

## If you are both, can you be either?

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**Holy Spirit:** To see that you are not who you think you are, remember first that all ideas are in the mind. ...

When you have a grasp on the realization that ideas are only ideas and they live only in the mind ..., try this exercise:

Take a piece of paper and draw a line down the center to make two columns. At the top of one column write, "What I think I am." At the top of the other column write, "Then I must also know."

Now look at the personality-body that you call you, which is actually only a filter of ideas. How would you describe that personality-body using one word adjectives? List those adjectives in the first column.

Each adjective that you have used to describe the personality-body has an opposite. Write its opposite in the second column next to the corresponding adjective.

When you've finished this, look at both columns. Remember that everything you look at exists only as ideas in the mind. Now, see that both sets of ideas *are* in the mind. Where there is beauty, there is ugly. Where there is smart, there is dumb. Where there is skilled, there is unskilled.

In order for you to know the experience of feeling beautiful, you must have at some time felt ugly. To know feeling smart, you must have felt dumb. To know skilled, you must have felt unskilled. Only by feeling both can you know both, and only by knowing both can you 'choose between' in order to identify yourself *as*.

In other words, both sets of opposites have been a part of your experience or you would not be aware of either. And if both are a part of your experience, can you truly be defined as only one?

If you are experiencing ugly, you have experienced beautiful, so which are you truly? If dumb, then smart also. And if unskilled, skilled.

As you look at these two columns, you will realize you know both experiences. This is the only way you can make comparisons, and only through comparisons can you 'choose between' in order to define. Accept that this is true. In this acceptance, definitions begin to fade.

*If you are both, can you be either?*

Think on this today, and be glad. In accepting this you release your hold on the false. In releasing your hold on the false, you open to only that which is true.