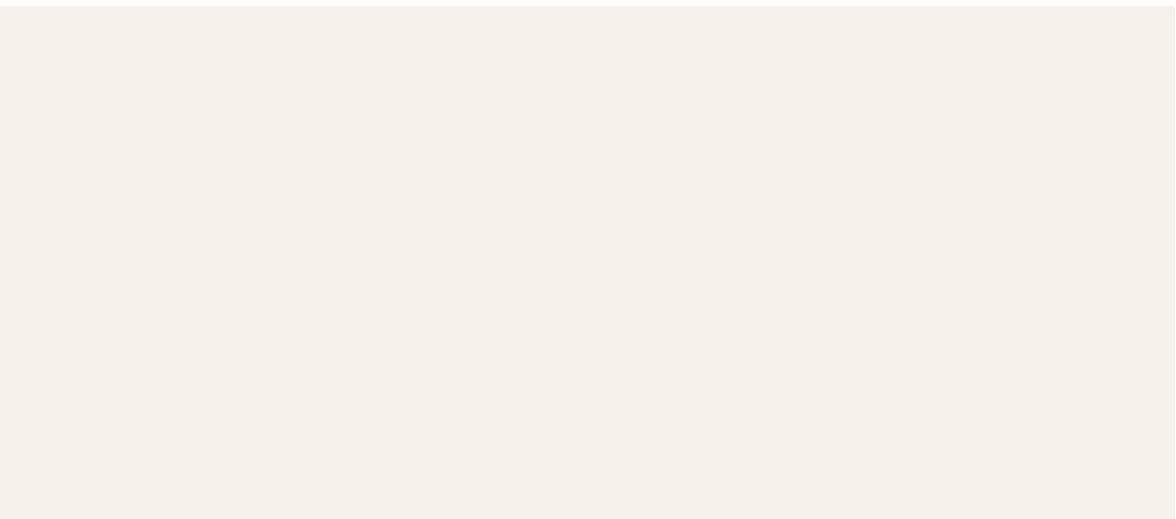
How did I attack others today (in my mind or actions)? Response: "I am willing to see love instead of this."



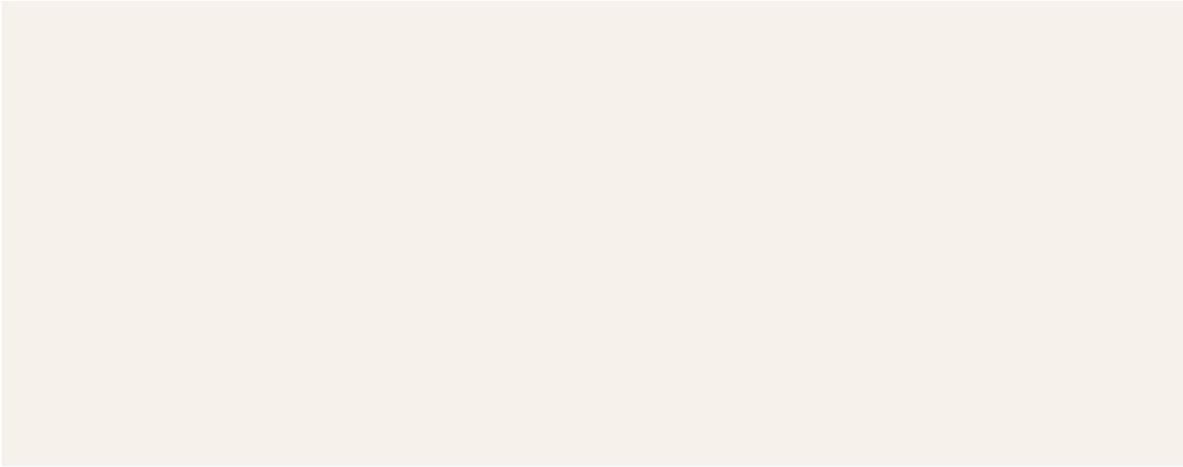
Whom did I make special today? Response: "I am willing to see love instead of this."



How did I make myself more special today? Response: "I am willing to see love instead of this."



How did I compare myself to others today? Response: "I am willing to see love instead of this."



This evening, close your day with a willingness meditation

WHEN YOU ARE READY TO CONCLUDE YOUR DAY
PREPARE FOR YOUR EVENING MEDITATION
WWW.GABBYB.TV/MEDITATE

WILLINGNESS MEDITATION

- Get comfortable in your meditation space.
- Sit up straight with your palms facing upward.
- Take a deep breath in through your nose and exhale out through your mouth.
- Continue this cycle of breath throughout your meditation.
- Breathe in: I am willing to surrender my ego to my inner guide.
- Breathe out: I am ready to let go of my false perceptions.
- Breathe in: I am willing to see oneness in all.
- Breathe out: I am ready to see love.
- Breathe in: I am willing to surrender my ego to my inner guide.
- Breathe out: I am ready to let go of my false perceptions.
- Breathe in: I am willing to see oneness in all.
- Breathe out: I am ready to see love.
- Continue repeating these affirmations as you breathe in and out.
- When you're ready, open your eyes to the room.
- Enjoy your sleep this evening knowing that your ~ing is working with you even while you dream.

