

## **TOUCHSTONES FOR HEALING LOSS**

### **Concepts and Practices to Choose Love Now**

*Forgiveness ends all suffering and loss. (Lesson 249)*

1. Spiritual Issue – *I am spirit. (Lesson 97)*
2. Responsibility – *I forgive everything, because I make the world as I would have it. (Lesson 188)*
3. Support and Service – *God's Voice speaks to me all through the day. (Lesson 49)*
4. Pray – *I call upon God's Name and on my own. (Lesson 183)*
5. Meditate – *In quiet I receive God's Word today. (Lesson 125)*
6. Pain – *Joy is just, and pain is but the sign you have misunderstood yourself. (Lesson 101)*
7. Anger and Forgiveness – *Let me remember I am one with God, at one with all my brothers and my Self, in everlasting holiness and peace. (Lesson 124)*
8. Past and Future – *I loose the world from all I thought it was. (Lesson 132)*
9. Emotional Healing Work – *I am as God created me. I am God's Son. Today I lay aside all sick illusions of myself, and let my Father tell me Who I really am. (Lesson 120)*
10. Mental Healing Work – *I am determined to see things differently. (Lesson 21)*
11. Pause – *I will step back and let Him lead the way. (Lesson 155)*
12. Refill – *I am as God created me. I will remain forever as I was, created by the Changeless like Himself. And I am one with Him, and He with me. (Lesson 112)*
13. Balance – *Balance is the sustenance of peace.*
14. Comfort – *You do not walk alone. God's angels hover near and all about. His Love surrounds you, and of this be sure; that I will never leave you comfortless. (Workbook Epilogue)*
15. Peace – *I could see peace instead of this. (Lesson 34)*
16. Beauty – *Out of your joy, you will create beauty in His Name. . . (Text, Chapter 11, III.3.4, "From Darkness to Light")*
17. Choose Happiness – *I share God's Will for happiness for me, and I accept it as my function now. (Lesson 102)*
18. Make Amends and Let Go – *I am not a body. I am free. (Lesson 199)*
19. Process – *All things are lessons God would have me learn. (Lesson 193)*
20. Trust – *I give my life to God to guide today. (Lesson 233)*