

**January 2, 2005**

Lately, I've been posting fairly frequently to The\_Peace\_of\_God listserv. I have a lot of feelings regarding my posts, all of which I know are invented by my ego. So, this morning I invited these feelings to show themselves. The feelings that came up included:

- I'm an idiot
- Others roll their eyes when they see my posts
- They don't comment on my posts because they think my posts are ridiculous
- They wonder who the heck I think I am
- They can see how little I actually understand, and they laugh at how much I *think* I understand
- They think my posts are brilliant
- They are jealous because they aren't as enlightened as I am
- My posts are really helpful to them and they look forward to reading them
- They think that I am an emerging great teacher

I said "hello" to each of these feelings as I scanned them in my mind. Then, I saw them turn into balloons and I released them, one and all.

I asked the Holy Spirit to replace these false feelings with Truth. The Holy Spirit responded that my posts are a way of extending my Love, and when I feel the desire to extend my Love by posting, I should follow that desire. Then the Holy Spirit reminded me to post without expectation regarding those who read the posts. Simply extend the Love as I feel guided, and let that Love Be. The Holy Spirit reminded me that all things are for my own Realization.

8:00 a.m.

Just now I was lying in bed with Jasmine, and she hit me in the breast (seemingly hard and on purpose). I got angry. Then, remembering that all things are for my own Realization, I asked, "Why do I feel angry?"

"Because she disrespected you!" I heard.

"She's only a reflection of your own inner state of mind," whispered a gentler voice.

It's clear that when I felt angry, I was unconsciously choosing to listen to the first voice. If I had accepted that feeling as justified, I would not have questioned it. If I had not questioned it, I would not have heard the "reasoning" given by both voices. I had to permit myself to hear both voices before I could pick which one to believe.

Based on my past experience, the first voice seems easier to believe. But, if I choose to believe that voice, my experience will never change. So with faith, I choose the second voice. I choose to recognize that *my* belief system includes disrespect for self and a lot of

self-hatred; more than I want to face. Yet Spirit invites me with a smile to look at my self-hatred. Its foundation isn't real, so let it go and realize my true Self.

I noticed as I was letting some feelings of anger, fear and hatred rise, that I also felt a desire to grab onto those feelings and hold them instead of letting them go. So I asked myself, "Why do I want these feelings?" And the answer I heard was, "Because you think they are what you are."

I'd like to understand this more.

Doubts are coming up now too. It's that recurring question, "Am I really in touch with Spirit or am I allowing all of this to occur within a powerful human imagination? Which is illusion and which is real? I don't want to be deceived. I only want to know the Truth. But, what is Truth and how do I know?"

How do I feel now? Afraid.

What do I want to do with that fear? Let it go so I can be rid of it.

11:47 p.m.

What do I see when I look at my house? I see clutter; so much clutter that it seems out of control. And, this is a reflection of what is in my mind? So, what does this reflection tell me? *That I feel out of control*, and from there I can drill right down to some strong feelings of self-hatred.

**Question:** What is another way of looking at this?

**Answer:** Don't be afraid of your feelings. Acknowledge them without judgment and let them go. You don't need to fear that they define you. They don't. You are only Love. Trust in that.

2:44 p.m.

The following excerpt is from an e-mail by Linda Carpenter:

"The Course clarifies a universal law of cause and effect that operates both in our world and in reality: *Whatever you believe is real, you must experience*. As we learn to understand the power of this law, we then also begin to realize the power of changing our mind's beliefs on many levels.

"When we realize that nothing happens to us that we have not caused by our beliefs about ourselves, then we can begin to change our experiences by changing the way we think about ourselves. The purpose of forgiveness is to learn to see past or through the desire for separateness, and replace it with the desire and the willingness to experience the loving reality of all creation. This kind of

forgiveness frees our mind of illusions. The effect of this choice eventually leads to the awakening, or return, to the peaceful and loving Mind of God.

“We have a neutral mirror called the “world” upon which to project our beliefs. As we change our fearful beliefs to loving thoughts, the world we see and experience must change accordingly.”

What I learned today is that I have to remember not to be frightened by the mirror, even when it seems to be showing me my own self-hatred. It *isn't* real, and I can change what I will see on the mirror in the future by deciding differently about myself now. In fact, I can change the experience I am having *now* by deciding differently now. Herein lies my freedom.