

INSTRUMENT FOR PEACE

A practical guide for working through upsets & healing the mind

The mind at peace is healed. The mind at peace has wholeheartedly welcomed peace. In this world, lack of peace appears in many forms. For permanent healing to occur, lack of peace must be traced back to its singular cause in the mind. Use of this instrument for that tracing back can help a willing mind let go of what it thinks it knows, see the world differently, and experience a present state of peace and joy.

What is your upset right now? Begin typing your responses in the spaces provided and the form will auto fill the rest of the form in red where applicable as you read through and complete the form.

1. When I think about upsetting action, situation or event:

(A) _____
(Past or future action, situation, or event)

I feel:

(B) _____
(Specific upsetting emotions)

Because I think that:

(C1) _____ is to blame and/or
(Name - Optional)

Because I'm afraid that:

(C2) _____ in the future.
(Will occur - Optional)

2. Thinking about (A) _____

Feeling (B) _____

Blaming (C1) _____ and/or

Fearing (C2) _____

Prove I am right that:

(D) _____
(my belief in lack, taking the form of an image of self/other/the world)

I do not like how I feel now, so I am ready to consider the possibility that the way I perceive this is not the way it really is. As part of the healing process, I am willing to look beyond my perception of this upset (the meaning I have given it) and look within my mind.

3. I want to learn that there is a way that I can, without guilt, see the part I play in:

Thinking about (A) _____

Feeling (B) _____

Blaming (C1) _____ and/or

Fearing (C2) _____

4. I release my wanting to be right about my perception of all of this in:

Thinking about (A) _____

Feeling (B) _____

Blaming (C1) _____ and/or

Fearing (C2) _____

And proving that (D) _____

I want instead to be happy. Through the ego (distorted thinking/seeing), I perceive the cause of my upset and its resolution as outside my mind. This projection seems very real; its purpose is to distract my mind from looking inward.

5. If the cause of my upset and its resolution were outside my mind, I would, in fact, be powerless to change my state of mind. My use of projection (seeing outside what I don't want to see within) is why I seem powerless, why:

(C1) _____ and/or

Fearing (C2) _____

seem(s) to be the cause of my upset.

6. Thinking about (A) _____

Feeling (B) _____

Blaming (C1) _____ and/or

Fearing (C2) _____

Result from my belief that:

(D) _____

(my belief in lack, taking the form of an image of self/other/the world)

7. I am only upset at someone or something when they/it mirror(s) back to my mind a belief which I have denied from awareness. When I blame/fear something in the world, it is to avoid seeing the upset and resolution as they really are (a decision in my mind) and to instead maintain an image of self/other/the world as I wish. This mind trick seems to displace guilt and fear, but actually maintains feelings of upset. To blame or fear an image of self/other/the world requires that I believe I am limited to a body and world of bodies, and denies the spiritual abstract reality of my being. As a first step in letting go of all upset, I want to see in my mind what I thought was outside it.

Being upset about: (A) _____

is only another attempt to make:

(C1) _____ and/or

the future thought:

(C2) _____ the cause of my guilt and fear.

8. Upset seems valuable and justifiable when:

(A) _____

runs counter to what I want.

What I want(ed) and expect(ed) is for:

(E) _____
(desired action, situation, or event)

I still believe that:

(D) _____
(my belief in lack)

so I think I need for:

(E) _____
(desired action, situation or event)

to be happy, complete, and at peace.

Is this belief in lack and the resulting expectation more important to me than peace of mind?

9. Everything in the world works together for my good. What I think is the cause of my upset is not the cause at all. The choice to be upset is a choice not to see the cause, my belief in separation/lack, as a present decision in my mind. It's an attempt to see the cause in the past/future and the present as its effect.

10. What I want RIGHT NOW, above all else, is peace.

So I question the belief that:

(D) _____
(*my belief in lack*)

and I voluntarily let go of the desire for:

(E) _____
(*Desired action, situation or event*)

in order to reconnect with my one goal: peace.

