

## Deeper Into Truth

We cannot see clearly when the mind is out of focus.

Deep within we have a voice that speaks to us -

through the body - call it pain  
through our inside - call them feelings

When we break a leg, we can most often realize what happened.

When we feel disappointed or hurt or angry - we have learned to look outside for the cause.

And yet the wise ones, over the years, have understood that what we experience comes from inside.

It is easier to blame a person, place or situation. So much depends on knowing "Who are you?"

Many of us have been taught that we are made in the image and likeness of God but, in a way, we have no understanding of what that means or the implications.

Many of us really believe that others have "done it to us."

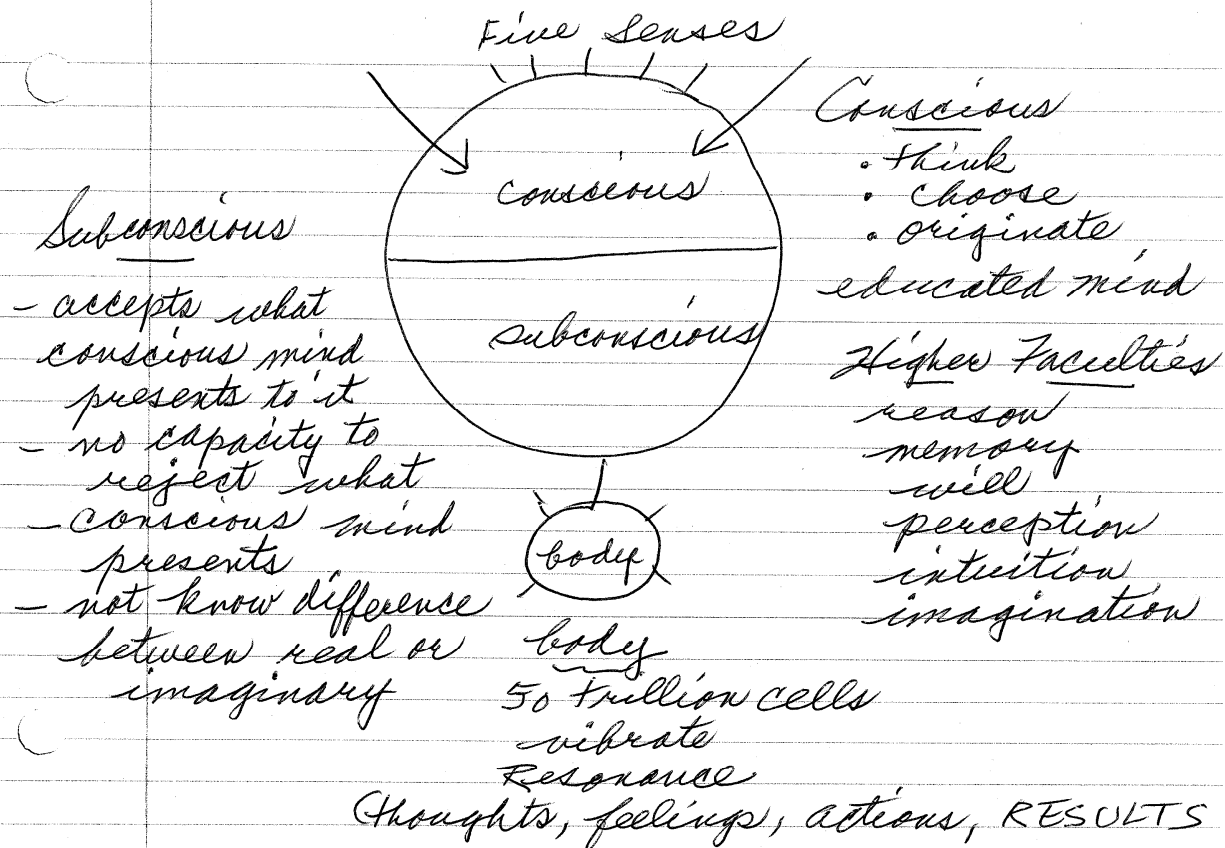
- a) Step 10 in 12 & 12 Bill clearly states that if I am disturbed, there is something wrong with me.

