

June 7, 2005

Let the Light shine within you.

Take time today to connect with your Light and to hold it dear. Take the time to caress it, to love it and to make it you.

Set the Light atop your mind and heart and soul, and let it shine. Worry not who sees it. Do not attempt to direct the light in one direction or another. Just let it shine and enjoy its Light. Through your happiness, I will talk to others.

You need do nothing. Just *be* in your Light.

This is my prayer for you today. Amen.

June 8, 2005

Love is the truth of who you Are. It seems hard to believe at times, but that's only because you chose to believe something different.

You are the beloved Son of God, and what you choose to believe is real for you. You may make your wishes and believe in them, and no power will interfere with the choice you have selected. Or, you may choose to stop choosing and accept instead the truth of who you Are.

Yes, the thought you have now is correct. The way out of blind ego choices is to ask Me in all things. Stop choosing for yourself, for when you do, you are certain to let ego choose for you. There may seem to be spiritual choices or right choices made, but I assure you those choices are purposed to keep you feeling separate, special and believing illusions are real, invested in illusions to make your happiness.

Stop choosing. Ask Me. I will Answer. Follow my word in faith and I will lead you from this world you have made to the Joy that is yours, gifted to you by your Father.

Come. It is time for us to go now.

June 9, 2005

Regina: Today, I accept the role of Teacher of God, and as the Teacher of myself, I request an intensive . . . a teaching/learning situation that will propel me further into Light, into more consistent peace and joy that is shared. With this request, this intention of healing out front, what would you share with me today? I await your word.

Spirit: Do not be afraid of your own request. You fear only that which cannot be, and so you fear nothing.

Take my hand and open your eyes with your intention out front. It is miracles that will be given you, for it is through miracles that you will learn.

Love teaches Love, not pain. There is literally nothing to fear. So, come with me. Let's learn about the Joy and Love that you Are.

Regina: It seems like I've tripped over Jean again. I also felt guilty for doing so, like I shouldn't have felt that way about her. I know the way that I am seeing Jean and myself is through the lens of separation and guilt. With today's purpose in mind, what would you share with me about this experience and these thoughts?

Spirit: You are trying to understand this seeming issue with your intellect, and that is not where the answer lies. The intellect is the domain of the ego. Instead, look at Jean with your heart and at yourself with your heart. When you look with your heart, what do you see?

Regina: When I look at Jean with my heart, I feel compassion. But I seem to feel compassion for her because I don't like her, then I feel guilty. I need more help, please.

Spirit: When you look at Jean, you are looking at a reflection of yourself. You feel compassion for her because she does not seem to know how to love with divine love. She does not know how to *accept and love*. You feel compassion for this because you think you do not know how to do this either, and you want to. Your compassion is for yourself.

Regina: Ok. So what do I do now?

Spirit: Continue to work on your willingness to accept and love. Don't judge yourself for not liking the characteristics in her. Just know that this means you still need to work on it, and thank her for continuing to show you what you need to work on. It isn't her you are seeing, so it isn't her you dislike. There is nothing to feel guilty about. Consider it a check in the mirror, just a check to see where you are, note what you see, and continue working on it. That is all.

Regina: I feel guilty for telling Beth what I see when I look at Jean. It will affect Beth's perspective and may affect decisions that are made after I am gone.

Spirit: Do not be concerned. Beth already has her impressions. Let Beth and Lisa and Jean learn their lessons. You learn yours. Look at the guilt you are feeling now. Notice that you think it is real. Then, look beyond the guilt to me. Do I seem concerned?

Regina: No. You seem fine and at peace. You don't seem to think anything has occurred here.

Spirit: Exactly. So look beyond the guilt to me. You have asked me to be your guide, right? The guilt is not your guide, so look to me. Trust me. Follow me. Put this thing behind you as only significant for what you have learned. Be grateful for what you have learned and put it into practice immediately. Other than that, let it go as nothing. That *is* what it is. It is nothing of significance at all. Everyone still has all of the same opportunities that they had before you had your conversation with Beth.

Regina: So, what I've learned is to see Jean as a mirror for a check of my progress, and nothing more. She isn't real, just a reflection of my mind.

Spirit: Yes, and so are "you." You are seeing what seems to be "you" changing, and as your mind changes more, it will change more. It is just a reflection of the story you are writing. They are characters reflected from the typewriter of your mind, and you are fashioning the story. If you don't like the story that you see, make the changes at the level of *cause*. It will be reflected in the story. Then, keep checking the story to see if you have done enough editing or if more is needed.

There will always be editing to do, as long as you seem to be here in this life, but someday the editing will be merely minor tweaks. You will be happy with the story.

Knowing that you will seem to experience the story as real, what story do you want now?