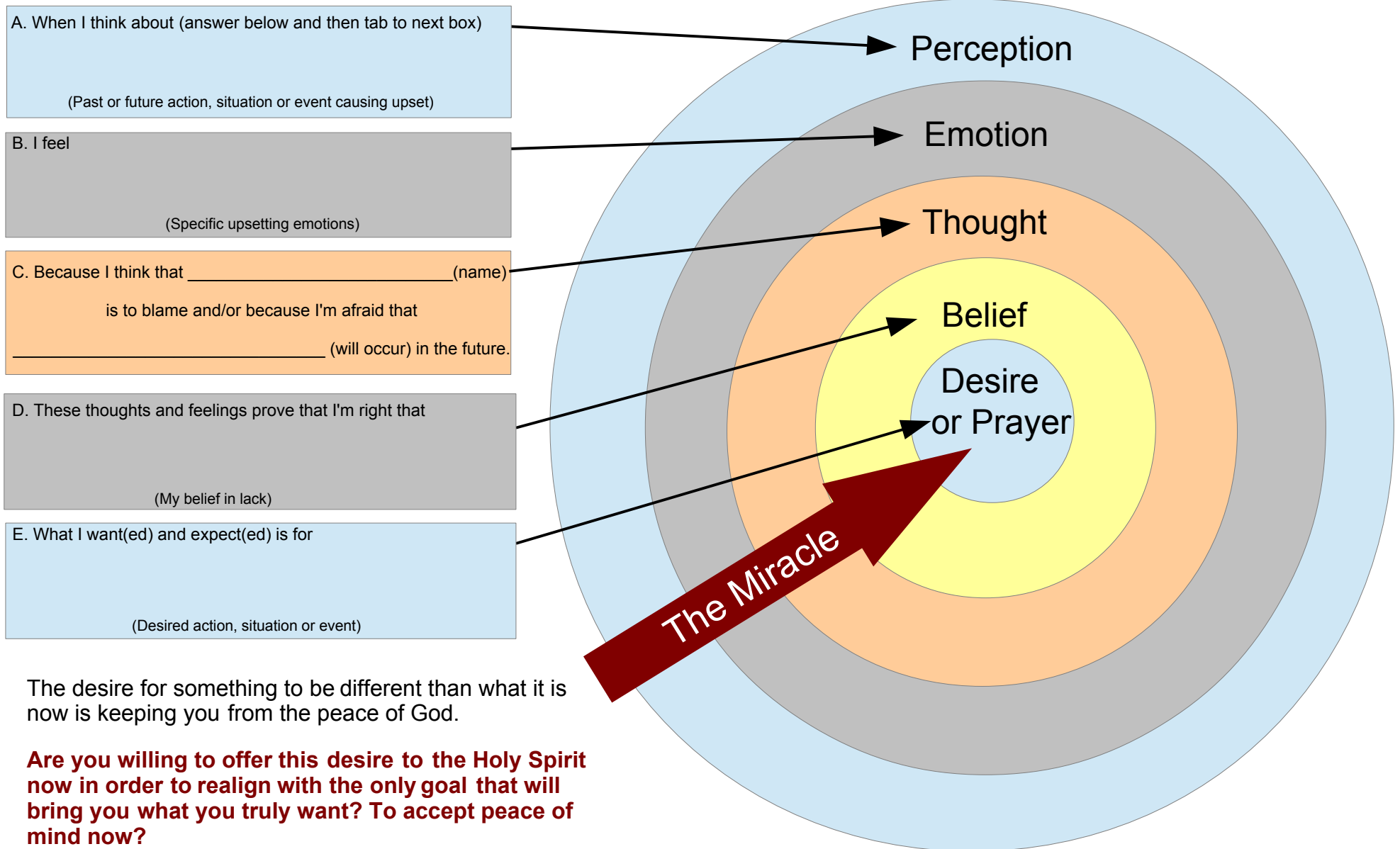
11. Peace of mind is a present decision which I gratefully choose RIGHT NOW! Guilt and fear of consequences only seemed possible because I was determined to hold on to a belief in past/future cause. I let go of the meaning I gave to the past/future and open my mind to the present, absolved and innocent.

12. I am grateful for the realization that the cause of my upset, which I thought was in the world, was actually only an unquestioned belief and decision in my mind; I have decided anew for my PEACE OF MIND.

Write down any insights from the process below. Save the completed worksheet if necessary. Do as many worksheets as necessary to experience present peace, if that is your desire.

LEVELS OF MIND DIAGRAM

"Truth is restored to you through your desire, as it was lost to you through your desire for something else." - *A Course in Miracles* T-20.VIII.1.2



If you experience any resistance to choosing the peace of God using the Levels of Mind Diagram, continue on with the Instrument for Peace. Feel free at any time to fine tune your responses as needed by changing the red text.