

Loving Accepting Forgiving
LAF~ing through life

Consciously Awakening to the Source Of Unconditional Loving *within*



INNER LIGHT MINISTRIES
A PATH OF SOUND AND LIGHT®

LAF~ing through life

Consciously Awakening to the Source Of Unconditional Loving *within*



Created by
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ABOUT INNER LIGHT MINISTRIES

Inner Light Ministries (ILM) is a non-profit organization dedicated to teaching spiritual awakening through an inner practice of meditation. This meditation practice is an inner path through which the soul transcends the physical realms of creation to its true home in the spiritual realms within the heart of God. In spiritual teachings and literature this inner path is often referred to as “The Path of Sound and Light,” “The Path of The Holy Spirit,” “The Path of Love,” or simply as “The Path,” or “The Way.” ILM offers initiation into this meditation practice enabling one to fully experience this inner journey of awakening.

To provide support for those individuals interested in this path, Inner Light Ministries offers numerous publications, materials, programs, and services, which encourage devotion to God and support a life-long practice of meditation, spiritual study, and service.

For further information, please contact:

**Inner Light Ministries
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Inner Reflection & Loving Action

Reflecting and contemplating on oneself and God is essential to self-discovery and spiritual awakening. Writing down one's inner thoughts and feelings supports the process of self-awareness and conscious awakening to the

Source Of Unconditional Loving... *within*

This workbook serves to encourage the inner work of Self Love and Love of God through Meditation, Journaling, and the Application of LAF: Loving, Accepting, and Forgiving.

In ILM, we focus on one simple meditation, and that meditation has one single purpose: to awaken to the divine that we are by going within to have our own direct personal experience. Meditation is being in communion with God; it is simply loving God ... and allowing God to love you.

Journaling can be a great support to you and your focus on Spirit. By writing down your awarenesses and experiences that you receive in meditation, you will be creating an intention and focus for living the Loving in your daily life.

Applying LAF (Loving, Accepting, Forgiving) supports you in bringing your thoughts and feelings, your actions and reactions, into the Loving so that nothing separates you from God. There are many ways to approach LAF. LAF walks you through the steps of:

- ~ Loving yourself ... loving all of you and loving God. Loving the parts of you that fear, judge, and go into reaction with yourself, situations, and others, so that you can claim and love yourself and love God – through the fears and judgments, letting them go ... and getting your freedom.
- ~ Accepting and acknowledging the fears and judgments that you are creating, controlling, protecting, afraid of losing, or shunning and avoiding ... so that you no longer create a barrier of separation in yourself or between you and God.
- ~ Forgiving yourself for judging your fears, and forgiving yourself for all the judgments and fears you hold against yourself, others, and God (thoughts and feelings, actions and reactions).

The following is a breakdown of applying LAF:

Diagnosis ~ *Protection + Fear = Separation*

Prescription ~ *Loving + Acceptance + Forgiveness (LAF)*

Applying LAF on a daily basis = *Spiritual Healing and Freedom!*

Through meditation, journaling and LAF, you will begin to open to the Loving that is inside of you; the fears and judgments will slip away and you will begin to live, more and more, the Loving that you truly are.

EXAMPLE: Application of LAF

Protection & Control

What are you *protecting* or *defending* or trying to *control* ... in yourself or in others? Is it your feelings, beliefs, self images, expectations, desires, etc.? Remember, it's inside of You. (Protection, control, fear, judgment, etc., create separation.)

I am protecting myself from acknowledging or being honest with myself that I feel abandoned by God and unworthy of God's love and other people's love, by trying to control or push away their loving.

Acceptance

Accept and *acknowledge* what you are protecting, defending, or controlling inside yourself. Be honest. Take responsibility and ownership for what you are trying to protect, defend, or control, realizing that, in truth, it is always something inside of you! Be willing to confess ... *only the truth will set you free.*

I acknowledge and accept that I do not allow myself to receive love from the people who love me because I am afraid they will abandon me. I feel unworthy of their love, so I am always on guard, protecting myself by pushing their love away.

Fear & Loss

Why are you protecting, defending, or controlling yourself or someone else? Are you afraid of feeling shame, guilt, judgment, or fear? Are you afraid of being wrong, getting hurt, or hurting someone else? Are you afraid of not being loved or accepted? Are you trying to gain approval? Ask yourself, "What is it that I am afraid of losing?"

I am afraid of losing God's Love and that God will not receive me, and that I am not good enough for God's Love.

Forgiveness

Forgive what it is that you are afraid will happen to you (or others), or what you are afraid of losing. Most importantly, forgive yourself. *Forgive yourself* for creating the fear and the belief. You have to let go in order to let God! You have to let go of what separates you from Loving; let go and let God.

I forgive myself for being afraid of losing God's Love. I forgive myself for creating the fear and belief that God will abandon me because I am not good enough for God. I forgive myself for feeling unworthy of God's Love.

