

CREATING A NEW LOVE BODY

Instead of creating a pain body, I AM creating a Body of Love.

I AM disempowering meaningless thoughts & embracing the All-Pervading, Embracing Love of God.

I recognize where my True Power lies.

I Release All things that are no longer Real.

I AM placing My Thoughts & Energies in All things Eternal.

I Release the tyranny from my egoic thoughts. It is futile, worthless.

I AM choosing the Loving Grace and Presence of God.

In this moment, I Allow the Love & LIGHT of God to permeate me through Every Energy Center in My Body.

I breathe in and Accept the Love & Light of God.

Tension, fear and distress dissolve.

Future worries are erased.

I AM lifted higher because the LIGHT of God within Me knows of its Oneness.

The Light of God Within ME is at One with ALL Creation.

My thoughts are ONE with the thoughts of God.

I AM One with the Energy of Joy, Success, Peace, Power and the Essence of God's Good, for I AM the Essence of God's Good and God's Grace.

All other thoughts, emotions and energies are displaced, Here & NOW.

My wounded self has created a world of fear, a world of lack, pain & suffering. This is Not REAL.

85% of things that I worry about never happen.

This has created an alternate reality.

I AM Love.

I AM God's Loving Essence made Manifest.

I Release All other thoughts of chaos, pain, suffering and lack.

I withdraw from the world the power I have given to a false reality.

Today I reclaim the power of Infinite Abundance and graduate from MSU. MSU is not Michigan State University. MSU is The University of Making Stuff Up.

Today I receive the Grace, Spirit, Love, Peace & Nurturing of God.

All is Well.

Everything is Perfect.

Every Breath, Every Cell in My Body, Every Thought in My Mind is Aligned with the Essence of God's Light, God's Love & God's Healing Energy.

Everything Reunites, Realigns & Reawakens Me to the Truth of Who I AM.

I was never broken. Just broken Open.

Simply a Vessel to Allow More LIGHT to Shine In, More Water to Flow Through, More Patience & Compassion to Reside Within.

And For THIS and All Other Blessings, I AM Grateful.

~ Adapted from a Prayer by Rev. Jim Webb: ACIM Call - Lesson 53