

Thought For The Week! **Illusion Versus Reality by Alan Brandenfels**

What we think we want can be different than what we really want. What we think will make us happy can be different than what will really work to make us happy. For example, we may think getting a new car will make us happy, but after we get one, we want something else. We are free to invent any goal that we think we want, but we don't get to choose which one will really work to make us happy. So, we can use our mind to invent a mistaken goal, which can obscure, but not alter the part of our mind that knows what we really want. In this circumstance, our mind is split between an illusory goal and our real goal. When our mind is split we place ourselves into suffering. If, for example, we keep eating cardboard when we really want chocolate ice cream, we will not feel satisfied no matter how much cardboard we eat.

So, how do we heal our split mind? By finding out what we really want, and replacing our illusory goals with our real goal. How can we find out what we really want? One way is by pretending that we have a magic wand and looking at what we think we want, and paying attention to how we feel when we imagine getting it. Often we think that body comfort and survival is what we really want, so "poof!" we now have all the money in the world, unlimited body comfort and an immortal physical body. So, now we ask ourselves, how do we feel? Do we have everything that we really want? Are we happy or bored? Are we surrounded by friends or by bosses and employees? What is the difference? Friendships, in their ideal form, represent unconditional, un-purchased relationships, while bosses and employees represent conditional, purchased relationships.

So, what do we really want? Let's imagine that we feel unconditionally loved and accepted, no matter how many mistakes we may have made. Let's think of the best friend we have ever known in our life simply sitting and smiling at us. How do we feel? Are we a little bit closer to remembering the truth about what we really want? Our relationship with our best friend is probably our closest experience to the ideal of an unconditional relationship. Somewhere deep in our heart we know that what we really want is to feel unconditionally loved, and that this will truly work to make us feel happy. Even though we may not be fully aware of it, our real goal, is to share unconditional love with every person.

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Thought For The Week!

Illusion Versus Reality by Alan Brandenfels (continued)

The next question - Does unconditional love exist? Is it real, or is it an illusion? We can answer this by imagining giving away peace to another person. In the world of ideas, as we give away an idea we have more of it. So, as we give away peace, we feel more peaceful. So, when we remember that our real goal is to extend and share unconditional love with every person, we remember that we have it and are it. Unconditional love is everything there is to have (that we really want). So when we give all (love) to all, we have all (love).

How can we feel peace of mind regardless of whether we think circumstances are "good" or "bad?" By seeing both "good" and "bad" circumstances as being the same instead of different : by seeing them both as tools of unconditional love.

If we unify our mind around the goal of extending love, does that mean that keeping our bodies alive, or buying a car are "bad"? Not at all. If we see everything in the physical world, including our bodies as a tool or means of extending love, it will still be important to take good care of our bodies and of the physical world. The difference is that we see body survival as a means and not an end. So our behavior, such as taking good care of our bodies, and of the physical world, may be the same with either goal, but we do so motivated by love instead of fear, and we have peace of mind instead of anxiety.

Peace and blessings to each of you.

A Course In Miracles

Chapter 6 – Lessons of Love by Sue Farmer

In our Tuesday's night study group, we are immersing ourselves quite deeply in the concepts of "Teach only love, for that is what you are". The chapter revisits the message of the crucifixion and in particular the emphasis that the crucifixion was an extreme example representing the need to release fear. Attack thoughts to us are our own daily crucifixions, where we dip into victim thinking, the thoughts of being persecuted and belief that we are in a fearful space. You must admit – just think of "love" and think of how the physical body melts with the sound of the words as opposed to how uptight we feel when thinking of fear, hate, anger, attack!! We have an opportunity every day to "Teach only love, for that is what you are". The chapter also turns our attention to projection – how we use this to disown, disassociate and justify judgments. How we use projection to believe we are different from others, better than and in a space of thought which is directly related to attack. As the Holy Spirit continually teaches us – we are, all of us, perfect and equal – all of the time! Coming up this week in Chapter 6 is "The Relinquishment of Attack", for which the closing sentence of the sub-chapter reminds us again to "Teach only love, and learn that love is yours and you are love". Simple? Should be. Why isn't it?

**Want to
submit an
article?**

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KeepingCentered® Activities

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

Tuesday, February 15, 2005

7:00pm-7:45pm Holographic Repatterning
(topic presented by Rev. Dr Chris Farmer)
7:45pm-9:15pm ACIM Study Group
(Chap 6 Lessons of Love – Relinquishment of Attack)

Tuesday, February 22, 2005

7:00pm-7:45pm This Thing Called You (by Ernst Holmes Book)
(topic presented by Rev. Dr Chris Farmer)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 1, 2005

7:00pm-7:45pm Tools of the Spirit (by Robert Dilts/Robert McDonald)
(topic presented by Rev. Dr. Chris Farmer)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 8, 2005

7:00pm-7:45pm ACIM Lesson 162 (I am as God created me)
(topic presented by Rev. Dr. Chris Farmer)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 15, 2005

7:00pm-7:45pm The Disappearance of the Universe (by Gary Renard)
(topic presented by Ted Brunnell)
7:45pm-9:15pm ACIM Study Group

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

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The Web!**

www.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.

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

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

Email

chris@keepingcentered.com

