

The Course

by Kevin Anderson

The hardest “easy” thing you can do is to believe you only have to change your mind.

As the Course states in the beginning, it is a required course. Only the time you take it is voluntary. The language, in the beginning, is more confusing than mere prose. Sentences do loop de loops, and your understanding that the life you live--your chair, your breakfast, your car--are all illusions. (What about my car payments? Just kidding.) The life may have form, like the light flickering from the movie screen. The movie seems real, yet it is not real.

If all this is illusion, then what is real? Answer...God, and my relationship with the Creator, is the only real thing.

I remember the first time the idea actually stuck. I realized that life is like a clothes closet filled with options. Each choice is an opportunity to explore the day with a new wardrobe, a new set of “thought duds.” Each thought is the very substance our life is created from. If each thought has the potential to be a part of the co-creative power we share with God, then the idea of this “Real” reality and the “normal” (ego) point of view are truly divergent. At this point the Course starts to break through the eons of ice in our spirit.

The Course, in my opinion, is the owner’s manual we never got at birth. It is an opportunity to recast our mind’s view on the essence of our lives, our relationships, and the small steps we take each day. It poses the same question each day to us, “How shall I choose to live my life today, with Love or fear?”

I experienced this point very clearly with an interaction with my sister. We had been in the midst of a family tiff for years. I was taking the high road by “allowing” her to live with the negative stuff I perceived she was putting out. After years of this not working very well, I just decided to be present to her and stop judging my actions and her actions as being different. We both had been hurt by this unspoken war. And in that instant of choosing Love, a new relationship was born.

Our society views the world as a jungle to be feared and tamed. Spirit’s view of the world is like the Garden of Eden. How much more disparate could these two views be? In the garden, we are at peace, and Love is the natural state. In the jungle, lives are lost and fall prey to the next level of the food chain. Our hearts and lives are consumed living in and around that energy.

One of the hardest concepts of the Course is the letting go of our attachment to the world we know and “love.” Our “stuff” is important to us. These items and thoughts represent our world, yet seldom does it offer us peace. In the Course, we begin the journey of remembering a different way of interacting with our thoughts, our world, and the experiences we create with these constructs.

God's intention for us is peace, to live in a world created by and for the experience of Love. It is our job just to remember this on a daily basis. Baby step by baby step, we will remember. In an instant, a thought can change, Love can replace fear, and a miracle can be received.

Our experience as healers begins with a small step in accepting:

Nothing real can be threatened.
Nothing unreal exists.
Herein lies the Peace of God.

The hard work is remembering. The easy part becomes accepting the miracles that are flowing into our life. Namaste.

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