



Today's Lesson
**Living in Process:
Stepping Stones to Freedom**

Power Point notes available at:
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More than anyone of his time, Jesus understood the need for people to be free to heal their lives, to find freedom for their troubled souls. And he taught them in one word:

Forgiveness

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Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" "Jesus answered, "I tell you, not seven times, but seventy-seven times." Matt 18:21



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"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven." Luke 6:37

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When it comes to the activity of offering forgiveness, Joan Gattuso writes, "Forgiveness is the price we pay for our own freedom." (A Course in Life)

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The freedom she talks about enables one to:

- Forgive (by)
- Releasing
- Ego &
- Error (for)
- Divine
- Order
- Manifestation

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So what are the possible manifestations that forgiveness can bring to us?

1. The freedom to heal and restore our minds, bodies, and souls to that place of purity and innocence.

“To them belongs the kingdom of heaven.”

2. The freedom to walk in our world without barriers that keep us in and others out.

“When we create barriers of separation to keep others out, we are in fact locking ourselves up.”

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3. The freedom to function for the highest and best for all concerned. We are part of a collective all in the great creative STEW:

Spiritually Together Experiencing Wholeness

4. Freedom from fear-filled nightmares, guilt, and error thought.

“Fear not for it is the Fathers good pleasure to give you the kingdom.”

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5. The freedom to see the miracles that await us as we increase our awareness that everything we need is already here.

“The kingdom is within you.”

Joan reminds us that, *“Forgiveness allows us to reinterpret what has occurred from a much more enlightened state of mind. We need to forgive until we have healed every scrap of fear, painful memory, every guilt experience, and every conflict.”* (A Course in Life)

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To bring about a change in consciousness so that healings can take place, affirmations can be very useful in helping to focus our attention.

Cleansing affirmation: *I now forgive myself for all known and unknown limitations I have placed upon myself and others.*

This affirmation can help you realize the answer to this question: *What would I talk about if I had no problems to concern myself with?*

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We’ve all heard or read about the spiritual law of karma: what goes around comes around, as you think so you are, as you give so you get. There is no getting around this activity in our lives. Your belief system is tied to this law, so as you believe so it becomes a reality for you. Change your belief you can change your reality, you change your future!



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We can find freedom from negative karma by using this teaching from Jesus:

“Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved.” (Matt 9:17)

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New wine (ideas) into old wineskins (old belief system):

I, (your name), willingly release old, worn-out thoughts, feelings, beliefs, and things that clutter my life and consciousness.

I, (your name), purge my mind of dead thoughts and dead relationships: I am free.

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Here are some stepping stones to being free from negative karma by allowing the activity of forgiveness to be active in all that you do, say, and are.

Step 1. Pay close attention to your actions and to the signs that the universe is trying to tell you something may be out of balance. Make an effort to listen and then ask for help.

Step 2. Accept your karma. When challenging situations sprout in your life, go through them with strength and courage.

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Step 2... In this way you attach positive energy to the situations thus reducing the need to "carry" all the other stuff.

Step 3. Do not judge anything good or bad. Look at everything as an opportunity to learn something about yourself and the situation or circumstance you may be involved with.

Step 4. Choose an event in your life that you have carried into your future. Write about with complete honesty, not trying to be correct, fair, or nice about it.

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Step 4... Express all your emotions about the event without censoring anything.

Step 5. Invoke divine grace to help clear up the negative feelings. Silent repeat to yourself: "*God, please help me to grow and heal from this.*"

Step 6. Now rewrite the event. This time adding the other person's point of view. Be sincere and say what you think would be appropriate. If all you can muster at the time is that he or she couldn't help it because they were an idiot, so be it.

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Step 7. Let it be for awhile. Continue to ask for divine grace and guidance. Now look at it again. Just for a moment, you're the greatest of all truth students and metaphysical sages, you enter into the assumption that everything that happens in your life is perfect and that you, as soul, chose it.

Ask: Why did my soul chose this event? Did it make me stronger? More compassionate? Less attached to material things and outcomes?

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Step 8. Now, do one last re-write of the event again. This time as your life story without the personal element, but instead as if it were a fictional novel. Make an effort to see yourself as the storyteller. Tell the joys and sorrows with equal gusto. What fun is a novel without discord or challenge. Describe all the colorful details, along with your inner dialogue, thoughts, feelings. Be the storyteller!

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Following these steps will help you to free yourself from karmic bondage to continued pain and suffering; you'll find that your more enlightened and free-spirited.

KARMA

FEAR-BASED	LOVE-BASED
You reap what you sow. Karma is the consequences, both good and bad, that are brought to you based on your actions, good and bad. You are judged for your actions.	Karma is a gift that brings you lessons for your soul's personal growth, and will continue to bring these lessons back around until you have learned them.

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