Day 24

KINDNESS CREATED ME KIND

"Kindness created me kind" - A Course In Miracles

**Today's exercise are based on the passage from the Course workbook:
"Kindness created me kind"**

Enjoy the beautiful experience of genuine altruism and authentic love.

MORNING REFLECTION DAY 24

Today's morning passage will remind you of who you truly are: a being of love. I suggest that you look in the mirror as you read this passage out loud to yourself. Sit in front of a mirror and read the passage out loud as you gaze gently at your reflection:

Kindness created me kind. I come from love and kindness, and I know this is who I am. Today I choose to remember my truth and share it with the world. Today I will spread loving-kindness to all those I encounter.

AFFIRMATION DAY 24

"Kindness created me kind"

Repeat throughout the day whenever you witness your ego attacking others

EVENING EXERCISE DAY 24

From the Course's perspective, if kindness created you, then being unkind disconnects you from your truth. When we witness our unkind thoughts and actions, we know we're not connected to the truthful state from which we came. Though you may perceive yourself as a kind person, one unkind thought or action knocks you out of your alignment to love.

Even the kindest people judge and attack others in their minds. Unless you're an enlightened master, it's likely that no matter how hard you try to be kind, the ego will sneak in somewhere. That's fine. Now that you're on the miracle-minded path, your subtle shifts will awaken your awareness of where you can grow and learn.

This evening's exercise will do just that:

Make a list of the ways you have been unkind this week. Whether through your thoughts or actions, how have you disconnected from your truth?

Take a moment to reflect on the list and describe in your journal how it feels to be unkind.

The final step is to forgive yourself for your unkind thoughts and actions. Say the following prayer out loud:

I recognize how I've been unkind. I acknowledge that this behavior is not who I truly am. I now know that this unkindness comes from my ego's wrong decision to choose fear over love. I forgive myself for this wrong-minded decision. I choose to see love instead.

You can take these three steps into your day-to-day life. Each time you witness yourself being unkind, take a moment to reflect on how it makes you feel—and then immediately forgive yourself. By continuously acknowledging your unkind ego behavior, you will weaken the bad habit and transcend the ego's need to judge.

Day 25

BE GRATEFUL FOR THE PURPOSE OF THE RELATIONSHIP

"When you place judgement or blame on or attack others, there is often an unconscious sense of lack stemming from within you." – May Cause Miracles

**Today's practice will help you understand a crucial principle:
What we project onto others we reflect back onto ourselves.**

Today's work will help you accept all your relationships as assignments for spiritual growth.

MORNING REFLECTION **DAY 25**

Today's morning reflection will help you begin the day by seeing your most difficult relationships as assignments for learning and growth. Beginning your day with this attitude will help you infuse all your encounters with love. Get comfortable in your meditation space and read the passage that follows, then sit for one minute of stillness as the message settles in.

Today I perceive all my relationships as assignments. I choose to see each encounter as an opportunity for spiritual growth. I am grateful for the lessons these relationships bring.

AFFIRMATION **DAY 25**

"All encounters are holy encounters."

Throughout the day (and hopefully for the rest of your life), use this affirmation in all ego encounters.

Bonus Exercise: Release Special Love

The thought that one person can be your source of inspiration, excitement, and bliss is a pipe dream. Rather than seek romance in one special love partner, open up to the possibility for more fiery sparks within your friendships. When you ignite more excitement and fun in your friendly relationships, you put less pressure on your romantic partner. This is a powerful tool for creating more oneness in the ego's most challenging relationship of all, romantic love.

This week, go on a date with a friend. The goal of this date is to recognize how fulfilling friendships can be. Enjoy your friend's company in a whole new way by focusing the same attention on the friendship as you would with a romantic partner. Okay, so you won't be making out with your best friend—but you can be equally inspired by their personality and unique traits. By perceiving your friendship as more "romantic," you'll increase a sense of companionship and oneness.

EVENING EXERCISE **DAY 25**

Tonight, spend some time reflecting on your day. Write down three ways your affirmation served you and helped you shift your perceptions from ego to holiness. Acknowledge your shifts..

End your day with what I call a Holy Instant Meditation

HOLY INSTANT MEDITATION

- Get comfortable in your meditation space.
- Begin your meditative breathing.
- Breathe in through your nose and out through your mouth.
- Continue this cycle of breath throughout the meditation.
- As you continue to breathe, think for a moment of someone whom you recently judged.
- Regardless of how well you know this person, allow his or her image to enter into your mind's eye.
- Breathe in all the feelings that come up.
- On the exhale, release.
- Continue breathing deeper and deeper into the experience.
- In the discomfort of this feeling, invite your ~ ing in for healing.
- Breathe in: Inner Guide, I need your help.
- Breathe out: I am willing to see love instead of this.
- Upon saying this prayer, witness a beautiful blanket of golden light melt over your body.
- This blanket of light is cleansing you of judgment and clearing you of all attack.
- Breathe in this golden light.
- Breathe out a sigh of release.
- See this same blanket of light pour over the person whom you have judged.
- See the light cleanse your perception of this person.
- Eventually all you see is light.
- Recognize in this holy instant that the light in you is a reflection of the light in them.
- You are one in the light.

