

## **June 26, 2005**

Stillness of the mind is a good place to start today. Stillness is a place of observation without judgment. It is noticing without thinking you know. From this place, you remember to ask. You are like a child, curious and open, willing to learn.

It is within the stillness that I am your teacher, because you allow Me to be. When the mind seems active with judgments, you seem to know, so you do not ask and you do not learn.

Equate stillness with observation. Equate non-judgment with not knowing. Watch the world today in peace and curiosity, and ask Me. I am with you, eager to teach on all that you see.

## **June 27, 2005**

Notice all that you seem to think. Notice your thoughts like an observer watching *them* on a screen.

Yesterday you tried to watch form and not judge it, and you found yourself judging even though you thought you didn't want to. You were watching the effects of your judgments and you thought you were judging them.

The effects of your judgments are *effects*, not cause. What you see does not cause your thoughts. *Your thoughts cause what you see.* So, try this today:

Forget about what you see. That is merely a shadow and it means nothing. Sit back and observe your thoughts. Be still and watch them go by. Do not judge your thoughts as good or bad or useful or not useful. To judge them in any way is to accept them as yours and to allow them in your story.

Observe, watch and let pass by.

It is another day of rest today.

## **June 28, 2005**

Your day today seems like a door, already opened through your willingness. And now you stand before it waiting to step through. You ask yourself, "Should I hesitate? Should I feel sad? Should I be afraid?" And you wonder if something is wrong because you feel none of these things.

I tell you, laugh at these concerns. They are merely weak ego cries asking you to look back, but you cannot look back because there is nothing to look at. You leave nothing behind and you walk toward your Self in faith and joy. Step through the door, beloved one, and welcome your Self home.

Your journey is nearing its end. Rejoice with me, for we are one. Rejoice with All, for we are one together.

Do not fear your stray thoughts. The thoughts you do not want to keep are not yours. They are only your thoughts if you claim them. You are shedding an old skin, and this seems to put a dust in the air, but the dust is nothing and it will fade away. All things will settle naturally now, and you will see anew, born again, shining in your new skin. The old skin cannot be put back on again, so there is nothing to fear. You cannot fall back into an old skin. Once you have given Me your trust, you have given Me everything. I accept your gift and thank you.

Let those thoughts go as dust in the air . . . nothing. Do not look at the dust. Look at the new skin that is dawning. It is truly a robe made of Light.

**June 29, 2005**

[At this time, the closing of 4 Hennessey Dr is in question. There is an issue with the buyers' loan. I just read the first paragraph of chapter 27 in ACIM, which says, "The wish to be unfairly treated is a compromise attempt that would combine attack and innocence. Who can combine the wholly incompatible, and make a unity of what can never join? Walk you the gentle way, and you will fear no evil and no shadows in the night. But place no terror symbols on your path, or you will weave a crown of thorns from which your brother and yourself will not escape. You cannot crucify yourself alone. And if you are unfairly treated, he must suffer the unfairness that you see. You cannot sacrifice yourself alone. For sacrifice is total. If it could occur at all it would entail the whole of God's creation, and the Father with the sacrifice of His beloved Son."

**Question:** Are you saying that I have an unconscious wish to be unfairly treated? If so, how do I let go of this wish?

**Answer:** Believe your innocence and walk with your innocence before you like a shield. You are the Son of God, one with Me still. There is no guilt, only a fantasy that seems to be played out as real. You are my beloved Son. Come Home in peace.

**Question:** As you know, this seems real to me. You also know that I want peace and I am trying to hold peaceful thoughts in my mind. I am putting my trust in you and focusing on Love, not attack. What more can I do or what shall I do differently?

**Answer:** Wait in patience for a peaceful resolution. It will come.

**Question:** I feel guilty for having expectations. It also seems that there is a preferable outcome and that different outcomes may have varying levels of pain. I also feel like there could be outcomes which do put me in the position of victim of circumstances. Maybe there is no one to blame, but I am still victim. I am willing to see differently. Can you help me?

**Answer:** Do what you feel is necessary to do and keep faith at the same time. All things work together and the outcome will be fine. Move in peace and love, not panic, fear and attack. You can take the same actions in rest and peace, and you will know that I am with you, or you can take those actions in fear and not know I am here. Either way, I am here and the outcome will be the same.

