

**November 25, 2005**

**Question:** *A Course in Miracles* says, “Those who see themselves as whole make no demands.” What would you share regarding this thought?

**Answer:** Peace is a flow that makes no demands *because* it fears no negative consequences for an action taken or not taken. Fear makes demands, because fear believes that things must occur in [a specific] way or unpleasantness or disaster may result.

Peace comes from the knowledge of Wholeness and Love. Fear comes from the belief in lack and guilt. When you perceive demands, you perceive with fear. This is always the case.

If you are the one that seems to be demanding, it is because you believe the situation must be controlled in order to bring you peace. You also believe if it is not controlled, you cannot have peace and you must inevitably suffer.

If you perceive someone is making demands on you, you again feel the need to control the situation for your own peace. If you did not feel attached to a specific outcome, you could not *perceive* demands.

**Question:** When I see myself as demanding or perceive someone as making demands on me, what can I do?

**Answer:** First, remember to step back and look at the thoughts in your mind. Notice that you are attached to an outcome and that you are afraid not to control the situation to that end. You may ask yourself what you are afraid of if you feel the desire to know, but that is not necessary. Acknowledging that you are acting based on fear is enough, for all fear is based on the belief that you are lacking from Love. It is a belief that there can be two sides; you are on one side and Love is on the other, and Love will not come to support or love you, so you will suffer.

Fear is doubt that Love could love you. Fear is a lack of trust that you could be lovable. In fact, fear is certainty that you are not worthy of Love and so you must inevitably suffer. This is where struggle comes from. It is the fight to take care of yourself so you do not have to face the inevitable abandonment of Love.

**Question:** I can see that by letting myself face this fear, I provide the opportunity to learn that I am not abandoned. That lesson would have to be the end of fear. What can you share that will help me let go of control and face fear?

**Answer:** The answer is always the same and does not change. Fear comes from your thoughts. To lessen the hold [fear has on you], your thoughts must be quieted. My answer would be that you rest in faith with Me. By resting with fear [and] not struggling against

it, you may face that which you fear and find it is not there. That which you fear *is simply not there*. And it *is* this discovery that ends all fear forever.

**Question:** Can I face my fear too soon, before I am ready?

**Answer:** In this, you are asking if I will abandon you because you came to Me before you were adequately prepared or before you were fully worthy. This is impossible. Whenever you come to Me, you will find that I am here. There is never a time that is too soon. There is never a reason for Me to abandon you. Such thoughts are impossible. I cannot turn from you, for I am the pure and innocent Love that *is you*. I am all that is left when all that is not Love has been left [aside] as useless to you.

### **December 2, 2005**

I told you before that judgment is a habit we will work on. Today, it is time to begin focusing on the habit [so] that it may be taken away through your willingness to be free of it.

Judgment is subtle. You may be aware of strong judgments that you make, and you may already give those specific judgments to Me as you notice them. But, you are not yet aware of the subtle judgments that you make with every thought.

Judgment is a habit you continue to hold dear. You see your judgments as your identity, for your judgments make sense of your world according to your wishes and desires.

If a wish is the basis of judgment, acceptance is the means of ending the judgment habit. This is also how you will come to full willingness to lay any false identity aside as valueless. For false identity was deemed valuable by judgment born of a wish.

Focus on acceptance today. Notice the subtle judgments or wishes that make acceptance seem undesirable. When you notice them, remember that you are perfect as you are. There is no judgment against you. Simply smile at your folly, be grateful for your awareness, and give all that is meaningless to Me.

### **December 4, 2005**

**Question:** *A Course in Miracles* says, “[The Holy Spirit’s] perceptions are your natural awareness, and it is only the distortions you introduce that tire you.”

I accept this, because as you have had me watching the subtleties in my mind, I have noticed how those subtleties seem to tire me. But, the stream of thought seems constant and beyond my control, so that mind watching and forgiveness also seem tiring. What would you share with me that is helpful?

**Answer:** The mind watching and forgiveness only seems tiring because you are resistant to it. It is not forgiveness that makes you tired, but resistance.

These are the thoughts that tire you: judgment, guilt, hatred, fear, resistance and doubt. When you are free of these thoughts, you are energy-filled by love, joy, peace, excitement and the enthusiasm of acceptance.

**Question:** I accept that. How can you help me with resistance?

**Answer:** Enjoy the thought of rest.

Remember that there is nothing you need do. All struggle comes from the ego. Even to struggle against resistance comes from the ego. Any struggle implies that it is upon your own individual power that you are saved. This can never be, since it is the seeming individual power that is being placed aside.

The power on which you are to rely is the power of Spirit. This power can best be described within your mind as Trust. When you are trusting without struggle, you are relying on My power. To step away [from ego thoughts], rest, and trust is to transcend the ego. This is to place your mind above the ego, to see it as meaningless and as having no effects. This is the release that is called forgiveness.

In answer to your question regarding resistance, the answer is the same. Notice when mind watching and forgiveness seem tiring. Realize *that is* resistance. Acknowledge your resistance and do not struggle against it. Rest, trust and be grateful that [this] is all you are asked to do.