

LAF~ing through life

Consciously Awakening to the **S**ource **O**f **U**nconditional **L**oving *within*



Created by Brian Yeakey & Kelsie Mc Sherry

WEEK of _____



Inner Light Ministries

P.O. Box 164332

Austin, Texas 78716

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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...)**

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!



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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