Day 26

F EVERYONE!

"The ego's goal is to maintain the illusion of fear, because if the illusion is exposed, the ego will have no purpose.." - A Course in Miracles

The practice today will help you understand how the ego denies forgiveness to get what it wants—whereas ~ ing uses forgiveness to reconnect to love.

Your inner guide uses forgiveness as the primary tool for restoring your faith in love. Forgiveness is the answer to true serenity and peace.

MORNING REFLECTION DAY 26

Get comfortable in your meditation space and prepare for today's practice. Today's spiritual food will whet your mental appetite for the miracle of forgiveness. Each thought you have will let your ~ ing guide you to see love and peace instead of fear. Read the following passage and allow your ~ ing to lead the way. Then sit for one minute of stillness and let your mind and spirit absorb the words.

Today I will create the holy instant through the practice of forgiveness. With each holy encounter, I choose to forgive and release my ego's false projections. Forgiveness reminds me that we are one. Each time I have a false attack thought toward someone, I will choose to forgive the thought and remember that we are one. In turn, I forgive myself.

AFFIRMATION DAY 26

"I could see peace instead of this."

Use this affirmation as a guide to opening your heart to love and peace with each and every encounter.

EVENING EXERCISE DAY 26

This evening's work will help you release your false projections of others through a forgiveness meditation. Some of my greatest acts of forgiveness have occurred on my meditation pillow.

Tonight we will close this powerful day with a prayer, which you can read silently or out loud to yourself:

Thank you, Inner Guide, for helping me forgive my ego's false perceptions. I welcome you always as my teacher to remind me that every encounter is a holy encounter and to choose forgiveness as my guide back to love and peace.

Day 27

MIRACULOUS RELATIONSHIPS

"Each time you shift your perception from separation to oneness you'll document the experience and honor the holy instant.." - May Cause Miracles

Today you'll be guided to pay attention to the holy instant.

Through your miracle-minded perspective you'll be guided to release old fears and restore your faith in oneness: this is the holy instant.

MORNING REFLECTION **DAY 27**

Today's exercises will deepen your commitment to the holy instant. So let's kick it off on the right foot! Get comfortable in your meditation space and read your morning passage. Then sit in stillness and prepare for today's miracles.

Today I am a miracle worker who perceives love in everyone I see. Even my most difficult relationships are miracles. Today I am committed to bringing love to all and transcending fear through my faith in miracles. Each encounter is a holy encounter that offers me a chance to grow.

AFFIRMATION **DAY 27**

"Today I am a miracle worker. I choose to see love in all things."

Use this affirmation whenever you encounter anyone today. Remind yourself of your true purpose and stay committed to love.

EVENING EXERCISE **DAY 27**

This evening's exercise will lead you to look closely at the relationships that have caused you pain.

Through the spiritual practice of witnessing these relationships with the love of your inner guide, you will be led to experience a holy instant. **As it says in the Course**, *"the holiest spot on earth is one where an ancient hatred becomes a holy love."*

Through the spiritual practice of witnessing these relationships with the love of your inner guide, you Follow the following steps and enjoy the miraculous shifts.

1. Sit in stillness for one minute and meditate on the relationships in your life. Breathe deeply in through your nose and out through your mouth. List in your mind all the relationships in your life that cause you pain. Continue to breathe deeply in and out, allowing yourself to truly feel. Sit in this meditation for a few minutes. When you're ready, open your eyes to the room.

2. When you come out of your meditation, write in your journal the names of the people who came to mind.

3. Then say out loud to yourself: " _____ [insert person's name] is my greatest assignment. This holy encounter offers me a chance to release fear and strengthen my faith in love. I choose to see them with love." Go down the list and continue the exercise with each name in your journal. As you lie down to sleep tonight, your exercise is to say a silent prayer for the people on your list. Remember that this week's practice creates more oneness. In your prayer, ask that these people be guided, protected, and healed from fear. Pray for them to have the same happiness you seek for yourself.

Day 28

REFLECT AND PREPARE

"Through forgiveness you can choose oneness." - A Course in Miracles

Today, enjoy the process of reflecting on your work from this week

MORNING REFLECTION **DAY 28**

You went big this week! Make sure to honor your process by recapping and reflecting on the work. A huge part of making this work stick is revisiting the process along the way.

EVENING EXERCISE **DAY 28**

Spend time reading the introduction to Week Five. In the coming week, you'll be guided to apply these principles to your relationship to money. This will be a big week for many people, because it's imperative that you change your perception about your finances. When you raise your self-worth, you raise your net worth—and therefore support the world around you.