- b) In Step 8 he says we have emotional conflicts that persist below the level of consciousness. He tells us how we were affected "at the time of these occurrences." He says absolutely we must examine our personal relationships but says "We can go far beyond those things which were superficially wrong with us - to see those flaws which were basic."
- c) In an article on Emotional Sobriety, 1958, he says the next major development in AA will happen around the development of much more real maturity and balance in our relations with ourselves, with our fellows and with God.

Bill Wilson

All problems are in the 3rd dimension -  
all solutions are in the 4th dimension.

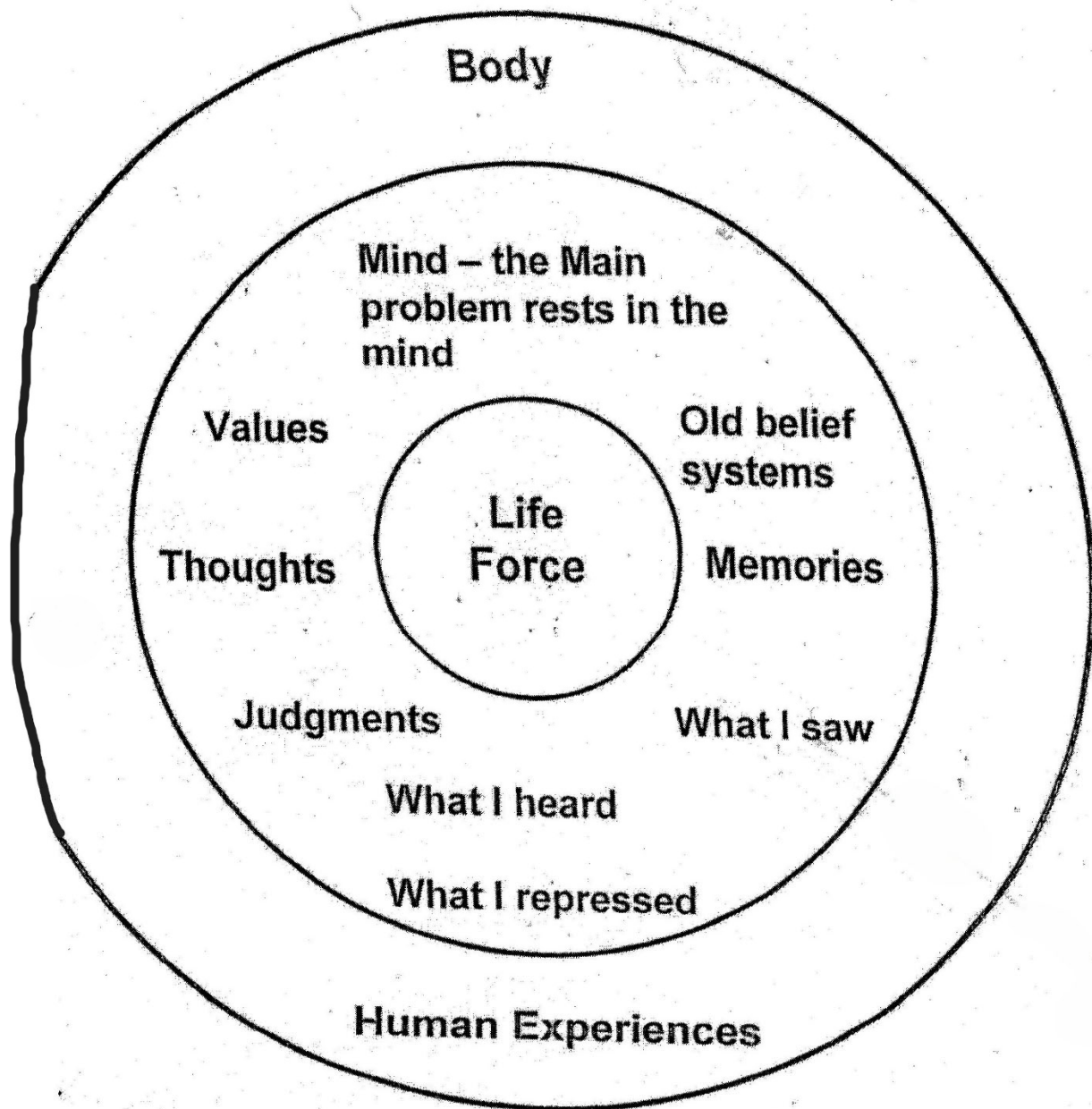
Einstein You can never fix a problem  
at the level it was created.

