

## Wednesday Night Study Series – “You Can Heal Your Life”

**Prayer of Surrender:** Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

### Create New Changes

Part of self-acceptance is releasing other people’s opinions. If I were with you and kept telling you, “You are a purple pig, you are a purple pig.” You would either laugh at me, or get annoyed with me and think I was crazy. It would be most unlikely that you would think it was true. Yet many of the things we have chosen to believe about ourselves are just as far out and untrue. To believe that your self-worth is dependent on the shape of your body is your version of believing that “You are a purple pig.”

Often what we think of as the things “wrong” with us are only expressions of our own individuality. This is our uniqueness and what is special about us. Nature never repeats itself. Since time began on this planet, there have never been two snowflakes alike or two raindrops the same. And every daisy is different from every other daisy. Our fingerprints are different, and we are different. We are meant to be different. When we can accept this, then there is no competition and no comparison. To try to be like another is to shrivel our soul. We have come to this planet to express who we are.

I didn’t even know who I was until I began to learn to love myself as I am in this moment. So, think thoughts that make you happy. Do things that make you feel good. Be with people who make you feel good. Eat things that make your body feel good. Go at a pace that makes you feel good.

Think for a moment of a tomato plant. A healthy plant can have over a hundred tomatoes on it. In order to get this tomato plant with all these tomatoes on it, we need to start with a small dried seed. That seed doesn’t look like a tomato plant. It sure doesn’t taste like a tomato. If you didn’t know for sure, you would not even believe it could become a tomato plant. However, let’s say you plant this seed in fertile soil, and you water it and let the sun shine on it.

When the first little tiny shoot comes up, you don’t stomp on it and say, “That’s not a tomato plant.” Rather, you look at it and say, “Oh boy! Here it comes,” and you watch it grow with delight. In time, if you continue to water it and give it lots of sunshine and pull away any weeds, you might have a tomato plant with more than a hundred tomatoes on it! It all began with that one tiny seed.

It is the same with creating a new experience for yourself. The soil you plant in is your subconscious mind. The seed is the new affirmation. The whole new experience is in this tiny seed. You water it with affirmations. You let the sunshine of positive thoughts beam on it. You weed the garden by pulling out the negative thoughts that come up. And when you first see the tiniest little evidence, you don't stomp on it and say, "That's not enough!" Instead, you look at this first breakthrough and exclaim with glee, "Oh boy! Here it comes! It's working!"

Then you watch it grow and become your desire in manifestation. Loving and approving of yourself, creating a space of safety, trusting and believing you deserve good things will enable your body and mind to more easily accept the good things you want to come to you. Just like it is miraculous the way a tomato plant grows, it is miraculous the way we can manifest our desires.

### **Closing Affirmation**

In the infinity of life where I am,  
all is perfect, whole, and complete. My life is ever new.  
Each moment of my life is new and fresh and vital.  
I use my affirmative thinking to create exactly what I want.  
This is a new day. I am a new me.  
I think differently. I speak differently. I act differently.  
Others treat me differently.  
My new world is a reflection of my new thinking.  
It is a joy and a delight to plant new seeds,  
For I know these sees will become my new experiences  
All is well in my world.