

Teach Only Love, For That Is What You Are (*A Course in Miracles*)

A good friend asked me recently if I was still teaching *A Course in Miracles* – a spiritual training programme that I have been practising for over 20 years now. For several years, I would give an occasional ACIM workshop, but I have not been inspired to give one recently. Thinking about this, I realised that from now on, I do not particularly want to talk to anyone about spiritual books and practices. I primarily want to try and live a core teaching of *A Course in Miracles* which is simply: ‘Teach only love, for that is what you are’.

When the author of *A Course in Miracles* - who identifies himself as Jesus - says ‘Teach only love.’ he does not mean that we should all go out and teach classes about love. He means that we should demonstrate that we are love and nothing but love, by responding to everything in this world with nothing but love and/or compassion for all sentient beings – including those we do not like much at all.

ACIM also states quite forcibly that we humans do not know what true love is. We think love is an emotional feeling towards certain special people in our lives, such as our partner, our parents or our children. But this special kind of love is always mixed with fear or even hate. Just think how you feel if you and your partner have a row or one of your children presses all of your buttons. At that moment, if you are really honest with yourself, you will probably notice at least a twinge of resentment or anger arising up in you. But true love is unchanging. Real love cannot be love one month and resentment or even hatred the next.

So the question then becomes, how can we move from loving only a very few special people in our lives, and even then sometimes hating them, to loving the whole world, including our enemies, at all times? In my 30 years of searching for a way to dwell in love and nothing but love and failing virtually all of the time, I think I may have accumulated just a little wisdom on this extremely deep spiritual subject.

First of all, because we do not have a clue about what true love is, we have to rely on a higher grace, authority, or wisdom to show us the way. We have to get our logical brains out of the way and find a way to reach a much higher consciousness that can then enable us to merge into an infinite field of love and light. In this incredibly high, expansive state of consciousness, we know that we are all one, and that in the oneness, all is love and all is well. I have occasionally managed to attain this blissful state of higher consciousness by going on retreat and meditating intensely for a while, but then I come home and my consciousness sinks back down again.

As well as drawing on the higher energy generated by meditating with skilled meditators, I have also practised opening my heart fully as I meditate so that I can merge my own little energy and consciousness into an infinite stream of love that is always there just waiting for us to open up to it.

Now I am not saying that merging totally into infinite love or light is at all easy to do in this world. For example, just to open my heart centre up to infinite love I have had to go through a long and often painful process of releasing a load of past emotional wounds from my system. Just recently after so many years of serious emotional healing, I released a load of heartbreak around being adopted at 6 weeks old. After this intense healing, I felt so much lighter and less defensive – like a snail whose shell had been ripped off her back.

Overall my healing journey has been so worth the effort because now I do find it much easier to open my heart to unconditional love and compassion for all sentient beings. Sometimes my ego still gets the better of me and I notice a really unkind or revengeful thought about someone popping up in my mind. But now I am so aware of how bad for me such negative thinking is that I pretty quickly delete the unkind thought and do my very best to replace it with a loving thought of some kind.

In 2020 the media is still obsessed with the role a good diet can play in keeping us healthy, but mainstream collective consciousness is still virtually totally blind to the key role our emotions play in determining our overall state of health and well-being. I now know for a fact that cultivating a kind, loving, compassionate heart is not just a virtuous thing to do. It is the totally healthy thing to do. As Professor Paul Gilbert has pointed out: *The evidence is now overwhelming that feeling love and compassion for ourselves and others is deeply healing and soothing and helps us to face the many challenges that will come our way in life..'*

So during this wonderful month of love, why not spend just a little time each day sitting quietly, focussing gently on your heart, and quietly encouraging your beautiful, but wounded self to open fully to the present moment that is always filled with infinite love just waiting on welcome. At first, you may not feel a lot, but eventually, if you keep practising and healing, you will experience this blissful unconditional love flooding through your whole being and then you will be one of the most blessed human beings on the planet.

Peggy Foster
February 2020