

FROM DARKNESS TO LIGHT

ACIM-Based Healing Process

Prayer: *“Holy Spirit, I am not at peace and must therefore have chosen wrongly. Please be with me in uncovering the thoughts that are causing my upset, and lead me to the light of Truth.”*

Describe the situation in the present tense (who, what, where, when) as though you are observing (without judgment):

How does your body feel? Check in from head to toe:

Head/face/neck/shoulders: _____

Chest/back/arms/hands/stomach: _____

Intestines/abdomen/legs/knees/feet: _____

Underline the all the emotions you are feeling around the situation and fill in those not found in this list:

fear apprehension alarm anxiety nervousness panic terror horror worry embarrassment shame guilt
hurt loneliness sadness disappointment grief confusion sorrow frustration jealousy envy disgust anger
irritation annoyance impatience hostility indignation rage disdain resentment hate fury despair doubt
apathy boredom helplessness depression _____

What am I telling myself? Uncover the dark thoughts without judging them as “bad.” The Holy Spirit is with you.

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

I am telling myself that _____

Prayer: *“Holy Spirit, look at these dark thoughts with me, and show me what I believe about myself as a result of holding these ideas.”*

Record those self-concepts here: _____

Prayer: *“Holy Spirit, I know that I am mistaken about Who I am. I am not seeing myself or this situation truly. In the quiet of meditation, please show me how You view me and others in this situation. Give me an experience of my True Self.”*

Receive the Holy Spirit’s thoughts in quiet for a few moments. Feel the peace that He offers. Know that you have the choice to think with the ego and continue feeling pain, or you can choose to think with the Holy Spirit and be at peace.

If you choose to think with the Holy Spirit, affirm the thoughts that He has about your True Self by writing them here:
