

Dear God, How Can I Heal So That I May Love?

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1- What Is Healing?

Many years ago, I asked God, "What does it mean to heal? What is healing? People are trying so hard to heal. They go to therapy, they pray, they do affirmations, they attend church, they read self-help books, they meditate. Yet still they are filled with fear, anxiety, depression, and deep feelings of aloneness. Still they are addicted to drugs, alcohol, food. Still there is domestic violence, divorce, child abuse. Still so many of us feel like victims. What do we need to do to heal so that we may love, so that we may have peace of mind, joy, and fulfillment in our lives? Please show us the way."

God answered:

Before I teach you about how to heal, you need to understand what healing is.

You need to understand what it is that needs healing.
You need to understand what wounds are.

* * * * *

Many of you believe that your wounds are the
result of what was done to you -
the rejection, the abuse, the neglect,
the abandonment, the engulfment.

You might or might not have physical wounds
from what was done to you - others can
inflict physical wounds.

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The woundedness that you need to recover from
are soul wounds,
and these have been inflicted by you,
by what you chose to believe
as a result of what was done to you.

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Your wounds are your false beliefs, the false
conclusions you drew when your parents,
other caregivers, siblings or peers were
unloving to you.

What needs healing are these false beliefs,
of which you have many.

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One of your soul wounds is the false belief that
you are unlovable, unworthy, unimportant, defective.
This results in not knowing Who You Are.

Another wound is your belief that you are alone,
that I am not here for you always.

Another is that you not only can control
the outcome of things and whether others love you,
but that you must,
coming from the belief that you are alone.

Another is that love means sacrifice.

I will be teaching you here how to heal these
and other soul wounds.

I will teach you how to heal your false beliefs,
how live in truth.

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Healing your soul wounds is a process.
Each time you release a false belief and move into truth,
you clear out a bit of darkness
that has kept out of the light of love.

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You are on this planet to heal the soul wounds
that are in the way of loving.
When all your wounds are healed and you are
living in the light of truth,
you will no longer need to experience life on this planet.
You will be one with Me once again.
You will have completed the evolution you set
out to complete eons ago -
to evolve the fabric of love so that I may evolve.
I evolve through your courage to learn about
love, to evolve in your lovingness.
This is your purpose on the planet.

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Before you can heal you must recognize
that you need healing.
If you do not know that you need healing,
you will never find your joy, your peace,
and your ability to love.

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All of you need healing
or you would not be on the planet.
Only those who come as completed souls
to help others heal are not in need of healing.

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If you ever feel fearful or anxious, you need healing.
If you are ever depressed, you need healing.
If you are ever angry and blaming of others, you need healing.
If you are ever withdrawn, shut down or numb, you need healing.

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If you are jealous and possessive, you need healing.
If you feel shame or guilt, you need healing.
If you ever feel empty or alone, you need healing.
If you feel victimized, you need healing.

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If you feel overwhelmed or inadequate, you need healing.

If you unlovable or unworthy, you need healing.

If you do not feel loved, you need healing.

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If you do not trust yourself, you need healing.

If you suffer from a lack of purpose, you need healing.

If you suffer from any substance abuse or process addictions, you need healing.

If you use sex, work, or the approval of others to define your worth, you need healing.

If you ever harm yourself or others, you need healing.

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If you do not know how to love yourself, you need healing.

If you do not know how to love others, you need healing.

If you do not know Me,

if you do not have a direct experience of Me,

you need healing.

* * * * *

When you do not feel safe and peaceful much of the time, you need healing.

If you do not feel a deep sense of inner worth and lovability, you need healing.

If you do not know that you are My child,

that your soul is created in my image, you need healing.

* * * * *

If you do not know the gifts I have given you
to express upon the planet, you need healing.

If you do not know why you are here -

your purpose on the planet, you need healing.

2 - How Do I Heal?

Before I teach you how to heal,

you need to know that healing is a process -

not an event - that takes great devotion.

It is a daily discipline.

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Healing whatever is in the way of your being a loving human being,

so that you can be a pure instrument of

My love and compassion upon the planet,

must be the most important thing in your life.

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In order to heal, healing must be more important
than having control over others or over the outcome of things.

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In order to heal, healing must more important
than feeling safe from abandonment, rejection, failure.

