

February 3, 2006

Question: Holy Spirit, what is the relationship between observing one's thoughts and listening to You? What is the difference? And where does our real joy come from?

Answer: Observing one's thoughts in a detached way is a first step towards releasing them. Through observing them without an emotional reaction, one can begin to see that one is not the thoughts he thinks.

The second step is to let the thoughts go as meaningless. That is, to see the thoughts as the nothingness that they are and have no investment in them. This is another level of detachment, a step away from observing. When one observes one's thoughts, there is still a feeling that they are "my thoughts," although there has also been a decision to remain detached from them. When one dismisses the thoughts as meaningless, *as nothing*, there is no longer a sense of ownership, for how can one feel he is the owner of nothing?

From this, a space is created in the mind. This is a space that says, "I do not know what I am." And with this, an opening is created to realize that which you are. This is the experience of oneness. In your world, this may be called the experience of enlightenment. This is where your real joy comes from; it comes from the experience that cannot be denied because you have chosen to accept it.

Question: Before enlightenment, how does one listen to You?

Answer: Before enlightenment, one does not listen to My Voice fully, because one still accepts the voice of the ego as a valid and reasonable voice. When one listens to the voice of the ego, he is forgetting to listen to Me. But even though the voice of the ego is still accepted, it may be put aside for a time. It is during this time that the mind can hear Me.

To hear Me, you must choose to hear Me. You must trust that I am your true Voice above that of the ego. So, you choose to place the ego aside for a time. This is a time when observing your thoughts can be useful. You see what you are thinking, but then decide you do not want to listen to those thoughts now. So, you put them aside. As you clear your mind of the thoughts you see, stillness is made. It is within the stillness that I shall be [heard].

If stillness seems difficult, pick a thought of Mine that you have read or known from another experience. Focus on that thought. Remain loose enough in your focus that you allow a flow of other thoughts to enter. If they seem related to the thought you have chosen, go with them and see where they take you. That is Me, carrying you where I would have you go. But if the thoughts coming in seem to be distractions, observe them and let them go, reminding yourself that you choose not to be distracted now. Return to your thought of focus and wait for the flow of thoughts that come from Me.

You will know My guidance when it comes. It will lift you up. Always, it will lift you up, and so you will know it is Me.