



In this program, much of our mindset shift is from the foundation in *A Course in Miracles*. You don't have to read it to understand and participate in this process. I will be teaching and sharing with you all you need to know.

According to A Course in Miracles, ***"Miracles occur naturally as expressions of love."*** Within your holiness, the love in your heart, miracles are in infinite supply.

This course is not about your relationship with food, but rather your relationship with yourself. Miracles will flow freely and naturally when you remember who you are. And who you really are is love itself.

You were created in God's likeness (insert whatever concept you are comfortable with here: God, Universe, Creator...) which means you were created with love and nothing about you is imperfect. God is perfect and does not make anything imperfect. It is HUMBLE, not arrogant, to accept that we are beautiful, perfect and AWESOME in our true self. Our true state: love. We have just forgotten our truth, but it is time to reconnect and remember.

Now this sounds great and all, but if you are like me and are questioning your perfectness, listen to some of my beginning thoughts:

"Jen, you are FAR from perfect! You just had a screaming match with your 18 year old son for breaking curfew. You need more patience. You judge people. How can you think you have been made to be imperfect??"

Sound familiar? But the truth is any time we are behaving imperfectly, we are not becoming *imperfect*; in that moment we are just forgetting our perfection. We forget who we are. And when we cannot remember with who we are, we have a harder time behaving like the person in our heart, we long to be.

A Course in Miracles (ACIM)

The body is not separate from the mind; in fact, it takes instructions from the mind. Your mind having forgotten its divine right programming, your system of physical appetites then forget their divine right programming. Your mind having become confused, your nervous system then became confused.

Remembering your divine perfection is the key to healing both your mind *and* your body. As you restore and embrace your knowledge that your spirit was created perfect, your subconscious mind will begin to remember your BODY was created perfect as well. This will also reveal to you, your most healthy perfect weight. Your body is meant to be a reflection of your spirit and both your thoughts and your cells will respond in like. By resetting one, you will reset the other.

Pierre Teilhard de Chardin had it right when he said, “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

As we break through our human experience, we will connect with our more natural, spiritual state.

And our sacred mind will be the driving force to balance us in our moments of spiritual forgetfulness, temporary insanity. It will remind you of who you are.

ACIM & Shedding Pounds of Pain Wrap up:

1. *Within you there is a perfect love, which is the essence of your true self.*
2. *You can forget your perfection, but you cannot uncreate it.*
3. *There is a way to reconnect to your perfection when you have become confused and forgotten it exists.*

This is your very first step in remembering what is lying dormant within you. The knowledge is waiting for you to awaken your truth again.

Write these down, make them your screen saver, put them in your notes on your phone...do what works for you. But whatever you do, be an active participant. Reading alone is not going to change you. Make sure you read them more than once today to begin the remembering process and connect you with your true self: LOVE.

Journal Prompt: 2 parts

First: write a letter to your *imperfect* self. Be sure to write all the things your *Earthly* self believes is ‘wrong’ with you. This could be ANY imperfection – not just related to food. Remember this is resetting your relationship with yourself. ie – Your lack of patience, consistency, body image...

Dear Self:

Why can't you be better at.....

Second: Respond to your letter and every imperfection you wrote through God's eyes. This is the truth. This is what you truly are. (PS- there is no arguing with God ;)