

## ***Thought For The Week!*** **Turning The Other Cheek - by Alan Brandenfels**

When our one year old gets mad and hits us on the cheek, we do not feel emotionally hurt because we love them and forgive them no matter what behavior they use. Also, we can easily see past their behavior and see that they still love us. So, we can see that their loving identity is not their behavior.

Since we chose not to feel hurt, we have no need for revenge. So, any correction or limit we provide is only motivated by our desire to help the child to learn better self expression skills (for their benefit, or so that they won't tempt others to feel hurt). In this case our correction might be a very short time out, or keeping our head out of the way of their swing.

The purpose of the correction is motivated by either love or revenge, depending on whether we chose to feel emotionally hurt by the behavior.

We can still see their true loving identity as pure and blameless when we see right through the overlay of their behavior. This process, of using non-physical vision to see through their behavior and only look at their true loving identity, is what forgiveness is.

When we use forgiveness to "see" with non-physical vision, we choose to still feel loved, instead of feeling hurt, and we choose to help provide feedback in the form of a loving consequence, to help the child instead of choosing revenge and punishment.

When we can see everyone in the world from the perspective of a loving parent, then we are emotionally invulnerable to the disapproving "attack" thoughts of others. If we are using a behavior we might call method A, as a tool to extend unconditional love, and the method is rejected, we can just switch to another behavior, maybe method B, to try to extend unconditional love. Rejection of a method is not a rejection of us, because our identity is in our goal, not in the method, which is just a tool.

What are the principles that make this emotional invulnerability work?

- 1) When our goal is to give away unconditional love to everyone, then we both have it and we remember that we are it.
- 2) It is impossible to simultaneously have a goal of extending unconditional love and be in a state of self-hate, so our emotional suffering ends.

Peace and blessings to each of you.

## **Highlights**

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## ***KeepingCentered® Activities***

Every Tuesday from 7:00pm to 9:15pm  
Beaverton Community Center (Sycamore Room)

### **Tuesday, February 1, 2005**

7:00pm-7:45pm Power vs. Force (by David Hawkins Book)  
7:45pm-9:15pm ACIM Study Group (Chapter 6 – Lessons of Love)

### **Tuesday, February 8, 2005**

7:00pm-7:45pm Reiki I – An Introduction  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, February 15, 2005**

7:00pm-7:45pm Holographic Repatterning  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, February 22, 2005**

7:00pm-7:45pm This Thing Called You (by Ernst Holmes Book)  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, March 1, 2005**

7:00pm-7:45pm Tools of the Spirit (by Robert Dilts/Robert McDonald)  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, March 8, 2005**

7:00pm-7:45pm ACIM Lesson 162 (I am as God created me)  
7:45pm-9:15pm ACIM Study Group

## ***KeepingCentered® Words***

***By Rev. Dr. Chris Farmer***

Power can be likened to Spirit. It arises from meaning, it energizes, gives forth, supplies, and supports. Power makes you strong. Those who move from power need say very little. Love, compassion, forgiveness, noble, health, life, honor, faith, trust, constructive, appeals, uplifts and dignifies are all attributes of power. It is total and complete and requires nothing from outside. Power brings joy and meaning to life. Power emanates from consciousness itself. Power is inarguable and self evident and not subject to proof or justification. It makes no demand. Power is still. It just "is."

Force can be likened to the Ego. It makes you go weak, it involves revenge, judgment, condemnation, selfishness, death, dishonor, doubt, cynicism, destructiveness and is costly. Force insights polarization, it inevitably produces a win/lose dichotomy; and because somebody always loses, enemies are created. Force is concrete, literal, and arguable. Force constantly consumes and moves against something, automatically creating counterforce. It is movement. Force is incomplete and therefore has to be fed energy constantly. Force requires constant defense. It requires proof and support; It is justified.

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Although Force may bring temporary satisfaction, Power brings constant joy. A joy that has no opposites. As we are in our power, we truly are teaching that love is all there is.

(from "Power vs. Force" by David R. Hawkins)

## ***Other "A Course In Miracles" Activities in Oregon***

### **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 2)  
(☎ 503-819-3698)  
Beaverton – 7:00pm to 9:15pm

### **Wednesdays**

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

**Ted Brunnell** (1<sup>st</sup> 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

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

Email

chris@keepingcentered.com

