Hi everyone!

It’s Linda Leland here from the Teachers of God Foundation. Thanks for being here.

Today I want to address a lot of the emails, Facebook posts, and letters that we are getting in from people saying,

“Ugh, I’m still finding myself judging other people. I’m still having times when I’m feeling really unworthy. When’s that going to end?”

First, I want to say that it’s awesome that you are here and paying attention to your thoughts. You are taking responsibility and knowing that this is where the healing needs to occur. That is great!

When these first thoughts come up, I want you to know that it is the second thought that counts. It is the thought that you choose after the first thought that makes a difference.

We love A Course in Miracles and we study it. A Course in Miracles is a systematic way to change that way we see everything and everyone. We walk this earth looking for the good in everything and knowing that we are guided. We devote our day to miracles.

We are here to remember the truth of who we are. We are a unique expression of our Creator who is pure love. Everything and everyone that we come across is this as well, no matter who they are or how they’re behaving.

We are dismantling the thought system of fear. We’re learning to see everything differently.

Did you hear all that? It’s a systematic learning. That’s what you’re here to do. We do that every time we are given a choice. Every time a thought comes in, you have a choice to value that thought or not. You have a choice between love and fear. You have a choice between Heaven and Hell. You have a choice between an old grievance or a new miracle.

You’re always given another chance. The best explanation of this is a quote from A Course in Miracles.

“**Trials are but lessons which you fail to learn the first time, presented once again so that where you made a faulty choice before, you can now choose again and escape all of the pain that the first choice brought you.**”

This is awesome news.
It’s the Second Thought that Counts

We’re always being given another chance to choose Heaven, be in Heaven, and be in love. God is constantly calling you home and is not going to stop. You’re always given a transformational opportunity.

So, if you stay hung up on that first thought, you’ve just hit the pause button for yourself.

The second thought doesn't have to be complicated. It can simply be,

“Holy Spirit, help me see this differently.”

Your second thought can also be to come into the present moment and say,

“Holy Spirit, I choose love instead of this. I choose peace instead of this even though I don’t know how.”

Move away from that first thought. The second thought is vital. It’s so important to your happiness. That’s the one you really want to focus your attention on.

I used to hear the word temptation a lot in religion. I never really knew what that meant. I always thought that it was some impure thought or thing that we might do that would displease God. It always had a sort of creepy meaning to it. I’ve since learned what it actually means and I’d like to share that with you.

Temptation really means to get lured in by that first thought and get stuck there. It is to value that first thought and try to fix fear with fear. Temptation is just getting locked into thought number one. It comes in many forms.

When that thought comes in don’t be afraid of it or judge yourself for it. The ego wants to use that first thought as another opportunity to make you feel guilty as if you’re not getting something right. Try not to stay in this thought either. Remember, it’s the second thought that counts.

I have a great example from my own life. I was watching t.v., laying down with my head on my husband’s lap, and he wanted to turn on the news to catch the weather. We had a big storm coming. He turned it on and the news was on for a few minutes. I don’t usually watch the news too much. Something came on and I don’t really remember what it was but, I sat up straight, bolted up, and began swearing.

“This is bullshit!”

I was freaking out. I was angry and agitated. Then, I caught myself and said what I always say.
It's the Second Thought that Counts

“Can I rewind?”

I invite you to use that any time that you want. Just rewind. He laughed, because I say this a lot. I wanted to rewind and not stay stuck in that first thought. I wanted to choose peace instead and I didn’t really know how.

I thought of a teaching that I’d just seen by Marianne Williamson. She talks about how we are all brilliantly guided and about the brilliance of God and the universe. She spoke about how an acorn magnificently transforms into a mighty oak or how an embryo transform into a baby. That brilliance is here for all of us.

We are all being called forward to our highest expression with that same exact brilliance. The only difference between the acorn, embryo, and us is that the acorn and embryo don’t think that they know a different and better way like we do.

Instead, when I watch the news, I choose to remember that. We are all being called to something bigger, no matter what my eyes show me. I chose peace. That is mastery.

A master is somebody who knows that they have two choices. It’s not that masters never experience any fear or self doubt, they just don’t value that first thought. A master knows that they’ve been sent in to bring love to a situation. They’ve been sent in on the behalf of love and the Light. They’ve been sent in to make a choice that sets us all free because we are all one mind. They know that they have a choice.

That second choice of love is where we come into alignment with God’s will. Now we’re backed by all of the strength of God. Remember that. Mastery is all about what you do with your second thought.

This is a great opportunity for us. I’m so glad that you’re here. This is a great opportunity to not stay stuck in the first thought and to hit the pause button. You will know if you’re in the thought system of fear or not by the way that you feel.

Wake up and do this work. You’re here to learn to experience more of God, the truth of who you are. That happens by focusing your attention on the second thought.

Thank you so much for being here with us. We’re here to support you all.

I love you and I’ll see you soon.