

132: Self-Image Transformations

Facilitated Correspondence Course

132: Self-Image Transformations Contents

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132: Self-Image Transformations Facilitated Correspondence Course
Guided meditations: *Self-Image Transformations Part I & Part II* and *Identifying with Your SELF*,
and laminated focus card: *Identifying with My SELF*

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132: Self Image Transformations Orientation

Your laminated card is being mailed to you through the postal service. It may help you to print the course material so you can take notes in the designated places. *We recommend you enter your notes in the accompanying 132 Course Notes text file so you can email your notes to your facilitator.* [Click here to download 132 Course Notes.](#)

IMPORTANT: *Make a folder for your e-courses in your computer. Move the file for this course into your new e-course folder. Save each new course in this folder along with your 132 Course Notes text file when you download it.*

How to Get the Most Benefit from This Course

Each course introduces ideas and processes to help you expand your awareness. You will read the material and often will be asked to write what it means to you in your *Course Notes* text file (see link above) or in the space provided. *Your facilitator will request that you email your course notes to them for discussion during your phone time together.*

This material may present new perspectives about your life and identity. If anything doesn't fit or feel right to you, put it on a mental shelf — you may want to come back to it later.

You are here for your own awakening. Staying relaxed and keeping an open mind will help you gain the most from your experience. Allow yourself to be playful, to try new things and not to worry about what anyone else or your ego may think.

Be gentle with yourself as you go through this course. The feelings which surface are an opportunity to let go of thoughts of separation and remember the unified Love that is your true Essence.

Experiential Processes

In this course there are many experiential processes. These processes help you relate the material being presented to your personal experiences and circumstances. If you are asked to do the process with a person in your life, pick someone who will respect and honor your commitment to doing inner work and not make fun of it. Do these processes with someone you trust. If you do not have someone available, you will have to do it over the phone with your facilitator.



Make a commitment to fully experience every process in the course. It may be tempting to skip parts and not fully do it as instructed. There is a reason for doing each process in the way it is presented in the course. There can be unexpected benefits in following the instructions, like saying something out loud, or writing down your responses in your notes. It takes a certain amount of discipline and commitment to do each process as indicated. It requires an open mind to new ways of learning. It takes commitment, follow through and dedication to gain the most from this course.

We encourage you to do the processes, even though you may feel some resistance. If a process does not seem to flow, you may wish to put it aside for awhile and come back to it later. You may find that your willingness is stronger at a time when you feel more fresh and alert.

Often it is the parts that make us uncomfortable that provide us with the greatest opportunities for insight if we stick with it and break through our resistance. If you find yourself not wanting to do a particular process, this might be a signal that this may be exactly what you need for your growth at this time.

Guided Meditations

Pathways of Light Spiritual College courses recognize that there is a wise Teacher within each person. This Inner Teacher may also be referred to by other names such as Higher Power, Spirit, Higher Self, True Self, Holy Spirit, Voice for God, Inner Wisdom and Inner Guidance. Use whatever term is comfortable for you.

Many processes include guided meditations which will help you strengthen your connection with your inner Source of Inspiration. Your Inner Teacher knows better than anyone else how to help you awaken to your true Essence. Meditations provide an opportunity to receive insights from your Inner Wisdom which are perfectly aligned with your current circumstances and needs.



The guided meditations are included as MP3 files that accompany this course. You may choose to download these MP3 files into your MP3 player. Links to the MP3s are given in the course material where you are directed to listen to the meditations. You may want to listen to these guided meditations multiple times as each time you listen can take you to a deeper experience. *When you listen to the meditation, make sure that you have a quiet time and environment where you will not be interrupted.* Have your course materials and your notes handy so you are ready to write about your experience after the meditation. If possible, turn off the phone so you will not be interrupted.

The meditations have quiet, soothing music in the background to enhance your meditation experience. Because you have the MP3 files, you can experience the meditations again and again. You may find that you go deeper with continued practice.

Each time you experience these meditations, you will strengthen your ability to let go of mind wandering and at the same time strengthening your ability to be more fully aware of your connection with your Inner Teacher.



Opening Preparation and Closing Prayer of Gratitude

If you are taking this through facilitated correspondence or through self-study, *each time you sit down to work with this course, begin by reading the Opening Preparation on page 6.* This will help you be in a frame of mind that will facilitate a strengthened connection with your Inner Teacher.

You are not alone. Your Inner Teacher is there for you. Reading this each time before you begin working with the course helps you focus on surrendering to the guidance of your Inner Teacher. You remember to let your mind quiet and be receptive to the inspiration of your Inner Teacher.

