

A vast field of galaxies in deep space, showing a variety of colors and shapes, including spiral, elliptical, and irregular forms, set against a dark, star-filled background.

Things to Remember

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Things to Remember

1. What matters is not what we do, or to whom we give. What matters is that we let our lives be guided by Love.



2. Our function and our joy is to let Love flow freely through us. We do this by following leadings and releasing the blocks – fear, prejudice, busyness, our own plans and agendas – that stand in Love’s way.



3. Ask yourself two questions. Set aside quiet time to reflect on them; in silence and in stillness, ponder them in your heart. The first question is: How can I show love for myself? The second question is: How can I show love for others; for the Whole? These questions are two sides of the same coin.



4. There will be times when we do not feel loving. What are we to do then? Act with kindness – to ourselves and to others. At least, refrain from doing anything that would harm another or ourselves. This is why we have human laws. Children need rules for their own protection. However, when we live consciously with Love, no human laws are required.



5. We serve the world by being true to Who we are. By being Love. Try not to judge other people, but see them for what they are: a child of God like ourselves – a lost child trying to find their way home.



6. When I have an unkind thought about someone, or when I am tempted to judge them, let me say in my mind, 'I am in God and God is in me. Love is my essence, my truth and my being.' Then, let me say, as I think of the other person, 'You are in God and God is in you. Love is your essence, your truth and your being.'



7. When we recognize that of God which is both in us and our neighbour, we may begin to appreciate that what unites us is greater than the surface differences. If we all have God within us, then we are all part of God. In a sense, our neighbour *is* our Self.



8. Offer what you would have come to you. Be what you wish to see. You want to be accepted? Accept all others, regardless of what they say or do. You want to be cherished? Treated as special? Treat others as special and cherish every moment you are with them. Give, and you will receive.



9. We experience the greatest, truest joy not when we serve our selves – our selfish interests – but when we serve the Whole.



10. When you eat, eat. When you walk, walk. When another person speaks, really listen to them. Whatever you are doing, do that. Do not be planning the next thing.



11. A question I ask myself is, 'Can I do this lovingly?' Can I give the person my full attention when I make a phone call? Can I be present as I do a task? If I can't do a particular activity with love, perhaps it might be better to postpone it until I can, or not to do it at all?



12. Perhaps the question to ask ourselves is not so much, 'What do I want to accomplish?', but 'How do I want to be?' If I want to be loving – to live with peace, with compassion, authenticity, kindness – then let that be the primary goal I organise my life around.



13. Remain in touch with your true Self and the Spirit of Christ will be with you and guide you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in touch with your true Self, that of God within you.
(Interpretation of John 15:4)



14. What would it take, what changes would I need to make, to be able to say, with Paul, 'It is no longer I who live, but Christ lives in me'? (Galatians 2:20)



15. Don't live for yourself, live for your Greater Self. Live for the Whole. Don't live as your small, separate self. Live from your Greater Self, Child of God.



16. Use your time wisely, so that when you look back towards the end of your days you will smile at a life well-lived. Let not your song remain unsung. Do not hold back from sharing your love with the world for fear of lack or thought of a rainy day. If Love calls you, answer.



17. Don't wallow in regret over past mistakes or missed opportunities to love. Regret helps no one. Rather, from this day forward, moment by moment, discern what love requires of you and attend to that. Whether you are forty, fifty, sixty or a hundred, it is never too late to dedicate your life to Love. All those who work for the Kingdom receive their reward – joy and peace – however late in the day they begin (Matthew 20:1-16). Even one day lived in Love can make a whole life worthwhile.



18. You are as God created you... In this one thought is everyone set free. In this one truth are all illusions gone. (A Course in Miracles, Workbook Lesson 191.)



19. See no one as a body. Greet each person as the Child of God he or she is. (A Course in Miracles, Workbook, Lesson 158.)



20. Meet together and know one another in that which is eternal, which was before the world was. (Quaker Faith & Practice 2.35. (George Fox, 1657))



21. When you meet anyone, remember it is a holy encounter. As you see him you will see yourself. As you treat him you will treat yourself. As you think of him you will think of yourself. Never forget this, for in him you will find yourself or lose yourself. (A Course in Miracles, Text-8. III. 4:1-5.)



