

LOVING
THE
Self Affirmations

Healing Childhood Brainwashing

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- The Road Back To Me
- My Road Beyond The Codependent Divorce
- Loving The Self: Affirmations, Volume One
- Quantum Tools To Help You Heal Your Life Now

Dedication

*This book is dedicated to all those who
are unaware they are unaware.*

*May you one day know the glory of
waking up to the divine being that you
are at your core.*

ACKNOWLEDGEMENTS

I have always felt that I have had a purpose here on our glorious planet. This was a sense, however, that I have secretly held within my being. As if I stuffed this knowing into my spirit's back pocket, I have often wondered if it were real.

It is the norm to question the validity of one's thoughts when you are born into a home that is built by walls of denial. Being spared the experience of psychological validation, when one's inner reality is consistently invalidated, the message received is, "Am I real if I do not matter?"

I am humbled by the fact that I have lived long enough to have this knowing validated by people just like you, who have been attracted to the work that I do. As a life coach I have been honored to work with innumerable clients through to their personal breakthroughs, and as an author I have received letters of appreciation that have brought me to tears. The acknowledgments my clients and readers share with me have allowed me to learn to believe that I am real after all.

I dedicate this book to all of you who have helped me learn to believe in my worthiness.

Namaste

CHILDHOOD BRAINWASHING

At their core, all children are perfect, and that includes you. Although you may have made many unwise choices in your life, the absolute most authentic aspect of you is divine. You—minus all the negative, unconscious beliefs you hold about Self—are pure, positive love, and are in alignment with abundance. The only thing that ever separated, or currently separates you, from experiencing love, abundance, contentment, peace, or joy, is your perception of your Self.

If you have not walked through the valley of death a spiritual awakening can be, you may not be aware of the idea that your unconscious perceptions of Self are not yours at all. Your unconscious perception of Self is the product of your childhood brainwashing. How you perceived the way your parents perceived you determines how you see your Self today.

As an adult, if you do not learn how to confront those perceptions, then along your life's path you will unfortunately project, recreate, and manifest your unhealthy childhood experiences over and over again until you awaken from your deep sleep.

The affirmations in this book have been designed to help your brain objectify what beliefs it holds within its unconscious mind that may be holding you, stuck in negative loops. Thoughts are like cars that race around closed circular tracks. Just like a car does not know it is a car, or that it is on a closed track, a thought does not know it is a thought, or that it is stuck in a pattern. Just like a car needs an observer to objectify its course for the purpose of possibly changing its course, so too does a thought require a silent observer to objectify it for the purpose of possibly shifting its direction.

Once upon a time, I was unaware that deeply rooted in my subconscious mind was the belief that I was not enough. So ingrained within my subconscious mind, this one single thought infected every action, feeling, and thought I experienced. Many years ago I did not know that I lived my life like a horse that has had a carrot dangling in front of its eyes all its life. Unaware that I unconsciously sought

happiness outside of myself, I was also unaware that I sought happiness in the validation of others.

It has taken me a number of years to work through what seemed like never-ending, jagged peepholes of Self-awareness. Learning to place the spotlight on the Self was like learning how to walk up Mount Everest with flying monkeys at my heels. Many times I wanted to point the finger and blame those who had failed me. The pain that arrived in those moments—when my mind found no way of escaping the reality that all that I had created, good or bad, was in fact the result of choices I had made—was sometimes paralyzing.

On the road to discovering my authentic, stardust-like Self, I have been broken and rebuilt many times over. From the broad perspective I have now gained, I understand that my conscious expansion of Self mirrors that of our expanding universe. Man has been born for one goal, and that is to expand his concept of Self for the purpose of discovering the creator within. At the core of every man there is only love, contentment, peace, and abundance.

I am fortunate. My life, the world, and those in it all make sense to me now. From this plane of consciousness all I can see is the law of cause and effect. All that has been written by the ancient mystics, philosophers, and great thinkers is true. From Jesus to Buddha, from Carnegie to Ford, and from Jung to Nietzsche, what a man hears himself saying determines his perception, and thus his projections.

My goal is to help you learn to objectify the programming that has been brainwashed into your subconscious mind. Whatever the brainwashing, it is not your fault. The child's brain is powerless to what is being programmed into it. You at your core are magical stardust, even if you do not yet believe this is true. The only thing stopping you from wearing your Technicolor coat of endless possibilities is the veil that has you blind to your true nature, and the dysfunctional data that is stored in your memory bank.

This book will help you objectify the thoughts that have been programmed into your subconscious mind, so that your brain can finally see the looping track it is on. Once the brain can understand

what is wrong, it can cognitively assimilate the idea that the track is the reason for the feeling of being stuck; it can then begin to associate pain with negative thoughts, and thus begin steering you away from ideas that are keeping you frozen.

RALPH WALDO EMERSON QUOTES

“We must be our own before we can be another’s.”

“The reason why the world lacks unity, and lies broken and in heaps, is because man is disunited with himself.”

“Great men are they who see that spiritual is stronger than any material force—that thoughts rule the world.”

“Though we travel the world over to find the beautiful, we must carry it with us or we find it not.”

QUOTES ABOUT INNOCENT CHILDREN

“Each day of our lives we make deposits in the memory banks of our children.”

Charles R. Swindoll

“Your children are not your children. They are the sons and daughters of Life’s longing for itself. They came through you but not from you and though they are with you yet they belong not to you.”

Khalil Gibran

“To be a good father and mother requires that the parents defer many of their own needs and desires in favor of the needs of their children. As a consequence of this sacrifice, conscientious parents develop a nobility of character and learn to put into practice the selfless truths taught by the Savior Himself.

James E. Faust

DAY 1

When we were children, we did not know our brains were
like chalkboards.

We did not know that what others modeled for us would
one day become the framework from which we built our
adult lives.

When we were children, we were totally powerless to those
around us.

Nothing that I believe about me that is unhealthy could
possibly be my fault.

Today I will practice reminding myself that any negative
beliefs I catch my mind repeating are not mine.
They belong to those who brainwashed me to think ill of
my innocent
Self.

DAY 2

When we were born, it was our right to be loved,
nurtured, and accepted by our tribe.
When we were born, we were pure, positive love energy.

It is not my fault if those who transported me to this place
called earth
are dysfunctional, alcoholics, narcissists, or mentally ill.

Today I will practice reminding myself that I am worthy,
because I am.

I am worthy because I am here.

I am just as vital and important as any other element on
this planet,
even if those who I call family
don't see worth in me.

DAY 3

When we were children all we wanted was to feel safe,
loved, accepted, and validated.

When we were children, we did not know that some
parents are incapable of making us feel safe, or loved.

I could have never realized that being invalidated caused
me to doubt my right to be happy all of my life.

I could have never known that it was not my fault my
parent's were unhealthy, and that not feeling loved
was a symptom of their dysfunction, rather than a fair
measurement of my worth.

Today I will practice reminding myself that some parents
just can't love their children the way they deserved to be
loved.

DAY 4

When we are children it is natural for us to seek our
parent's validation.

