

I Have a Kingdom I Must Rule

To Remember

Projection is the unconscious act to place my thoughts and feelings in other person or in the external world.

Introjection is the unconscious act, where the person takes and makes his/hers the thoughts and feelings of other persons.

Introjection is the opposite of projection.

I rule my mind, which I alone must rule.

I have a kingdom I must rule. At times, it does not seem I am its king at all. It seems to triumph over me, and tell me what to think, and what to do and feel. And yet it has been given me to serve whatever purpose I perceive in it. My mind can only serve. Today I give its service to the Divine to employ as He sees fit. I thus direct my mind, which I alone can rule. And thus I set it free to do the Will of God.

ACIM Lesson 236

*Father, my mind is open to Your Thoughts,
and closed today to every thought but Yours.
I rule my mind, and offer it to You.
Accept my gift, for it is Yours to me.*

Refusing to introject unloving thoughts is one of the greatest acts of self-respect you can do.

**Rev. Carlos Romanillos UOV
Unity of the Valley,
February 5, 2012**