

What is suffering? How do we find peace?

Robert Gifford October 2012

Suffering is when we are thinking outside the Christ mind. Therefore in our finding peace we must begin to align ourselves with thinking like Christ.

*"Before I was afflicted I went astray: but now have I kept thy word."*

Psalm 119:67-75

The creative process is of pure divine impulse. A natural occurring ever producing outpouring of the original nature of God. If this process was utilized by us and left alone to purely guide and create our inspirations in and about life without corruption by fear and doubt, we would individually recreate the Garden of Eden as our lives and live the perfection of love continuously.

The reason we as a people fall short of this gloriously desired life is because of our humanity that is allowed freedom of choice, infused with all kinds of ideas corrupted by our ignorance of Truth. We create false beliefs that pour into the one creative mind process and bring to us the suffering we create. These false beliefs called error, are beliefs residing in our subconscious mind, born out of ignorance, creating the very things we don't want in our lives. Often we don't know they're there, yet we still suffer the circumstances that they create.

How can we break free from this self-imposed suffering, let alone become aware of it?

We utilize tools that reveal these error beliefs so that we can look into our thinking and experience the emotions acquainted with them so as to know why they are not true. These emotional conflicts coupled with our wrong thinking or error beliefs are the creators of the wrong circumstances in our lives in which we suffer.

In our understanding of how this all works, we begin to unwind the causation of our problems and troubling circumstances that have lead us into what is often called sin, sickness and lack. When we are thinking from the Perfect Mind which is in Christ Jesus, we cannot be, nor create anything outside of the realm of Perfect Love. From the human perspective we are immersed in a belief in time. We still reap the effects of our former ways of thinking and experience the creation of that thinking, either positive and loving or fearful and judgmental, therefore we experience the consequences of our thinking.

Having started and experienced limited success in several small business's years ago, I could not understand why and how my failures seemed to always come upon me despite my wonderful inspirations. I was engulfed in fear mixed with an inner false belief that I had to literally do everything myself if I was to build or create anything. An error I misguidedly learned from my father as a boy. My error and emotional conflicts prevented me from a greater wisdom to partner up with capable people who had experience and talent greater than mine and gather them around me to assist in the necessary things that would bring the successes I so desired.

As we progress in purifying our thought, good is created in our experience more and more. We slip and slide periodically on our individual paths, but with faith, prayer and council, we can endeavor to become closer and closer to that perfect love reality of the Truth that God knows about us and desires for us since the foundation of the earth.

In the mind Divine, Love what ever is in front of you. Emma Curtis Hopkins says “Love everyone and everything”. – and suffering is no more. For the former things are past away.

The man Jesus spoke of tribulation or suffering. One way to look at it is that our suffering is a guide post and indicator of what’s going on inside us in our thinking. Possibly if we were to look away from the pain for a moment and our tendencies to feel like victims and observe the larger picture, we might realize the good news that life offers us. Successful mentors and spiritual mystics as well as the Bible offer sound solutions. They show us ways to break free from the bondage that seem to overtake us so much in daily life. Maybe we individually and collectively might try to emulate what one man did that ultimately succeeded and brought a joy we all secretly desire.

*“These things I have spoken unto you, that in me ye might have peace.*

*In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”*

John 16:33

Blessings, Rev. Rob