When we are children, and we are criticized, abandoned,
or punished for seeking their praise, we are brainwashed
to believe that we are not enough to be loved.

I could never have known that it was normal and
healthy to seek my parent's validation, and that it was
dysfunctional of my parents to withhold that validation.

Today I will remind myself that it is normal to want to feel
“seen” by those who are supposed to love me, and that it
is unhealthy to tolerate putting up with people who go out
of their way to invalidate me.

DAY 5

When we are children we do not know
that we are good.

Children need to be mirrored by a positive sense of self-
worth from their parents, caretakers, and teachers.

I could never have known that not being positively
validated caused me to presume I was unworthy.

Today I will remind myself
of my true nature:

at my core I am pure, positive, perfect, and divine energy.

I am worthy, even if I don't yet feel that knowing in my
bones.

I am worthy!

DAY 6

When we are children
we do not know we deserve stability, love, empathy, a
clean home, understanding, good medical care, mentally
fit parents, or encouragement.
When we are children we do not understand that having
our medical needs ignored was a form of abuse.

I could never have understood that I was being abused. I
was a child and presumed that what was showing up was
something I simply had to accept.

Today I will remind myself that I need to learn how to take
care of myself in a healthy way, and that I neglect myself
because of the way my needs were neglected as a child.
I can begin rewriting that program today!

DAY 7

When we are children and our parents are mentally ill, we
feel powerless.

When daddy leaves us to take care of mommy, or when
mommy leaves us to take care of daddy,
psychological abuse is taking place.

I could never have known that it was not my responsibility
to take care of one of my parents, both of my parents, or
my siblings.

I was just a child.

Today I will remind myself not to take on responsibilities
that do not belong to me.

I am worthy, even if I am not saving the world.

DAY 8

When we are children and our parents beat us for crying,
it brainwashes us to fear telling our truth.
It also brainwashes us to associate pain with our feelings.

I could never have known that my wonderful brain was
trying to protect me by associating pain with expressing
and feeling my emotions.

My brain shuffled my emotions into some *subconscious*
spam filter out of a need for survival.

Today I will remind myself that no one is the boss over
me anymore, and that it is safe to begin feeling my feelings
again.

Today I will remind myself to ask my Self,
“How do **you** feel, Self?”

DAY 9

When we children we do not know that our parents are supposed to treat us like little angels.

When we are criticized, ignored, beaten, or sexually abused, we presume that it must be our fault, because in our minds mommy and daddy are god to us.

I could never have known just how deeply abusive my parents were at the time.
I only knew I loved them.

Today I will remind myself that a child's love is pure. I will also remind myself that for reasons that are not my responsibility my parents were incapable of loving me appropriately.
I am love, even if they could not love.

DAY 10

When we are children we do not know that all children
are worthy.

When you are a child, and you are dirty, hungry, and
live with drunks, drug addicts, pedophiles, or violent
others, you feel stained, flawed, and as if you are somehow
different than other children you know.

I could never have known there was nothing wrong with
me except for what was going on in my house, which was
not my fault.

Today I will remind myself that the stain I feel deep in
my soul can be washed and swept away by the power of
self-love.

Today I will shine love and light on that invisible stain
every time I begin to feel as if I do not belong.
I am an earthling therefore I belong!

DAY 11

Children do not innately know
they are lovable.

When we were children we needed to be shown we were
lovable by being treated as if our emotions mattered.

I could have never have known that being treated as if my
emotions did not matter, caused me to believe that I, the
spirit being that I truly am, was unlovable.

I could have never known my brain interpreted the
sadness in my broken heart to signify that
I was unworthy as a being.

Today I will remind myself that it is not my brain's fault
it falsely presumed the spirit being it was a part of was
unworthy.

Today I will remember to
think above the programing.

DAY 12

When we were children we did not know that our worth
was a given.

As children we had the ability to love beyond reason,
to dream beyond horizons, and to forgive beyond
comprehension.

Although we were magnificent creators we may have been
brainwashed to believe we were nothing.

I could never have known that within me was the
potential to rocket my desires to the moon and back.

Today I will remind myself that my potential is still a given.
Today I will tune into the innate divine spirit that I am,
and learn to turn up the volume to my essence as well.

Today I will practice hearing *me*.

DAY 13

When we were children we did not have the verbal language to assign adjectives to the emotions we felt. Very often, our innocent minds volleyed between being afraid or sad.

Because we knew we needed to stay quiet and small, we froze in states of survival.

I could never have known that being programmed to
“shut up” so to not
“rock the boat”
brainwashed me to deny my
feelings by default.

Today I will remind myself that emotions are valid, normal, healthy, and meant to help me create boundaries, as well as to help me discover the things in life that hold the potential to bring me joy.

DAY 14

When we were children we did not know what was wrong
with our family.

We may have simply just accepted that our family was
different than others.

I could never have known that the denial my family lived
with brainwashed me to feel like there was something
intrinsically wrong with me.

Living with abuse caused me great shame, and as a child I
was powerless to ask for help, complain, or fight back.
I was just stuck.

Today I will remind myself that I am not a powerless child
anymore.

I have a right to live in peace, and leave situations and
relationships that do not feel safe.
Not feeling safe is a red flag I have
a right to honor.

DAY 15

When we were children we did not have the ability to ponder whether or not our parents were mentally fit or unfit.

I could never have known that my brain, naturally and innocently, presumed that whatever came out of my parent's mouths was gospel.

It is not my fault my brain did not have the ability to question their opinions, criticism, actions, beliefs, or thought processes.

Today I will remind myself that I have the right to question the way I think, and if I discover I do not truly feel in alignment with the brainwashing that is there, I have a right to change my beliefs.

I have the ability to ponder every thought that enters my amazing mind!

DAY 16

When we were children we did not understand hate. We did not understand that parents are the products of their parents and their own childhood experiences.

When we were children, our parents were like gods to us.

I could never have known that when I was a child my innocent brain was incapable of seeing beyond the walls of my childhood home.

My innocent spirit yearned only to be loved, and my brain wished only to interpret the data it received from its emotional system.

Today I will remind myself that when I felt unloved as a child, my brain interpreted those emotions, and psychologically, the perceptions being formed by my developing mind were impacted negatively.

Today I will remind myself that I have the ability to change the way I see my innocent, divine, perfect Self.

DAY 17

When we were children we did not know that we were perfect little spirits needing to learn how to master the brain that allows for us to be a part of a material, linear, time, space, and existence.

I could never have known that my spirit needed a brain in order to manifest as a human on an earthly plane.

Nor could I have known that life would cause me to learn how to overcome any negative programs others brainwashed into my brain, and that ultimately I would remember my true spiritual nature.

Today I will remember that within me has been the spirit of a god, although very often I have felt removed from all that is, and always has been, good within me.

Today I will remember my true
divine nature.

DAY 18

When we were children we did not know that it was not our job to prove ourselves worthy of our parent's love.

I was taught that love was something that was conditional; it could be given as well as easily taken away.

I could never have known that I perceived love as a game of tug-of-war.