End each session with the Closing Prayer of Gratitude found at the bottom of page 6. As your gratitude grows for your strengthened connection with the Holy Spirit, your connection will grow stronger by the day. You get what you focus on and accept in your life.

Working With Your Correspondence Course Facilitator

The Credentialed Correspondence version of this course allows for 2-3 hours of one-on-one time with your facilitator. If you require more than this, you will need to make arrangements with your facilitator for the extra time that you require.

Most people set up a weekly schedule with their facilitator to go through the course together. This will be a time when the facilitator is available and you know you will have completed the required material up to that point to review it with the facilitator.

When you set up your appointment, your facilitator sets that time aside for you, including preparation time preceding the scheduled time of your call. *Please be punctual with your call.* If you need to change the time of your call, notify your facilitator as far in advance as possible.



After you have completed carefully reading this course Orientation, call your course facilitator. He/she will be expecting your call. After you get acquainted, your facilitator will lead you in a guided meditation, asking your Inner Guidance to be in charge of your working together in this sacred time of your awakening to greater levels of awareness.

You and your facilitator will read together *“My Commitment to My True Self”* on page 8. *Write your commitment and email it to each other. To make notes emailable to your facilitator, download the 132 Course Notes text. Use the link at the top of page 3. Write your notes in this file and send it attached to an email to your facilitator if requested.*

During this course, you and your facilitator may share personal feelings and experiences. Everything expressed will be confidential so you will feel free to explore. It is also important to maintain a safe environment of non-judgment between you and refrain from giving advice.

You will share your journaling and experiences of processes with your facilitator. This will give you time to digest and verbalize your thoughts and feelings to see how a concept or experience fits for you. You may also find that what your facilitator shares will give you further insight. When sharing about your experience to your facilitator, it is helpful to use “I” statements instead of using “you” or “we” statements.

Your interactions with your facilitator will help you look to deeper levels within yourself. Your work with the reading material, processes and meditations will help you go to deeper levels of understanding. By sharing your process of changing your thoughts with your facilitator, you can go deeper and awaken faster than trying to do it alone.

You will be guided to use your time with your facilitator for sincere focus on self-awakening — *to look at perceived problems, explore the thoughts behind them, and open to new perspectives from Inner Guidance.*

Important Note

If you have any trouble getting in touch with your facilitator or working out a schedule, call the Pathways of Light office and we will help in working something out.

Opening Preparation

I dedicate this time to healing my mind and awakening to my true Nature.

I surrender to the Source of Love within me and let It guide my way.

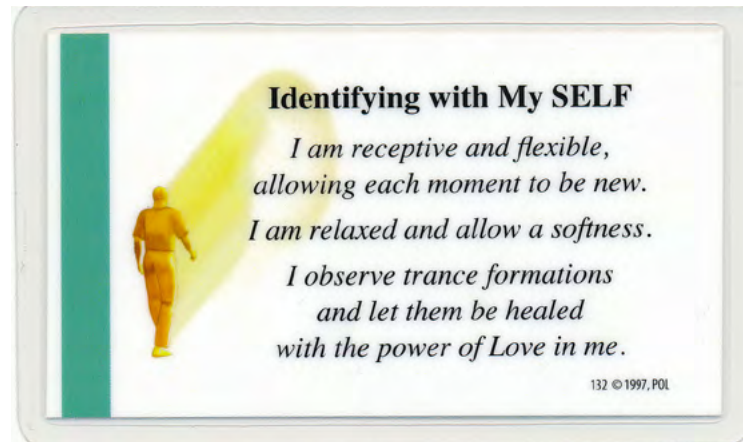
As I do this work:

- ♥ **I am willing to be mindful of my thoughts without judgment.**
- ♥ **I am willing to look at the way I view my life circumstances as helpful feedback to show me where there is still a need to heal my mind.**
- ♥ **I am willing to take responsibility for letting go of limiting thoughts and beliefs that reflect separation and specialness.**
- ♥ **I am willing to let go of judgments about myself and others, and see the innocence beyond the circumstances and events.**
- ♥ **I am willing to quiet my mind and ask my true Self to take the lead.**
- ♥ **I am willing to let go of tension... I soften and imagine my true Self leading me into peace... My aware Self leads me as I now focus on healing my mind as I go through this course.**

Closing Prayer of Gratitude

When you are finished with your session, in your own words, express your gratitude to your Inner Teacher and for your willingness to allow this healing experience into your life.

Focus Card Image for Course 132



My Commitment to My True Self

Understanding Resistance — It is helpful before you begin this course to understand that the ego resists change. A part of you may feel enthusiastic about completing the course, but another part may see it as asking you to give up a “treasured” self-identity. The ego sees any change in identity as a threat, even from an identity that is limited and painful to one that is peaceful and happy. So it will bring up clever and disguised ways to avoid the threatening change, such as:

- “I am so busy. I do not have time to do this work. There are other more important things to do with my time.”
- “This takes too much effort. I’m too tired. I’d rather watch television.”
- “I’ll do this next year or some other time.”

