

“Teach Only Love”

(T-6.IV)

The principle: “what extends from the mind is still in it, and from what it extends *it knows itself*” (1:5)

In other words, what comes *out* of you shows you what is *in* you.
The *effects* you produce show you what sort of *cause* you are.

This means that our thought and behavior toward others are constantly teaching us who we are.

Uniting the poles of self and other

Spirituality tends to be pretty narcissistic. We are focused on our magnificence and grandeur. We are focused on touching the divine within. We are focused on our peace.

This focus naturally tends to downplay others. They become secondary. They become our mirror. Or our projection screen. Or perhaps just plain illusions, since there’s (supposedly) nobody out there. They are mere props on the stage of our salvation drama.

This principle (from what the mind extends it knows itself) unites these two poles. It says we learn who we are through how we see others, behave toward others, affect others.

You must never forget that what you teach is teaching *you*. (5:2)

We have misused this power

“But through the ego...you have taught yourself to believe you are not what you are” (3:1-2).

You can feel this going on in you.

- When you say something really unkind, what do you conclude you are?
- When you act hurtfully, what do you conclude you are?
- When you act with no thought of your effect on others and their needs, what do you conclude you are?

While we read the Course tell us that we are children of God, and while we tell ourselves that we are the holy and divine, our behavior is powerfully teaching us something else.

What self-image has resulted from a lifetime of teaching ourselves in this way?

We need to use this power in only *one* way

“That is why you must teach only one lesson” (4:1).

Your only real safety lies in extending *only* the Holy Spirit, because as you see His gentleness in others, your own mind perceives itself as totally harmless. (5:4)

The only way to *have* peace is to *teach* peace. (7:1)

Teach only love, and learn that love is yours and *you* are love. (7:8)

We need to entirely relinquish the other way

Safety is the *complete relinquishment of attack*. No compromise is possible in this. (6:4-5)

Exercise

Think of a situation where, for whatever reason, you have been having a negative effect on someone else, and this is accompanied by negativity in you *toward* this person.

Based on that negative effect, what have you concluded about yourself? Ask yourself:

In light of the negative effect I've been having on this person, what label am I applying to myself deep down?

Now silently repeat to this person:

*My safety lies in the complete relinquishment of attack toward you.
(Feel all impulse to attack this person fall away.)*

My real safety lies in extending only the Holy Spirit to you.

As I see His gentleness in you, my own mind perceives itself as totally harmless.

I will teach only love to you, and learn that love is mine and I am love.