Loving

Move into Loving Yourself! *You have to Love Yourself first* if you are going to let go and get free of your protection, control and fear, and to allow God and others to love You!

I share my loving with myself. I am accepting and receiving God's Loving. I move forward in loving and accepting myself just as I am.



EXAMPLE: Loving the Dark Stuff

Hate, Shun, Judge, Dislike, Make Wrong

“What do I hate, shun, judge, dislike or make wrong about others?”

“What do I hate, shun, judge, dislike or make wrong about myself?”

Be HONEST with yourself, because what you hold against others are also the same things you hold against yourself. Be truthful with yourself so that you can be more loving with yourself, and be free.

What do I hate, shun, judge, dislike, or make wrong about others?

John Doe 1: Intense, Bully _____ **Jane Doe 4: Victim, Insecure** _____
John Doe 2: Self-righteous, Arrogant _____ **Jane Doe 5: Inauthentic, Self-centered** _____
John Doe 3: Asshole, Uncaring _____ **Jane Doe 6: Confrontive, Bitchy** _____

What do I hate, shun, judge, dislike, or make wrong about myself?

I own that at times I'm Intense, a Bully, a Victim, Insecure, Self-righteous, Bitchy Arrogant, Inauthentic, Self-centered, Confrontive, an Asshole, Uncaring. _____

LAF these parts of yourself by taking the focus *off of others* and by bringing your focus into these parts of yourself that you hate, shun, judge, dislike or make wrong.

ACCEPTANCE

Accept that these “things” you shun are a part of you.

I accept that I can be intense, a bully, a victim, insecure, self-righteous, arrogant, inauthentic, self-centered, confrontive, bitchy, an asshole, uncaring, and that these are a part of me. _____

FORGIVENESS

Forgive yourself for judging and shunning these parts of you.

I forgive myself for judging the part of me that is intense (or a bully, a victim, insecure, self-righteous, arrogant, inauthentic, self-centered, confrontive, bitchy, an asshole, uncaring). _____

LOVING

Love these parts of yourself as part of lovable you. The loving will come present as you accept that these are parts of yourself and as you forgive yourself for judging those parts as bad or wrong. Then, you can honestly, sincerely, and lovingly say to yourself...

Intense LOVABLE me, Self-righteous LOVABLE me, Insecure LOVABLE me, Arrogant LOVABLE me, Inauthentic LOVABLE me, Self-centered LOVABLE me, Confrontive LOVABLE me, Bitchy LOVABLE me, Asshole LOVABLE me, Bully LOVABLE me, Uncaring LOVABLE me, Fake LOVABLE me, Wishy-washy LOVABLE me, etc. (I think you get the idea, lol). _____

Remember: These “lovable parts” of you are just parts of you that you have judged and shunned. Once you bring them into yourself and receive them as a part of you, you will enter into loving them as lovable parts of you; and you will see, feel, experience the light and loving that is within these “dark” places that you’ve created and judged as unlovable, bad, and wrong. The truth is, when you accept that they are a part of you and that they deserve the same love, acceptance and attention as you give the loving, kindness, and wonderful parts of you, then you will be free... “The truth will set you free!”

EXAMPLE: Loving the Truth of Who You Are

Affirming Your Truth

Acknowledge the truth of who you are as **Loving**, **Accepting**, **Forgiving**, joyful, enthusiastic, peaceful, kind, capable, abundant, giving, responsible, fun, creative, powerful, compassionate, graceful, wise and knowing, truthful, etc.

What is the Truth of who you are?

I am a loving child of God

I am a being of peace and joy.

I am loving, capable and kind.

I am lovable.

I love myself.

I accept myself just as I am.

I am wonderful.

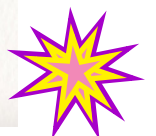
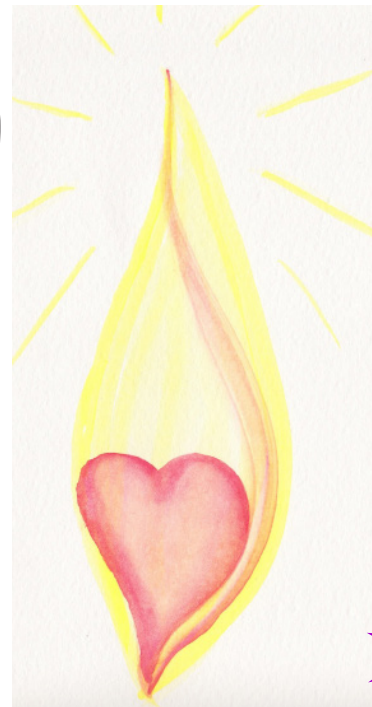
I am the Loving of God.

I am the Joy of God.

