

August 3, 2007

Question: Why do we believe the ego when everything it says is untrue? How can we shift into not believing what it says?

Answer: I am glad you asked this question. Understanding the answer to this question is very important to realizing who you are.

You listen to the ego because you want to. I know this may not seem true at the conscious level, but it is true or you could not hear the ego at all.

The ego is not real. It is nothing that could be heard if you did not give yourself the ability to hear it. This ability, which you give yourself, is best called imagination. But it is divine imagination, which can seem very real within the experience of imagination itself. Still, it is imagination.

Just as a child imagines everything that happens in a game of imaginary play, you imagine everything the ego seems to say to you. And just as the child desires to imagine everything she imagines in her play, you desire to imagine everything the ego says to you. This is important to accept. Denial of this truth only keeps you in the feeling of victim, which is the belief of being trapped in your own play. As long as you hold to the idea of powerlessness, you surrender the idea of your power and remain trapped by your own choice.

Begin to release the ego by accepting that you choose everything it says to you. Look at every fear and at every accusation it places in your mind and say to yourself, "I chose this thought because I wanted to know the experience." Then ask yourself, "What do I want now?"

Don't ask yourself this question too lightly. Don't let the answer come too quickly from the surface of your mind. Take time to go deep within to the core of your soul...to the center of your true heart and ask, "What do I want now?" When you find the answer to this question you will know it, because it will rise up with a recognition that will cause every cell in your body to stand with attention and sing.

Once you have the answer to the question, "What do I want now," look back at the content of the ego thought in your mind. What is it trying to teach you? Is it teaching your consciousness that which you would have consciousness learn? If not, it is not a thought you want now. It is the residual thought of an experience you chose before, but an experience you are choosing against now.

With this realization in mind, remember that everything you experience comes to you through your choice. Remember how you truly want to experience now, and with the power and love of God that backs every decision you make, look at the thought you do not want and say, "I do not choose this thought today. This is a

thought I do not want now because this is not how I would experience myself any longer.”

The content of these words is important, because they do not deny the fact that the thought is in your mind because you once chose to experience the feelings the thought has to offer. This is important, because in not denying this, you are recognizing your Self. And now, with the true recognition of your Self in your mind, you can choose again with confidence and assurance, and this will surely bring a smile of remembrance to your face.

This way of choosing not to listen to the ego may seem difficult and tiresome at first, but these feelings of change will not last. This is only the transition of choosing again. It takes some seeming effort to take a grand and divine motion and turn it in an opposite direction. But this effort is not a battle or a war, so do not slip into believing it is. It is a divine choice and a thing of beauty. Respect your power as you push to turn your own motion in another direction. Be in awe of everything you are and everything you create. In this way, you choose with love. And in choosing with love, you continue to push the force of motion in the direction you would have it go now.

August 21, 2007

Question: Please teach us how to stop listening to our addictive fears. I make this request in love and through a desire to know only thy Self.

Answer: Addictive fears are those same fears that come into your mind repeatedly over a period of time. They are the fears that scare you the most, because you believe they are true. They are the fears that seem to have evidence within your world, the fears that have already become manifest in your experience. Addictive fears are fears you are living now, and you cannot seem to turn your mind away from them because the evidence of your fear is a constant reminder that the fear you fear is real.

There are two ways to overcome addictive fears: faith and knowledge.

Faith is the first level of overcoming addictive fear. Faith works because *you are that which you are*. Faith works even if you do not have knowledge. It doesn't matter what you put your faith in. It could be faith in God, faith in a person, faith in therapy or magic, incantation or medicine...but if you have faith in anything as a means of taking away that which you fear, that which you fear shall be taken away. You may not be aware that it was taken away through your faith, but your faith is the power that led to the change in experience.

Knowledge is the second level of healing or overcoming addictive fear. Knowledge as a means of healing is most useful to the mind because it teaches the mind that the truth is always true. Knowledge need not be complete in order to be useful for this purpose.

Incomplete knowledge can be combined with faith, and a powerful teaching formula is enacted within the mind.

The knowledge that is helpful to your awakening is the knowledge that you are the power you call mind. When you realize that mind is your power and everything else is its effect, you realize there is nothing to fear. You realize there is only choice, and you are the one who chooses.

When your knowledge in this lifetime is near its completion, you will make a choice and see its effects immediately. But when this knowledge seems to be building within your mind...that is, when you are still accepting that the truth about you is true...you will seem to make a choice with fear and doubt still in the mind, so the effects of your choice may seem to take time. Do not let this discourage you. Continue to make the choice in faith. You are learning that which you desire to learn. You are learning that effects are the result of your choice. Even in the lack of immediacy, you are learning this, because you know there is fear in your mind and you can see the fear reflected in what seems to be a delay in results.

Do not lament the delay in results. Instead, rejoice. Rejoice that you are learning the truth is true! As you rejoice in this evidence, your fear will diminish and you will accept that mind is all there is. As you accept that mind is all there is, your desire to master the mind shall increase through love, and the effects that blossom forth out of love shall teach you the knowledge you rejoice in knowing.

The truth shall set you free because you *are* free. In this knowledge you know the sweet, sweet taste of your freedom.