

June 12, 2006

Question: What is a holy relationship, and what would you share with me about the current circumstance in my relationship with Jasmine?

Answer: You are learning who you are, and you are opening up to the acceptance of this fact. However, many of your thoughts are still focused on experience as if the world is real and you are victim of it. When you focus your thoughts in this way, you continue to make a future like the past. You continue to believe as you have always believed within the experience of the world.

The purpose of your experience within the world is to break free of your experience of the world. This is because the experience of the world is self-limiting, and your purpose is to realize that you are gloriously unlimited in your Truth.

When you use your mind to focus on the “interference” in your relationship . . . that is to say, when you use your mind to focus on the seeming conflict of wills . . . you teach the mind that will can be different. That is to teach the mind that it is guilty of separating itself from God by choosing a will that is different from God’s. That is to teach the mind that it is guilty, and so the mind becomes afraid. A mind that is focused on conflict and fear believes in attack, and a mind that believes in attack cannot be at peace.

As I have said before, *this is why reversal is needed.*

Look at it this way:

What you study within the mind becomes experience within awareness.

You must ask yourself, what would I study?

Even within the world, you have options from which to choose that which you would study. Within your relationship, you may choose to study (and focus on and think about) interference and conflict, or you may choose to study (and focus on and think about) the alignment that you experience together.

Be honest with yourself. What have you been focusing on? What experience are you making?

Then ask yourself, “What type of experience do I want?”

If the experience you are having is out of alignment with the one that you want, you must change the way you think about it.

A holy relationship is a fact when strictly defined. “Holy relationship” means that your relationship is whole, or that you are whole with that which you seem to

experience relationship. It means you are one. This is a fact that is not changeable. Within perception, a holy relationship is one that is used to teach this fact. It is a relationship through which you have decided to learn your Truth. And, the best way to learn is through practice.

In your relationship, practice in this way:

Pay attention to what you study. Study that which is in alignment with your learning goal.

A shift will occur within the mind as you choose to learn that which you have set out to learn. As you choose to learn it, you shall learn it. As it is learned, conscious experience will shift to teach you that which you are learning. It is reinforcement offered to you by the universe, so you may continue to learn that which the universe as a whole has decided to learn.

June 20, 2006

Question: *A Course in Miracles* teaches non-duality using the symbols of duality. For example, it talks about the ego and the Holy Spirit. Some students are left feeling that the ego and the Holy Spirit are real and separate beings. What would you share that will help us look beyond these symbols to the content of the message within *A Course in Miracles*?

Answer: The course's purpose is to use the thinking mind to bring you to a point of willingness to put the thinking mind aside. Its purpose is to bring you to a point of trust and reliance with the inner guide so that the wisdom of the inner guide supersedes the thinking mind by choice within awareness.

A helpful way to think of the ego is to think of it as the thinking mind. Understanding the ego this way will help you to see it differently so that it doesn't seem to be a character with a separate and distinct will.

A helpful way to think of the Holy Spirit is the Knowing mind. It doesn't have to think, because it knows. It comes to you in an intuitive, knowing way, without analyzing or judgment, and it provides answers that are most helpful to you.

Neither the ego nor the Holy Spirit is separate from you. Both are within the mind. The ego is based on not-knowing or fear, and the Holy Spirit remains completely connected to Knowing, which is Love.

Question: At this stage of evolution, it seems like there are three so-called "entities" - one the false (ego), second the Knowing Mind and third, Infinite Consciousness, flashes of which makes itSelf presence evident in the form of "insights"...is this situation a part of the evolutionary process?

Answer: There isn't an "evolutionary process" in the ultimate sense. What is, *is*. It extends and it changes without change, but it is not an evolutionary process because that [typically] implies change that is change.

The "three entities" are states of awareness. The two known as the ego and the Holy Spirit are within the mind called Infinite Consciousness. There are other thoughts within the mind of Infinite Consciousness of which you are not aware. This is why it seems that Infinite Consciousness changes, and yet it does not change, because it always is that which it is.

(note from Regina: This reminded me of Jesus' statement, "My Father's house has many rooms.")

Question: As the ego-mind continues on its chatter, simultaneously there is an awareness of the spontaneity of another "current-like" power arising and presenting itSelf as if it is independent of everything, which of course one knows it is. What is the best possible course of practice to sharpen the skill of being able to discern instantly and thus flow with the spontaneous despite the ego-driven attraction?

Answer: Smile at the ego.

The ego seems to have power over you when you fear it or struggle against it. These are thoughts that seem to make it real. You give it the power or seeming state of reality by reacting to it as if it is a force to be reckoned with. Seeing the ego as a harmless distraction . . . a form of meaningless entertainment, like a television show that is within your awareness, but does not capture your attention . . . this is the best way to "relate with" the ego.

Remember that you are only looking at thoughts in a mind. When you are detached from the thoughts, you see they are nothing. It is when you identify with them that the ego seems to be you.

The ego is literally a curiosity . . . a *what if*. It is nothing, and so it can be observed and smiled at without identity, attachment or the need to react.

When you do identify with the ego, you will react to it. This is when forgiveness is useful. Forgiveness is noticing that you have grabbed onto a thought, realizing that you want to release it, and then letting it go. It is reversing the error of attaching to a thought of unreality as if it were real.