

Note: There may be an error in dates on this audio. The Purpose of Fear was received on November 23, 2005. It is the last message in this document.

October 28, 2005

Question: A Course in Miracles says, “You do not have to seek reality. It will seek you and find you when you meet its conditions. Its conditions are part of what it is. And this part only is up to you.”

What would you share regarding this thought?

Answer: Reality’s condition is absence of imagining. So, your part is simple. Stop imagining. Do not make more within your mind. When imaginings seem to show up there, let them go. This is forgiveness. Forgiveness is letting go of anything that is not real, and everything that is not of God is not real.

When you have let go of imaginings and you have ceased to wish for imaginings, you will know reality. Reality *Is*, and it is all that you will be aware of when the clouds of imagining have dispersed.

November 1, 2005

Question: What would you have me do? Where would you have me go? What would you have me say, and to whom?

Answer: The answer to this question is difficult to hear, because the [thought of separation] that you think is you wants to hear a specific plan [and] specific steps it can follow to become worthy of salvation. In this thought is found all of the confusion of the ego.

[First you think,] “I am separate from the Holy Spirit, and I may or may not hear His voice.”

[Then you think,] “If I do not hear His voice, it is because I am unworthy. And this is the most likely scenario, so I don’t expect to hear anything.”

[Finally you think,] “If I do hear His voice, He will tell me exactly what I must do to be saved, but I probably won’t like what I hear, because He will ask some horrific sacrifice.”

And in all of this, the Voice for God seems lost to you because you are afraid of it. But the Voice for God is not lost to you. If you listen more closely to a Voice beyond the fear, you will hear clearly what the Voice for God asks you to do.

Go through your day doing what seems to come to you. Do not worry that you are making the wrong choices regarding what you do, for you cannot be wrong. Do not feel that you need to follow a specific plan or keep certain obligations, because what you feel

to do in the moment is what you are to do. Let go of anything else that [the] moment might have been used for. Those thoughts are just distractions now.

As you do what you are guided to do, I ask you to go within the mind. Go deep within the mind and observe the thoughts that are there as you are doing. Discern between the ego thoughts and the Holy ones. Dismiss the ego thoughts easily as nothing. Feast upon the Holy thoughts as everything. In this way, you will enjoy peace as you do what you do.

Speak to the ones that come to you. Sometimes the best way to speak is to listen. Notice if you feel pressure to say a certain thing, and remember [that] pressure never comes from Me. Do not say what you feel pressure or anxiousness to say. Gladly let that thought go. What I would have you say will come naturally, and you may not even know that you are going to say it until you hear the words coming from your mouth. So do not worry what you will say. Listen in non-judgment, and then say what seems to come out of you.

In this way, step through your day moment by moment following My plan as it is revealed to you. Resist the ego temptation to take over and control or to believe that you must [take over and control]. Trust in Me completely, and enjoy the adventure with curiosity and delight. I will lead you Home if you let me by letting go of all temptation to lead yourself separate from Me.

Moment to moment; relax into the moment of now. This is where I Am. Meet Me here. We are one in accord with It All.

November 23, 2005 – The Purpose of Fear

Questioner: In regards to fear, *A Course in Miracles* says, “As long as you recognize only the need for the remedy, you will remain fearful. However, as soon as you accept the remedy, you have abolished fear. This is how true healing occurs.”

What can you share regarding this thought?

Answer: Accepting the remedy would be to accept the atonement, which is to accept that you are not separate and alone, but a part of a whole, innocent and free, pure Love, one as God created you. When this view is accepted, you cannot be afraid, for fear no longer has a purpose for you.

Questioner: So, we accept fear because it serves our own purpose?

Answer: Every thought that you accept, you accept because it serves a purpose that you have aligned with. You can seem to have mixed purposes because your mind seems split, but this is merely a state of indecision.

Indecision can seem to be intolerable because of the insane thought that wants you to decide for it. Yet, because you do know the truth and you are not insane, you can never wholly support that thought. This is why the mind seems split. Until you choose to give

that thought no more thoughts of support, you will seem to have mixed purposes, and you will experience some pain and discomfort.

Questioner: The pain and discomfort comes from supporting the insane thought against my true Will and reason. Right? And, can you tell me more about the purpose of fear.

Answer: Yes, pain and discomfort come from supporting the insane thought. And yes, that is because it is against your true Will. Like everything else, and this is true of everything without exception, fear is a thought. When you look at fear and see it as nothing but a thought, and you remember that all thought either supports Truth or insanity, which “bucket” would you put fear in?

Questioner: It supports insanity.

Answer: So, that is its purpose. As long as you hold onto fear, you support the split within the mind, and you do not fully accept the remedy.

Questioner: So to accept the remedy and to let go of fear is one; they are simultaneous; means and end are one. Is this correct?

Answer: Yes. You cannot wait for fear to be gone in order to accept Truth, for accepting Truth ends fear *because* the purpose [fear] supported is gone.

Questioner: Let’s talk about “paths” to accepting Truth. A friend has asked if one must continue to “peel back the layers” and look at the ego in order to come to the point of accepting Truth. Or, could one come to that point through charity; that is, through seeing all brothers as healed; seeing only the God-Self and realizing that anything else is illusion? What can you share about this?

Answer: The path to peace is the consistent choice for that purpose. When one is choosing peace, which is seeing with the Christ-mind, one is choosing the path of peace. When one is not seeing with the Christ-mind, one has an opportunity to choose again. Taking this opportunity willingly is realigning with the purpose of peace. There is nothing else that need be done.

When one sees a brother through the Christ-mind, one will not *feel* as if he is extending charity. He will feel as if he is seeing all that matters, and anything that he is not seeing, or not accepting as meaningful, *is* meaningless.

If a brother has the feeling that he is extending charity by overlooking something real, there is an error in his seeing and this error must be corrected. The error may be corrected by recognizing the error and choosing again. Since the error itself is meaningless, this choice can be easily made. But if a brother feels he cannot make this choice easily, he may need to look further at what seems to be preventing his choice. By understanding what seems to be an obstacle to his choice, he can choose to let go of the obstacle, and

this will free him to make the choice. But, if he is unaware of the obstacle, the seeming inability to make the choice may seem to cause great pain and discomfort.

Questioner: Can you simplify everything we've talked about into a summary?

Answer: Purpose is the word I would have you keep in your mind today. Realize that since you are not healed, it is because you have not fully accepted your purpose. I call it *your purpose* because it is your true Will. It *is* what you want. Therefore, all you need to do is be consistent in choosing with your Self.

Be aware of the purpose you are supporting in each instant today. Be consistently willing to support the purpose that you truly want.