

November 14, 2005

Question: Holy Spirit, I was surprised this morning when I closed my eyes to pray to find that my first thought was, “I am unworthy of you.” Contained within that thought is the belief in separation and inherent guilt.

As I hold this thought out to the light, what would you like to share?

Answer: How can you be unworthy of your Self? Surely, this thought must be based on illusion, for I am the Essence of you. All that is Me is coming from you now. There is no separation.

Questioner: I have been haunted since answering a question about death yesterday. I think I am haunted *because* this answer came from thoughts in my mind, and yet I don’t understand them. I cannot imagine the complexity of which they spoke. It left me feeling afraid that I do not know anything. That leaves me feeling completely out of control.

Answer: Let go of your desire to understand. Let go of your desire to make sense of it all, to make peace out of chaos. This is an opportunity to simply forgive.

Questioner: To let go, I need to quit thinking about it and quit trying to figure it out. It’s funny how scary that is. I’m afraid of “losing face” because I cannot defend what I wrote.

Answer: Don’t worry about defending it. Remember the Source of those words. If you are asked to explain them, and you have let go of the desire to defend them, the words needed to explain will be given you in that moment. And it will be perfect and effortless for you.

Now, let all thought about that writing go. Trust that it is serving its purpose.

Questioner: I’m scared, but ok. I am willing to do this. I am willing to trust you. I am willing. Please help me. This feels like a biggie. It feels like letting go of Regina. But, I am willing for that too.

November 15, 2005

Question: Holy Spirit, through your guidance I just read *The Rewards of God in A Course in Miracles*, Chapter 4. What would you share with me now?

Answer: Your brother is your gift to yourself. Seen through the eyes of the ego, he is a “scapegoat,” responsible for all things evil, responsible for all of your misery and pain. But seen through Me, he is a gift of healing that *you have given yourself* so you may see your pain and suffering and let it go as unreal.

When you look at your brother, remember you are looking at Me, for there is no separation of any kind. So the blot you see on your brother is a blot you see on Me. If you

remember who I Am, then you may remember that this blot cannot be real, so it must be imagined.

Then you may ask yourself, “Who imagined this blot?” Since it is you who perceives the blot, you must be the imaginer. There is great joy in this realization, because if you have done the imagining, you can choose to stop imagining, and the blot disappears. This is when you realize that the blot was *within your own mind*.

So, it is through this process of forgiveness that you are healing yourself. Through forgiveness, you take away your pain and misery. And all this you were able to do because your brother, who is Me, showed you the blot within your mind so you could choose to be healed.

This is the gift of gratitude I ask of you. In realizing this gratitude, you realize who it is that you must be. Through that final realization and acceptance of that fact, we are truly healed together as one within the Mind of God.