

Only One Love Is

Three Days of Time Travel...
West to East and back Home to Heaven

by

Dr. Rabbit

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*Do not attempt to break God's copyright, because His Authorship
alone can copy right. Your own right authorship does not lie in
remaking His copies, but in creating like Him.*

(from the urtext of A Course In Miracles - Entry dated: 12-11-65)

For
YOU, DEAR ONE,
Who wants the Peace of mind, and nothing else;
You Who CANNOT not-know Yourself
and rejoices in this discovery.

This book is especially recommended for anyone
who has been educated in a Western-Christian way
and has made contact with any of the Eastern
teachings.

I dedicate this book in gratitude to YOU
Who is - as my brother - my Savior.

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*I have made it perfectly clear that I am like you
and you are like me, but our fundamental
equality can be demonstrated only through joint
decision. You are free to perceive yourself as
persecuted if you choose. When you do choose to
react that way, however, you might remember
that I was persecuted as the world judges, and did
not share this evaluation for myself. And because I
did not share it, I did not strengthen it.
I therefore offered a different interpretation of
attack, and one which I want to share with you.
If you will believe it, you will help me teach it.*

(from A Course In Miracles)

Foreword

Only One Love Is. Rhetoric? If you are rhetorical. Definition? If you like to define. Poetic? Another definition, though you're getting closer now. Experience? Well now, the question is, can you step in? For in such case, no further comment.

You see, even in reading this book's title, your mirror is before you. And as you then go on to read the introduction and chapters within, you discover yourself stepping right through your very own looking glass, into a new discovery of yourself. Rather, let me say, *recovery* of your *Self*.

Based on the Christian teachings of *A Course in Miracles*, yet addressing as well principles of eastern tradition, *Only One Love Is* offers you a very personal opportunity for, let's call it, "an unraveling" of yourself. Yet don't be concerned, as a high level of reconstruction follows. And so I invite you to join with the author in a memory of descent into your apparent objective world of separation from everything and everyone; from God Himself (*Day 1*), recognition of the futility of the experience of separate identity, followed by your subsequent surrender (*Day 2*), and finally, though always only right now, your resurrection and recognition of your eternal nature (*Day 3*).

And so *Only One Love Is* guides you into a present memory of your Self. The use of Jesus' words from *A Course in Miracles* throughout much of "Dr. Rabbit's" book adds a depth of love and memory that helps to catalyze this experience. Since *A Course in Miracles* is an invaluable focus and transformational gift in my life personally, the treasure was that I found my own heart and dedication even more impassioned to read and experience the Course's text and workbook lessons. I was inevitably filled with an even greater richness of the experience of Christ's love, and it is clearly out of such love that all true Experience emanates. *Only One Love Is* leads you, the reader, to this and graciously encourages you to undergo your own discovery of the power of the Course, to fully embrace and live the daily

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lessons of the Workbook, to read the text. The magnitude of its offering is an unsurpassable gift; and so it is out of my own love that I join in this invitation to you.

I believe it is important to mention as well, that though reference is consistently made in this book to the Course, there is most definitely a clear relevance for readers and students of Eastern traditions. Having had a rather extensive experience with Eastern teachings himself, the author fully incorporates Eastern concepts generally considered useful on one's 'path to enlightenment.' Eastern practices of 'Inquiry', transcendence, surrender, etc. are looked at. Their effectiveness and limitations are talked about. Most importantly, I feel, it is made apparent how all is useful and integrated into a final experience of forgiveness, healing and wholeness; remembrance of Self. This, of course again, is the teaching of Jesus, and the vernacular is inconsequential, for it is the experience that is universal and applies to both East and West. The Eastern method of Inquiry finally is, in fact, only another way of remembering one's necessity for this same forgiveness. And so finally, as well, all ends with a real experience of total inclusiveness of everyone and every-thing as the Love that you are. Yet this really is no different than saying that all ends in *A Course in Miracles*.

A lightness, but as well depth, occurs throughout *Only One Love Is* through the author's insertion of aphorisms which had been written within the course of his life experiences. From one such aphorism (at beginning of Chapter 2):

*A little bird, quite frail and loving, wanted to fly to the stars.
It did not know in which direction.
The sky was so empty and vast, so unknown and yet so attractive.
And it also did not know about flying...*

Further along, this aphorism continues:

*Suddenly the whole nest fell apart and the little bird was very
much afraid to fall from the high tree top to the ground.
She decided to be very still, not to have any thought, not to make
any effort and to accept the end just as it would be.
And there – the last wish was realized.
This split second was enough to recognize that she was Flying,*

*always was, and always would be able to Fly.
Now the little bird could also see that she had never been nor
could ever be separate from the stars. In fact everything always
was sharing that common Source, as well as the Flying.
Stars and Flying is as you are – we all are.*

*In surrender, all this that appears to be an obstacle,
to be separate, disappears.*



“All this that appears to be an obstacle, to be separate, disappears”.
Here is where you are lead.

