I. INTRODUCTION

A. Is there a more effective way of going through life than what we now experience?

1. Yes – However, it requires a willingness to change our goal.

2. We must learn to explore our inner spaces and recognize the presence of harmony and at-one-ment.
   a. There is an inner intuitive voice which is our reliable God.
   b. It can only be experienced when physical senses are hushed.

B. What is spiritual deprivation? Is there a cure for it?

1. It is an inner emptiness resulting from seeking an indefinable quality.
   a. In an attempt to control and predict we feel separated and unloved.
   b. Satisfactions are unfilled and transitory.

2. There must be an inner fulfillment.
   a. Dependence on external symbols results in stress.
   b. We must be willing to change our old belief system.

II. PREPARATION FOR PERSONAL TRANSFORMATION?

A. How do you determine what is real?

1. Most of us have depended on the information received from our physical senses in determining reality.
2. Our lives gain new meaning when we look to that which has no beginning or ending as our reality.
   a. Only love is eternal and therefore is real.
   b. Love is everything that is of value.
   c. Love is a total absence of fear.

B. What hinders us from experiencing love?

1. We produce our own interference which keeps us “stuck” in old belief systems.

2. Our distorted images of past experiences cloud our vision of the present.
   a. By using our imagination, we can eliminate those old memories.
   b. We can increase our effectiveness by releasing guilt and fear.

   GUILT =
   FEAR =

C. How does prediction affect our peace of mind?

1. Predictions made about our future prevent us from enjoying the present.

2. We sometimes believe that our past fears can predict the fears of the future.
3. This preoccupation with the past and future creates a vicious circle of fear.

D. How do we make a choice for reality?

1. We choose our own reality by exercising our free will.
   a. Refuse to be limited by the fearful past or future.
   b. Reject the “realities” adopted by our culture.

2. Accept this instant as the only time there is.

3. Realize that our minds are joined and have no limitations.

E. What steps must be taken to retrain our minds?

1. We must first establish peace of mind as our single goal.
   a. It is the most potent motivating force.
   b. It eliminates the juggling of multi-goals which leads to conflict.
   c. We must think of ourselves in terms of self-fullness, not selfishness.

2. The second step, forgiveness, is a means by which we correct our misconceptions.
   a. We are then able to see others as either extensions of love or calling for help in the form of love.
   b. We are then able to love others and experience inner peace.

F. How does the mind function in a “split” manner?
1. It seems as if part of our mind is directed by our ego and part by love.
   a. Ego is another name for fear. Through illusions the ego persuades us that we are separate from each other.
   b. Love extends truth and unites and joins us to each other.

2. Our mind has the power of making all decisions.

G. What other practical steps can we take to achieve peace of mind?
   1. Choose to see ourselves and others as guiltless.
   2. Learn to accept direction from our inner intuitive voice. It will always provide the means for accomplishing what is necessary.
   3. Make a commitment to a specific goal as guided by the inner voice.
   4. Choose to determine what you feel and perceive.
   5. Learn to use positive, active imagination.

III. INGREDIENTS OF PERSONAL TRANSFORMATION

A. How does our belief system affect our perception of reality? Our belief system is based on our past experiences which are constantly being relived.

B. How can we realize our limitless nature?
   1. Detach ourselves from past/future preoccupations.
   2. Discipline and retrain your mind.
      a. Fear and love cannot be experienced at the same time.
b. Choose love more consistently to change the nature and quality of our relationships.

C. What is the relationship between “attack” and “defense?” How do we shift our perception?

1. Attacking stems from fear and guilt.
2. People attack when they feel threatened.
   a. It is a demonstration of strength at the expense of another.
   b. Defense will always preserve the problem.
3. Those we see as our attackers are in reality fearful.
4. Even constructive criticism is an attempt to attack by demonstrating their wrongness and our right.
5. Peace of mind comes by accepting others as they are without demands and expectations.

D. What is forgiveness? How does it help us achieve inner peace?

1. Forgiveness is letting go of the past and the means of correcting our misconceptions.
   a. It is a process of selective forgetting.
   b. It releases all thoughts that seem to separate us from each other.
2. By accepting peace of mind as our single goal and forgiveness as our single function, we will find our inner intuitive voice which is our guide to fulfillment.
E. What is the relationship between getting and giving.

1. We have everything we need now. The essence of our being is love.

2. We often trade with others a conditional love.

3. “Getting” motivation leads to distress.

4. Giving means extending your love with no conditions, boundaries or expectations.

F. What is the role of words in our retraining process?

1. Use of certain words continue the past and fearful future active in our minds.

2. By eliminating these words from our thoughts and expressions, we will allow inner peace to be established. (See p. 41)
LOVE IS LETTING GO OF FEAR
By: Gerald G. Jampolsky

LESSON 1
ALL THAT I GIVE IS GIVEN TO MYSELF

I. What is the difference between the Law of Love and the Law of the World?

A. To give is to receive is the Law of Love.
   1. The Law of Love is based on abundance.
   2. When we give our love unconditionally the love within us extends, expands and joins.

B. The Law of the World states that what we give away we lose.
   1. The World’s Law is based on a belief in scarcity.
   2. It says that we are never satisfied.
      a. We continue to seek satisfaction in external forms.
      b. Such outer seeking never brings forth fulfillment.