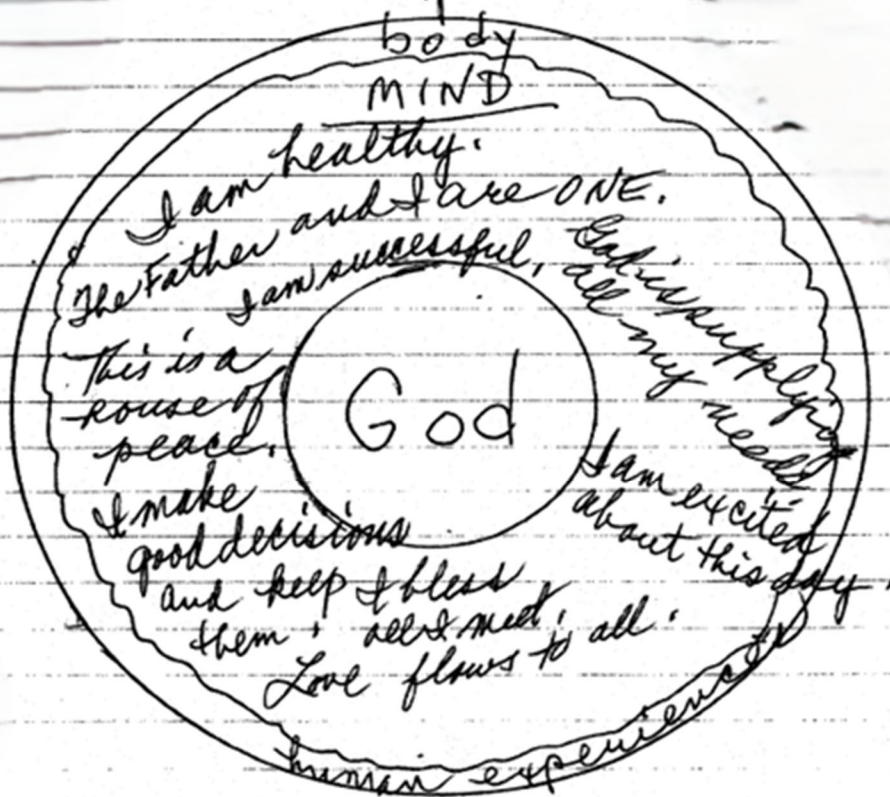
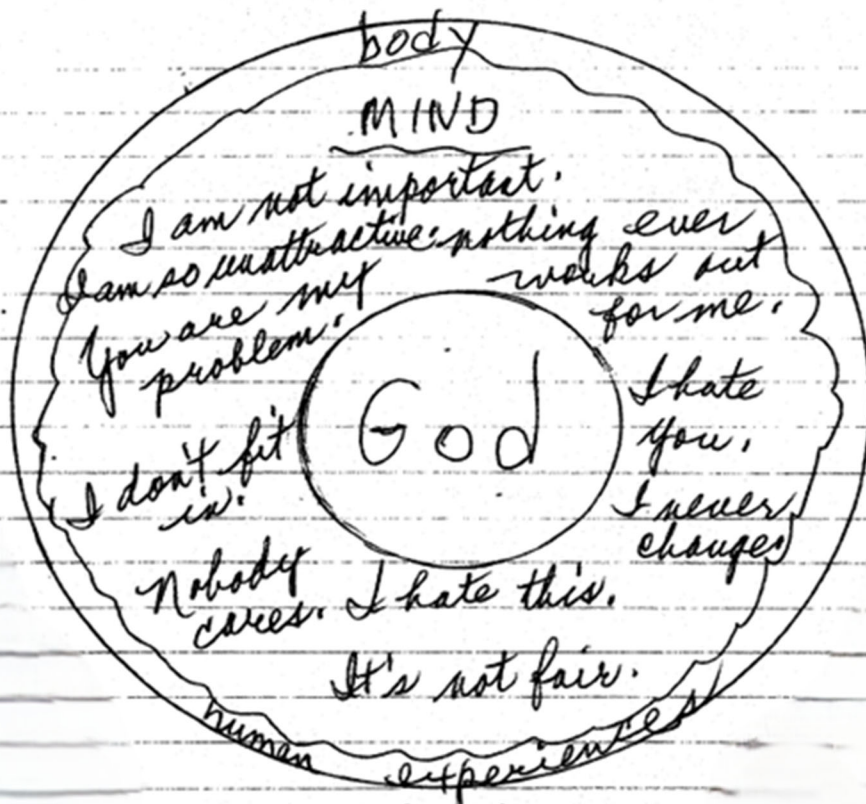