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In order to heal, healing must be more important
than whether or not you are controlled by others.

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In order to heal, healing must be more important than money.

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In order to heal, being a loving human being
must be your whole purpose for being
and you must be willing to do whatever it takes to get there.

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Willingness, therefore, is the first step.

3 - Willingness

Willingness means that you are ready to learn
how to take full responsibility for your own feelings -
your own pain, fear, anger, hurt, aloneness, disappointment,
depression, sense of safety, worth, lovability, joy.

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Willingness means that you are ready to know
that you create your own feelings with your
thoughts, your beliefs, and your actions.

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Willingness means that you are willing to face
whatever it is you fear
in order to heal the beliefs causing the fear.

* * * * *

Willingness means that you are willing to feel any pain,

that you see your pain as a teacher,
pointing the way to an exploration of your false beliefs.
Your pain comes from your false beliefs.
Your willingness to feel your pain,
instead of avoid it with all of the ways
you have learned to protect against it,
can lead you to your healing of these beliefs.

* * * * *

Willingness means that you choose to be
courageous and face your demons.
Willingness means that you are ready to face
your dark side, the side about which you
do not want anyone to know.
Willingness means that you are ready to move out of denial,
ready to stop hiding from yourself.

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Willingness means that you ask for help,
from Me and from others who can
bring through my love to help you heal.

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Willingness means that you are ready to acknowledge
that you cannot find your safety without Me -
that you are ready to invite Me into your heart to nurture and guide you.

* * * * *

Willingness means that you have embraced the journey,
the sacred privilege of learning about love upon this planet.

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If you are not yet in willingness,
then you can pray to Me daily for the willingness
and I will help you be willing.
If you are not yet in willingness
and are unwilling to pray for willingness,
then you are not ready to heal.
I cannot help you until you invite Me to help you,
but I love you whether or not you
desire My help and whether or not you
believe I am here for you always.
My love for you has no conditions.
Yet, you will not feel My love until you invite Me in.

* * * * *

Without willingness, you cannot move to the next
step on the healing journey -
Opening to Learning about fear, truth and love.

4 - Opening to Learning

Your intent is a very powerful thing.
Your intent in any given moment moves you
towards your deepest desire.
When your intent is to protect against and avoid
the things you fear with all of your controlling ways,
your heart is closed to love, closed to Me.
When your intent is to take responsibility for
yourself through learning about your fears,
your beliefs, your controlling behavior,
and about what is truth and what is love,
your heart opens.

* * * * *

Your intention to take responsibility for yourself
through learning about your beliefs and behavior
that are causing your pain is an invitation to Me
to enter your heart.

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Your heart opens the moment your deepest
desire is to learn about love, truth and fear.
Your deep desire to move out of being a victim
and into personal responsibility for your
own feelings and behavior opens your heart.

* * * * *

When you open your heart through your desire
to learn about your fears and beliefs,
and about love and truth,
I am instantly within your heart.
I am always with you, ready to enter your heart
the moment you invite me in.

I am omnipresent, ready to help you
the moment you open your heart.

* * * * *

I cannot enter a closed heart.
Your heart closes the moment your deepest desire
is to avoid that which you fear.

When your desire to control others
and the outcome of things is greater
than your desire to learn and love,
your heart is closed.

When your desire to avoid being controlled by
others is greater than your desire to learn and love,
your heart is closed.

When your desire is to avoid responsibility
for your feelings, your heart is closed.

* * * * *

I cannot enter your heart unbidden.
I gave you free will - to open or close your heart.

I cannot make your heart open.
You choose to invite Me in or shut Me out,
but I never shut you out.

I never abandon you.
It is you who abandon Me
by closing your heart and then believing
that I have abandoned you.

This is one of your false beliefs.

* * * * *

If you were abused as a child,
you might believe that I abandoned you
because I did not stop the abuse.
This is one of your false beliefs.

I am all powerful, but only through invitation.

Your abusers had free will
to open or close their hearts to Me.

I was there with you every step of the way,
helping you to survive,

but I have no power to make abusers
open their hearts and invite Me in.

* * * * *

Once you desire to take responsibility for yourself
and open your heart to learning,
I will be there to help you.
You never need do it yourself.
You cannot do it yourself.
You can only do it with Me.