C. The distorted concept is that you have to get love from others before you can feel love within.

D. The Law of love says that you are love, and as you give love you teach yourself what you are.

E. The time for giving is always now.
LESSON 2
FORGIVENESS IS THE KEY TO HAPPINESS

I. How is forgiveness a key to happiness?

A. Forgiveness is a means by which we change our misperception, condemning, judgments and grievances.
   
   1. Anything that we perceive that does not mirror love is a misperception.
   
   2. Forgiveness corrects those misperceptions and allows us to see only Love in others and ourselves.

B. Forgiveness is a process of letting go and overlooking what others may have done.
   
   1. If we cherish grievances we become imprisoned.
   
   2. It allows us to experience a sense of unity with each other.

C. Forgiveness doesn’t mean assuming a position of superiority or tolerating behavior in others.

D. The unforgiving mind is confused and full of fear.
   
   1. The unforgiving person justifies his anger and the correctness of his condemning judgment.
   
   2. This type of person does not want the future to be different from the past.
LESSON 3
I AM NEVER UPSET FOR THE REASON I THINK

I. How is an exclusive reliance on our physical senses harmful?

A. If we rely on the information received from the outside world through our physical senses, then we may believe that our state of mind is controlled by the feedback received.

B. This belief contributes to a sense of isolation. For it presumes that the world is the cause and we are the effect.

II. Should we place our emphasis on controlling the external world? It is from our Peace of Mind (cause) that a peaceful perception of the outer world (effect) arises.

LESSON 4
I AM DETERMINED TO SEE THINGS DIFFERENTLY

I. What is the source of our feelings of vulnerability?

A. It is our memory of fear and pain that makes us feel so vulnerable.

B. A belief system which holds that the fearful past will extend into a fearful one.

C. We believe that anger occurs because we have been attacked. Therefore we feel counter-attack is justified.

II. How do we change our belief system?
LESSON 5

I CAN ESCAPE FROM THE WORLD I SEE BY GIVING UP ATTACK THOUGHTS

I. How can we change the world?
   A. We change the world by changing our thoughts.
      1. By changing our thoughts we change the cause.
      2. The world we see (effect) will automatically change.
   B. We must accept the responsibility for our thoughts, feelings and reactions.

II. Where does our perception of attack originate?
   A. We can perceive attack outside us only when we have accepted them as real within.
   B. The attack thoughts perceived as coming from others originate in our own minds.
   C. Therefore, we can replace attack thoughts with thoughts of love and stop hurting ourselves.
LESSON 6
I AM NOT THE VICTIM OF THE WORLD I SEE

I. How do we eliminate the feeling of being victims of the world?

A. We must choose to see others as free from guilt.
B. We must choose to see the strengths of others rather than their weaknesses.
C. Peace of Mind is impossible when fear and suspicion are our attitudes.

LESSON 7
TODAY I WILL JUDGE NOTHING THAT OCCURS

I. How do we become non-judgmental?

A. By totally accepting everyone as they are.
B. Ridding ourselves of the condition called “tunnel vision.”
   1. This condition prevents us from seeing people as a whole person.
   2. By viewing only a fragment we often interpret it as a fault.

II. What is constructive criticism? And does it help others?

A. It is a disguise for fault-finding.
B. Evaluating others results at worst in fear, and at best in conditional love.
III. Is there an alternative to fault finding? The alternative is to become a love finder. Love finders concentrate on the strengths of others and overlook their weaknesses.

LESSON 8
THIS INSTANT IS THE ONLY TIME THERE IS

I. How does a concept of linear time affect us?
   A. The concept of linear time (past, present and future) can interfere with our relating to the right now.
   B. It is a belief that states that the past will continue to repeat itself in the present and future.
   C. Therefore, our world becomes fearful with suffering and conflict.

II. How does this instant become eternity? It becomes eternity as an extension of the present that never ceases.
LESSON 9
THE PAST IS OVER, IT CAN TOUCH ME NOT

I. How can the past hurt us?

A. When we have been hurt by someone in the past we build such defenses to prevent ourselves from being hurt in the future.

B. We use the past as reference points from which we judge the present.

C. In our close relationships we recognize their past as having present validity.

D. If we feel that someone rejected us, criticized us or was unfair in the past, then we will see that person as attacking us.

LESSON 10
I COULD SEE PEACE INSTEAD OF THIS

I. What determines our happiness?

A. Many of us believe that outer events and the reactions of others can determine our happiness.

B. We also cling to a superstitious belief in luck as a determinator of our happiness.

C. A peaceful mind is an internal matter.

1. It is from a peaceful mind that peaceful perceptions of the world originate.
2. Our reactions of anger, depression or excitement exist because of the interpretations we make of the external stimuli in our environment.

II. What happens when we dwell in past events or anticipate future ones?

A. We create a realm of fantasy.
B. We block the possibility of fresh and novel experiences.
C. We establish a continual state of conflict.

LESSON 11
I CAN ELECT TO CHANGE ALL THOUGHTS THAT HURT

I. How can we handle a situation in which there seems no escape?

A. By using your inherent attributes, free will and choice.
B. By using your active imagination to find a way out.
   1. Always retain the sense of release from past problem-solving attempts.
   2. This new attitude will allow solutions previously unavailable to you to evolve.
C. Perceive things as opportunities to learn and not problems.
D. Remember, we are never presented with lessons until we are ready to learn them.
LESSON 12
I AM RESPONSIBLE FOR WHAT I SEE

I. Are we responsible for the quality of life we experience?
   A. We choose the feelings we experience.
   B. We decide upon the goal which we will achieve.

II. Why do certain events occur in our lives?
   A. Because we have in some way asked for them.
   B. And we have received what we asked for.