

09-20-20 - Love and Power

Dear Friends,

Let every voice but God's be still in me – ACIM Workbook 254

This week, I'm offering some of the same quotes I shared last week, with a slightly different focus. My experience (and I'm guessing yours, too) is that the fear around us is intensifying, and it's a growing challenge to not feel consumed by fear ... politics, the pandemic and economy, plus whatever change is (or isn't?) happening in your life ... they're all screaming for our fearful attention. How can we not be fearful in the midst of all of this? How can we move beyond fighting what we fear and, instead, experience and offer peace?

Fear is not justified in any form. – ACIM Workbook 240
... we are each a part of Love Itself.

I keep reminding myself, and you, that there's really only one way. We need to keep coming back to our spiritual principles and practices, turning to God within, and trusting that God is in charge.

I rule my mind, which I alone must rule. – ACIM Workbook 236

I have a kingdom I must rule. At times, it does not seem I am its king at all. It seems to triumph over me, and tell me what to think, and what to do and feel. And yet it has been given me to serve whatever purpose I perceive in it. My mind can only serve. Today I give its service to the Holy Spirit to employ as He sees fit. I thus direct my mind, which I alone can rule. And thus I set it free to do the Will of God.

Father, my mind is open to Your Thoughts, and closed today to every thought but Yours. I rule my mind and offer it to You. Accept my gift, for it is Yours to me.

I can choose to believe fearful images, or I can consciously acknowledge my thoughts and choose to redirect them to the truth I want to practice. That truth is not always my “emotional truth” -- I may need to feel fearful for a bit before I wake up to what I've been telling myself and, thus, affirming. Thankfully, through my readings, through my friends and associates, through “speaking” to me in my own mind, God reminds me to discipline my mind. It's *my* mind, and it's *my* job to direct it.

I've been joining Lynn Woodland's Miracles Class on Wednesday evenings. This past Wednesday, Lynn shared with us several examples of times when she moved from worry and fear about events in her extended community or our country and her process of focusing on positive images. After every one of those times, there were definite changes in outer circumstances. We have that same power.

For God has not given us the spirit of fear but of power and of love and of good discipline. *2 Timothy 1:7, Holy Bible (from the ancient eastern text, George M. Lamsa's translation from the Aramaic of the Peshitta)*

Love is our *only* power ... love is the only power. The *essence* of everything that matters, that is real and lasting, is love. The *form* of how we experience and extend that love may seem different for

each of us. Lynn mentioned focusing on a single subject like the DNA of a structure and effecting change. I am almost always drawn to focus, not on individuals, but on the whole – groups, the entire planet, all Creation – as I affirm energetic shifts of light, love, and peace. I believe that our highest service is to focus on the *essence* of what we want to increase. Then, no matter what results from our thoughts, whether “good” or “ill”, God will use the resulting *form* to teach us Love. Whatever the question or concern, love is always the answer.

The *Light* of God surrounds us
The *Love* of God enfolds us
The *Power* of God protects us
The *Presence* of God watches over us
Wherever we are, God IS.
Unity Prayer for Protection, by James Dillet Freeman

With love,
Carol