

## Choice

A rigid orientation can be extremely reliable, even if it is upside-down. In fact, the more consistently upside-down it is, the more reliable it is.

T 1 II 102:6-7

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The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.

T 2 IV 73:7,74:1

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You must change your mind, not your behavior, and this is a matter of will.

T 2 IV 74:8

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... you cannot change your mind by changing your behavior, ...you can change your mind.

T 4 V 57:1

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When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort, and you will be led as gently as if you were being carried down a quiet path in summer.

T 13 IX 92:1-2

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...What do I want to come of this ? What is it for ? The clarification of the goal belongs at the beginning ...

T 17 VII 58:1-3

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This world is full of miracles. They stand in shining silence next to every dream of pain and suffering, of sin and guilt. They are the dream's alternative, the choice to be the dreamer, rather than deny the active role in making up the dream. They are the glad effects of taking back the consequence of sickness to its cause. The body is released because the mind acknowledges "this is not done to me, but I am doing this." And thus the mind is free to make another choice instead.

T 28 III 27:1-6

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## Choice

Think not that happiness is ever found by following a road away from it. ... to achieve a goal you must proceed in its direction, not away from it. T 31 IV 39:1-3

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... the power of decision cannot lie in choosing different forms of what is still the same illusion and the same mistake. T 31 IV 40:3

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Forgive yourself your madness, and forget all senseless journeys and all goal-less aims. They have no meaning.

T 31 IV 42:6-7

[ I am so focused on the daily tasks, body tasks, eat sleep work - food and shelter, that I forget that this is not the focus that brings happiness.

We make choices based on certain beliefs. One dear belief is that things are difficult and that we make headway in life by overcoming difficulty. What if things are not really any more difficult than we choose to make them. What if life is just choices, and we make bad choices because we do not understand how life works?

The deeper choices are not how to make our way thru life - all these choices lead to nothing, they are meaningless. The choice that matters is to choose to relate to our brothers and neighbors as if they were us, they are us, they are our creations.

We can choose a miraculous life, but even this could obscure the goal of choosing to be in tune with the will of God. The first step is perhaps to realize that we make our own choices - the next step is to decide where to step - toward God or toward our own small idea of what we should choose. - 24Sep03 ]

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## Choice

No one can suffer loss unless it be his own decision. No one suffers pain except his choice elects this state for him. No one can grieve nor fear nor think him sick unless these are the outcomes that he wants. And no one dies without his own consent. Nothing occurs but represents your wish, and nothing is omitted that you choose.

W 152 1:1-5

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And so again we make the only choice that ever can be made; we choose between illusions and the truth, or pain and joy, or hell and Heaven. Let our gratitude unto our Teacher fill our hearts, as we are free to choose our joy instead of pain, our holiness in place of sin, the peace of God instead of conflict, and the light of Heaven for the darkness of the world.

W 190 11:1-2

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Oneness and sickness cannot coexist. God's teachers choose to look on dreams a while. It is a conscious choice. For they have learned that all choices are made consciously, with full awareness of their consequences. The dream says otherwise, but who would put his faith in dreams once they are recognized for what they are? Awareness of dreaming is the real function of God's teachers. They watch the dream figures come and go, shift and change, suffer and die. Yet they are not deceived by what they see. They recognize that to behold a dream figure as sick and separate is no more real than to regard it as healthy and beautiful. Unity alone is not a thing of dreams. And it is this God's teachers acknowledge as behind the dream, beyond all seeming and yet surely theirs.

M 12 6:1-11

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[ When our focus is on changing someone else -  
our own growth is neglected]

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## Choice

[change yourself, move toward God, accept others.

In conversation, relationships

No suggestions

No criticism

No Questions

No needs, limits, requests, demands

For these attempt to alter others, direct others, and divert us from our own growth.]

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[ Growth begins with the admission that there is room for growth, the acknowledgment that things could be better. Growth is sustained by commitment. - 10 JUL 05 ]

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[ Change is by choice]

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