In Day 1 the “obstacle” appears to consist of endless multiplicity; a world of separated and scattered, meaningless ambitions, associated competition, vanities, hatred, war, and on and on. An infinity of separate, egoic identities seem finally to yield no reasonable hope for a real resolution for your world.

Yet within the reading of Day 1, you are finally hit with the same Voice the author himself relates as having been given: “Just admit and recognize with your believing in obstacles that you are an Obstacle in its entirety, and salvation is yours that very instant”.

One more time, from the aphorism: *In surrender all this that appears to be an obstacle, to be separate, disappears.* And so in your recognition of yourself as the Obstacle in its entirety, do **you** disappear?

As you continue through the book, it is impossible that you will not have a true experience of the depth of the meaning of this simple thought. What will result as well will be a tremendous healing that includes not just yourself, but your entire apparent world. It will occur as you resolutely determine to not just read the words of *Only One Love Is*, but remain willing to experience the offered Alternative to your individually defined and therefore separate ‘human self’.

What if you are not separate? What if your “physical” body is merely a device your mind has constructed for an experience that, let’s say, worked out “not so well”? Or at least not as anticipated? As *Einstein* has put it, “time is an illusion.” And space. And how about ‘you’ then as you perceive yourself in your world? For that matter,

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how about your world?

“It becomes a first step and necessity for those believing to be separate to check the borderline, the imagined drawn boundary between that image out there and what you define as ‘yourself’. Is there really such a boundary that defines a limit to any imagined physical body or even subtler bodies, an in- or outside perception, any objects or expressions seemingly separate from yourself?”

(Ch 1, I. The Waking Call for Peace, p. 34)

“The whole universe is nothing but thought, and YOU as you think of you is but a thought.”

(Ch 1, V. Dreaming the Awakening – Dreaming Yourself Out of Here, p. 94)

“Feeling a sense of SEPARATION is what an unforgiven thought is.”

(Ch 1, V. Dreaming the Awakening – Dreaming Yourself Out of Here, p. 104)

At this point, a true understanding of “forgiveness” becomes important. Forgiveness, throughout its offering in *A Course in Miracles* as well as *Only One Love Is*, is **not** the acknowledgment that someone “out there” has done something wrong, and now you are willing to *forgive* him or her. Those readers unfamiliar with a true understanding and experience of forgiveness surely will not want to miss this discovery, for its offering is rich. And as this truer meaning is accepted by you, as you experience a willingness to adventure with Dr. Rabbit out of your old world and ideas into the whole new reality it offers – well whatever hole you might have been in, be awake to its perhaps unexpected disappearance into a rather... hmmm... let me say “radiant light.” You certainly will begin to experience yourself lifted from an old and heavy identity that no longer serves you.

Read on. Discover what “atonement” really is. Don’t be afraid to admit the impossibility of your human condition. Come into a true experience of God and remembrance of yourSelf as the Divine Light that you are. As you continue to read with your expanding, open, and forgiving heart and mind, it is impossible this will not occur for you. You will begin to include and integrate everyone and everything as a whole part of what *you* are – this *is* your process of at-one-ment, of remembrance of your One Self, Divine Self. Healing

occurs, and it appears the nature of its occurrence is miraculous. You discover that such “miracles” have always been within the very nature of you.

Throughout the book, *Only One Love Is* continues to lead you to such experience, working with and expanding on Jesus’ teachings in *A Course in Miracles*, yet within the context of the author’s own expressions and related personal stories. You find yourself releasing all your denials of God, the entirety of your constructed, illusory dream experience. This is the conversion of your world into a real world, one based singularly on Love. You awaken. For a moment, perhaps you cry in the remembrance of something so beautiful...

To conclude, dear reader – whoever you are, let me suggest that as you read this book you allow yourself – as I did – to come into an experience where you find yourself asking, “Who is speaking in this book?” “Who is reading?” “Where is this beauty I feel that is spoken of with words, though the words themselves are nothing in truth? Yet I *feel* the words. I know the essence behind them. And yes, I know this author. We have met ‘time and time again,’ and yet ever and always, in no time.”

Will you be free enough to cry in the beauty and memory of yourSelf? For it is in this moment that you did remember.

Karyn, editor, playing this part in this, your divine play,
– directed by you.

*A goose felt for millions of years that it would be a goose,
Just thought for millions of year that there would be the bondage of a
cage; just dreamed ‘I am a goose’.*

*In Being quiet without any effort, now – here –, mind relaxes,
body relaxes, no more past. No body, no identity, but Awareness
Itself, myself as You, existence in Its Source. The goose is out, in
fact never has been in the cage.*

(aphorism Ch 3, end of Section I.)