**Question:** Let's talk about the movers for a moment. I find it interesting that I am condemning the movers for small things like leaving small stuff behind, not repacking Christmas things and not taking me on a friendly walk-through before asking me to sign the papers. I also feel sad and victimized that they couldn't take the basketball goal. What's all this about?

**Answer:** You think it is your own power that allows you peace, and you forget to surrender to me. You remembered when the issue seemed to be big, but forgot to surrender to me when the issue seemed small to you. Since you are relying on your self for peace, you are not able to find it. The self you are relying on witnesses to separation.

*You will be happy, because that is your goal. Remember to ask Me. Let go and let Me. That is all there is to do.*

**June 30, 2005**

[The Holy Spirit led me in a guided promise.]

I give you my mind in which to speak, and I for my part, promise to listen. I promise to follow. I promise to do as I am asked. I promise not to think for myself, for to think for myself is to invite confusion, and I seek only clarity now. I promise to Be you by being one with you in mind and in purpose. What is joined in God cannot be split apart, so we are one as we have always been, but now I promise to recognize that and accept it. I have tired of childish games. They give nothing to me. I am ready to gain everything by giving it, so I give you my mind and claim it as my own.

*Later:*

**Question:** If I look at form, it appears things aren't going as well as they could, and it could get worse. I am noticing that I feel like a victim. I am noticing fear. It seems like someone must be guilty of screwing something up, and it seems like there is a domino effect of victims. It also seems like cause is in the world and we, the people, are victims of its effects.

With all that said, I remember my purpose and it is a shared purpose with you . . . Awakening. So I let my thoughts and beliefs about this situation and the world go, and I come to you to listen. What would you like to share with me now?

**Answer:** Your step now is to let go of form . . . to see it as unimportant. Your peace shows progress on this path. You are trying to let go by repeatedly releasing thoughts as they come to you. Continue this. Don't give up and slip into believing the ego thoughts. All is well as it has ever been. Ego seems to be clamoring for your attention and you are doing well to recognize what is happening. It seems like a slippery step that you are on, but you cannot slip if you keep your purpose, your *true purpose*, firmly in your mind now. Hold onto me as you walk this seemingly dark and blind path. I am your guiding Light, and I am with you. Your steps are sure. Put faith in me and you will rejoice at your victory, for it will be a victory over demons that do not exist, and that is surely a victory to celebrate for all.

### **July 2, 2005**

Your word is Mine, for we are one. There is no separation. Your love and forgiveness of yourself is your love and forgiveness of Me. All that you do for you, you do for Me, and for this I am eternally grateful.

Do not worry that your small thoughts of forgiveness are unnoticed or ineffectual. All love is maximal, and forgiveness is love's call upon this world. Each tiny thought of remembrance holds the whole of remembrance within it, for love cannot be chopped up into tiny slivers and lost.

All love is maximal. All thoughts of forgiveness are used in healing the entire world.

You are Love and your remembrances of love extend forever and ever.

Love yourself, for you are Me.

### **July 3, 2005**

[I was feeling nervous that I would not hear the Holy Spirit on this day of travel. I was in the guest room at a friend's house in Washington D. C.]

You are nervous that I will not come to you when I have promised that I will. All you need do is ask, and the Answer will never fail.

You know where this nervousness comes from and you are learning to laugh at its thought. It is the belief that you are guilty and deserving of punishment, and you see not hearing Me as punishment indeed. You recognize that to be separate from Me would leave you alone and purposeless, buried in fear and hopelessness, wandering aimlessly until death. But this you need not fear! For you have recognized that we are one, and that I am your power and strength. And you share this recognition by receiving my Word. You have accepted the truth of our oneness in your heart, and your mind is being healed. So, rejoice and enjoy your day. There is nothing else to do today. Look out at the world

through a smile of peace and know that it welcomes you because you are Me, and together we bring the world the healing that it seeks.

### **July 4, 2005, Independence Day**

You are not separate, so this day means nothing.

You may enjoy this summer holiday with friends and family if that is what you wish, but as you celebrate with them, remember it is not independence that you celebrate. Today you celebrate joining. You celebrate laying down your own arms and accepting our oneness in peace. You celebrate the love of everyone as one. You celebrate our same will as one will, forever united in Truth. You celebrate the fact that separation and independence are mere illusion that will not last. And most of all, you celebrate your willingness to let this illusion pass completely from your mind.

