

## ***The First Axiom of Truth***

The first step in awakening is to allow into the mind this axiom of truth:

**Nothing that you experience is caused by anything outside of you.  
You experience only the effects of your own choice.** (WM 5)

Your holy mind establishes everything that happens to you. Every response you make to everything you perceive is up to you, because your mind determines your perception of it.  
(T 181)

It is impossible the Son of God be merely driven by events outside of him. It is impossible that happenings that come to him were not his choice. His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. No accident nor chance is possible within the universe as God created it, outside of which is nothing.  
(T 448)

This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you. Say only this, but mean it with no reservations, for here the power of salvation lies:

***"I am responsible for what I see.  
I choose the feelings I experience, and I decide upon the  
goal I would achieve.  
And everything that seems to happen to me  
I ask for, and receive as I have asked."***

Deceive yourself no longer that you are helpless in the face of what is done to you. Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.

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### **Only You Have the Power to Create Your Experience**

Beloved friends, you who seem to find yourself in this third dimensional realm, this physical realm of limitation and duality and conflict, and birth and death, and surprises. Rest assured you have truly never surprised yourself at any time. There has never been a moment experienced that has come to you that you have not deliberately ordered and received. Nothing comes by accident. (HOES CD - The Blessing)

Listen carefully. No one has the power to create your experience. No one has the power to limit your experience. And nowhere in the laws of God has it ever been written that you must conform your experience to the choices of another. You remain free, to freely choose to be the embodiment of Christ. You are the one who can bless creation. It begins when you are willing to assume responsibility for what you want to use time for.

In truth, you are doing it anyway. You are always using time for exactly what you are choosing. You are not surviving. You are not trying to get things done that the world is requiring. Never is anything occurring except that you are having awareness of the effects of how you are choosing to use consciousness, and that is all.

These are the first two axioms of The Way of the Heart, to be built on, to be remembered and to be cultivated daily:

I am created as my Father created me to be. I am free.  
And nothing sources my experience but me in each moment.  
Nothing has an effect upon me whatsoever, save that which I choose to allow to affect me. (WM 20)

I need do nothing. (WM 21)

The power of these first two axioms will be what everything that follows is built on. Yet everything that follows is merely a way of watering those two axioms and making them the anchor of your awareness.

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### **Can you explain how we make our own experiences?**

Your experience is always the effect of where you choose to focus the attention of your consciousness, itself being unlimited forever, embracing all the many dimensions of creation. You abide in that which embraces all things, in all ways, and at all times. In truth, you do not know separation, birth or death, gain or loss. (WM 2)

As you focus your attention on reading these words, recognize how you, as an infinite being, have deliberately chosen to participate in a form of experience. You will read words that carry certain meanings for each of you. And you each will color that meaning according to the perceptions that you have chosen to place value upon.

Each of you chooses from your infinite freedom to attract to yourself certain vibrational frequencies, certain forms or qualities of experience. That freedom is what you abide in always, from before the foundations of this world and long after this world ceases to be.

The point I am trying to make with you is that in each and every moment, what you are experiencing in the realm of your emotions and mind, and the effects – to a latter degree – within the body are there because you, from your infinite freedom, have simply selected that experience to focus your attention on so that you can see what the effects are. (WM 4)

The insanity that you experience as your pain, your suffering, your seeking and your dramas comes only from your mistaken choice to become identified with what arises in the field of your awareness. You, therefore, lose the sight of innocence. For all events are perfectly neutral, and you are free to see them any way you want.

Just as you would go to a grocery store and choose what you will have for dinner and then go home and experience your creation, so too do you choose each experience. When you choose a perception, you lodge it in the mind. Then it expresses itself through the body, through the environment that you create around yourself and through the friends that you would call into your awareness. Every aspect of the life you live is the symbol of what you have chosen to experience and, therefore, to convey throughout creation. (WM 13)

Understand well, The Way of the Heart requires that you allow yourself to rest in the simplicity of this truth:

I am pure Spirit, undefiled and unaffected by anything or anyone.