I crave love, yet fear I am not worthy of it.

Today I will remind myself that in spite of any dysfunctional notions my brain holds about love, the reality is that I am love.

Today I will remind myself that I, minus my dysfunctional programming, am inseparable from authentic, divine, perfect love.

DAY 19

When we were children we did not know it was normal to cry when our emotions were hurt.

Because many of us were shamed for crying, our brains have been imprinted with the idea that crying is a form of weakness.

I could never have known that being shamed for crying totally scrambled the connections between my mind, body, and spirit.

Today I will remind myself that crying is a form of self-acceptance.

Crying represents integration of mind, body, and spirit.

Today I will remind myself to undo the shame my brain has associated with crying.

Today, if I feel like crying, I will love myself unconditionally and embrace my need to cry.

DAY 20

When we were children we could never have known that how we were handled as infants would be one of the determining factors for how we viewed the world.

I could never have known that being born into a family that was not equipped to deliver unconditional love on a consistent basis may have caused me to distrust the world, my inner reality, and others.

Today I will remind myself to rewind my psychological tape.

Today I will remind myself that unconditional love is something I absolutely must learn how to give myself on a consistent and permanent basis.

Today I will remind myself to rely on my own Self for the unconditional love I deserved when I was a small child.

DAY 21

When we were children we could never have known that our will to be independent was normal and healthy.

I could never have known that being called a brat, selfish, stubborn, and so on was inappropriate.

I thought my parents had the right to label me whatever they wanted, and that the labels were true.

Today I will remind myself that gaining autonomy and independence is healthy.

Today I will remind myself to also remember that autonomy and independence threaten the power of parents who are less than healthy.

Any labels I received in childhood as a result of me wishing to be different, or independent, represents other people's lack, not mine.

DAY 22

When we were children we could never have known that we were being wounded when a parent made us feel guilty for initiating a discussion, or for wanting to explore and express our inner worlds.

I could have never known that being brainwashed to fear being ashamed for stepping outside the box my family lived in was a form of manipulation and control.

Today I will remind myself that I came to this planet to live out my innate uniqueness, and that any shame associated with being the individual being I am is the product of brainwashing.

Today I will remind the shame that it can leave me now. Today I will gently ask all guilt and shame associated with me initiating my right to express my innate self to simply dissolve.

DAY 23

When we were children we could never have known that by the time we were teenagers we deserved to feel and believe we could trust ourselves and others.

I could never have known that all the guilt, shame, indifference, name calling, abandonment, neglect, and physical abuse I experienced at home corrupted my ability to develop a healthy sense of autonomy, and thus created a deep, unnecessary sense of inferiority within me that has followed me my entire life.

Today I will remind myself that all I have to do is undo what others have done.

Today I will remind myself that it is not my fault I experience myself as insecure.

Today I will remind myself that the feelings of insecurity I have can be eliminated by learning to heal the guilt and shame that has been produced in me by the programs my innocent brain has received.

Knowing I can heal the programs makes me feel more secure.

DAY 24

When we were children we did not know that whether or not we felt loved would be the crux of our ability to learn to answer the question,
“Who am I?”

I could have never known that, because I did not feel loved at home, I may have engaged in risky behavior as a child because I did not know who I was, and only knew for sure that who I was was unworthy of love.

Today I will remind myself that all that risky behavior was a byproduct of feeling misappropriate.
Today I will remind myself that although I may not know where I am going, or what my life’s purpose is yet, who I am on the inside is worthy, loveable, divine, and quite appropriate.

DAY 25

When we were children we did not understand that our inability to trust our parents love wired us to fear emotional intimacy as adults.

I could never have known that my childhood experiences with inconsistent nurturing and love caused me to fear love and authentic intimacy as an adult.

Today I will remind myself that as a child I was supposed to be encouraged to express my emotions, and that I was supposed to be loved in spite of what came out of my mouth. Today I will remind myself that I do not have to distrust my emotions, red flags, or need to feel seen by others. Today I will remind myself to be honest and vulnerable with my Self, so I can eventually be more authentic with others.

DAY 26

When we were children we did not know that how we perceived how others perceived their responsibility to care for us impacted how we perceived our right to feel cared for.

I could never have known that perceiving my caretakers resentment for me may have caused me to feel angry, guilty, and ashamed.

I could never have known that I may have resented my needing them, which could be causing me to be self-absorbed today.

Today I will remind myself that it is never okay to play mind games.

Although today I might be afraid of asking for what I need, I must not project my resentment for my caretakers onto to those I am in relationships with today.

DAY 27

When we were children we could never have known that being tortured when you are powerless sometimes requires you to disconnect from the inner emotional world in order to survive situations you cannot control.

I could never have known that I may have disassociated with my emotions as a means to survive my childhood, and that in order to become self-actualized, I may have to teach myself how to connect with my emotions again.

Today I commit to giving one hundred percent to everything I am involved with.

This will help me tap into the reality that I am not powerless anymore.

By being more self-responsible, I help my brain understand that I trust that I can take care of myself, including my emotions.

DAY 28

When we were children we could never have known that being human would require us to go from being helpless to completely ego centered to individualized and self-accepting.

I could never have known that it was normal to go from being a helpless newborn to an autonomous toddler. I could never have known that my parents and teachers would have had to nurture me lovingly through these stages of emotional development in order for me to develop into a trusting, individualized, secure adult.

Today I will remind myself that my caretakers may have not been aware of just how delicate their role in my life truly was.

Today I will do my best to understand that those who raised me are probably giant wounded children too.

DAY 29

When we were children we could never have known that how we were treated at home greatly impacted our ability to socialize with others.

I could have never known that being ignored or bullied at home caused me to fear trusting others, and thus impacted my ability to see myself as worthy of friendships.

Today I will remember that at any moment in time I can choose to be more loving to my Self and more loving to others.

I will remember that, in spite of how I was brainwashed, I can begin to create a new reality for my life by imaging my new world full of healthy friendships.

Today I will imagine my life the way I am wishing it to be.

DAY 30

When we were children we had no understanding of the
brain.

We did not know our brains were not fully developed
when they were being brainwashed by the opinions,
beliefs, and actions of those around us.

I could never have known that all the data that I was
receiving from my environment was being processed
through an innocent yet underdeveloped brain which did
not have the ability to question
the validity of incoming data.

Today I will remind myself that the human brain is not
considered neurologically complete until about the age of
twenty-six.

Today I will remember that with proper reprogramming,
I now have the ability to question the validity of any data
that passes through my consciousness.

As long as I keep learning to trust my divine instincts, I
have all the guidance I need to make healthy, self-loving
choices.

DAY 31

When we were children we did not know that how our parents related to one another became imprinted on our innocent brains.

I could have never known that what I observed at home became the model for my future relationships. Observing mind games, manipulation, enabling, drugging, lying, cheating, and indifference have all become components of my concept of love.

Today I will remember that it is not my fault I have unhealthy ideas about love.

I will remind myself that I must renegotiate my concepts of love if I am to move beyond what has been innocently programmed into my subconscious mind about love. Today I will remember that love does not hurt, lie, cheat, or deliberately cause others emotional harm.

