

Thought For The Week! **A Time for Healing by Alan Brandenfels**

Emotional pain is caused by our belief that we are separated in some way from others. Healing is a process of correcting our belief in separation, and allowing peace of mind to return to our awareness. There is often a difference between what we think that we want and what we really want. The way to tell the difference is that when we get what we really want, we don't want anything else.

The physical world we see offers nothing that we truly want. Unconditional acceptance offers everything that we want. So let us use the physical world as a tool to extend love to everyone, instead of using everyone as a way to get things. When we give unconditional acceptance to all, we also have it. How can we give unconditional acceptance to someone that we think is attacking us? We can't. But, if instead of seeing an attack, we see a request for love, then we can.

How can we possibly make ourselves into someone who can love every person unconditionally? We can't, but fortunately God already has. Once the separation thoughts that our ego has invented are removed, all that is left is our true identity, which is unconditional love. So how do we become aware of our true identity? By applying a little bit of willingness to see everyone as forgiven, and this allows the unlimited power of the love of the universe to flow through us to every person. We simply give up trying to make ourselves good enough, give our will to unconditional love, and ask God to shine his love to everyone.

So, it is not what we do that saves us from our belief in separation, but what we are willing to let God do through us, that unites us with God and every person.

Healing is a process that we undertake throughout our lives. Our sub-conscious mind holds thousands of thoughts of guilt (ie separation). As we go through our day, we encounter events which bring another thought of separation into awareness (Usually by seeing someone else as guilty and deserving punishment instead of deserving love). By applying forgiveness each time this happens we can heal our mistaken beliefs one thought at a time.

Our willingness to forgive every person, and every situation, reverses our belief in separation and restores peace of mind to our awareness. So, we are healed.

Peace and Blessings To All

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***KeepingCentered*[®] Words**

How Can We Have No Past Thoughts?

by Rev. Dr. Chris Farmer

How often do you have thoughts of the future or the past? These thoughts come into our mind when we worry about the future. When we regret the past. Sometimes, we may even just re-play the past in an almost a proud way. Some of this can be appropriate. Like all things in the Course of Miracles, it is a matter of what you are using something for? What is your motive?

If we are using past thoughts for fear or separation, then this is an inappropriate usage of the past. This can come when you regret, toil, worry, and be not at peace about an event. It is also, inappropriate to "push down" our events and not deal with them. We try to "forget." However, there is always a part of you that has not and will not forget the separation that occurred.

When we are able to let go of the past, and all that is left is a blessing, then you are truly healed. This is appropriate past thoughts. There is so much that we do in our decisions that are based on inappropriate conclusions, that we limit ourselves and others.

Join us in creating the world that is really yours. One that sees each of our brothers for the first time everyday. As we push ahead, like anything, it takes practice. There will be so many outcomes, but each one is unique and complete. Do not let yourself judge. It just is. We are unlimited beings.

Love is all around.

**Want to submit
an article?**

chris@keepingcentered.com

***About KeepingCentered*[®]**

We are dedicated to expanding our horizons and our consciousness of who we are and how we can make a difference. We strive to share, learn and tutor how to see, smell, live and breathe spiritual awareness in all of our daily lives. We are a non-profit interfaith organization that honors all beliefs, cultures and circumstances. "What is all encompassing has no opposite." We aim to create a safe atmosphere for all to learn and grow to full consciousness of who we really are and to experience true unconditional love to and for all. As the workbook of "A Course In Miracles" observes - be open - you need not believe the ideas explored, nor accept them - be willing not to judge, but maybe at least to utilize.

If you want to know more about KeepingCentered, our "A Course In Miracles" or other activities that we undertake, call Rev. Dr. Chris Farmer on (503) 819 3698.

Love and Blessings

KeepingCentered® Activities

Tuesday, March 22, 2005 (*)

7:00pm-7:45pm How Can I Have No Past Thoughts?
(topic presented by Rev. Dr. Chris Farmer)

7:45pm-9:15pm ACIM Study Group

Tuesday, March 29, 2005 (*)

7:00pm-7:45pm Spirituality in the Workplace
(topic presented by Susan de la Vergne)

7:45pm-9:15pm ACIM Study Group

Tuesday, April 5, 2005 (*)

7:00pm-7:45pm The Disappearance of the Universe Pt I (by Gary Renard)
(topic presented by Ted Brunnell)

7:45pm-9:15pm ACIM Study Group

Tuesday, April 12, 2005 (*)

7:00pm-7:45pm The Disappearance of the Universe Pt II (by Gary Renard)
(topic presented by Ted Brunnell)

7:45pm-9:15pm ACIM Study Group

Tuesday, April 19, 2005 (*)

7:00pm-7:45pm The Disappearance of the Universe Pt III (by Gary Renard)
(topic presented by Ted Brunnell)

7:45pm-9:15pm ACIM Study Group

Tuesday, April 26, 2005 (*)

7:00pm-7:45pm Keeping Centered In The Middle of Turmoil
(topic presented by Rev. Dr. Chris Farmer)

7:45pm-9:15pm ACIM Study Group

(*) All Tuesday night events are held at the Sycamore Room, Beaverton Community Center.

Special Speaking Event

Sunday, May 8, 2005

9:30am-11:30am

Rev. Dr. Farmer will be speaking at the New Thought McMinnville Church, a newly formed gathering meeting every Sunday at the McMinnville Community Center, 600 NE Evans, McMinnville. For details, call Rev. Dr. Farmer (503) 819 3698.

Visit Us On The Web!

www.keepingcentered.com

Other Activities in Oregon Centered around "A Course In Miracles"

Daily

Steven Holland (mon-fri)
(☎ 954-816-6582)
Beaverton – 12:00pm to 1:00pm

Mondays

David Jacob
(☎ 503-330-9575)
Sellwood – 7:00pm to 8:30pm

Susan Colalillo / Charles Martell
(☎ 503-829-7592)
Molalla – 7:00pm to 9:00pm

Tuesdays

Chris Farmer (program on page 3)
(☎ 503-819-3698)
Beaverton – 7:00pm to 9:15pm

Wednesdays

Valerie Keartes
(☎ 541-914 0431)
Eugene – 10:00am to 11:45am

William Daniels
(☎ 503-314-6902)
Portland – 7:00pm to 8:30pm

Ted Brunnell (1st Wed)
(☎ 503-789-2133)
Wilsonville – 7:00pm to 9:00pm

Thursdays

Ted Brunnell
(☎ 503-789-2133)
Wilsonville – 7:00pm to 9:00pm

Sundays

Steve Richardson
(☎ 503-804-2520)
Hillsdale – 7:00pm to 8:30pm

Special Event Weekend – June 17th and 18th, 2005

Course in Miracles groups around Portland are converging for a special event weekend, including an opportunity to meet Gary Renard, author of "The Disappearance of the Universe". For details, call Ted Brunnell (503) 789 2133.

**Want to be
added to the
list?**

Email
chris@keepingcentered.com