The Conscious Mind informs itself of the physical world by means of the five senses - impresses whatever on the subconscious - can use higher faculties.

### The Subconscious

- a) builds and rebuilds the body
- b) has unlimited strength and power
- c) has perfect memory
- d) works out natural sequence with infallible logic
- e) tends to express on the physical plane every idea presented to it (no discretion)





## CHANGING BELIEFS

### The “Top Ten” Voices Of the False Self

### God’s Response

- |   |   |
|---|---|
| 1. I am not good enough.                          | 1. In my human experience, there are always levels of comparison – better than, not as good as. But, God, you show up as me. In my essence, I am whole and complete. That is where I <b>choose</b> to focus.              |
| 2. I am so stupid.                                | 2. My human self does not know everything, but the God within knows all.  |
| 3. I’m boring / dull.                             | 3. Boring and dull is a perception. I have an interesting inner life and this becomes manifest as I let the Holy Spirit heal my old belief system.  |
| 4. I don’t fit in.                                | 4. I am part of the WHOLE and fit perfectly. In the fourth dimension, everything is in divine order. But everything in the human world may seem not to fit; the more self is released, the more I fit and live with ease. |
| 5. I am a weak person.                            | 5. This is the talk of the false self. I am able to accomplish what I want to do as I allow the strength of God to flow.  |
| 6. I could never learn that.                      | 6. Wisdom is my heritage, for God lives in me. I am able to learn anything I want to.   |
| 7. I’m afraid to do and say what I would like to. | 7. God wants to express through me. I share who I am with confidence.   |
| 8. I don’t make enough money.                     | 8. I live in God who is Substance. I am perfectly supplied as I get rid of old ideas.   |
| 9. I do not matter.                               | 9. I live in God. As part of God, I am important.   |
| 10. I am never included.                          | 10. <b>People</b> may not include me but <b>I am always part of God.</b>  |
| 11. I am not as smart as _____.                   | 11. I know everything I need to know. I must listen to the voice within and trust that any information I need is given to me.   |
| 12. I want to be like _____.                      | 12. I am an individual expression of God. I am unique.  |
| 13. I never change.                               | 13. God grows me through the effort I make. My choice is self or God.   |
| 14. I should know better.                         | 14. I know everything there is to know in my God self. In silence, I listen.  |
| 15. I hate life / this situation / God.           | 15. I love life. It is a great gift. My challenge is my <b>opportunity</b> to awaken to God’s Presence.   |
| 16. I hate this.                                  | 16. I love this. Everything is in divine order. This is an opportunity to release unloving mind energy—the false beliefs that are really the problem.   |
| 17. I hate myself.                                | 17. God is my life, my essence. I love myself. I am a somebody in my essence.   |
| 18. There is nothing I can do.                    | 18. I can wake up to the God within. That is the purpose of this work.  |
| 19. Nobody notices me.                            | 19. I am made out of God. God sees me and notices my every breath.  |