Celebrate with Me today and everyday. Independence is not real. I am with you, *one with you*, always.

### **July 5, 2005**

Healing is all the world is for. It has no other purpose. All other purposes are purposes of the imagination and serve only to distract from the true purpose of the world.

Choose not distraction today. Grasp joyously at the purpose the Holy Spirit gives the world. Enjoy its gifts, and learn willingly from them. For every gift, regardless of its seeming form, has but one purpose attached to it, and that is your Awakening.

Come Home to Me, My Son. Awaken!

### **July 6, 2005**

**Question:** There seems to be so much happening in form. Accepting that all form serves the purpose of Awakening, I am eager to hear what you will share with me on everything.

Let's start with my sister-in-law. She seems very angry at my brother for everything and says that she wants a divorce. Seeing that we have moved here in what seems to be the midst of family turmoil, what would you share with me regarding this situation and true purpose?

**Answer:** All of the universe is contained within each person, and so you will see the seeming drama of the universe played out over and over in each one that you meet. Although the specifics within the drama may seem different, you will do well to remember it is all the same.

Right now, it seems easier to recognize the sameness of ego in each one. That is because you recognize the ego most consistently within you. As you let go of the ego more and accept Me as your Self, you will see more of Me in everyone.

Regardless of whether you seem to see ego or Me, continue to recognize sameness. Sameness leads to oneness. You may also rejoice when you see sameness of ego from a detached perspective, for this is evidence that you are detaching from the world of form and all that the ego would have you believe.

Continue to ask Me about all you see. Continue to remember Me in all you hear. Resist temptation to respond to the cries of the ego by remembering that you need do nothing. I am with you, even when it seems that nothing is happening [in response to a problem in form]. Trust Me and I will lead you truly.

**Question:** What about the seeming challenges of the move? Each step within the logistics seems to display a consistent pattern. It's bumpy and then works out. Is this a statement about my state of mind that I should be aware of? What can I learn from this seeming pattern in form, if anything?

**Answer:** Your mind is transitioning, and it is that transition you see displayed in form.

**Question:** Can you tell me anymore about this?

**Answer:** Your transition will not seem to happen instantaneously, although how you choose to see within each seeming instant is important to the whole. Now your mind sees and hears the ego perspective for a time and your heartbeat may quicken with joy or panic [based on what is happening in form], but then you remember to remember Me and you let the ego thought go and all smoothes out in peace. This is the pattern you see [reflected] in form, and you may see it as a pattern of progress.

It is always helpful to see any pattern as a pattern of progress, for if you are looking at form as a symbol with Me instead of believing the form as your reality, that is progress.

**Question:** Last night we met several of our new neighbors and it was quick and easy as I imagined it would be. I was comfortable with the children, but less comfortable with the adults. What would you share with me about this?

**Answer:** You are judging and you are afraid of being judged. You accept the children more easily. You have more expectations and hopes regarding the adults. Remember that

all of your expectations and hopes [regarding form] are of the ego, and let them go. Let go and let Me. Accept [form] as it happens. Remember Me, ask Me and listen to Me. Do not seek beyond what you are given in the current moment. Always trust that the current moment is exactly as it should be and you will feel the peace of Me, and I will be at work in your life through you for our shared purpose of Awakening.

**Question:** Is there anything that you would like to share with me in summary for me to review throughout the day today?

**Answer:** It is all easy if you remember Me. When I am on your mind, all things are as they should be within your perspective, so nothing can seem difficult or wrong. Seek only Me and you cannot be disappointed, for I am always there in everything that you see. I am smiling within your peace.

All is well. Trust in Me.

*Later:*

**Question:** I've noticed that Jasmine can seem to annoy me. Sometimes she's all over me. Sometimes she doesn't move fast enough for me. Sometimes she isn't obedient. What would you share with me about this?

**Answer:** You see yourself as being filled with hatred and although you feel that you can control it most of the time, you don't seem to be able to control it all of the time. This little one seems to bring it out in you.

What you need to realize is that *it is your hatred* that is the illusion.

When you feel the anger, remember that you are only using her as an outlet because you believe that you are hate and your hate needs an outlet. But, you are not hate. You are Love. Look at the illusion properly for what it seems to be, and let *that* go.