DAY 32

When we were children we did not know that this world
was created for our enjoyment.

When children are born to dire circumstances they are
powerless to the whims of their dysfunctional caretakers.

I could never have known how incredible this earthly
plane of existence truly is.

I could never have known that although I am no longer a
child, as an adult I have been unconsciously living
in a state of survival.

Today I will remember that I no longer need to live as if I
am not in control of my reality.

I will remind myself of the beauty that is abundantly
available, as I teach myself to tune into the harmony of
nature.

DAY 33

When we were children, sometimes all we had were our fantasies.

We did not know that by imaging we were princes or princesses that we were distracting ourselves from the pain of our powerless realities.

I could never have known that my brain may have created an association between pain and fantasy.

Instead of facing the realities of my circumstances, I may still flee into worlds of idealism opposed to realism as an escape, because I never developed coping skills to help me confront painful emotions.

Today I will remind myself that in order to manifest the desires of my heart I must not delude my current realities by seeking to distract myself from what needs to be confronted and overcome.

DAY 34

When we were children we did not understand that sometimes adults abused their power over us.

I could never have known that being treated unfairly by authority figures may have programmed a staple fear of authority figures into my subconscious mind.

Today I will remind myself to confront any unnecessary fears I have toward authority figures in my adult life. I will remember that I am an adult, and that I have a right to be treated fairly, yet without special considerations. I can expect to do an excellent job, and to be treated respectfully for the work that I do.

DAY 35

When we were children, sometimes our parents enjoyed turning the siblings of the family against one another.

I could never have known that it was not my or my sibling's fault we never got along.

Today I will remind myself that all of the members of my family suffered in their own unique ways.

I will remember to see my family dynamic from an eagle's view, rather than a narrow perspective.

Today, honoring my siblings right to their own experiences will allow me to feel unstuck and liberated from needing them to validate my subjective experiences.

DAY 36

When we were children we did not know that being raised by unpredictable parents prevented us from feeling secure in our own sense of Self.

I could never have totally understood that the angst I felt within my being was related to the unpredictable factor of my dysfunctional home.

Today I will remind myself that my childhood angst was valid and appropriate.

Any human being born to the circumstances
I had to endure
would have felt anxious.

Today I will honor my body
for honoring my right to feel afraid, alone, abandoned,
neglected, unloved, and unworthy.

My anxiety in essence was saying,
“I see what you are going through,
and it’s not right!”

DAY 37

When we were children we did not understand that sometimes our parents abused us by paying too much attention to us when we were doing what they wanted us to do.

I could never have known that my parents used their attention as a reward for conforming to their ways of thinking.

I could never have known that in essence I was being brainwashed to believe it was good to discount what I believed.

Today I will recognize that these types of ideas are codependent, and the product of dysfunctional brainwashing.

I will remember that the only way to heal this codependent belief is to confront it when I am faced with the option to own what I believe or to disown my right to have my unique opinions.

DAY 38

When we were children we craved a connection to the beings we loved and were powerless to turn that need off.

I could never have known that my need to feel seen and connected to
my mother or father was healthy.

Nor could I have known that my inability to connect with them was not a reflection of my unworthiness, as I had falsely presumed when I was an innocent child.

Today I will remind myself that there is nothing I could have done better to have been able to create a connection to my mother or father.

Today I will remind myself that some people are simply emotionally unreachable, and that is not my job to obsess over how to find a way to connect with them.

DAY 39

When we are children we
idolize our parents.

Seeking, and thus gaining, their acceptance sometimes drives our neurotic, subconscious, innocent little minds right into psychological, inescapable mazes that are filled with angst, desperation, and fear.

I could never have known that it was okay to eventually stop idealizing my parents and to cease seeking their validation.

Today I will remember that in order for me to gain the emotional autonomy I seek, I will need to stop seeking validation from outside of myself, and I will also need to begin embracing the facets of my parents' personalities that were never really all that nice.

DAY 40

When we were children, sometimes all we could see was
what was wrong with our parents.

For some of us, anger was what we needed to hold on to
to help us feel in control over things we could not control.

I could never have known that focusing on what was
wrong with my parents may have wound up controlling
me as an adult.

Today I will remind myself that children from abusive
homes often think in black and white.

I will remember that the goal is to seek balance in my
opinions of others, so that I can find balance in my
opinion of Self.

I will remember that there is good and bad in all of us.
Today my focus will be learning to accept the shadows in
others, so I can learn to also accept the shadows that exist
in me.

We are all worthy, in spite of our childhood programming.

DAY 41

When we were children we oftentimes minimized our pain. By discounting our pain, we never had to face others treating us like our pain didn't matter.

I could never have known that I may have minimized my own pain, and thus abandoned myself before anyone I loved had a chance to, in an attempt to thwart facing the fear of rejection.

Today I will remember that my pain mattered, even if those I loved could never acknowledge that reality for me.

Today I will validate my own
reality, just for me.

I can "see" me!

DAY 42

When we are children we do not know we are
manipulated by the needs of our parents.

I could have never have known that it was not my job to
take care of my parents.

I could never have known how much of my childhood was
stolen from me.

Today I will remind myself that it will take time for me to
catch up to feeling like the adult that I am.

Today I will remind myself that I have missed many
necessary emotional milestones.

I will remember that I am innocent, and that it is not my
fault I carry wounds of insecurity.

Today I will practice focusing on the areas of my life that
are actually working.

DAY 43

When we are children we do not fully understand how crucial it is for our emotional well-being to feel “seen” and validated by our parents.

I could never have known that not feeling “seen” set me up to attract partners, friends, employers, and so on who were incapable of “seeing” me.

Today I will remind myself that I was brainwashed to expect

not to be seen by others.

I will remind myself that my reality is a projection of the programs that were brainwashed into me when I was small.

I will remember that at any time

I can begin shifting my outer reality by deliberately tuning into my divine Self.

When I learn to “see” me, others will “see” me as well.

Only when I learn to show up as the “me” I truly am will I experience feeling valid as well as validated.

DAY 44

When we are children we do not understand that the magical thinking we used to help us escape our suffering when we were small was just a coping skill.

I could never have known that all the hours and days I spent dreaming about finding a way to finally get through to my parents has kept me stuck for so long.

Today I will remind myself that dreaming about a way to get my loved ones to stop hurting themselves was just the way my innocent mind coped.

Dreaming about saving them made me feel in control.

Today I will remind myself
that I can let go of the faulty belief that has me
subconsciously believing I can change people that don't
want to change.

DAY 45

When we are children we are defenseless when those we love cloud our perceptions with their own covert agendas.

I could never have known that I had a right to my own perceptions about my family and what was happening in my home.

Today I will remind myself that self-doubt is the byproduct of having your perceptions discounted, attacked, minimized, and ignored when you are an innocent child. I will remember that I have nothing to defend after all. Today I will accept the right to own my reality, and the rights others have to own their realities as well, even if our realities clash.

DAY 46

When we are children we do not understand that being attacked when you are defenseless sometimes leaves you with the sense that you are being hunted.