I am the Peace of God.

I am the Light of God.

Blank space to draw, doodle and write:



EXAMPLE: Giving It All Up to God

Put Your _____ Into The Loving
(Judgment, Fear, Unworthiness, Shame, Guilt, Protection, Control...)

GIVE IT ALL UP TO GOD

Now that you've identified what it is that you are in disturbance with, that is causing your separation with God, you're going to put "it" into the Loving ... Give *it* up to God.

Read the following process, then close your eyes and go through it.

Close your eyes and bring your attention inwards and upwards to the seat of the Soul and begin loving God. Know that you are the Loving that is loving God. There is nothing to figure out. Just keep loving God.

When you begin to feel, know, sense, or experience the Loving from the seat of the Soul, place the disturbance into that Loving. Now, just experience the Loving with the disturbance. Be in the Loving with *it*. You're not doing anything with the disturbance except allowing it into the Loving that you are. The Loving will handle it for you.

When you feel the inner peace, when you experience that there is no longer a charge associated with the disturbance, bring forth and claim the truth of who you are, as Loving, Accepting, Forgiving, Joyful, Enthusiastic, Peaceful, etc. (refer to Loving the Truth of Who You Are, on the previous page).

Continue moving into meditation or open your eyes.

Now, move forward. Don't pick the disturbance back up. Continue living the Loving.

If the disturbance comes back up, as there may be several layers to it, repeat this approach to LAF every time.

And just have fun with it!



EXAMPLE: Loving Myself Daily Journal

Meditation

Date: September 1, 2013

In meditation, I...

moved towards and expanded into the purple light. Then it was a white light that surrounded me. All there was, was loving and I was aware that the illusion of the world, duality, was falling away from me. I was aware that all my experiences in the world are truly "made" from the loving, the loving is all there is.

Bridging the Gap

My awareness coming out of meditation is that...

Loving is all there is...therefore my experiences in the world that don't feel good are actually the Loving bringing me back into the loving if I choose to learn the lesson. Death is loving because it is an expansion of moving back into the loving. As I reflect on many of my experiences in life I realize that I have gone through them with a choice. A choice to choose to learn from them and move towards the loving or to blame others, judge them or hold "it" against them. I realize that all my experiences are lamp posts lighting the way for me to choose into acceptance, forgiveness, compassion, surrender, gratitude, etc., and experience the loving that I am.

Loving Action

Today, I will love myself by...

making a choice, to choose the loving over my emotions, my thoughts and my fantasies. I will keep my attention at the seat of the soul where God lives in me, and remind myself that as God lives in me everything I experience in this creation is God loving me. When I feel emotional, analyzing or thinking too much, or I create a judgment, I will remind myself that God is living in me and loving me through all my experiences. I will relax, focus my attention at the seat of the soul and come present to the movement of loving and then choose to experience God's loving in this moment, in this experience, in this situation.

Follow up Report

Today, I...

reminded myself throughout the day that God is living in me and loving me. This slowed me down and created the space for me to be gentle and patient with myself, loving with others, and to surrender to what is happening in the moment. I caught myself several times, pulling myself out of an emotional response and looking back into the loving, into God living in me at the seat of the soul to allow my actions to come from the loving rather than a reaction. It felt good to be able to catch myself and live the loving essence that I am, knowing that God lives in me and loves me :)



Application of LAF

Protection & Control

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Acceptance

Accept and *acknowledge* what you are protecting, defending, or controlling inside yourself. Be honest. Take responsibility and ownership for what you are trying to protect, defend, or control, realizing that, in truth, it is always something inside of you! Be willing to confess ... *only the truth will set you free.*

Fear & Loss

Why are you protecting, defending, or controlling yourself or someone else? Are you afraid of feeling shame, guilt, judgment, or fear? Are you afraid of being wrong, getting hurt, or hurting someone else? Are you afraid of not being loved or accepted? Are you trying to gain approval? Ask yourself, "What is it that I am afraid of losing?"

Forgiveness

Forgive what it is that you are afraid will happen to you (or others), or what you are afraid of losing. Most importantly, forgive yourself. *Forgive yourself* for creating the fear and the belief. You have to let go in order to let God! You have to let go of what separates you from Loving; let go and let God.

Loving

Move into Loving Yourself! *You have to Love Yourself first* if you are going to let go and get free of your protection, control and fear, and to allow God and others to love You!



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“What do I hate, shun, judge, dislike or make wrong about myself?”

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ACCEPTANCE

Accept that these “things” you shun are a part of you.

FORGIVENESS

Forgive yourself for judging and shunning these parts of you.

LOVING

Love these parts of yourself as part of lovable you. The loving will come present as you accept that these are parts of yourself and as you forgive yourself for judging those parts as bad or wrong. Then, you can honestly, sincerely, and lovingly say to yourself... (_____ lovable me)



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Giving It All Up to God

**Put Your _____ Into The Loving
(Judgment, Fear, Unworthiness, Shame, Guilt, Protection, Control...)**

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Continue moving into meditation or open your eyes.

