

Deepening Our Understanding of “The Gathering”

Step #5: I Willingly Forgive Myself, I Am Precious to God.

To forgive yourself, the first step is a willingness to let go of incorrect beliefs about yourself. In your life’s journey, you have taken in false ideas about yourself that keep you from experiencing all the good that God is offering to you. You must release those mistaken beliefs to create a space for the truth about you to emerge in your awareness.

You are a spiritual being created by the perfect love of the one and only power in the Universe. You cannot understand how much your Father loves you, for there is no parallel in your experience of the world to help you understand it. God does not need to forgive you for anything, because He never condemned you for anything. When you condemn yourself, it is evidence of a misunderstanding about who you are and what God is.

You are as God created you, and this is God’s Eternal Judgment of you: “You are His perfect child, forever innocent, forever loving and forever loved, as limitless as your Creator, and completely changeless and forever pure”. Accept that this is the Truth, and that you have been mistaken about yourself.

Step 5 challenges us to embrace the perfection of our spiritual nature. What you thought you are is simply a belief to be undone. Unless you recognize yourself as innocent and without sin, you cannot open your heart and know God. Self-forgiveness is about bringing unconditional love to yourself, and discovering the magnificence and perfection of your true nature.

(Adapted by Jim Toth from the book, "A Course In Miracles.")