

A Course of Love Chapter 5 & Chapter 6

Chapter 5 Relationship

This is a fundamental chapter in challenging previously held beliefs, shifting our perceptions on relationships, and giving practical exercises to apply to our every day lives. “The Christ in you is wholly human and wholly divine...It is the joining of the human and divine that is your purpose here, the only purpose worthy of your thought.” (5.1) Identifying as wholly human all is forgotten and fear/pain is the “reality,” as wholly divine all is known and love/relationship is the reality. All thoughts must be dedicated to the purpose of joining.

Several misconceptions are brought into our awareness and gently corrected to help reveal the truth behind them. These include:

Misconceptions of Relationships

1. Our relationship with God.

“God is Union. God Creates all relationship. Relationship itself is holy.” (5.4) God, Union, Love, Relationship, Holiness etc. are all words used to encompass the same idea, we are joined as ONE rather than separate.

2. Our human relationships. We attach love to some individuals and not others, and try to preserve love there. We try to keep it separate from all the rest. This is a mockery of love.

“All truth lies in relationship...the only reality that exists. It is the joining that is real. No one thing exists without another.” (5.6) This is another way of saying there is only One.

Misconceptions of feelings

“You do not yet believe nor understand that the urges you feel are real, and neither good nor bad. Your feelings in truth come from love, your response to this is what is guided by fear...You are not bad, and you have no feelings that can be labeled so.” (5.11) Love’s lessons are learned from how you respond to your feelings. “It is in understanding the relationship that exists between what you feel and what you do that love’s lessons are learned. Each feeling requires that you enter into a relationship with it, for it is there you will find love. It is in every joining, every entering into, that love exists. Every joining, every entering into, is preceded by a suspension of judgement.” (5.12)

Misconceptions about where relationship happens

“It is your continuing desire to have a relationship only with the world without that causes such a world to remain...All you do not join with remains outside and is illusion, for what you do not join does not exist” (5.17) Outside of you is all that you keep separate, terror and nightmares, all you have labeled or judged or collected, all that is illusion. Within you is all that you have joined with, safe secure and certain, all relationship, all that is real. (5.15-16)

Thoughts are not the real you, and a full heart can overshadow a full mind. **“The first and only exercise for your mind within this Course has already been stated: Dedicate your thought to union. When senseless thoughts fill your mind, when resentments arise, when worry comes, repeat the thought that comes to open your heart and clear your mind: “I dedicate all thought to union.”** (5.20)

Everything in your world can be made holy through relationship with you, for you are holiness itself. The insane idea to be separate has caused you to live in hell instead of peace, live with an unfulfilled longing for love, and to turn your back on truth. You have thus turned life into a test, believing you can pass or fail through your own effort. When will you realize that separation is impossible? Your efforts to be separate are futile. (5.21-5.22)

All efforts to be an individual (or separate) are based on the body. Life in a separate body means overcoming adversity or struggle with thousands of choices you can work to obtain or achieve (goals).

Focused on getting what we want, but even when we get it, are dissatisfied. Thus we decide we made a wrong choice, so we start again and choose something else...but that doesn't work either...nothing ever works. We are asked to "stop now and give up *what you think you want.*" (5.23-5.25)

Recognize the longing you are trying to fulfill can only be satisfied by one thing: joining. Joining with God, Love, our True Self in relationship. "Separation is all you perceive on your own. Union is all you invite me into and share with God...your invitation is necessary for your awareness of this presence." (5.29) When you allow all to be as it is, with no judgements, and join with it, your holiness extends across a world of grief to cause a world of joy.

Chapter 6 Forgiveness/Joining

This chapter brings into awareness areas we have yet to truly forgive or accept along with misperceptions of Peace/heaven and why we delay choosing Heaven once and for all.

We are highly invested in the illusion so we need to come to a place of willingness to let it go. We must forgive Reality, the world, God, our self, and others for being different than what we thought it was.

(6.1) The heart is the center of reality, the center of everything that exists. (6.2) All illusions were created to obscure the truth. If we can quit wishing for what cannot be (finding satisfaction or fulfillment to come from without or from the illusion) then we can begin to see what *is* (truth). (6.3)

Contrast points to the truth- the opposite of separation is being joined in relationship. We chose to live in opposition to the truth. First we must see and accept this was our choice. Then, since we chose it, we can choose again. (6.7-6.9)

(6.10-6.13) Bring into awareness past beliefs and 'excuses' for why we have yet to "choose differently":

1. Fear of truth keeps us busy and we (I) are the only ones who can 'stoke the fires' or keep fear going and this is desirable to us (its within our control)
2. We think peace and heaven must be boring
3. Eagerness for life and eagerness for heaven appear to be in opposition
4. Think giving up struggle means we've failed
5. Feel giving up effort to make it work in the world is giving up

Contrast has made only either/or situations possible in our perception (and this is why we believed what is stated above). We have the wrong idea about peace. (6.14) "Peace is merely enjoyment of the rain and sun, night as well as day. Without judgement cast upon it, peace shines on all that you would look upon." (6.16)

We can give up effort and struggle. "Those who could not change the world one iota through their constant effort, in peace create the world anew." (6.17) "It takes not time nor money nor the sweat of their brows to change the world: it takes only love." (6.18)

Why do we deny or reject happy thoughts? Fear of disappointment. (6.21) We are not being asked to accept a fantasy world but to simply accept what is. "You do not understand the difference between wishing for what can never be and accepting what is." (6.21) The purpose of the world and of love most kind: to end your self-deception and return you to the light. (6.22)

Thought of the Week

"The first and only exercise for your mind within this Course has already been stated: Dedicate your thought to union. When senseless thoughts fill your mind, when resentments arise, when worry comes, repeat the thought that comes to open your heart and clear your mind: "I dedicate all thought to union. As often as you need to replace the senseless thoughts, think of this and say it to yourself not once but a hundred times a day if needed. You do not need to worry about what to replace your senseless thoughts with, as your heart will intercede by fulfilling its longing for union as soon as you have expressed your willingness to let it do so." (C:5.20)