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You will not open your heart to learning
until you are willing to risk discovering
whether or not I will be here for you.
You will not open your heart to learning
until you are willing to experience your greatest fear -
that you are alone in the universe.

* * * * *

Only when you risk opening your heart will you
discover the truth for yourself -
that I am always here for you
and you are never alone.
Others can tell you about Me,
but you will know Me only
when you open your heart to learning
about your beliefs
and to learning about loving yourself.

* * * * *

Opening to learning means bringing
compassion into your heart.
You cannot bring compassion into your heart
when you are judging yourself and others.
When you believe that you or others are wrong
for your feelings and behavior,
then you are in judgment and your heart is closed.
Your heart will open only when you know that
you have very good, compelling reasons
for your feelings and behavior,
which are your fears and beliefs.

* * * * *

Once you truly embrace the understanding
that you have the best of all possible reasons
for your feelings and behavior,

you can move into a compassionate intent to learn
about your fears and beliefs
that lead to your unloving behavior.
You cannot learn without a compassionate heart.
Your compassionate heart and deep desire
to learn opens you to the next step in healing,
Exploring Self.

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If you cannot move into a compassionate intent to learn,
then you can pray to Me and I will help you get there.
Sincerely praying to Me for openness of heart opens your heart.
If you are unwilling to open your heart
to compassion and unwilling to pray to Me for help,
then you can go no further in your healing.
Yet I love you. I will always be here for you,
ready to help you when you invite Me to help.

5 - Exploring Self

The next step in healing, after Willingness
and Opening To Learning,
is to explore, with My help, your wounded self,
the part of you filled with fear and false beliefs.
Thinking of your wounded self as a wounded child
may help you desire
to learn about this child within you.
Thinking of your inner child
as the feeling part of you
may help you to learn about what
you are thinking and doing
that is causing your painful feelings -
your fear, anxiety, anger or hurt -
and what would create your joyful feelings -
your sense of safety, inner worth and lovability.

* * * * *

You were wounded as a child by the beliefs you

concluded whenever you were
neglected, shamed, judged, blamed,
physically abused or sexually abused.
You re-wound yourself today every time
you act upon your false beliefs.
When you act upon your false beliefs,
you re-wound yourself through
neglecting yourself, shaming yourself or others,
judging yourself or others,
blaming yourself or others,
or allowing yourself to be physically abused
or sexually abused
or through abusing others.

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As long as you act from your false beliefs
and treat yourself in the ways
you were treated as a child
or in the ways your parents
or other caregivers treated themselves,
you will continue to re-wound yourself.
Your unloving actions,
based upon your false beliefs,
bring pain and reinforce your false beliefs.

* * * * *

As long as you act from your false beliefs
and treat others in the ways
you were treated as a child
or in the ways your parents or others caregivers
treated themselves,
you will continue to re-wound yourself.
Treating others in unloving ways
re-wounds your own soul,
for your soul is love -
created in My image -
and is harmed when you are
being anything other than love.
Your unloving actions toward others,
based upon your false beliefs,
reinforces the false belief

of your own unlovability.

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You will never feel safe, lovable and worthy
as long as you are treating yourself
and others in unloving ways.

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Exploring yourself means discovering
the false beliefs that are leading to your unloving,
self-wounding behavior.

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Exploring yourself means discovering your true Self,
your core Self,
the light within you that is created in My image.

* * * * *

Exploring yourself means discovering the gifts
I have given you to express upon the planet.
Exploring yourself means discovering your passions -
what brings you joy.

When you discover the gifts I have given you,
you will discover what brings you joy.

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You can learn about your beliefs and gifts
only when your heart is open.
Your wounded child and your true, core Self will
not speak to you unless you are connected to Me,
which means connected to love and compassion.

* * * * *

Your wounded child and your true Self
will speak to you only when you have no judgment
regarding your feelings and behavior.

Your wounded child and your true Self
will speak to you only when you are feeling
compassionate and accepting toward yourself.

As I have already told you,
you will feel compassion
only when you know that you always
have very good and compelling reasons
for your feelings and behavior.

* * * * *

When you know you have good,
compelling reasons for your feelings and behavior
and you are connected to Me,
the Source of Love,
you are operating as a loving adult.
You can learn about yourself,
your beliefs and your gifts,
only when you are being a loving adult.