### **The “Top Ten” Voices Of the False Self**

### **God’s Response**

- |   |  |
|---|--|
| 20. Nobody understands me.  | 20. Life understands me perfectly. This is wonderful. The right things happen for my growth.   |
| 21. I’m trapped.  | 21. My real life is in God. As I release my false self, more of the God force flows into my experience. I am free to move, to grow, to change, to enjoy, to say NO.  |
| 22. They should help me.  | 22. No human power can fix me. I help myself by allowing Rukha to remove negative beliefs. Then Power can flow.  |
| 23. They should respect me.   | 23. I must respect my being because God is my essence. When I respect myself because I know who I am, others respect me too.   |
| 24. They should love me.  | 24. I am made out of LVOE. As I experience that truth, I realize my task is to let the love flow from inside me to you. Then all is well.  |
| 25. They always forget me.  | 25. Maybe people forget me, but I live in the MIND of God. God sees me always.   |
| 26. They owe me.  | 26. As I wake up, I see I am part of God and I am complete. As the false self is healed, I see that God is my Source.  |
| 27. He / she is cruel / cold / stupid / selfish / arrogant / lying. | 27. He / she is perfect in his / her essence.  |
| 28. This will never change.   | 28. Everything changes as I do the healing work. I surrender and let God heal me.  |
| 29. Nothing ever changes no matter what I do.                       | 29. Everything changes when I surrender to the Power. I ask the Holy Spirit to heal me of my old mind energy and it is done.   |
| 30. Nothing ever works out right.                                   | 30. There is no right / wrong way for things to work out. Life is for waking up.   |
| 31. Nobody loves me.  | 31. God is Love. God loves me. As this becomes my reality, I draw loving experiences to me.  |
| 32. It’s not fair.  | 32. If I could see the big picture, I would realize that life is absolutely fair. My energy draws me to the experiences I need in a particular situation so I become aware of what is truly holding me back. |
| 33. I resist life.  | 33. God is Life and God is everything. I accept what is and do the work of healing so GOOD can flow. I love the way it is.   |
| 34. Life should be different.                                       | 34. Life is perfect. God is everything and life is for waking up. People trigger my stuff and I have an opportunity to heal.   |



## CHANGING BELIEFS

### Appendix

#### The “Top Ten” Voices Of the False Self

#### God’s Response

- |   |  |
|---|--|
| 1. If I am good, my life will be great.               | 1. Life works from the inside out. (p. 164) I focus on God showing up as me and make an effort to think, speak and act accordingly.  |
| 2. I have to do things perfectly.                     | 2. Doing things perfectly is an illusion. Only God is perfect. God uses my mistakes and imperfection to show me that I am loved – not because of what I do but because of who I am.  |
| 3. I am unworthy.                                     | 3. This is the voice of the false self. Of course, in my human experience I can feel unworthy. But I must re-focus to my essence—I am whole and complete because God shows up as me. |
| 4. I am an idiot.                                     | 4. God—my life—is all wisdom, all intelligence. I listen for guidance. The false self is the idiot voice.  |
| 5. I am fat.  | 5. This is just a perception, the voice of the false self. I focus on my essence and see the beauty that is you, God, showing up as me.  |
| 6. If I were skinny, I would be happy.                | 6. Happiness is a choice, not dependant on anything outside. I choose to be happy, waking up to your Presence, God.  |
| 7. I have to do everything myself. Nobody defends me. | 7. Nobody can fix my life. I am totally responsible for my choices. I have to be right with You, God, (p. 164 and then my life flows as it should.                                   |
| 8. I am not special.                                  | 8. This surely is a deception. In the human world, I may not be seen as special. But You, God, show up as me. To You, I am special.  |
| 9. Nobody cares.                                      | 9. My job is to learn to care for myself because God is my life. When I care for myself, my energy changes and hence my experience improves.   |
| 10. I will always be alone.                           | 10. God, you are everywhere. It is not possible that I am alone. Wherever I am, You are.   |
| 11. I lack _____.                                     | 11. God is my Source. Everything is within me and flows from within as I let it. “The Spider Knows.”   |
| 12. My job is to take care of _____. S/he needs me.   | 12. God lives in each person. Each of us is here to wake up. I am responsible for the choices I make for my life and so is each person. Fixing is enabling / crippling.              |

