

Perceived Rejection

1/19/08

Regina: I can't focus on *The Way of Mastery*. My mind keeps going back to the idea that I am being rejected by Laurent.

Holy Spirit: How do you feel?

Regina: Sad. Angry. I want to attack him. I also feel trapped, like there's no way out.

Holy Spirit: Can you remember being here before?

Regina: Yes, I've been here before.

Holy Spirit: Can you accept that it's in your mind?

Regina: Yes, I accept it's in my mind. But not totally, because as I'm writing this, a voice is jumping up and down and saying, "There is a reality here!"

Holy Spirit: Can you accept that the reality comes from the mind?

Regina: Ok. The reality comes from the mind. So what do I do?

Holy Spirit: Start by not wanting to change anything. When you want it to be different than it is, you are creating a strong power around it that keeps it firmly in place. You start by noticing all of your feelings around the situation. Drop from the thoughts to the feelings. Really dive into them. Whenever the thoughts are coming at a fast pace, like rapid fire, there are always feelings attached. These feelings can be quite strong and staying at the level of thought can cover up the feelings. Remember...the thoughts are props or projections. They are literally a part of the escape. They can be useful for a time in helping you to see there is a feeling that needs to be looked at, but the feeling or effect must be examined if the true cause is ever to be realized. Stories of form are never true cause.

Regina: I'm afraid I won't feel the true depth of my feelings.

Holy Spirit: You will. You only have to stop being afraid of your feelings. You still judge your feelings as wrong, and so you don't go into them as much as you could.

Regina: What about my recent post about letting go of judgment?

Holy Spirit: You are letting go of judgment when you drop from the thoughts to the feelings. You are no longer allowing thoughts to generate feelings through believing them and you are experiencing without judgment the effects of past beliefs.

Regina: You said listening to some thoughts can be useful.

Holy Spirit: Sure. They are useful in helping you to see what you still believe. If you didn't still have belief, you wouldn't listen to any. Listening to some brings feelings up in you, then you can drop into the feelings and discover true cause, which is not the specific form of the thoughts. It is the source of the thought...the source that created the echo. That is what you are truly still believing.

Regina: So in this case, it is rejection.

Holy Spirit: Even more, it is *rejectability* and the idea that rejection is deserved. Even in accepting the idea of rejectability through fear of rejection, you decide that rejection is deserved.

Regina: Yes, of course I believe this. Of course I do. It seems to be the deepest thing I believe about myself. But how do I shake a belief that is so firm, especially when it seems I have to face it everyday.

Holy Spirit: Facing it everyday is more helpful than you imagine. Now you just have to decide what you will do with your mind as you face it. I recommend remembering firmly that you are facing your own belief about you. Remember *that* every time the idea of rejection is brought up in you. Remember that each time your mind strays to prop thoughts. Simply by remembering what you are truly looking at, you begin to dispel illusions.