I am given full power to choose and, therefore, to create my experience as I would have it be. (WM 12)

In each and every moment, you cannot be a victim of what you see, and nothing is outside of you. What you experience you have directly and deliberately called to yourself. If you hold the thought, "I do not like what I have called to myself," that is perfectly fine. For you have called to yourself the experience of being in judgment of yourself. Merely look with the wonder of a child and see what it feels like and ask yourself, "Is this an energy I wish to continue in or would I choose something else?" (WM 3)

For ultimately, when all possible choices within the dream of separation have been made, have been tasted, have been felt and have been known, finally there emerges the still, quiet voice of Spirit that speaks through the soul, whispering of the one Truth, the one Reality, the one Love, the one peace and the one bliss that is continual.

Then the soul begins to turn from the things of this created world. It begins to withdraw its attention from its attachments to all of the things it has called to itself. It begins to transcend its sense of identification with the vibrational frequencies it had only meant to play with, and then took seriously. It is seriousness within the mind that is the creation of ego. And it is great seriousness that holds the vibrations of what you would no longer choose to experience within the field of your being, within the field of your soul.

Now we are going to take that thought just a little deeper for a moment. It literally means that if you have decided you want to awaken, you have already called to yourself every experience that can truly best serve your awakening. The friends, family and people you have relationships with are those who likewise can best gain from the experiences elicited through relationship with you. It means that right here and right now you are already demonstrating the power that you are seeking – the power to truly choose to awaken, and to command the whole of creation to serve you in that awakening. (WM 30)

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### **Does projection come from not accepting the first axiom?**

What is projection? Projection occurs when there has first been denial within yourself. Projection is an act in which you psychically try to throw out of your ownership everything that you have judged as being despicable or unworthy of you – something you do not want. So you will project it. You will throw it up and out and let it land on whomever happens to be nearby. Projection is the effect of the denial of the first axiom that I have given you. It is the denial of the truth that:

Nothing you experience has been caused by anything outside of you. (WM 28)

Projection is the attempt to insist that reality is other than the way God made it. That you are not powerful, that you are a victim of circumstances, that you are in a world that can actually do things to you and cause you to make decisions that you would not have made otherwise. That is always denial. And it is a lie.

Again, projection is the denial of the first axiom of truth, and you have mastered it well. When you project onto another, you will then believe that your anger or your hatred is justified.

Anger without projection is impossible. The ego uses projection only to destroy your perception of both yourself and your brothers. The process begins by excluding something that exists in you but which you do not want, and leads directly to excluding you from your brothers. (T 96)

What you project you disown, and therefore do not believe is yours. You are excluding yourself by the very judgment that you are different from the one on whom you project.

Yet projection will always hurt you. It reinforces your belief in your own split mind, and its only purpose is to keep the separation going. It is solely a device of the ego to make you feel different from your brothers and separated from them. The ego justifies this on the grounds that it makes you seem "better" than they are, thus obscuring your equality with them still further.

We have learned, however, that there is an alternative to projection. Every ability of the ego has a better use, because its abilities are directed by the mind, which has a better Voice. The Holy Spirit extends and the ego projects. As their goals are opposed, so is the result.

The Holy Spirit begins by perceiving you as perfect. Knowing this perfection is shared He recognizes it in others, thus strengthening it in both. Instead of anger this arouses love for both, because it establishes inclusion. Perceiving equality, the Holy Spirit perceives equal needs. This invites Atonement automatically, because Atonement is the one need in this world that is universal. To perceive yourself this way is the only way in which you can find happiness in the world. That is because it is the acknowledgment that you are not in this world, for the world is unhappy. (T 97)

Imagine then, a society in which the prevalent legal view is simply that your brother or your sister is an aspect of yourself. And if you would help yourself, you must help them meeting each cry for help and healing with forgiveness, love and support. Can you imagine, for a moment, what it would be like to live in such a society? How would it be different than the world you see? (WM 29)

If you would have these things be different, it must begin with you. For the way to heal the world is not by seeking to change what is on the outside, but by first changing what is on the inside. When that change has occurred, you will become a conduit for an energy that knows how to use your gifts, and how to place you in just the right situations. And a great power will work effectively through you – the power alone that knows how to heal your world.

To enhance the main topic(s), this material was extracted from both *The Way of Mastery* and *A Course in Miracles* (ACIM).

Page Ref:

T - Text (ACIM)

WM - The Way of Mastery

HOES - Heaven on Earth Series - CD

If a paragraph does not have a page number reference, it is part of the previous paragraph's page number.



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