I could never have known that, in all my adult defensiveness, I may have been reacting out of the program that has been brainwashed into me that has me wired to believe I need to stay on guard, in fear of the rug being pulled out from beneath me when I am not watching.

Today I will see myself as the adult that I am, and I will ask my brain to please release the program it has running that has me stuck in patterns of defensiveness. Today I will help my brain by deliberately visualizing myself in a state of calm, confident, *adult* contentment.

DAY 47

When we are children we do not understand the concept of hyper-vigilance, or that feeling powerless in an unpredictable home is the reason we develop such keen senses of outside awareness.

I could never have known that my brain's pattern for focusing outside of Self was its way of protecting me.

Today I will gently ask my brain to release any programs it has that causes me to stay focused on others. I will remember that I no longer require permission to be who I am, and thus I no longer need to worry about what others think or how they feel about me.

DAY 48

When we were children we could never have known that alcoholism was as detrimental as it truly was to our childhoods.

I could never have known what an impact addiction had on my life, because my family lived in denial of the addiction.

Today I will remind myself that my brain could never have understood what the true cause of our home's angst really was, because the ones in charge lived in denial of the true core issues.

I will ask my brain to release its need to try and figure out crazy.

Today I will remind myself that so much of the craziness I felt as a child is related to the idea that my brain was struggling to make sense out of situations that just did not add up.

DAY 49

When we were children we did not have the cognitive ability to evaluate our homes from broader perspectives.

I could never have known that it was dysfunctional to live in a home that was dominated by one mind.

I could never have known how wrong it was to exist as part of a whole whose individual significance was treated with indifference to the whole.

Today I will focus on the reality that
I matter.

I am just as significant as any
star in the sky, or any princess or king.

I will gently request
that my brain reorganize its understanding
of my value and release
any programs it has that are rooted in the idea that I need
to be invisible.

Today I claim my right to perceive myself as deeply
significant.

DAY 50

When we were children we did not know that our right to initiate control over our personal lives was annihilated by the corrupt mindsets of those we trusted.

I could never have known that I had a right to learn how to act on my own behalf, and that my attempts at initiating those actions were supposed to be encouraged, not shamed or criticized.

Today I will remind myself that I no longer have to live as a reactionary being.

I will gently request that my brain release any programs it has that cause me to tone myself down for the sake of others.

I will remind myself to be willing to make mistakes, to laugh at my mistakes, and to be kind to myself as I learn to initiate myself in this time-space reality.

DAY 51

When we are children we assume our parents know what they are doing.

I could never have known how ill our family was, because those in charge were clueless as to how dysfunctional our family dynamics really were.

I could never have known I was not crazy.

Today I will remember the anxiety I felt as a child was appropriate, and that my brain was only trying to make sense out of what was happening in our home by presuming I must have been the crazy one.

I will gently ask my brain to release any program it has that has me caught in loops of self-criticism.

Today I will remind myself that when I find that I am unable to get through to someone, it is not my job to convince them to share my reality.

I am not crazy just because someone else and I do not see eye to eye.

DAY 52

When we are children we do not know it is wrong not to self-care.

I could never have known that self-care was healthy. In my home it was considered selfish to dare consider being good to your Self, or for expressing an opinion that did not support the denial of the core dysfunction of the home.

Today I will remind myself that it is appropriate to self-care.

I will gently request that my brain let go of any programs it has that has my subconscious belief system associating self-care with selfishness.

Today I will begin reprogramming my mind by associating self-care with spirituality and self-love.

DAY 53

When we were children we did not realize how bizarre our families' belief systems were.

I could never have known that what was at the crux of my adult issues was an issue I could not identify.

I could never have known how inappropriate much of my thinking process really was, because I did not know how to objectify my thoughts, or even that I could or should have.

Today I will remind myself that my parents' denial of their addictions and abuse caused me to develop rationalizations for their behavior, which has impacted the way I process information.

Today I will remind myself to take my time when processing new information, having conversations, or confronting ideas that I find strolling through my mind.

Today I will remember that I can control no one but myself, and happiness cannot be found by attaching to outcomes I cannot control.

DAY 54

When we were children we did not know that, because our parents kept changing the rules, the opportunity to tune into our inner Self was lost.

I could have never have known that because my tiny soul was desperate to figure out the always-changing rules in our home that I was cheated out of the opportunity to discover the wonders of my own heart.

Today I will remind myself to tap into my divine Self and focus more on what I feel my heart wishing me to do, rather than on what I fear others might think about what I really want to do.

Today I will ask my brain to help me stay focused on the middle of my chest, where my heart sits and my spirit stirs.

DAY 55

When we were children we did not know that by watching our parents enable one another we were being taught to disown our divine Self.

I could never have known that by watching my mother enable my father, or by watching my father enable my mother, that they were teaching me to live without boundaries.

Today I will remember that it is good to know what upsets me, because knowing what hurts allows me to recognize when I need a boundary.

Today I will ask my brain to help me more clearly respect my feelings of anger, sadness, and frustration so that I can act upon those clues as indicators that I need a boundary, rather than react to the emotions when they show up.

DAY 56

When we are children we do not know that how our parents see themselves is what they project upon us.

I could never have known that the vision my parents held of themselves upon the screen in their minds was being played through the windows of their eyes, and that unknowingly I presumed that what I was observing were perceptions they held of me.

I could never have known that my innocent brain would one day accept those old movies as reflections of my truth.

Today I will remind myself of my authentic truth. Others' projections are illusions, and I, at my core, was always divine.

I will ask my brain to begin recognizing the illusions as other people's stuff, so that my brain can recreate its perceptions of the divine being that I am, which it is a part of.

DAY 57

When we are children we do not know that being ignored
by those we needed and loved was as painful as being
beaten by those we loved.

I could never have known how wounded I was by being
treated with indifference.

Because I had no bruises to bear witness to my pain, I
presumed that what I was feeling was an exaggeration, and
that it was in many ways invalid.

Today I will remind myself that my parents' invalidation of
my emotions was the root cause of my self-alienation.

Doing unto others as others had done unto them,
I was brainwashed to invalidate the callings of my divine Self.
Today I will gently ask my brain to release any program it
has operating that short-circuits my ability to
“hear and honor”
the callings of my spirit's heart.

DAY 58

When we were children we did not know that our brains
were shiny, new computers.

I could never have known that what I observed,
consistently and repetitiously, in my home would become
the framework I would eventually build all of my thought
patterns upon.

Today I will remember that thoughts are habitual, and
that without deliberate, cognitive structuring of my
thoughts, my mind will simply recycle, and thus recreate,
all the programs I wish to eliminate.

Today I will remind myself to keep my mind as still as
possible so that I can learn to choose what to think, and
in what direction I wish to take my thoughts.
Today I vow to remember that in an awakened state I have
the ability to shift my life in any direction I choose!

DAY 59

When we were children we did not know that we were supposed to gain a healthy sense of autonomy by the age of three.

I could never have known that being independent, and autonomous was healthy.

