

## It is simple then

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**Holy Spirit:** It is simple then. There is nothing outside of you. Nothing you see is outside of you. You have brought it all into your mind for only one purpose, and that is to awaken the mind to what it is. Everything you do, you do for you. *Everything* you do, you do for you. Do not lose this perspective and you shall use everything in your awareness for the purpose you have given it...for the purpose you have brought it to you for.

Fear and resistance reside within the mind, but these are not your enemies. Do not fight them. They were made by you, and in fighting them you forget this fact. In fighting them you separate yourself from yourself, and this only generates more fear because it is a completely unnatural idea. You fear the unnatural, because you know it isn't true. The fear of your Self is the core of all fear. This is why you must be honest with yourself. You cannot lie to yourself and trick yourself, and live without fear also. You can only live without fear by being completely honest with yourself.

The way to be honest is to start here and now, right where you are. Do not wish to be somewhere else in some other situation or some other state of mind. That wish is a lie and will create fear. It is a lie because you are right where you choose to be. Acknowledging this is honesty.

Once you acknowledge that you are where you want to be, remember why you are there. This is also honesty. Remembering why you are there is the perspective of true honesty, which allows all things to be used for the purpose you have truly given it. To use it for any other purpose is to avoid and pretend, and this will create fear.

Remember that all work is done in the mind, so listen carefully...very, very carefully to your own mind. Do not feel that you need to be quick to answer or speak or react to a world that seems outside the mind. To answer too quickly is to believe the world. Notice the mind. What do you find there? Is it a true thought or is it false? Does it tell you there is something to fear? If so, that is a false thought. Rest in trust and let it go. *Rest in trust and let it go.*

Be aware of your judgments. Judgments come from fear and fear comes from judgments. Relinquish all judgments now by seeing them as false.

I see fear in your mind now. It is strong, and now you are seeing it also. Do not judge yourself for fear. Rest, and return your mind to Me. You need not fight fear. Indeed, you *need* not fight fear because that is resistance, and *that is* fear.

You need to love yourself, forgive yourself, be gentle through non-judgment and calming through understanding. As you love yourself, fear shall subside. Then you shall pass

without fear and walk where you thought you would not walk. In peace, you shall embrace the light you thought you would not embrace.

Start today by reading this many times. Take it in deeply. The mind will try to tell you that you must effort through the fear, but this is not true and this will take you no where. Resting in trust and remembering that you are only looking at your mind will take you where you choose to go. The slow way is the fast way. The peaceful way is the way to peace.

Blessings. I am with you always. I hold your hand and guide your thoughts. Listen to Me. Listen *only* to Me, and you step forward in trust.