

Self-Acceptance; A Core Conscious Transformation

Separation or Ego

Emotions are founded on the original judgment that: "I am separate from Love-God" This separated self is also called our ego. Negative emotion (M.U.D.) are the "children" of the Ego. Accepting and feeling the M.U.D. will dispel the Ego and grow our consciousness of Oneness with God and the Love-God we already are!

**FEAR
ANGER
GRIEF
GUILT
INSECURITY**

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Self Acceptance
(A Core Conscious Transformation)
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Judgment of the Original Judgment.

- ◆ Resist Feeling.
- ◆ We Judge the Feeling. This sends us into a patter of cover-ups.
- ◆ This cover up pattern is our separate mind or "egoic" mind's attempt to find love outside ourselves.
- ◆ From this pattern we develop a limited belief system about ourselves and life.
- ◆ This limited belief becomes the way we experience our life, and our perception of ourselves.

Cover Up Patterns

Responsibility:
Needs to "fix" or take care of everyone. Responsible for others.

Control:
"Manager of the Universe"
Controlling emotions, and situations.
"Walling off Emotions"

Pleaser, Personal & Perfectionist:
Over does everything, Only as happy as those around them.

Over-Giver:
Martyr, only as worthy by how much you give.

Expression:
Self-Sacrifice; becoming the victim. Expecting and wanting the hurt.

Fear of LOVE & GOD:
Fear of receiving Love-God. Based on 5 patterns of trying to find love outside of ourselves.

Limited Beliefs Created

- ◆ I must take care of everything myself.
- ◆ Life/God does not support me.
- ◆ I am responsible for your journey.
- ◆ Life is not fair. No one is here to support me.

- ◆ I must deny what I feel.
- ◆ The more I control conditions, the better I feel.
- ◆ Control makes me feel worthy.
- ◆ My emotions cannot be trusted.
- ◆ Letting go and allowing is not safe.
- ◆ Life is not safe.

- ◆ I am only as worthy as people think I am.
- ◆ If I am not perfect, I am not loveable.
- ◆ In seeking approval, I forget what is really important to me and I end up not knowing who I am.
- ◆ I can only see myself by how others 'feel' for me.

- ◆ It is better to give then to receive.
- ◆ Why doesn't anyone give me love?
- ◆ I will always be poor.
- ◆ I feel guilty when I receive.
- ◆ I am loved for what I do and not for who I am.

- ◆ I am not enough.
- ◆ My words and feelings are not heard.
- ◆ I am not important.
- ◆ If only I was a greater person or a greater lover people would listen.
- ◆ I don't matter, I am powerless.

- ◆ Fear of loss of love, expectation of love.
- ◆ God disappoints me.
- ◆ Love leads to hurt and betrayal.
- ◆ Love-God is outside of me.
- ◆ If good happens, bad must happen.
- ◆ Love-God is NOT enough.
- ◆ Love-God is NOT safe.