22. It is very difficult to bless others from the bottom of the heart if we haven't started by loving and blessing ourselves. For how can one give to others what one refuses oneself? We need to accept the wonderful, beautiful person, infinitely worthy of love that we are in our real being, our true self. Do you? (Pierre Pradervand.)



23. Let him who has two coats give one to him who has none.
(Luke 3:11.)



24. The joy we experience in these moments of self-forgetting is our true nature, our native state. To regain it, we have simply to empty ourselves of what hides this joy: that is, to stop dwelling on ourselves. (Eknath Easwaran)



25. Our surface potentialities are for selfishness and greed, for tooth and claw. But deep within, in the whispers of the heart, is the surging call of the Eternal Christ, hidden within us all. By an inner isthmus we are connected with the mainland of the Eternal Love. Surface living has brought on the world's tragedy. Deeper living leads us to the Eternal Christ, hidden in us all. Absolute loyalty to this inner Christ is the only hope of a new humanity. In the clamour and din of the day, the press of Eternity's warm love still whispers in each of us, as our truest selves. Attend to the Eternal that he may recreate you and sow you deep into the furrows of the world's suffering. (Thomas R Kelly.)



26. The most important consideration is not the right action in itself but a right inward state out of which right action will arise. Given the right inward state, right action is inevitable. (Howard Brinton, 1943.)



27. What matters is living our lives in the power of love and not worrying too much about the results. In doing this, the means become part of the end. Hence we lose the sense of helplessness and futility in the face of the world's crushing problems. We also lose the craving for success, always focussing on the goal to the exclusion of the way of getting there. We must literally not take too much thought for the morrow but throw ourselves wholeheartedly into the present. That is the beauty of the way of love; it cannot be planned and its end cannot be foretold. (Quaker Faith & Practice 24.60 (extract). (Wolf Mendl, 1974))



28. The inspiration of a dedicated life lived in simple surroundings, though often untraceable, may be profound in its reach. (QF&P 23.66 (extract). (Gerald Littleboy, 1945))



29. A word or a smile is often enough to put fresh life in a despondent soul. (Therese of Lisieux.)



30. Ask yourself what makes you come alive, and do that, because what the world needs is people who have come alive. (Howard Thurman.)



31. If you have ever said, "I don't really know what my purpose is," I suggest that you remember that the only thing you can do with your life is to give it away. In any moment when you are reaching outside your own self-indulgence and attempting to serve others, you are on purpose. When you feel out of touch, sad, or like you are floundering, just stop in that moment and ask, "How may I serve?" Then reach out in any small serving capacity and notice how purposeful you feel. This is joy. (Wayne Dyer.)



32. When I realize that some part of my life is acting to distract me from hearing God's guidance or following that guidance wholeheartedly, it is time to simplify my life by subtracting that distraction. (Lloyd Lee Wilson.)



33. Know that the outward form passes away, but the world of reality remains for ever. How long will you play at loving the shape of the jug? Leave the jug; go, seek the water! (Attributed to Rumi.)



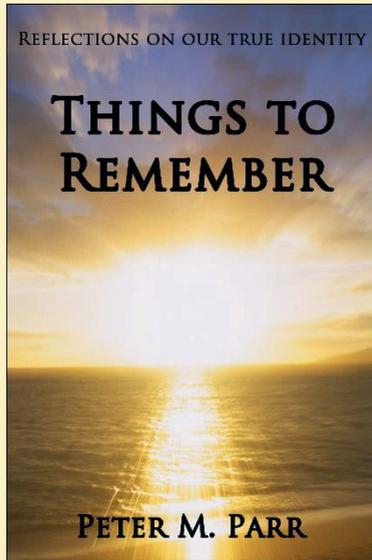
34. Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. (A Course in Miracles, Text-16. IV. 6:1. (p338))



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THINGS TO REMEMBER

Reflections on our True Identity



Through the ages, there have always been those who, when they looked at another, understood they were looking at themselves. Seers and mystics of all religious traditions have seen through the veil of form and recognised the essential oneness of all things.

What would be the implications if we held an awareness of the Divine in everyone? What if we tried genuinely to live this belief in our encounters with other people?

Things to Remember explores these questions, drawing on the author's experiences as a Quaker and student of *A Course in Miracles*.

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