“I’m not sure that Inner Guidance is really there for me. Maybe I’m the only one who does not have Inner Guidance.”

- “I’m not good enough, or have not done enough to really get answers from my Inner Teacher.”
- “I am not very disciplined and can be easily distracted. I am not sure that correspondence will work for me.”

To help you move past this resistance, in the space below, write your commitment to your True Self to be willing to move past the ego thought system and awaken to your unlimited Nature.

At the beginning of each session together, share with each other your commitments below:

Your Facilitator’s Commitments to You: I commit to offering you a safe place to grow. I commit to accepting all parts of your expression without judgment. I commit to being fully prepared for our scheduled appointments and notifying you in advance if there is a need to change the time. I commit to being mentally and spiritually present. I commit to moving past limiting self-concepts and support you in the same.

Signature _____

My Commitments to Spirit and My Facilitator: I commit to being prepared for my scheduled appointments. I commit to participating fully, being present and focused. I commit to moving past limiting self-concepts and support you in the same. I commit to calling on time or calling in advance if I need to reschedule our appointment.

Signature _____

132: Self-Image Transformations

Facilitated Correspondence E-Course

- 📞 1. After you have reviewed pages 2-8, **Call your course facilitator.** Your course facilitator will lead you in a brief guided meditation of joining together, letting Spirit lead the way. **Set up an appointment to work together as fits your schedules.**

After your call, be quiet and open to the ever-present Presence of Love in your mind. Once you feel the peace that comes with Love's Presence, **write in your 132 Course Notes text file or below what your goal is in taking this course.** (If you have not downloaded 132 Course Notes, use the download link at the top of page 3.) You will share your goal at your first appointment.

2. Begin your first appointment with your facilitator by going through “132 Self-Image Transformations Orientation,” “Opening Preparation” and “My Commitment to My True Self” on pages 3, 6 and 8. **Email your Commitments to each other.**

Part 1 — Who Do We Think We Are?

3. **Read Part 1, §1 below.**

Part 1, §1 -----

Self-image transformations means changing the way we perceive ourselves. To transform our self-image, we don't need to change what we do. We need to change who we think we are. What we do comes from who we think we are.

In *A Course in Miracles*, we are encouraged to remind ourselves frequently, “God is but Love, and therefore so am I.” W-pI.179.1:2 and, “I am not a body. I am free. For I am still as God created me.” W-pI.201.1:4-6

Because we have learned to look to the outer world for validation, it has usually been an outer influence which helped us regard ourselves differently. It may have been a person, a book, a movie, or a workshop.

Someone may have seen something in us that we had not seen in ourselves. Over a period of time, this person's belief in us helped us believe in ourselves.

4. **Take a moment to become quiet. Let your true Self bring to mind someone who helped you believe in yourself. Write on page 10 or in your 132 Course Notes file how this person responded to you and how their supportive perspective and behavior helped you.**

5. Write in the space below or your 132 Course Notes file *what this tells you about how important it is to support others by focusing on their true loving nature instead of their false ego identity.*

6. Read Part 1, §2-4.

Part 1, §2 -----

Now, instead of outer validation, we are learning to open to and trust our Inner Wisdom to guide us.

We are learning to trust that beneath our habitual thought patterns reflecting fear, limitation and guilt is the truth that we are one with God's universal Love. We are learning to recognize ego thought patterns, which are based on separation, for what they are. We are learning to return to the truth that Love is our only true Identity.

As we learn to place our trust only in the innate Love within us, our true Self shines away the fear that accompanies belief in separation.

This gradual transformation in who we think we are comes with peacefully observing our thoughts and then letting go of the false ideas which are hiding the universal Love which is always there.

Part 1, §3 -----

It's like polishing tarnished silver to bring back its original shine. You find your real Self, your eternal inner Light, again. You may feel change is scary or uncomfortable. But after years of experiencing the dark and painful tarnish of the ego, nothing is more delightful than to experience the peace and joy of the Love that you are.



This is not a burdensome job, but the happy experience of finding once again that you are joined with all Love. *To release the tarnished ego self-image, it is worth your while to identify what beliefs you have attached to in the past and what thoughts you have about your identity now.*

As you take a close look at how you are seeing yourself, you make breakthroughs. Each breakthrough makes way for more breakthroughs.

