

# Loving the Dark Stuff

## Hate, Shun, Judge, Dislike, Make Wrong...

*\*Close your eyes and call in the Light, asking for God's grace and assistance to be with you as you go through this exercise...open your eyes when you're ready.*

**1. What do You hate, shun, judge, dislike, or make wrong about others?**

**2. What do You hate, shun, judge, dislike, or make wrong about yourself?**

*\*Now close your eyes and go within...*

*Love, Accept, and Forgive these parts of yourself by taking the focus off of others and by bringing your focus into these parts of yourself. 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.*

## **3. LOVING**

Now move into Loving Yourself! Go inside and own it all as yours. *Love* these parts of yourself that you hate, shun, judge, dislike, or make wrong as parts of lovable you. (*\*Nod when you're complete...*)

## **4. ACCEPTANCE**

Take responsibility and ownership for what you are shunning, judging, hating, or making wrong. Now *Accept* and *acknowledge* that these "things" you shun are a part of you. (*\*Nod when you're complete...*)

## **5. FORGIVENESS**

Now *Forgive* yourself for judging and shunning these parts of you. Let go of what separates you from the Loving; let go and let God.

Bring the Loving present as you forgive yourself for judging those parts as bad or wrong, so that you can honestly, sincerely, and lovingly say to yourself... (blank) lovable me.  
(*\*Open your eyes when you're complete...*)