Regina: Yes, I see. So I look at this morning's blip on the peace radar and see that I just need to go back to the typewriter in my mind and focus on writing a more loving story. Is that it?

Spirit: The story is written. You just need to erase the parts you no longer want there. It is your story. You can edit it as you desire. Let any parts of the story that you don't like go. You don't have to keep them if you don't want to.

Regina: So what editing should I do now based on my experience of this morning? What is your recommendation?

Spirit: I recommend that you erase the thought that there could be separate people with separate wills, that there could be selfishness, that someone could care more about themselves or their desires than the desires of others. Erase that from your story. See how the story changes when that thought is no longer a part of it.

Later . . .

Regina: Spirit, I'd really like to talk to you now. I just grasped the idea of cause and effect as simultaneous. That never clicked before now. So, as I look at my frustrations with Jean or Jasmine or Ron or anything, I realize that it is my *current* thought that is causing the *current* lack of peace.

I need help. I get the idea of simultaneous cause and effect, but it seems like psychology to me. How does simultaneous cause and effect help to satisfy the seeming worldly needs that Jasmine and I have?

Spirit: You are thinking of yourself as a body, and I will not ask you to try and see yourself in any other way right now. I just ask that you be willing to see yourself differently and be open to finding that answer just as you were open to discovering that cause and effect are simultaneous.

If you feel that you need food or money or anything else, you will manifest it for yourself. You will always give yourself what you want, but this will not lead to peace. You have been manifesting what you want all along, and peace is not something you have experienced consistently. Understanding simultaneous cause and effect will help you to experience consistent peace.

Regina: I feel like I am on the edge of a spiritual breakthrough, and I am really looking forward to what I am about to learn. I know it will be significant. But right now, I don't have clarity. Is there anything you want to share with me right now?

Spirit: You are confused because you do not know who you are. This is what we are here to learn. You will know this, and then all confusion will be forgotten.

Relinquish your self will. Stop choosing. Listen to Me. Accept what is given you and ask for nothing more. Keep Me in your mind. This will show you the real world, and through the real world, you will come to see your Self.

Regina: I'm not letting go of me, am I? I'm freeing myself from a prison that I didn't know I was in.

Spirit: You are letting go of the false and discovering the truth. There is no prison. It is imagined. Have fun with your seeming journey. There is nothing to escape. Remember - - think of it as a story you are fashioning, but let me help you to write it. Let me help you to decide which lines to erase from the story. The lines that are left will unfold to reveal what you seek to have revealed.

Regina: All right. So it's all about purpose. It is the purpose that will lead me to choose which lines I keep in the story and which lines I edit out. In my conversation with Beth, I forgot to keep my purpose out front, and I slipped back into the unconscious habit of separation as purpose, and that's why I feel guilty. If I keep You in my mind consciously, those lines won't get in the story and I won't feel guilt. Ok teacher, what do you want to share with me now?

Spirit: It is simple if you remember there are only two. This is why everyone still has the same opportunities. There are not lots and lots of choices and options. There are only two. There is the ego purpose of separation, and yes, guilt seems to come with choosing

that purpose and when believed, guilt seems to further its purpose. And there is the purpose of Truth, which is oneness.

Can you see how your conversation with Beth has not changed anything? Everyone still has the same opportunity to choose Truth over illusion. Form is unimportant. It is meaningless, except as a reflection of the mind. You can check it to monitor your progress and make further adjustments. You can use form to see how well you are doing at keeping your purpose in your mind. But since nothing is ever changed by form, there is nothing to feel guilty about. Just check, observe, make note and focus back on purpose. There is nothing else to do.

Regina: It's all about the goal. It's all about the lines that seem to be placed on the typewriter in my mind. With my goal in mind, I look at the lines that are coming in. If they are aligned with my goal, I keep them and a story that is aligned with my goal will be reflected in the world. If a line comes into the typewriter that is not aligned with my goal, I erase it and it will not be reflected in form. If I observe things in form that do not seem to be aligned with the story I want to write, it is just because I wasn't attentive enough at the typewriter and I let a line slip into the story that was not aligned with the goal. Is that right?

Spirit: Yes. Stay attentive at the keyboard. You are the author of the story. The purpose of the story is Awakening, and no seeming twist or turn in the story can take that purpose or opportunity out of it. There are no mistakes *because the purpose cannot be taken out of the story*. So if you are asleep at the keyboard and something slips in that is not aligned with your purpose, it's ok. Just wake yourself up again and continue on.

June 11, 2005

Learn well that which you teach, for your student is yourself.
Read your words and practice their meaning.

Every moment is an opportunity to practice . . .
every moment.

Enjoy your schoolhouse.
Learn and have fun.
There is nothing else to do.