* * * * *

The adult you have normally operated from
is the wounded part of you.
Your wounded adult is your wounded child.
Sometimes your wounded adult is two years old.
Sometimes your wounded adult is five years old.
Sometimes your wounded adult is an adolescent.
Your wounded adult can be any age,
depending upon when you learned a particular belief.

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You cannot learn about yourself when you are
operating from your wounded self.
Your wounded self is always intent on protecting
against pain with your various addictions
and getting love from others with your
many ways of attempting to control.
You cannot learn when your intent is to protect
against that which you fear.
You cannot learn when you are making others
responsible for your safety, lovability, and worth.
You can learn only when your intent is to learn
about taking responsibility for your own
feelings of safety, lovability, and worth.

* * * * *

You are being a loving adult
when your intent is to learn.
Choosing the intent to learn
moves you into your loving adult.
Choosing to remember that you have very good,
compelling reasons for your feelings
and behavior moves you into your loving,

compassionate adult with an intent to learn.

* * * * *

Your wounded child and your core Self
will tell you many things about yourself -
your beliefs, your past, your feelings,
and your gifts - when your intent is to learn.
What was once unconscious and inaccessible
becomes conscious and accessible
when your deepest desire is to learn about love,
truth and fear in order to become a loving human being.

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Consciousness occurs over time.
It does not happen all at once.
Learning about yourself is a process.
It is a process that takes devotion and discipline.
It is a life-time process.
It is a creative process.
It can be a very joyful process,
but the joy is the result of your willingness
to feel pain in order to learn about fear, truth and love.

* * * * *

To learn about your wounded self and your true Self,
you must ask questions with a compassionate intent to learn.
You can ask these questions in writing,
out loud, or in your head.
It is easier to stay focused if you ask the
questions out loud or in writing.
Asking questions with compassion
and a deep desire to learn the truth
is what brings answers.
Asking questions with compassion
lets your inner child know you are interested.
Asking questions with compassion
opens the door to your unconscious.

* * * * *

When exploring self,
allowing your wounded child
to express tears and anger
will help you learn about the beliefs

causing these feelings.

* * * * *

Feelings come from thoughts.

Beliefs are thoughts.

Thoughts that come from false beliefs create
painful feelings and unloving behavior
toward yourself and others.

* * * * *

Truth brings peace and loving action.

You cannot move to truth

until you know your false beliefs.

Exploring your painful feelings

leads you to your false beliefs.

Experiencing yourself choosing these beliefs
opens the door to new choices.

You cannot make new choices until you
experience yourself making your present
choices regarding your beliefs and resulting behavior.

Until you experience yourself choosing,
you will experience yourself as a victim.

* * * * *

As I said earlier,

healing is moving out of your false beliefs and into truth.

You cannot move into truth

until you know your false beliefs.

This is why you must explore self to heal.

Once you discover a false belief and the resulting
unloving behavior toward yourself, y
ou can move to the next step in healing,

Talking with Me.

6 - Talking With Me

Many of you believe that talking with Me
and hearing Me is difficult.

Nothing could be further from the truth.

I am constantly communicating with you.
Yet most of you rarely listen.
I communicate with you in many ways.
I communicate with you through your intuition.
I communicate with you through your feelings.
I let you know you are on track
through your feelings of peace and joy,
and off track through your fear and anxiety.
I communicate with you through
your imagination, using pictures and words.
I communicate with you through your dreams.
You can hear me if you listen to the rocks,
the trees, the land, the clouds.

* * * * *

I communicate with you through My messengers -
the Teachers, Guides, and Angels that surround each of you.
My messengers are always bringing
My love and guidance to you.
I communicate with you through the omnipresent
Spirit of love and compassion
that is within you and surrounds you.

* * * * *

You can hear Me clearly
only when your frequency is high.
Your frequency is lowered in many ways.
Your frequency is lowered when you are angry
and blaming and see yourself as a victim.

Your frequency is lowered when your intention
is to protect against your pain.

Your frequency is lowered when your intention
is to avoid responsibility for your own feelings.
Your frequency is lowered when you eat too much,
drink too much alcohol,
use too many drugs, smoke, drink caffeine,
and eat too much sugar.

