Welcome to the 40-Day Program! Let’s get this party started!

This message contains details about the 40-Day Program which starts officially on January 1st.

IMPORTANT: PLEASE MAKE SURE YOU ADD ME AS A CONTACT IN YOUR EMAIL: lisa@teachersofgod.org

This is to ensure you receive the message from me and they don’t land in your Spam box or bounce back.

Also just so you know, this is the longest message you will receive in the 40-Days! So please don’t freak out. Not all the messages are this long.

So let’s get begin …

“This is not a course in the play of ideas, but in their practical application.” – A Course in Miracles
First and most importantly, THANK YOU FOR SAYING YES!

You don’t even really know what you said YES to …. and I love that!!

That’s what the fishermen did after Jesus left the desert – they said Yes!

After Jesus left the desert where he was tempted for 40 days by ego, he went down to the docks and said to the fishermen: COME. FOLLOW ME. And he didn’t give them any details about what they were signing up for. He didn’t even know what they were signing up for. He just said COME. And many wanted to think about it, and many wanted to go back home and kiss their wives and say goodbye to their children and pack a bag and Jesus said: No. There’s no time for that. We’re leaving Right Now. Let’s go.
That means if YOU WANT YOUR LIFE TO CHANGE you can’t turn back, and you can’t bring anything with you. You go on blind faith because you know something new is emerging in your, and you are ready to find out what that is.

The reason you can’t “pack a bag” (with the things you think you need for the journey) because you cannot take even one little part of your identity with you to the place where Jesus is leading you. “Don’t turn back lest you turn into a pillar of salt.” If you turn back (which is what every human being does, every minute of every day, reviewing the stories of their lives and then wondering why nothing new ever seems to happen) the energy field of your focus on the past will keep you stuck there.

People think they are innocently trying to solve their problems, heal their sicknesses and fix what seems to be wrong without realizing that the very
action of thinking these thoughts keeps you stuck right in them! There is no movement whatsoever! And yet the mind will convince you that you are making progress. But if you honestly take a moment to look at it, you will see that nothing much has changed.

This 40-Day Program is going to encourage you to stop looking backwards, to see things differently and to start focusing on God.

Then everything changes.

For the next 40-Days you are going to be encouraged – as much as you are willing to allow yourself – to focus on Light and Love and God.

Having laser-beam focus on Christ Light (which is within you) often stimulates and activates a lot of buried fear-based thoughts and brings them to the surface. The light starts dissolving the illusion, stirs up all all the emotions you effectively buried and have been managing and controlling all these years, and this can make things seem chaotic!

You start allowing things to come to the surface.
Your worst fears may (or may not!) come upon you! You may feel all sorts of emotions in the beginning as the energy starts moving: anger, sadness, elation, excitement, tired.

This works stirs things up! So be prepared for that and remember there is nothing to fear.

This is the reason Jesus doesn’t give the fishermen any time “to think about it” because he knows that the ego will sneak in anywhere you give it an inch, and convince you not to do this work.

So, thanks for saying YES without knowing what you said YES to. It’s a 40-Day Experiment where you will practice the principles of A Course in Miracles. You won’t be thinking about them, nor studying them, nor trying to understand what they mean.

YOU WILL BE APPLYING THEM, USING THEM, PRACTICING THEM. When you use these ideas, you will see they work.

You will receive everything you need by email. The daily message with the links to the audio and video is sent out between 12am-3am your local time so it will be there when you wake up in the morning.

For those of you on Facebook, we will also be adding people to the Private Facebook Group in the next couple of days. If you are not on Facebook, don’t worry, you don’t need to be. Everything you need will come to you by email. But if you want to meet others in the group, there is a Facebook group.

This 40-Day program is based on A Course in Miracles, but it does not matter if you are not familiar with it. If you have not heard about A Course in Miracles, there might be some language in this Program you
are unfamiliar with. I tried to keep it as simple and understandable as possible.

If you find this Program interesting and you like the ideas presented here, then I suggest to get a copy of A Course in Miracles and make a commitment to do the workbook lessons. Feel free to write to me. I use the Urtext (which is the original unedited version) and I also use the Foundation for Inner Peace version, which is just my personal preference. There are lots of different versions, and they will all lead you to the same place: THE PEACE OF GOD.

My intention in creating this 40-Day Program is to support you as you emerge from conflict and to encourage you to begin to see yourself and the world differently.

Before we begin the 40-Day Program – which officially starts on May 1, 2014 – I’d like to ask you to do 2 things:

1. Create QUIET TIME in your schedule to do this work – 30-minutes to one hour a day. This may require you getting up a little earlier than usual, or re-arranging your schedule. Write it on your calendar as time FOR YOU. Most people do not put themselves in their own schedule, and this time is important – a time for reflection and guidance, a space for new things to occur. Devote a half hour or more to the thought that you are One with God.
One of the most powerful practices I use in my own life is to acknowledge Christ and Christ Light and God first thing in the morning. I open myself up to God’s Plan.

