

## ***Thought For The Week!*** **Boomerang Thoughts! by Alan Brandenfels**

When we hold a bowling ball over our feet and let go, we understand that the pain in our foot is self-induced. This is because we understand the concept of gravity.

However, when we feel emotional pain and fear, we sometimes do not realize that they are also self-induced. This is because, unlike our understanding of gravity, we may not understand the way that our thoughts boomerang within our mind.

Our attack thoughts directed towards "others," who we believe deserve to feel guilt, and condemnation or hatred, are only certain to "succeed," in doing one thing. They are certain to "succeed" in creating emotional pain and fear inside of ourselves. The instant that we think of the attack thoughts, they boomerang back around within our own mind. When we condemn others, in that same instant, we also condemn ourselves. This is why our "enemy" is not the one we believe that we hate, but is hate itself. For when we believe that "condemnation" is what someone else deserves, (because of their thoughts or behavior) then we will also believe that condemnation is what we deserve.

How do we, then, undo the emotional pain and fear that we feel? We do it the same way that we stop hurting our foot. By not dropping the bowling ball on it. We do it by giving up all attack thoughts, and forgiving every person and every situation. When we do this, the only thought that we are sending out to others is unconditional love and peace, and this is also the only thought that revolves back into our own mind, so we have peace of mind.

When we see the world through the eyes of unconditional love, we see that there are no conditions that can cause a break in any relationship and that all minds are joined through love. All that we give, we give to ourselves. We can only be hurt emotionally by our own thoughts. We can choose to see any attack from someone else as a request for love, and by responding with forgiveness, we offer to the attacker, and give to ourselves, peace of mind instead of condemnation and emotional pain.

Peace and Blessings to all

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## **KeepingCentered® Words**

### **"Lesson 162 ACIM, I am as God created me."**

Why does the Course in Miracles want you to say this? Why is it important for us? The Course says that if you just remember these words, all dreams and sins will be dispelled. Holy indeed, will be the one that uses these words.

My first question is "Do you believe you are as God created you?" In order to believe this thought for today, you must answer this question; without a doubt. One could say that you were created from your parents or a sperm and an egg? But this is really, not an answer. To stop there, is to not answer the question. Because one would have to ask, "who created your parents, and your parent's parents?" This is an "infinite regression" answer.

Aristotle defined God as "first cause" which is what the Course in Miracles says. In physics we learn that every action has to be caused by a "reaction." God would be the first action. Weather you believe in the "big" bang or the earth was created in 7 days, in not up to debate for me. The question is, "Are you as God created you?" Do you not have organs that all work together in some seamless fashion as if a team, working together in a common goal? Do you not have hundreds of cells all working together in a common goal of up holding your organs? Do you not have trillions of atoms that are all combining these cells together, held together by some invisible force to make what we know today to be you?

You are not small, but rather large! You are not little, but holy. Do not let your thoughts of "littleness" lead you astray on where you came from. You are a child of God. Know that you are and all will be free. Never ask "who are you" because you know who you are; this in not up to debate. Ask, "How do you feel?" Invoke the motivation behind your thoughts. As you feel, so shall you be. As you give, so shall you receive.

Do not fret, when you don't come from a holy place. Be thankful that you noticed, and ask what to do to correct. Do not where the baggage or burdens of the world on your shoulders, just move forward in light and recognition that you come from the very source that is all around you.

You are holy and you are special. You existence means everything. Not to the destruction of the world but the translation into heaven. See the evidence of God all around you and know that you are free. I am not a body. I am free. I am as God created me.

**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, 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

### **Tuesday, March 29, 2005**

7:00pm-7:45pm Spirituality in the Workplace  
(topic presented by Susan de la Verne)  
7:45pm-9:15pm ACIM Study Group

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Web!**

[www.keepingcentered.com](http://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** (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

### ***Special Sunday Event***

Rev. Dr. Farmer Speaking at NewThought McMinnville Church.  
600 NE Evans B6 9:30am-11:30am

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

Email

[chris@keepingcentered.com](mailto:chris@keepingcentered.com)