* * * * *

Your frequency is raised when your desire

is to be loving to yourself and others.
Your frequency is raised when you
choose the intent to learn.
Your frequency is raised when you choose
to take responsibility for your own feelings.
Your frequency is raised when you move
into your imagination and creativity.
Your frequency is raised when you move
into your joy, your lightness.
Your frequency is raised when you laugh
from your joy and lightness.

* * * * *

The moment your deepest desire is to learn from Me
in order to take responsibility for yourself,
you will begin to hear Me.
The moment you ask Me a sincere question
regarding what is the truth about your beliefs,
and what is the loving action toward yourself and others,
you will hear Me.
I will answer your sincere questions
with pictures, dreams, feelings, and words.

* * * * *

I will answer your sincere questions
when you open to your imagination.
I have given you the gift of your imagination
so that you can hear Me.
Yet you often believe that you are making up
what comes into your imagination.
You often believe that your ideas,
your creativity, your insights, your intuition,
are made up from your own mind.
This is one of your false beliefs.
Your mind is a receiver
for the Greater Mind which I Am.

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Sometimes My voice sounds like yours.
Sometimes My voice sounds like someone else's.
It does not matter what My voice sounds like.
What matters is that you trust that I am speaking to you.

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When your heart is compassionate and open to learning,
and when you trust what you are hearing and seeing and feeling,
you will learn about truth and love.

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You will heal your false beliefs
by bringing My truth to your wounded self.
When you open to me,
I will teach you how to take loving care of yourself.
You will heal your false beliefs
when you take new, loving action.
Thus, your false beliefs will heal
when you bring My truth to your wounded self
and you take loving action based on this truth.

* * * * *

Whenever you sincerely pray to Me for the truth
about your beliefs and for information
regarding the loving action toward yourself and others,
I will answer your prayers.
You might not hear Me immediately.
My answers to you may come in your dreams.
My answers may come through others.

My answers may come while
you are in the shower daydreaming.
My answers may come
through the book you are reading.
If you keep asking with a sincere heart,
you will always eventually receive the answers.

* * * * *

You must be patient to receive My answers.
You cannot have control over
receiving My answers.
You must be in a state of surrender
to hear My answers.
You will hear My answers
only when your heart is completely open.

* * * * *

You may doubt that the answers

are coming from Me
until you are willing to take the next step
in the healing process - Taking Loving Action.

7 - Taking Loving Action

Without loving action,
the first four steps I have taught to you -
Willingness, The Intent to Learn,
Exploring Self, Talking With Me -
will do nothing for you.
There will be no healing without loving action.
As long as you continue to treat yourself and
others the way you have been treating
yourself and others,
you will continue to re-wound yourself.

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Sometimes the loving actions towards yourself
will be challenging.
Sometimes the loving action may be the hardest
thing for you to do.
Sometimes the loving action may be the thing
you fear doing the most.
Sometimes the loving action may be the thing to
which you have the most resistance.

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I may tell you that you need to stop smoking.
I may tell you that you need to stop drinking.
I may tell you that you need to stop using
recreational drugs.
I may tell you that you need to stop eating too
much or eating badly.
I may tell you that you need to exercise more.
I may tell you that you need to stop watching so much TV.

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I may tell you that you need to stop yelling.
I may tell you that you need to stop blaming.

I may tell you that you need to stop all violence, all hitting.

I may tell you that you need to stop
demanding sex from your partner.

I may tell you that you need to abstain from
using sex to fill your emptiness or to define yourself.

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I may tell you that you need to speak up for
yourself with your mate,
your co-worker, your employer, your friend.

I may tell you that you need to change jobs.

I may tell you that you need to give money away.

I may tell you that you need to spend less money.

I may tell you that you need to work more or work less.

I may tell you that you need to do service for others.

* * * * *

I may tell you that you need to stop being
judgmental with yourself.

I may tell you that you need to stop being
judgmental with others.

I may tell you to be patient.

I may tell you that you need to stop complaining.

I may tell you that you need to stop procrastinating.

I may tell you that you need to accept
and embrace your soul's journey.

* * * * *

I may tell you that you need to make amends to someone.

I may tell you that you need to forgive yourself.

I may tell you that you need to forgive others.

