

THE ATONEMENT PROCESS

1) **I acknowledge I am not at peace, so I must be wrong-minded.** And I want to be at peace, so I ask Spirit now to help me look at my mind.

2) **I remember any sign of threat, pain, sickness, conflict, or scarcity is not God's Will.** I acknowledge this loss of peace is the work of the ego in my mind. I remember I must deny the ego's appearances, and focus on the Love that is Truth, beyond all appearances.

3) **I invite You, Spirit, to look at these fears and judgments with me.** I will not judge myself or another while we do this. I will leave a space of total non-judgment, so you can fill it with Love and healing.

4) **We look at these fears and judgments together.** I say to myself with sincerity: *Even while this appears as a problem, and DESPITE feeling fear, pain, anxiety, unworthiness, anger, guilt, or doubt—I open myself, in this instant, to receive healing through the miracle.*

5) **There is only one power; there cannot be two.** The ego's suffering is not of God. Trust only in the one power of God's Love. God is in everything I see, because God is in my mind. Together we look past ego appearances, as they represent unconscious wishing with the ego. In looking past appearances, I join with God in asking to perceive only what is true, beyond ego appearances. God is in everything I see, because God is in my mind—and *what God sees through my mind is therefore healed!* Do not doubt this. This is forgiveness. Trust and doubt cannot co-exist, and Love without trust is impossible.

6) **A Prayer to Spirit within:** *“Spirit, I accept your Atonement. I accept your divine correction of error in my mind, and I allow your healing to flow through my mind. I accept you have already healed both the cause and symptoms/effects of this problem. If the problem's appearance continues, or if continuing symptoms cause me to doubt, I offer these doubts to you as well, for correction in my mind. I remember that any Holy Instant in which I sincerely accept Atonement, it is done! To remain concerned after I have forgiven and accepted Atonement, is to doubt your Love and prolong the illusion of time and suffering. I remember Love without trust is impossible—doubt and trust cannot coexist. I remember this, and I am grateful Spirit has already healed my mind. I accept the healing of all symptoms/effects. It is done!”*

Note: If you are still too fearful to trust *only* in God's Love, you will find comfort in alternatives for now, and this is perfectly okay. For example, you may take medication, see a physician, etc. The most important point to remember is to do these things with conscious awareness of Spirit. Although you might take medication, you no longer take it alone (with guilt). You ask Spirit to heal your perception, while you take or use a temporary alternative. In this way, you are gently led out of fear and into Love. Remember, if you experience any sign of judgment or guilt, exchange this, too, for the miracle.

Atonement Short Cut:

1) **Acknowledge** your perception needs to be healed. Express willingness to surrender it.

2) **Surrender** your wrong-minded perception.

3) **Accept** the Atonement, the miracle. Trust it is done!