

Reference Sheet for Thoughts

“Knowledge is not the motivation for learning this course. Peace is.” (T.8.I.1:1-2)

“Thoughts we think with God, joined with His Mind. Our current thoughts are meaningless and are not actually real. In thinking them, we are not actually thinking. These thoughts cover over our real thoughts, which lie unchanged within the mind we share with God.” (Glossary of Terms)

“Spirit “involves” itself in matter taking on layer after layer of material until it reaches existence in the physical plane” (Ken Wilbur)

“Just as the separation occurred over millions of years...” (T.2.VIII.2:5)

“The only thing from which you need to be enlightened is the thought that you need to be enlightened.” (The Lazy Man’s Guide to Enlightenment)

“Enlightenment is but recognition, not a change at all.” (W.#188.1:4)

LAYERS OF THOUGHT (reference sheet)

Conscious thoughts: Ego loving thoughts, Ego unloving thoughts

Unconscious thoughts: Ego buried thoughts

Thought of Guilt: Foundation to this thought system

Loving Thoughts: Holy Spirit - Represent our Real Thoughts (Thoughts in Heaven-Oneness)-

“I am as God created me”, “God is but love, and therefore so am I”- reflect true meaning, represent truth but still are words formed in the mind

Real Thoughts Mind of God - reached in meditation or the quieting of your worldly thoughts. No words

“While restless ideas preoccupy your mind, the truth is blocked.” (W.#8.3:2)

“The star shines still; the sky has never changed. But you, the holy Son of God Himself, are unaware of your reality.” (T.30.III.11:9-10)

“The thoughts of which I am aware do not mean anything because I am trying to think without God.” (W.51.4:2)

“Your self-deceptions (thoughts) cannot take the place of truth. No more than can a child who throws a stick into the ocean change the coming and the going of the tides....” (WpI.rIV.4:3)

“The Thoughts of God are far beyond all change, and shine forever.” (T.30.III.8:1)

“The Thought God holds of you is completely unaffected by the turmoil and the terror of the world, the dreams of birth and death that here are dreamed, the myriad of forms that fear can take; quite undisturbed, the Thought God holds of you remains exactly as it always was.”(T.30.III.10:1-2)

“There is no point in trying to change the world. It is incapable of change because it is merely an effect.”(W.#23.2:3-4)

“You see the world you made but you do not see yourself as image maker.” (W.#23.4:1)

“You are not the victim of the world you see because you invented it” (W.#32.1:2)

“The idea for today.....applies to your inner and outer worlds, which are actually the same.” (W.#32.1:2)

“The idea today contains the only way out of fear that will ever succeed. Every thought you have makes up some segment of the world you see. It is with your thoughts, then, that we must work, if your perception of the world is to be changed.” (W.#23.1:1-4)

“You want salvation. You want to be happy. You want peace. You do not have them now, because your mind is totally undisciplined...” (W.#20.2:3-6)

“Defenses that protect your unforgiving (unloving) thoughts from being seen and recognized. Their purpose is to show you something else, and hold correction off through self-deception....” (W.I.rIV.In.3:1-3)

“If you are willing to renounce the role of guardian of your thought system and open it to me, I will correct it very gently and lead you back to God.” (T.4.I.4:7)

“Do not interpret out of solitude (without the Holy Spirit), for what you see means nothing. It will shift in what it stands for, and you will believe the world is an uncertain place, in which you walk in danger and uncertainty.” (T.30.VII.7:1-2)

“Do not continue this my brother. We have one Interpreter.” (T.30.VII.7:5-6)

“He sorts the true from the false, . . . whatever is in accord with this light He retains, to strengthen the Kingdom in you. What is partly in accord with it He accepts and purifies. But what is out of accord entirely He rejects by judging against.” (T.6.V(C).1:2-5)

“The loving thoughts (the Son of God’s) mind perceives in this world are the world’s only reality” (T.11.VII.2:2)

PROCESS TO RELEASE MEANING

- First: Don’t resist the experience
It is merely an effect of a mistaken belief - it’s showing up because you do not know who you really are
- Second: Don’t judge
* yourself, your evil thoughts or your failure- it is an opportunity to finally heal it
*the experience:
“Take this from me and look upon it, judging it for me. Teach me how not to make of it an obstacle to peace”
(T.19.IV.(C).11:8-10)
- Third: Invite the situation to teach you the truth about Who you are
“There is a way to look on everything that lets it be to you another step to Him, and to salvation of the world.”
(W.#193.13:1)
- Fourth: Release your meaning and interpretation you have given this
“I am willing to recognize that my thoughts do not mean anything and to let them go. I choose to have them replaced by the Holy Spirit Who holds my real thoughts in my mind.” (Ref.W.#.51.4:6)
Real Thoughts represent love, peace and joy and come from Wholeness not lack
- Fifth: Receive a new experience

“What the Holy Spirit rejects the ego accepts” (T.6.V(c).1:7)

“Ego’s beliefs vary, that is why it promotes different moods. Holy Spirit never varies on this point, and so the one mood He engenders is joy.” (T.6.V.(C).1:9-10)

HOW TO INCREASE WILLINGNESS:

- Realizing that your way is not giving you what you want- perfect happiness
- Keep your eye on the prize –You do not want more of the same, you want an experience of the PEACE
- Consistent Application: Temptation to make exceptions is great
 - Application must be consistent no matter how convincing the ego’s interpretation is
 - “Be vigilant only for God and His Kingdom” (T.6.V.(C).2:8)
 - Vigilance in application will result in uncovering the truth of Who you are (gold nugget)
- Repeat statements of truth from the workbook:
“God is but Love, therefore so am I”, “I am as God created me”, “I am not a body, I am free” (RVI), “Within me is the holiness of God” (#309)
- Access your REAL THOUGHTS-

“They have the power to transform the chaos we see within and without into a reflection of the peace of God.” (W.#54.3:7)

“Sit quietly and close your eyes. The light within you is sufficient. . . .exclude the outer world, and let your thoughts fly to the peace within. They know the way. For honest thoughts, untainted by the dream of worldly things outside yourself, become the holy messengers of God Himself.” (W.#188.6)

“The light came with you. . . .this light can not be lost. Who can deny the premise of what he beholds in him?” (W.#188.1,2)

