



Reminder:

All events, situations, sensations are not inherently threatening. There is no threat in reality. Only the ego's interpretation tells me there is. It wants to be real, to be god of its own kingdom of nothing. When it tells something '*wrong*' is occurring and attempts to have me lose trust and faith in the love of the universe, I can **choose** to see that this is but a suggestion for how to view reality and is not how I have to view it, not is it how reality really is. I can discern fact from interpretation. Fact is love is all, interpretation (of the ego) is love is dead. What a joke! Who would consciously choose this? I can gently smile, knowing the ego is merely trying to claim existence, or I can loudly laugh at the buffoon, but either way I can choose to remain in peace.

I am at the seat of choice.

There is nothing against me. Nothing is out to get me. Not that person, not the future, not this body. It is all in my mind. Let me not fear anything that is here, now, in my present experience, for attack is not real. I am safe in God. For always.



The “problem” is never the person, the situation or the sensation. There only ever seems to be a problem because I have listened to the ego. Thank God the problem isn’t outside of me, for then I would be helpless. Thank God it is in my mind. I can change my mind. I can remember that no one is guilty and the light of Heaven still shines!

I can remember that the ego merely *uses* people, situations (past, present and future) and sensations to convince me attack is real. Only my thoughts make me suffer. This is just a film. When I view it unlovingly, I hurt myself.

What’s happening, without my interpretation, is just what’s happening. There is no ‘wrongness’ anywhere.

I know, in truth, that nothing here really matters because truth is changeless. No amount of the ego’s lies can change it. No amount of misperception between us can change it. No amount of accusations and judgments and blame between us can change it. I thank God the the truth is true and nothing else is true.



The truth is *still* true!

Eyes were made to blind, not to see. Beyond this movie (it's *just* a movie...) is the light that I really want — the light of the Son of God.

The is defending an impossible lie. What a joke! None of this lovelessness could ever be! I'm ready to laugh it all away, Holy Spirit.

I look on devastation and let myself be reminded that it is false.

If I feel overwhelmed, I can slow down and take a few breaths. I can also journal, asking "How is the ego using this situation to trick me into believing that I am a victim, or that I am guilty, or that the love of God is not in me and surrounding me *now*?"

*This reminder to be used daily (Every morning), as well as during each day. You can set an alarm on your phone or clock to remind you to remind yourself of this.

*You can make it your own. Keep the central idea but change it to the wording that suits you and puts you in the position of the happy dreamer. Feel free to add.