

On Friday night, we did a MINDSHIFTER® exercise which "is a thought about an issue in your life about which there are negative thoughts. MINDSHIFTERS® are designed to be used as a written process. When properly used they are an opportunity, through resonance, to surface, process and release the negative thoughts." My MINDSHIFTER was "The sole purpose of the universe and everyone in it is to love, nurture and support me." I began by arguing that people only supported me when my goals were "acceptable" by their standards. I doubted this statement because even people who should have supported me (parents, family, pastors) did not – so why should the universe. I felt unworthy. I felt I had failed. I really wanted to be loved. Then from deep within came a lesson I had been taught as a child – "You are a sinner, unworthy of anything but God's wrath. Jesus died for you and you are unworthy of even that salvation. It is only by grace that it is offered to you." I am so lacking. If I am unworthy of God's love then how can I stand a chance with the rest of the universe? I know my purpose and I am not even fulfilling that. So I accept these thoughts as true. I submit and don't argue (power person reaction). My jaw is tight and I am holding my breath – locking down. Then I recall the resonance. I am not expecting support. The universe is giving me exactly what I am asking for – nothing! What needs to happen is a mind shift. I release old realities from my mind. I will be still and listen for God to speak. He assures me it will come true....all I have to do is ask, believing.

We ended the week the next morning with Still Point Breathing. The best way I can describe this is to say it is a controlled method of breathing that opens us up and allows God (LOVE) to move through the entire system and clean out with super processing speed anything less than love that we are willing to let go of. I believe that God created man in His image (God is Love) and God breathed into man the "breath of life". We are the very image of Love and we hold the breath of God in us. What power and yet we make light of the gift we hold. Breathing will unlock and release - just as the opposite is true - "holding the breath" will lock down anything we don't want to deal with or face. This exercise was a gentle experience of self-acceptance and deep serenity. I connected with God as never before. It was safe to feel. This was the first time I truly felt, physically and spiritually and emotionally, loved by God and that I am worthy receiving that love - I will never be the same.

This has reminded me of something a speaker (I believe he was Jewish) shared at a conference I went to a few years ago. He said in his language that God's name is not pronounceable. It is YHWH and actually sounds like a breath of air (Yah). Vowels were added later for it to become Yahweh, also translated Jehovah by the Hebrew. So, he concluded with two questions, When we are born, are we alive because we took our first breath or because we spoke God's name? When we die, is it because we take our last breath or because we quit speaking God's name?

I choose to speak God's name and breathe deeply of His Love and live in the mind of Christ and allow His breath to cleanse me of what does not belong.