

For a Change of Mind Take One Step at a Time; The 4 Step Approach to Thought Reversal (Based on T.6.V. A, B, C "Lessons of the Holy Spirit")

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When we decide to change the purpose for our relationships to one of helping us remember our true relationship with each other and God, it means we no longer are willing to blame others for what we believe. Accepting responsibility for our mind and being willing to control the direction of our thinking is the new way to be in relationship. But this can be met with resistance because the thinking is so painful and scary and seemingly unchangeable. Don't be dismayed. ACIM gives us lots of help with this. I've taken the teachings found in chapter 6.V and mapped it out step by step to make it easier to experience a change of mind and find lasting peace in our relationships.

Step One: The difficulty in changing your mind can be understood when you learn the ego's use of projection and past memories to convince you the thoughts are true. Let's look at projection first. Projection is the mechanism the mind uses to try to get rid of its thoughts. When you see your thoughts on the screen of the world it is easy to forget all together about the goal of changing your mind because it appears as if things are happening separate from your mind. In addition, when you perceive your thoughts played out on the screen you are convinced they are true because you see them. If this weren't challenging enough, the ego then uses memory to hold the thoughts firmly in place. Not only do you see it but you remember seeing it in the past. Having double witnesses to the "facts" why would you think to question the validity of our thoughts?

Therefore to begin the healing of your mind you must first pull away from appearances and memories and call them what they are: Beliefs in the mind. Appearances are the images of the thoughts you think and memories are the past experiences of the thoughts you think. Therefore they do not prove the truth but only witness to what you believe. Now you can put the appearance and memory aside.

Step Two: Leaving the appearances and memories alone, you are now able to concentrate on the inner content of your mind. It is here that you encounter your second challenge; you *believe* what you think! I am reminded of a line from A Course in Miracles that states: "Still strongly aware of the ego in yourself and responding primarily to the ego in others, you are being taught to react to both as if what you do believe is not true." Even though you believe it and perceive it (and have memories from the past), **you begin a change of mind by overriding all of that with the declaration; "This is not true"**. This can feel as if you are swimming upstream against the current. It can also feel unnatural and you might even react as if you are being coerced, but if you are vigilant in declaring that what you believe is not the truth, eventually you will feel a sense of calm.

Step Three: The next step to a change of mind is to realize that the thoughts are painful and therefore you do not want them. The natural progression from what you do not want is what

you do want. This statement of what you desire is very important to the healing process but we must be very clear and honest about what we are asking for. If you find that you are looking for something other than your mind to change, keep reminding yourself that changing the effect without changing the cause will not result in a real change. And then think for awhile on how wonderful it would be to experience the peace of God. Let your imagination of what it would be like, teach you about the true desire of your heart.

Step Four: In the third step you are making a statement of what you want. You want peace. **In the fourth step you are declaring your allegiance to God and His Creation as the ONLY truth.** In this step you are affirming that only truth can be true regardless of appearances or memories or emotions that witness to the contrary. Your vigilance against what was made as a result of a wish to experience something apart from God is your willingness to follow Him to a real change of mind. "I no longer wish for what is false. I want God" is your invitation to Holy Spirit to lead you to the truth.

It can all be summarized in this way:

"I will pay no attention to the story or appearance of what seems to be happening or what did happen. I am only interested in a change of mind that will lead to a deep sense of peace. I begin with the acknowledgment that what I believe (and perceive from belief) is not the truth. I choose to not listen to this thought and will listen only to thoughts of love and truth. I want only the awareness of truth for I have faith that the truth will set me free." Then be still and rest your mind from thinking. Let the shift begin to stir from deep within. There is a healing power within that can replace all that you believe, but you must surrender to it and you must want it above all else. Your thinking mind must rest and allow the change to be given to you. It will be given through your desire to relinquish your belief, this world and your false self and through your willingness to learn of what is true. That is your only part. And having done your part you can rest in trust.