

Jacquelyn: Inner Wisdom, the mantra/spiritual aspiration I have adopted is “Silence my mind; feel what is my part now.” What should my spiritual aspiration be?

Inner Wisdom: We overflow/leap with joy at your willingness to simply ask the question. Your fear has, thus far, kept you from this most holy endeavor. This morning you have seen the places where you continue to judge and hold grievances. This is an excellent place to start on your path towards your vision. You continue to look to your mind to make sense of the world for you and this cannot be done. Your continued endeavors in this regard can only serve to make you fearful and, as we have seen, fear hides the light in you. Thus silencing the mind means that you must refrain from looking to your mind to solve your problems for you. You must relinquish your belief in its ability to do so. You must learn not to take your comfort there. The second part of your mantra/aspiration is where you should focus your effort. By placing your trust in us, you will find yourself willing to relinquish your dependence on the thinking mind. Therefore, you must ask what to think, what to say and what to do in each moment. Your willingness to do so opens the channel of communication and nurtures your willingness to place your trust in Inner Wisdom.

J: How does letting go of busyness help me to realize my spiritual aspiration?

IW: Your attraction to busyness merely reflects your fear of having the Truth of you revealed. As your lesson has told us, your belief in your own sin and guilt is that which keeps you from surrendering to your sinlessness and guiltlessness. Be willing to be quiet. Be willing to be serenaded by the Truth within you. Stop at least 5 minutes hourly to remind yourself how deeply you are loved, how deeply committed to your Truth you are and to remember where your happiness lies. Simply commit to remembering what you feel within as you read these words about your Self and you will begin to step into your Truth without the filter of the thinking mind.

J: How do I keep fear from being a distraction that keeps me from being focused and sends me running back to the thinking mind?

IW: Know that your fear is not you. You must begin to recognize the choice that you make when you claim fear as your own. Fear is not yours. Fear just is. Indeed, fear only wants to exist. It only exists as long as you lend it your reality. Otherwise, it does not and cannot exist. By claiming fear as your own, you lend it reality. You agree to “pretend” it into existence. This is child's play and the time is ripe to let this play go. When fear presents itself, ask it, “From where to you come? Who sent you and whom do you serve?” Be willing to engage it in this way and you will see its unreality. You will see that you are its author only if you choose to be.

J: How can I be its author and at the same time be told that the problem is that I am claiming it as my own?

IW: You believe in what you create. Your continued belief in “your fear” belies your root belief that you are a body – a separate individual – ruled by a mind contained within that body and subject to its dictates. If the mind says you should be fearful, you obey. You must learn to extract your Self from your identification with the seemingly separate body/mind. You must see that the ideas, emotions and beliefs residing there are old scripts to which you no longer need adhere. You must see that those scripts were written for a character within the play of the world and that you are not the character. In this way, you resign your role as author and begin to take your rightful place.