Being criticized for not going along with my family's rules always made me feel ashamed and as if I were doing something wrong.

Today I will remind myself that I no longer need to feel ashamed for having independent thoughts that do not align with others.

Today I will ask my brain to recognize that associating shame with being different is unnecessary.

Today I will remember that I came to this planet to be me.

Being me is my divine purpose.

I can finally let go of any old programming that has me seeking my mother's or father's validation in those who are in my life today.

DAY 60

When we were newborns we did not know that the responses we received from our caretakers when we cried were our first lessons about self-worth.

I could never have known that my brain was downloading data that was meant to help me determine whether I could trust that my instinct to cry would yield me the help I needed to survive.

Today I will ask my brain to release any fear I have about believing I am able to trust myself.

I will remember that my newborn brain was defenseless to its environment.

I will remind myself that although I could not trust others would meet my needs lovingly, I can lovingly meet my own needs today.

DAY 61

When we were toddlers we did not know we were supposed to be encouraged to explore our inner as well as outer worlds, and that the purpose of those explorations was meant to help us discover what was unique about ourselves.

I could never have known that being yelled at for wearing mom's shoes, or for playing with dad's shaving cream, taught me to fear acting upon my innate need to explore and express my inner world.

Today I will remind myself that I no longer need to be small. I will gently ask my brain to release its attachment to any fear it associates with getting out of my comfort zones. Today I will remember it is only programming that has me stuck in loops of self-minimizing behavior.

DAY 62

When we are preschoolers, we do not realize that whatever data has been brainwashed into our innocent brains about our self-worth becomes a belief we hold about ourselves when we meet others.

I could never have known that I walked into every social situation I ever experienced with the labels I received from home.

Today I will ask my brain to release any old programs that are running that are associated with meeting new people, so that I can finally stop obsessing about what other people think and simply show up as my divine Self.

I will remember that any idea that has me believing I need to stay small and prove myself worthy of others is an illusion.

DAY 63

When we are children we do not realize the importance of discovering ways in which we can contribute to our society.

I could never have known that by the time I was six years old I should have learned to believe that others would appreciate the things that I could do or produce.

I could never have known how important all those craft projects really were.

Today I will remind myself that it is not my fault that my efforts to find ways to express myself tangibly were treated with indifference, and thus may have programmed me to feel inferior in my abilities to succeed on my own today. Today I will remind myself that any feelings of inferiority are simply skeletons that belong to the perceptions of unconscious others.

DAY 64

When we are children we do not know that our ideas about love are tied to how worthy we felt about being loved as children.

I could never have known that love was something I believed was tied to wanting, and not actually ever having. I always longed to feel loved, seen, and connected to my mother, or father, but I never actually felt loved by them.

Today I will remind myself to question the ideas and beliefs my brain holds about love.

I will remind myself that love was always inside of me, even though those I loved could not connect to that authentic place within me.

Today I will connect to that love, and do what I can to love my divine Self as I am.

DAY 65

When we are children we do not know that how our parents felt about the government, money, religion, and other aspects of society, in many ways, brainwashed us to accept their ideas as our own.

I could have never understood that I had a right to free thinking.

In our home my father made the rules, decided the opinions, and mom never challenged him.

I could never have known it was possible to detach and question whether or not I actually held the same opinions.

Today I will remind myself that I have a right to question every belief that has been downloaded into my subconscious mind.

DAY 66

When we are children we do not know we are not supposed to feel intimidated by others, to the point of feeling frozen.

I could never have known that I was supposed to go to school and figure out where I fit in as opposed to going to school and obsessively wishing someone would find me acceptable.

Today I will remind myself that I was always acceptable and that my people exist—people who are capable of loving me just as I am.

Today I will remind myself that my only job is to love myself unconditionally and to remember that those who are capable of loving me exist on the vibrational plane of love. To attract the love I seek, I first must become the love I am seeking.

DAY 67

When I was a child I did not know that my risk-taking behavior was the way I learned to drown out the cries I knew no one could hear, or cared to acknowledge.

I could never have known that, in all the distractions I created in my life as a teenager, somewhere in the middle of the chaos was the bellowing of an innocent, forgotten child.

Today I will remind myself that abandoning the inner cries of my spirit is no longer acceptable.

Today I will honor those cries.

When necessary, I am ready to set and enforce boundaries to protect my forgotten inner child.

I am finally learning to acknowledge
and appreciate the I am
that I am.

DAY 68

When I was a child I did not know that being lied to was inhibiting my ability to understand cause and effect.

I could never have known that being lied to impaired my ability to think rationally.

It is not my fault my brain's wiring has been hijacked by illogical brainwashing.

Today I will remind myself that, in spite of being raised by people who abused their power over me, the nature of this universe is simply governed by the law of cause and effect.

I felt unloved and therefore I have attracted people throughout my life who are incapable of loving me.

Today I will seek clear proof of the law of cause and effect in all that I do.

DAY 69

When we are children we do not know that our brains think in black and white.

I could never have known how crucial the pain versus pleasure principle was to the belief systems that were being downloaded into my subconscious mind.

Today I will remind myself that my brain may have learned to avoid expressing emotions simply because of the way I was treated as a child, when I tried to express my feelings. It is not my fault my brain has tried to get me to not feel what I feel.

My brain has only been trying to protect me from the spiritually dead, who held within them no ability to help me associate pleasure with expressing my emotions.

DAY 70

When we are children we do not know that the world is, in essence, a playground that has been created through our conscious ability to experience it.

I could never have known that consciousness was creating my reality, and that the subconscious data that was stored within my consciousness had become the master builder of whatever current realities I was experiencing.

Today I will remember that only a conscious, awakened mind can undo the programming that has been done. Today I will remind myself of the creative potential of my perceptions, and I will mold what energy shows up for my spirit's highest exaltation.

DAY 71

When I was a child I did not know I had rights.

I could never have known I had civil rights when I was a
child.

Being treated with indifference by those you love programs
you to believe you have no right to expect more than what
is showing up.

Today I will remind myself that
I, in fact, have rights.

I will remember that I have a right to feel what I feel, but I
will also remember that all other people have the right
to feel what they feel,
even if they feel
like they don't like the way I feel.

DAY 72

When I was a child I did not know I was supposed to feel so full of love that separating intellectually and emotionally from my mother was supposed to be a smooth transition.

I could never have known that at the core of my fear of loneliness, was a hole that was meant to be filled a long time ago when I was a small child, who needed to feel seen by those she loved.

Today I will remind myself that I have the ability to fill those old holes up with unconditional love for my Self.

I can love me. I can nurture me.

I can let go of needing to be seen by people who have a right to not see me if they do so choose.

DAY 73

When we were children we did not know that we had a right to feel anger.

I could never have known how healthy it was to be able to acknowledge anger.

In our house dad was the only one that was permitted to express rage, and mom only dared to act up when dad wasn't around.

Today I will remind myself that I have been brainwashed to fear feeling, accepting, and confronting anger.

Today I will thank my brain for trying to protect me: acknowledging my anger would have caused me to attract even more pain into my life as a child.

