

## **'You are Excellent!'**

I was listening to Gary Zukav from Seat of the Soul Institute do a radio interview this week. He talked about ways to not be controlled by painful emotions inside of us. It was so eye-opening for me to be reminded of deep-rooted distorted beliefs that we are operating from that we may not even be conscious of.

Some of the distorted/untrue beliefs he mentioned were:

- \* I am intrinsically flawed and defective
- \* I don't belong
- \* I want to be loved, but I am unloveable
- \* I want to give love, but I am incapable

The distorted belief that penetrated me was the one about being intrinsically flawed. I was raised by critical parents, who consistently pointed out mine and my siblings' shortcomings, weaknesses and inadequacies. Although cognitively I know that this is a distorted belief, there is still a residual imprint of this programming left in my subconscious.

As I was doing some prayer and meditation about this distorted belief, I was reminded of the creation story in Genesis chapter 1. In verses 26 through 31, God talks about how he created man and maid in his image. "Then God looked upon all that he had made, and it was excellent in every way." This was a very healing reminder to me. No matter what parents, other people or we believe about ourselves, according to God, who is truth, we are 'excellent.'

As I went about my day, I said to myself, 'According to God, you are excellent.' I must have seen over a hundred people that day, at the gym, at the grocery store, at work and out to dinner. As I looked at all those people in the eye, I said in my head, 'you are an excellent person!'