Part 1, §4 -----

Personality qualities you may have identified with:

| | | | | |
|----------------|----------------|---------------|---------------|---------------|
| martyr | worrier | perfectionist | shy | aggressive |
| procrastinator | optimist | domineering | withdrawn | pessimist |
| quiet | underachiever | impatient | comedian | overachiever |
| responsible | irresponsible | laid back | egotistical | arrogant |
| self-conscious | stubborn | disciplined | undisciplined | consistent |
| inconsistent | indecisive | decisive | victim | depressed |
| angry | happy | fearful | secure | loving |
| distant | positive | negative | supportive | critical |
| lazy | subordinate | enthusiastic | hard working | authoritative |
| superior | inferior | considerate | selfish | generous |
| stingy | strong | weak | exuberant | passive |
| enforcer | disciplinarian | cautious | impetuous | impulsive |
| radical | dramatic | complainer | resourceful | visionary |
| closed-minded | ambitious | childish | lonely | obedient |
| rebellious | controlling | relaxed | diligent | aloof |

7. Process: SELF-IMAGE INVENTORY

You have the ability to change your mind about your identity. This process will help you see how you have changed your self-image throughout your life. Doing this process will help you accept that you can successfully open to the identity of your true Self as What you are.

Refer to Part 1, §4 for ideas to help you recognize the image you had about yourself during these different phases of your life.

a. What was your self-image when you were in grade school?

b. What was your self-image in junior high?

c. What was your self-image during your senior year in high school?

d. What was your self-image in your first job?

e. How have your relationships with other people stimulated changes in your self-image?

f. What is your image of yourself now?

8. *Read Part 2 — Introduction to Meditation* to help set the stage for experiencing the meditation “Self-Image Transformations Part I.” As you read this, what stands out to you and why?

Part 2 — Introduction to Meditation

Part 2, §1



The guided meditations in all Pathways of Light courses are designed to help you access insight from your Inner Wisdom.

You will be guided to relax and quiet your mind from all your everyday problems or busy-ness. When you are busy with all the activities in the outer world, the awareness of the presence of your true Self gets pushed to the background of your mind, and you forget that it is there.

Part 2, §2

The guided meditation will lead you to your Higher Self (Inner Guide, Inner Wisdom), which is the same as the Holy Spirit. Once you are in deep peace and start receiving information through words, pictures, feelings or sensings, go with the flow of it.

Do not feel you have to follow the specific guided imagery or the timing that the facilitator uses.

The Voice for God in your mind knows what is most helpful for you and will communicate in the most effective way in the moment. Do what works for you.

Part 2, §3



It is helpful to avoid efforting and just relax.

Your Inner Guidance, your true Self is always there, in the back of your mind.

Becoming aware of this Presence requires emptying your mind, letting go of the concerns of the world, trusting that Guidance is there, and allowing It in.

You need to rise above the battleground, the turmoil of the world.

When you relax enough, Guidance just seems to pop in out of nowhere. If It doesn't come right away, be patient with yourself and relax instead of tensing up.

Part 2, §4 -----

When you relax and become aware of Spirit’s communication, don’t judge it. Just trust and let the pictures, words or feelings keep coming. Spirit’s communication is quiet and gentle, but will come in stronger as you continue to pay attention to It.

Part 2, §5 -----

The imagery in the guided meditations will lead you to an awareness of your Inner Guidance naturally, without effort.

If you wish to write down what you are receiving as it comes, you are welcome to do so, or you may wish to write about your experience afterwards. You may find that as you start writing your insights down, more images or information will come. Let it happen naturally, however it wants to come.



Some people experience such a profound depth of peace that they don’t want to come out of the meditation. Feel free to take your time and open your eyes when it feels right. Know that you can reconnect with this Source of Inner Wisdom any time you want and go deeper with It as you are ready to allow It in. This Presence is within you and never leaves you.

Part 2, §6 -----

There is no particular recommended position for meditation. You may wish to sit or lie down. Just get comfortable so that your body is not demanding your mind’s attention. The key is to let thoughts of the body go and focus on the presence of your true Self in your mind.

Part 2, §7 -----

Our minds are not used to being quiet and letting our true Self communicate because they have been so preoccupied with focusing on things of the world.

Because of this, many people experience cycles of varying depths of inner focus during the meditation. If you notice yourself seeming to become more aware of your outer surroundings for a moment, do not be disturbed.

Know that your Higher Self patiently waits for you. Just keep your eyes closed, continue to relax and you will naturally move back to a deeper inner focus. Your Inner Guidance is always joyous when you open the door to communication.

9. *Create a quiet atmosphere where you will not be interrupted. **Experience the mind healing process titled, “Self-Image Transformations Part I.”** [Click to listen or Click to read.](#) After completing the meditation, write *about your experience* in the space below and page 15 or in your 132 Course Notes file.*