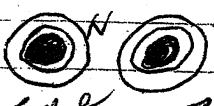


## **FEELINGS**

**Suspicion  
Frustration  
Discouragement  
Fear  
Disappointment  
Guilt  
Hostility  
Jealousy  
Loneliness  
Rejection  
Boredom  
Envy  
Impatience  
Irritation  
Restlessness  
Discontentment  
Torn  
Inadequacy  
Defectiveness  
Self Pity  
Being Overwhelmed**

**Frantic  
Panic  
Anger  
Fury  
Rage  
Unhappiness  
Sadness  
Hurt  
Grief  
Anxiety  
Worry  
Nervousness  
Inhibition  
Uncertainty  
Embarrassment  
Discomfort  
Confusion  
Being paralyzed  
Bitterness  
Resentment  
Being Unlovable**

## Process for Healing Emotional Upset

1. An event / situation happens. Neutral to some but I am upset. List it.
2. I feel \_\_\_\_\_
3. The voice inside is saying
  - a)
  - b)
4. Is this the voice of God - could it be?  
~~or~~  
 Is this the voice of the false self?
5. If it is the voice of the false self, do I want to continue listening?  
 Is it telling me the truth?
6. What is the truth? Write the correction from the Changing Beliefs sheet.
7. I ask you, Power of God within me, to remove the false belief that was triggered. Please exchange my darkness for your light.
8. I commit to an action.  
 I see you as the manifestation of the divine. In your essence, you are whole NOW.  
 I send you a gift -   
 I acknowledge we are ONE.  
 Thank you, God, for the opportunity to wake up.  
 Love,

## MY EXPERIENCE OF LIFE TODAY

1. Situation in my life today \_\_\_\_\_.
2. **Seemingly** this causes me to feel \_\_\_\_\_, but I know a situation can never be the cause of my feelings.
  - a) What has really caused my unhappiness? The triggering of the false beliefs in my unconscious.
  - b) Remember the spiritual axiom – If I am disturbed, I am the one in error (the one who has to change). I have made something on the outside more important than my relationship with God.
  - c) The false beliefs that were triggered:
    - i) \_\_\_\_\_
    - ii) \_\_\_\_\_

B. I remind myself of my goal, my purpose for being on the planet...(See note below.)  
\_\_\_\_\_

C. 1. I am now ready to get right with God.

2. I reprogram the beliefs that come from the false self.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_

3. I ask the Holy Spirit to clean out my unconscious.  
Please remove the part of the false belief that was triggered by this situation. **I am willing to be changed.**

4. I see the Light of God showing up in you, As you, \_\_\_\_\_. At the level of essence we are one.

Thank you, God  
\_\_\_\_\_

NOTE: Two people are in Chicago waiting at the airport to fly home to Toronto. There is a snowstorm in Chicago. Person A has a lover in Chicago. Person B has a lover on Toronto. Each will have a very different perception of the situation.

## PROCESS FOR CHANGE

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The root of the problem is self – the false self (Step 3) arising from the belief that we are separate from God and one another. Our purpose here is to wake up spiritually, so life provides opportunities for us to become aware of where we are out of harmony.