It means that I don’t make decisions alone anymore. You will practice this during the next 40 Days.

I acknowledge God and my Guide in everything I do. I ask: “What would You have me do? What would You have me say? Where would you have me go?” A quiet mind allows for clear guidance and direction.

“As the teacher of God advances in his
training, he learns one lesson with increasing thoroughness. He does not make his own decisions; he asks his Teacher for His answer, and it is this he follows as his guide for action.” – A Course in Miracles

2. Buy a new paper journal or notebook. Spend time each morning sitting quietly, acknowledging God, thinking about the kind of day you want to have and then telling yourself “THERE IS A WAY THAT VERY DAY CAN HAPPEN JUST LIKE THAT!”

The outlook starts with this: “Today I will make no decisions by myself. I make all decisions with God.”
These two practices – getting quiet each day and shutting off the electronics for a little while every day so you can communicate with God – are very powerful and I encourage you to try them for the next 40 Days.

I use mornings before 8am as my prayer time. This is my time to be quiet, meditate, journal, take walks outside, drink a coffee, connect with myself.

In this program, we will be practicing Prayer as A Course in Miracles describes it “as a way to reach God.”

40-Days is the same amount of time Jesus spent in the desert undergoing his own transformation. If he can be completely transformed in 40-Days then it’s possible for everyone.

It’s possible for you!

I don’t believe in long drawn-out therapy sessions that go for months and years. In the course of this work, we don’t talk about problems, we don’t fix anything, we don’t go over childhood stuff, and my goal is to be finished with resentments and grievances in the first two weeks.

This is an online program with daily emails and audios – a do-it-yourself-program.

I set it up like this purposefully because my goal is to get people to start trusting themselves and turning to God. Too often people lean too heavily on a teacher or a therapist and that can be like a crutch. They start depending on the teacher (or the books or the program or the workshops)
instead of depending on God, instead of turning within.

My approach is simple: I TRUST YOU. I know that you have all the answers with you and I’m just a “temporary guide” to help you find your Real Guide and to start trusting in your own Inner Guidance.

Almost everyone who has done this program has seen dramatic changes in the first few days and often in the first few hours.

I know this is not because of anything I am doing but it’s because of their “YES!”

You are transformed because of the Love of God, and because it your destiny to find your way back home to God and happiness.

**GOD LOVES YOU AND HIS THERAPY IS TO KEEP LOVING YOU AND TO SEND IN HELPERS TO LOVE YOU UNTIL YOU REMEMBER THAT LOVE IS WHAT YOU ARE.**

“My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”
When you say YES! to something and really mean it with all your heart and every cell in your body, the energies in you begin to move immediately. THE UNIVERSE CONSPIRES TO HELP YOU!

When you have a willingness to take 100% responsibility for all the things that seem to happen in your life, miracles occur.

I think the reason why a lot of therapy drags on and on is because often people get stuck in old stories, trying to understand why something happened or why it didn’t happen. I don’t operate like that. In my line of work, we cut to the chase.

We rise up out of these stories, recognizing they are no longer serving us.

So the first most important step is YOUR YES.

Without a YES from you, nothing at all can happen. It has to come from you. You have to want to change. You have to be willing to see things differently and to do things differently.

YOU SAID YES ! And I appreciate it !

There are some things in life no one can do for you, and this is one of those things. I love these sayings:

“INSANITY: DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING DIFFERENT RESULTS” -Albert Einstein
“IF YOU DO WHAT YOU’VE ALWAYS DONE, YOU’LL GET WHAT YOU’VE ALWAYS GOTTEN.” -Anthony Robbins

So if you are doing this program expecting a magic bullet, then stop now. There is an Unsubscribe Button at the bottom of this email, and you can just click that. This program is not for everyone.

But if you are ready for something new to happen, then Congratulations. You are going to see big changes in your life.

This program is not always going to be easy. It’s going to challenge you. It’s going to bring up a lot of stuff. I am going to invite you to do things differently, to disrupt your schedule, routines and patterns. It’s also going to inspire you. And sometimes it might piss you off- all good! Let that come up to be healed and released!

So, two things in Preparation: 1. MAKE QUIET TIME TO DO THIS WORK FOR THE NEXT 40-DAYS – put it on your calendar – 30 minutes to one hour. 2. BUY A JOURNAL, MAKE A COMMITMENT TO WRITE IN IT EVERY DAY.

Love,

Lisa Natoli