Today I will remind my brain that a significant part of my healing journey will be to learn to acknowledge and deal with anger appropriately.

DAY 74

When we are children we do not understand that part of our journey is to learn to master the Self.

Children do not know they have a
Self they can master.

In dysfunctional homes, the narcissists, alcoholics, drug addicts, or bullies decide they are the focus.

Today I will remind myself that it is not my fault I was
unaware I had a Self.

I will remember that my brain justifiably presumed it was
more important to learn how to survive.

Living in survival programmed me to stay on the look out
for the next attack.

Today I will ask my brain to remember that it is safe now,
and I can finally take the time to be introspective and
learn to master the Self.

DAY 75

When we are children we do not know it is good to feel good.

When children are born to people who abuse them, their divine wiring gets knotted.

They are brainwashed to believe they are helpless, and eventually give up and live in states of suffocating despair.

Today I will remind myself that all beings come to this planet to experience joy, love, contentment, and peace. I will gently ask my brain to release any program it has that has me falsely believing that happiness is a fairy tale. Today I will remind myself that the world is abundant, and feeling good is just one of my many birthrights. It is good to feel good.

DAY 76

When we are children we do not know we have a right to ask questions.

Children who live in states of survival
do what they can to stay small.

How could any child who is being forced to live in a state of survival understand they have a right to know why they live as they do?

Today I will remember how powerless I once was, and at the same time remember that staying small was the way I protected myself.

I will praise my efforts to take care of myself, and at the same time ask my brain to help me let go of any programs that cause me to fear speaking up for myself today.

I lived in a state of survival, because the people who raised me were dysfunctional.

DAY 77

When we are children we do not know that we are not
alone.

I could never have known that other children I knew
might have been in
similar situations to mine.

All I had to rely on for information was what I saw.
I constantly compared my home
life to other children's.

Today I will do what I can to broaden my perspective
about the way I
perceived myself as a child.

Sometimes dysfunctional parents
act one way in public
and another way behind closed doors.

It's possible that there were a lot of children living double
lives like me, and that

I just didn't know it at the time.

Today I will ask my brain to release any program it has
running that causes me
to compare myself to others.

I was never alone in my suffering.

I was only alone within my Self.

DAY 78

When we were children we did not understand how the way our parent's treated us would one day be the way we expected others to treat us.

When I was small all I knew was I wanted my mother to love me.

Craving her attention and validation consumed me until I was about twelve years old.

That's when my craving turned to boys.

Today I will remind myself that it is not my fault my mother was incapable of connecting with me in a healthy way.

I will gently remind my brain
that I am enough.

I can let go of any operating program that has me seeking my mother's love in lovers.

I am done with needing my lover's approval, fearing his/her abandonment, and believing I need another person to give my life meaning.

DAY 79

When we are children we do not know we have a right to
walk away from people who hurt us.

We falsely presume we must
endure the pain forever.

I could never have known I had a right to not be abused.

The fear in our home was so thick,
all I could focus on was
not upsetting the apple cart.

As an adult I can see how that programming is still
operating.

Today I will remember that I have a right to question
everything.

I will remind my brain that I no longer need to fear
upsetting apple carts.

If I do not want to be around people
who are abusive,

I have the right to avoid them,
even if they are my family of origin.

How other people feel about the way that I feel about
them will no longer dictate my actions
or control my mood.

DAY 80

When we are children we do not understand that one day
our lives will end
and the chance to be our free selves
will be lost.

I could never have known
how precious time really was.
As a child I just presumed my life would go on forever,
and that eventually,
by some stroke of luck ,
I would find myself happy.

Today I will remind myself of just how precious time really
is, and that it is up to me to make my life matter.
I will ask my brain to help me release any program it has
that is rooted
in the fear of making mistakes.

Today I am willing to make mistakes, because in the
learning from those mistakes, I get to more clearly decide
what it is I want to experience in this lifetime before I die.

DAY 81

When we are children we do not know that most of what
we will be learning about society is nonsense.

When I was a child I believed I had to look a certain way
in order to be good enough.

I realize now that no matter how hard I tried to be what
others expected me to be,
it was never enough anyway.

So much of my time here has been wasted, stuck in
childhood programs
that were simply illogical in the end.

Today I will remind myself to stay focused on the
impermanence of life.

Nothing is permanent, and especially not physical
appearances.

Everything ages, and everything dies.

Today I will ask my brain to release any attachment it has
to the idea that my worth has anything to do with the way
that I look, what kind of car I drive,
or what kind of house I live in.

DAY 82

When we are children we do not understand how
inauthentic most adults can be.

Innocent, we take others at face value.

Although our tiny hearts may have always felt that
something about the adults in our lives just
did not add up, we learned to
distrust those instincts.

Children are easily confused, because they are innately
trusting.

Trusting others is a necessity, as children know they are
powerless.

Needing to trust others is essential to survival.

Today I will remind myself that it is not my fault I trusted
the untrustworthy.

I will also remind my brain that it is time to start trusting
my instincts.

I am no longer a child,
and I can take care of myself.

I no longer have to tolerate feeling
lied to, or deceived.

I can trust the red flags I become aware of,
and set boundaries in place
when necessary.

DAY 83

When we were children we did not know that we were supposed to be striving toward emotional independence.

Children who are consistently rejected become programmed to fear abandonment, and so as adults we cling to unhealthy relationships rather than accept losing relationships that do not serve us.

Today I will remind myself that being rejected by the
people I loved
programmed me to fear abandonment in my adult life,
and I can let go of any old programs that keep me stuck
in relationships with others that do not allow me to grow.

DAY 84

When we were children we presumed everything was our
fault.

Blaming ourselves helped us not feel so out of control.
What we could never have realized was that one day we
would attract others into our lives who would eventually
blame us for everything,
and that we would feel guilty for things that were not our
fault.

Adults who get stuck in loops of guilt may not realize that
the childhood programs they developed when they were
innocent, that once protected them in some way, may be
reinjuring them today.

Today I will focus on the fact that I am in no way
responsible for other people's poor decisions, addictions,
financial situations, happiness, anger, or choices.

DAY 85

When we were children we believed whatever stories our
parents told us about god.

We had no idea that their beliefs were based on someone
else's beliefs, or that people had a choice to believe in
what they wanted to, and that they also had the choice to
disbelieve what others insisted they believe.

Unless we challenge the beliefs that are rolling around
in our minds, we can never be sure if what we actually
believe what we believe, or if we are simply recycling data
someone else downloaded into our brains when we were
the most impressionable.

Today I will challenge the beliefs I currently hold about
god, faith, and religion.

I will spend time considering whether or not I actually
believe what I have always been programmed to believe.

DAY 86

When we were children we did not know about fairness.
When you come from a dysfunctional home, adults write
the rules as they need to.

Adult children who have been treated unfairly have a
difficult time finding their sense of balance.
As adults we do not know who we are because when we
should have been figuring out what was special about us,
we were too busy deflecting invisible bullets.