I may tell you that you need to take time for yourself.

I may tell you that you need to pray more.

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I may tell you that you need to discover your gifts.

I may tell you to start to write.

I may tell you to draw.

I may tell you to play an instrument.

I may tell to dance.

I may tell you to teach others.

I may tell you to pursue a sport.

I may tell you to read more.

I may tell you that you need to do volunteer work.

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I may tell you that you need to seek spiritual help.

I may tell you that you need to get help from a professional.

I may tell you that you need to go to church or temple.

I may tell you that you need to go to school.

I may tell you that you need to join a support
group or a 12-step program.

* * * * *

When you open to me to discover loving action,

I will always help you discover
what is in your highest good.

As you pursue discovering the loving actions
for yourself and you courageously take the loving actions,
you will contribute to My evolution,
which is why you came to the planet.

* * * * *

The more loving action you take,
the more personally empowered you will feel.

Each loving action you take
lets you know that you are capable
of taking loving action for yourself.

Each loving action lets your wounded child
know that he or she is worthy of loving.

Each loving action gives your core Self
more room to express Who You Really Are.

You re-create yourself with each
loving action that you take.

* * * * *

Moment by moment, day by day, each loving
action heals a bit of woundedness.

You must be patient, for this is a lifetime process.

You must be devoted and disciplined,
practicing these steps moment by moment, day by day.

* * * * *

You will never learn to trust Me
until you are willing to take loving action.

Your faith that I am always here for you will
increase each time you take the actions

I guide you to take,
for you will then discover that you feel better -
more peaceful, joyful, lovable, worthy, and safe.
When you feel better,
you will know that I have spoken to you,
that I am here for you, that you are not alone.

* * * * *

Each time you take a loving action,
you can then move to the next step,
Evaluating the Action.

8 - Evaluating The Action

Evaluating the action brings you full circle,
back to the willingness to feel
and take responsibility for your feelings.
This is the final step in this
Six Step healing pathway.

* * * * *

Evaluating the action lets you know whether or
not the action was truly loving to yourself.
When the action you have taken is loving,
you will feel peace.
When the action is unloving,
you will feel the same or worse
than before taking the action.

* * * * *

You are not evaluating your momentary
or temporary good feeling,
because acting from your addictions
will give you a momentary or temporary good feeling.
Your food, alcohol, drugs, TV, anger, blame,
sex, giving to get, spending, gambling,
complaining, attention from others,
approval from others, and so on
make you feel good or safe or powerful for the moment.
These behaviors become addictions

because they work for the moment.

* * * * *

When you evaluate,
you are evaluating your deeper,
long-lasting good feelings.

Ask yourself:

- Am I feeling safer? Less alone?
- Am I feeling more lovable? More worthy?
- Am I feeling more peaceful?
- Am I feeling more joyful?
- Am I having more fun?
- Am I feeling more delight?
- Am I feeling lighter? Freer?

* * * * *

Ask yourself:

- Am I feeling less anger?
- Am I feeling less afraid?
- Am I feeling less shame? Less guilt?
- Am I feeling less depressed?
- Am I feeling less victimized?
- Am I feeling less judgmental?

* * * * *

Ask yourself:

- Am I feeling more personal power?
- Am I feeling more compassion with myself and others?
- Am I feeling more acceptance with myself and others?
- Am I trusting myself more?
- Am I trusting my Guidance more?
- Am I connecting with others in deeper and more meaningful ways?

* * * * *

Ask yourself:

- Am I feeling more creative?
- Am I feeling more alive?
- Am I feeling more excited about life?
- Am I feeling more loving with others?
- Am I more patient? Am I kinder?

* * * * *

When you are consistently
taking loving action for yourself,

you will feel better and better each day.
When you are consistently taking loving action,
including practicing these Six Steps
throughout the day, you will hear Me
clearer and clearer each day.
When you are consistently
taking loving action,
you will know Me.
You will know that I am here for you always
and that I love you unconditionally.
This is what heals your false beliefs
that you are alone and that you are unlovable.

* * * * *

You cannot fail to heal and evolve in your
lovingness if you practice these Six Steps
anytime you are feeling anything less than
safe, peaceful, lovable and worthy.
Learn and practice these steps -
Willingness, Intent to Learn, Exploring Self,
Talking With Me, Taking Loving Action,
and Evaluating the Action -
and you will find your joy.