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And just have fun with it!



Loving Myself Daily Journal

Meditation

Date:

In meditation, I...

Bridging the Gap

My awareness coming out of meditation is that...

Loving Action

Today, I will love myself by...

Follow up Report

Today, I...



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Application of LAF

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Close your eyes and bring your attention inwards and upwards to the seat of the Soul and begin loving God. Know that you are the Loving that is loving God. There is nothing to figure out. Just keep loving God.

When you begin to feel, know, sense, or experience the Loving from the seat of the Soul, place the disturbance into that Loving. Now, just experience the Loving with the disturbance. Be in the Loving with *it*. You're not doing anything with the disturbance except allowing it into the Loving that you are. The Loving will handle it for you.

When you feel the inner peace, when you experience that there is no longer a charge associated with the disturbance, bring forth and claim the truth of who you are, as Loving, Accepting, Forgiving, Joyful, Enthusiastic, Peaceful, etc. (refer to Loving the Truth of Who You Are, on the previous page).

Continue moving into meditation or open your eyes.

Now, move forward. Don't pick the disturbance back up. Continue living the Loving.

If the disturbance comes back up, as there may be several layers to it, repeat this approach to LAF every time.

And just have fun with it!



Loving Myself Daily Journal

Meditation

Date:

In meditation, I...

Bridging the Gap

My awareness coming out of meditation is that...

Loving Action

Today, I will love myself by...

Follow up Report

Today, I...

Application of LAF

Protection & Control

What are you *protecting* or *defending* or trying to *control* ... in yourself or in others? Is it your feelings, beliefs, self images, expectations, desires, etc.? Remember, it's inside of You. (Protection, control, fear, judgment, etc., create separation.)

Acceptance

Accept and *acknowledge* what you are protecting, defending, or controlling inside yourself. Be honest. Take responsibility and ownership for what you are trying to protect, defend, or control, realizing that, in truth, it is always something inside of you! Be willing to confess ... *only the truth will set you free.*

Fear & Loss

Why are you protecting, defending, or controlling yourself or someone else? Are you afraid of feeling shame, guilt, judgment, or fear? Are you afraid of being wrong, getting hurt, or hurting someone else? Are you afraid of not being loved or accepted? Are you trying to gain approval? Ask yourself, "What is it that I am afraid of losing?"

Forgiveness

Forgive what it is that you are afraid will happen to you (or others), or what you are afraid of losing. Most importantly, forgive yourself. *Forgive yourself* for creating the fear and the belief. You have to let go in order to let God! You have to let go of what separates you from Loving; let go and let God.

Loving

Move into Loving Yourself! *You have to Love Yourself first* if you are going to let go and get free of your protection, control and fear, and to allow God and others to love You!



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Loving the Dark Stuff

Hate, Shun, Judge, Dislike, Make Wrong

“What do I hate, shun, judge, dislike or make wrong about others?”

“What do I hate, shun, judge, dislike or make wrong about myself?”

Be HONEST with yourself, because what you hold against others are also the same things you hold against yourself. Be truthful with yourself so that you can be more loving with yourself, and be free.

What do I hate, shun, judge, dislike, or make wrong about others?

What do I hate, shun, judge, dislike, or make wrong about myself?

LAF these parts of yourself by taking the focus *off of others* and by bringing your focus into these parts of yourself that you hate, shun, judge, dislike or make wrong.

ACCEPTANCE

Accept that these “things” you shun are a part of you.

FORGIVENESS

Forgive yourself for judging and shunning these parts of you.

LOVING

Love these parts of yourself as part of lovable you. The loving will come present as you accept that these are parts of yourself and as you forgive yourself for judging those parts as bad or wrong. Then, you can honestly, sincerely, and lovingly say to yourself... (_____ lovable me)



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Giving It All Up to God

**Put Your _____ Into The Loving
(Judgment, Fear, Unworthiness, Shame, Guilt, Protection, Control...)**

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Loving the Truth of Who You Are

Affirming Your Truth

Acknowledge the truth of who you are as Loving, Accepting, Forgiving, joyful, enthusiastic, peaceful, kind, capable, abundant, giving, responsible, fun, creative, powerful, compassionate, graceful, wise and knowing, truthful, etc.

What is the Truth of who you are?



Giving It All Up to God

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Loving Accepting Forgiving
How To Do MORE!

For more printable LAF and Meditation Journaling worksheets, you can download them from ILM's website (ilm.org) under Self-Study and Bookstore.

For further assistance, please contact Laura Doggett: ilmadmin@ilm.org.



Forgiving Loving

Loving Accepting Forgiving

Forgiving Loving

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