Today I will remind myself to meditate.
Meditation will help my brain slow down, so that I can
feel grounded.
Once grounded, I can then begin tapping into the I am
that I really am.

DAY 87

When we are newborns we have only our senses to rely on.
If we are treated tenderly, we presume we can trust that we
are enough to be cared for.

I always wondered why I felt afraid to ask for what I
wanted.

My mother was an alcoholic, and my father was a
narcissist.

They never had time for any of us.

I can only imagine how they perceived their newborns' cries.

Today I will remember how innocent newborn babies are.
Today I will seek ways to nurture myself in as many ways as
possible.

Today I will ask my brain to release any program it has
that links guilt, shame, or fear to needing to self-care.

DAY 88

When we are young adults we do not realize that the way we have been brainwashed to feel about ourselves as children determines what decisions we will make for the rest of our lives—or until we wake up.

I could never have known that I have been marrying my father's narcissistic, energetic twin.

If I had known that my attraction to dysfunctional men was being caused by the data I had stored in my subconscious mind, I would have done what I could to confront that data a long time ago.

Today I will remind myself that it is never too late to question the programmed beliefs I have in my subconscious mind.

Today I forgive myself for not knowing that what I did not know, I did not know.

DAY 89

When we are young adults we do not understand we have
nothing to prove.

Children who have never received proper parental
approval never stop seeking validation from the outside.
Some of us die seeking the approval of people who never
had the capacity to
“see us.”

Today I will ask my brain to release any programs it has
that are attached

to the faulty belief that I need to be validated by others.

Today I will remember that it is not my purpose to
convince others I have a right to feel the way I do, or that I
need their permission to feel the way I feel.
The Self has the ability to validate the Self.

DAY 90

When we are children we do not realize the magic that is
stored inside of us.

We do not understand that no matter how hard others
ever try to tear us down,
encoded within our DNA are the powers of a god.

I could never have known what a gift being forgotten
could be.

Because there was no one to lean on, I was forced to rely
only upon my Self.

In my darkest hour is when I discovered my inner light.

Today I will remember that in all the moments I believed I
was alone, I was not.

Today I will remember that beside me, all the while, was
my divine holy Self.

I am not my programming.

I am that I am.

DEAR ONES,

In spite of all the darkness you may have experienced here on this planet, the truth is that within you is all the light you will ever need to find. Our world is in a state of huge transition. Perhaps that is the nature of the world itself: transition. There is nothing that exists that is not evolving. Our minds are no different than the seasons. We are each meant to be born, and to fall asleep, and then to be born again. Being born again is not a one-time occurrence. We are meant to die many deaths, and to be born again many times as well.

Man is unaware as to all the times he has died to aspects of himself. When a man is no longer a newborn, he does not stop to wonder where his newborn Self has gone. A young adult does not ask the Self, "Where has the toddler in me disappeared to?" Parents do not stop to question, "Where is the child I once was?" Each stage of awareness seems almost ignorant of all the stages of awareness that have come before it. Man is forever dying and being born again, unaware that his only true constant is his involuntary evolution toward his final conscious awareness.

The one who has learned to love the Self has learned to slay the invisible dragons of self-alienation caused by self-loathing. The man who has learned to love the Self has learned to embrace his seasons without the interruptions of a colicky ego. When a man has learned to love his Self, he has learned to transcend the pain caused by the illusions and perceptions of those he once trusted to tell him who he was. A content man has learned to appreciate the lessons of unconsciousness, no matter the depth of his sleep or the battle scars that have been branded upon his heart.

So often the wounded are told that the solution to their suffering can only be found in forgiving those who have wounded them. Well-intending others are blind to the consequences of their rice-paper-thin solutions. It is incongruous to forgive pain not owned or fully acknowledged.

This world can be a confusing place. Man is born a blank slate.

When man opened his eyes, he was bombarded with sounds, lights, and tactile stimulation. While in the womb, man knew only serenity, warmth, and suspension. From the moment man dies to the utero experience and is born to the world of the breathing, he is confused. The brain of man does its best to keep up with the lights, the cameras, and the action. This new world is one he needs to assimilate to quickly. He discovers almost immediately that he will need others to validate him in order to survive.

Those first few months of a man's life teach him about his worth. By the time a man has reached his first birthday, he will have decided whether or not he can trust that he is worthy of having his needs met by the gods who rule his world. If the newborn man has been treated tenderly when needing to have a diaper changed, and he is made to feel that his cries are worthy to be heard, he will learn to trust that his inner world is of value to the outer world. A newborn man who learns to experience an outer reality that is consistent with his inner reality is a man who has discovered his godlike potential before he has discovered his ability to walk.

The newborn man whose cries go unheard, whose tender body has been battered and misused, will learn to distrust his inner world, as his needs have been unmet. He will decide that it is not safe to express his hunger, fear, or discomfort, and the conflict between his inner world and outer world will arrest his ability to know himself as a god. Unable to trust his innateness, he will presume himself broken and wrestle his inner world with the weapons handed down to him by the gods in his life. Shame, guilt, unworthiness, resentment, deception, greed, rage, temptation, rebellion, codependency, dependency, inauthenticity, duality, and depression will ride his mind like a gladiator rides a chariot. He will feel like a ragdoll, in an arena built by gods and for gods he has learned to seek worthiness from, who have failed to deem his inner realities worthy of their validation.

It is not enough to ask the wounded newborn man to forgive the gods who have taught him that he is nothing without first allowing the man to acknowledge the suffering he has been programmed to

believe he has no right to see and feel. The first wound of man is the one that causes him to distrust himself—the wound created by having his innocent needs treated with indifference by the gods in his early life. It does not matter if the gods were awake when they wounded the newborn man. Healing the wounded man hinges on his ability to acknowledge his suffering wide-eyed.

Man is capable of transcending any suffering, as he is his own savior. The newborn man who falsely believes he is nothing is the sacrificial lamb that must die before he can be resurrected and born again of a new mind. And just as it is illogical to presume that the pain that occurs as a result of a nail to the foot, or to the palm of a hand, is suffering that can be, or should be denied, it is illogical to presume man was not meant to know his own pain.

Within all men resides a newborn that is powerless to people and things around him. Before man can know himself as a god, he must know the powerless child he is. Man's godlike power and control arrives the moment man surrenders to his powerlessness over things he was never meant to control.

The god man is one who has learned to soothe the newborn within him with grace, compassion, understanding, acceptance, and unconditional love. He has learned to confront his false Self, slay the illusionary dragons, and embrace his divine right to be. He no longer clamors for outside validation, as he has learned to quench his own thirst and to harvest his own fields. He has flipped his reality. Accepting his inner world has manifested his new outer world, and allowed him to feel integrated without the nuisance of conflict.

It is my hope that this little book of affirmations helps you confront the illusions you may hold within you on the invisible battlefield of your mind. The journey of man is one of self-resurrection through the ghastly experience of self-persecution. It is not the fault of man that he is unaware he is unaware. But it is the goal of man to discover that within him, all along, was all he ever needed. May you awaken from the dream and know the glory of your true divine nature, dear one. You are, and always were, enough!