

November 2, 2005

Question: Holy Spirit, I ask simply for this: What would you share with me today, recognizing that the “me” that asks is the entire unhealed Sonship. What would you share with “us” now?

Answer: I am with you always, because I am the part of your mind that does not see shadows. I am in no way separate from you. You ask who I am, and you try to distinguish within your thoughts what is Me and what is you. Yet, there is no “dividing line” to distinguish between.

Look at it this way: Imagine a child playing an imaginary game. It is not that the child is in her thoughts of reality but not in the imaginary ones. She is fully in both her real and unreal thoughts. But, that does not change that only her real thoughts are real.

Imaginary thoughts are temporal thoughts and cannot last, but they are not separate from the mind that is Me. This is why I can perceive them, and yet I do not believe them. I see our imaginings *and* I know they are not real.

And this is also why you can trust Me. I am not apart from you *and* I am Love. To put your trust in Me is to put your trust in the part of you that only wants what is best for you, given in the gentlest of ways.

The key, of course, is that I want what is *best for you*. When you seem to think within imaginings apart from Me, you are not always aware of what is best for you. So, you may think you want one thing and seem to get something different. This does not mean you are suffering, even though you may think you are.

Again, think of the child who does not want to stop pretending in order to eat her supper. Her mother may provide a meal when the child thinks she wants something different, and so the child may scream and act out believing she is being deprived and suffering, but she is not. She is only imagining that she is suffering and believing her own imaginings.

The way to recognize My Love and Helping Hand is to recognize My prayer for you. Since I am the part of you that knows reality, My prayer for you is your real prayer, a prayer based on true desire. To recognize this prayer, let me lead you in all things including your prayers. Ask Me what it is that you want, and listen as I give your prayer to you. Then, notice as your prayer is being answered, and you will know that you are being led from a dream of fear to awareness of your true Self, which is a holy and complete Self.

And this is My prayer for you. It contains no suffering or sacrifice of any kind.

Amen.

November 3, 2005

Question: Holy Spirit, what would you share with me today?

Answer: Peace comes from rest. Your willingness to rest is a step toward peace. The temptation to struggle with thoughts and perceptions will continue as long as you believe the world is a place of separateness. But being willing to meet this temptation with rest *is* forgiveness, for willingness to rest in the face of temptation is a statement of trust that that which seems to tempt you *cannot be real*. For if it was real, it would merit your reaction and not your rest.

Rest today as you let temptation pass from your mind. Trust that in resting, you are fulfilling your function of forgiveness.

Let it be, *because* what seems to be is not.

Later that same day:

Spirit: What are you feeling?

Me: Fear that death is all there is.

Spirit: But if death is all there is, how is it that I exist?

Me: Maybe a better way of saying it is that I am afraid that there is no All-That-Is.

Spirit: This fear points to the metaphysics of the Course, which says that this *is* what you believe. This *is* the thought that must be healed. Since you see this thought in your mind now, are you willing to give faith that [this thought] isn't true? Are you willing to trust Me and be healed?

Me: Yes, I give my willingness.

Spirit: What else are you noticing?

Me: Guilt. I see my brother as guilty of being willing to be dishonest with others so he can see himself as special. In this judgment, I feel above him because this is something I feel I would not do.

Spirit: Your brother is innocent. Is this a thought you are willing to accept?

Me: Yes.

Spirit: You see yourself, your brother, other brothers and the truth as separate from one another. And you see your brother as guilty of being responsible for the death of innocent

ones. *This is a projection of metaphysical guilt.* This is the projection that made the world. Rejoice that you see it, for now you can choose to let it go.

Ask yourself this:

Are you willing to trust Me?

Are you willing to be healed?

Are you willing to know your Self as only Love?

Are you willing to know that Love is all that is?

Then, are you willing to let go of the belief in guilt, a belief that made the illusion you see?

Forget not that it is an illusion. Forget not that it is the projection of an ego mind that believes in guilt. Forget not that you have chosen to let go of illusion and see with Light.

Release what you think you saw as untrue, as a trick, something that *seemed real* but is only the projection of a misperception. Forgive the misperception, and be willing to love the projection that represents your brother. Love him not for what he seems to be, but for what he Is.

It is through this willingness that miracles are ushered into your awareness, and it is through miracles that you are healed.