### A. THE SITUATION

1. This is what happened. \_\_\_\_\_.
2. I feel \_\_\_\_\_ because some of my old messages have been triggered.  
(A) \_\_\_\_\_  
(B) \_\_\_\_\_
3. The Book tells me ... "Be sure your relationship with God is right and great things will come to pass for you and countless others" (p.164) My relationship with God is not right when my **STUFF** is resonated. "It is a spiritual axiom that if I am disturbed I am the one in error."  
(breathe)

### B. I AM WILLING TO CHANGE, SO I CAN BE CHANGED – Am I willing and ready?

"The main problem rests in the mind." My mind is my inner world. I choose to do my part – so I can be changed. Am I willing? Am I ready? (Step 6)

- (A) \_\_\_\_\_  
(B) \_\_\_\_\_

You, \_\_\_\_\_, did me a favour when you triggered my STUFF. I see the Life Force in you, \_\_\_\_\_.  
"Deep within every man, woman and child is the fundamental idea of God".  
(breathe)

### C. A NEW WAY OF SEEING

"As a man thinketh in his heart, so is he."

If I believe  $2+2=5$ , I will fail the Exam.

If I see you as the problem and me as separate, I will have pain.

You are not the problem – you have done me a favour by triggering my false beliefs.

As I grow in harmony with the Power, good will manifest.

I ask for \_\_\_\_\_ and I will continue to do the work until this gift can manifest.

(breathe)

### D. HOLY SPIRIT PLEASE HELP ME - REMOVE MY ERRORS AND TEACH ME THE TRUTH.

- clean out these false beliefs      • speak to God for me
- show me the reality of ONENESS as it applies to life      • change my lens of perception so I realize there is no separation      • help me to see the world as you see it      • dissolve the control the outer world has over me.

Please exchange my darkness for your Light.

(breathe)

### E. MY COMMITMENT

- 1) I now feel \_\_\_\_\_.
- 2) Today I will put into practice what I believe.  
This is what I will do \_\_\_\_\_  
(Select the behaviour that is specifically relevant to the situation. Select the time for carrying it out.)

Thank you, \_\_\_\_\_, for triggering my STUFF. Thank you, God, for the wake-up process.  
(breathe)

Love, \_\_\_\_\_

## Thoughts on The Process

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### **A. The situation**

I am never upset for the reason I think I am. I have believed the problem is outside. The problem is always self – the toxic waste-dump of **false beliefs** – the message of the false self, taken on in childhood experiences.

I am not aware that this is how life works. – so the Universe helps me.

How?

People, events, and situations trigger these messages.

My old beliefs stimulate feelings that jolt me into awareness.

Exact past patterns associated with the current events -- flashes of what I experienced when the original event took place -- rush into my consciousness. So also, do the thoughts, the feelings, and sometimes even the smells and other sensory input of the experience of long ago.

Instantly, I am experiencing the feelings I felt in the past.

Not understanding this, I blame you, judge you, criticise you and may even want to hurt you.

### **B. I am willing to change so I can be changed**

"The main problem rests in the mind." --- inner world.

People, events and situations do me a favour when they trigger awareness of the false belief systems that have been driving my life.

I now begin to do my part.

I reprogram the way I, in my human reality, think. Rather than listening to the false self, I learn to be aware of the God Self, the still small voice speaking the truth in my essence.

The intellect cannot heal me, but it can think thoughts in harmony with truth and then it is up to me to move forward on the path of truth.

### **C. A new way of seeing**

God wants us to be happy, joyous and free.

It won't happen if I continue to write  $2 + 2 = 5$  and as long as I believe I am separate from God and you.

It is a spiritual axiom ----- If I am upset, I'm the one in error. It is I who must do the work to change so I can **be changed** by God.

### **D. The power of grace (God's activity in my life)**

God has only one agenda for me ----- that I wake up to who I am ----- become conscious. I have been given a helper within, sometimes called the Holy Spirit, who undoes the effect of our errors and teaches us the truth.

### **E. My commitment**

I begin to see why my life is the way it is. Things I thought were destructive, I now see as gifts. You, \_\_\_\_\_, have helped me see what I must do so I can be changed. I am grateful for this. I send you a gift \_\_\_\_\_. Thank you  
\_\_\_\_\_.