* * * * *

Some of you say you do not
have the time to do these steps.
Some of you say that you have
to work too many hours,
that you have to take care of the children,
that you have no time to pray,
no time to learn.
I can tell you how to find the time
if your deep desire is to evolve
in your lovingness.

* * * * *

Do these steps while you shower.
Do these steps whenever you are eating alone.
Do these steps instead of watching TV.
Do these steps while you are walking.
Do these steps while you are marketing.

You are always thinking and feeling
when you are doing these activities.
By doing these steps you choose
what you are thinking and feeling.
There is always time to learn
about what is in the way of loving.
There is always time to learn about loving.

9 - Reaping The Benefits

As you practice these Six Steps
you will discover the gifts I have given you.
You will discover your unique forms
of expressing your love and your creativity.
You will discover your unique forms of play.
You will discover your
unique forms of productivity.

* * * * *

As you practice these Six Steps,
you will discover that you can forgive yourself.
You can forgive yourself for your woundedness.
You can forgive yourself for each unloving action
that comes from your woundedness.
You can forgive yourself each time
you forget about love.
You can forgive yourself each time
you close your heart from Me.
You can forgive yourself each time you fail.

* * * * *

You can forgive yourself each time
you are controlling of yourself or others -
each time you are judgmental, angry,
blaming, giving to get.
You can forgive yourself each time
you forget about personal responsibility
and believe you are a victim.

* * * * *

Forgiveness yourself for all your feelings
and behavior that come from your
woundedness is a natural outcome
of loving yourself.

Loving yourself is a natural outcome
of practicing these Six Steps.

* * * * *

You will discover as you practice these Six Steps
that you are forgiving of others
for the behavior that came from their woundedness.
Forgiving others is a natural outcome of forgiving yourself.

* * * * *

You will discover as you practice these Six Steps
that you can forgive others
for all of their unloving behavior.

You can forgive your parents
for their woundedness,
for not knowing how to love you.

You will discover that you can
even forgive abusers for abusing you,
knowing that they did so out
of their woundedness.

Forgiving them does not mean
that you condone their unloving
or abusive behavior.

Forgiving them means
that you are no longer blaming them
for your unloving or abusive behavior.

Forgiving them means
that you are no longer blaming them
for the unhappiness that results from
your own woundedness,
your own false beliefs.

* * * * *

Do not rush to forgiveness of others.
It is the natural outcome
of practicing these Six Steps.
Forgiving others before healing
your woundedness and before

forgiving yourself is just another way
to avoid doing your own inner work.
The blame toward others will come up
again and again until you take responsibility
for healing your woundedness -
healing your false beliefs.
Day by day,
as each belief is explored and healed,
you will discover that you are able
to forgive yourself and others.

* * * * *

As you practice these Six Steps,
you will discover the joy of serving others.
You will discover you can serve others with a
compassionate smile or a compassionate touch.
You will discover you can
serve others with your presence,
keeping others company with your love.
You will discover you can
serve others with your gifts.

* * * * *

The more you practice these Six Steps,
the more you may find yourself in prayer
throughout the day.
You may pray to become one
with My love and compassion.
You may pray to release your will to My will.
You may pray to become a pure instrument
of My peace and My joy.
You may pray to do My work upon the planet.

* * * * *

Each of you are a part of Me,
just as each drop of the ocean
is a part of the whole ocean.
Each of you and all of life
has a bit of the Spirit
that comprises the whole of Me.
Each of you is as important
to the whole as anyone one else,

just as each piece of a puzzle
is important to the whole puzzle.
Just as each piece of a puzzle is unique
and no piece is no more important than the others,
each of you are unique and equal in importance.
As you practice these Six Steps,
you will discover your unique place
within this puzzle.

* * * * *

As you practice these Six Steps,
you will discover how to be
My instrument of love and compassion
upon the planet.
These steps, practiced daily throughout the day,
will enable you to fulfill your purpose for being here -
to evolve in your lovingness so that I may evolve.
As each of you accepts the sacred privilege
of evolving in your lovingness, I evolve.

* * * * *

I love you and bless you
each moment of your sacred journey.