

# Control, Control, Control

Jampolsky, Gerald.

Poetry and Notes to Myself: My Ups and Downs with A Course in Miracles.

Mini Course Publishing.

Kindle edition.

Control, control, control, you are the battery,  
the driving force of my ego.

Every time I have tried to control and to predict,  
I've ended up with my plan and with conflict,  
and I have given priority to the identification  
of a body to hurt me.

Every time I have created an expectation for  
another person's behavior based on my ego needs,  
I've ended up in pain and conflict,  
and I've interfered with the other person's freedom  
and my own.

Freedom means not being of the body; it is being  
of Spirit, being of God.

Freedom means releasing others and ourselves  
from the limitations of the body  
and the separation from God.

Freedom means having absolutely no expectation  
for anyone's behavior.

Freedom means to live and move in God.

Every time we interpret another person's behavior,  
we make the body real.

Every time we judge another person's behavior to  
determine their guilt or innocence,  
we make the body real.

Every time we dwell in and are attached to past hurts,  
we make the body real.

To be as God created us, we need to:  
not interpret,  
not judge and not live in the past.