

November 4, 2005

Question: What would you share with me today?

Answer: Notice the fear within your mind. It is an unconscious fear that you seem to accept and live with, and so you don't even notice that it is there. It could be called the fear of making a mistake, the fear of failure or the fear of death. It is all the same.

It stems from your belief that you are unworthy *and therefore* you teeter on the possibility of abolishment at all times. You must live your life "walking on egg shells" and holding your breath, always fearful that you will, in any moment, make that one fatal mistake that will bring all illusions crashing down to destroy you.

This fear is in your mind. It rules you with your consent. I ask you to notice it today. Notice the hold it has on you, and remember that I have told you this fear has *no cause*.

I am here simply to hold your hand and comfort you until you lay this fear aside and need My comfort no more.

November 5, 2005

Question: Holy Spirit, yesterday you asked me to look at subtle fear. This morning, I seem to be looking at stark fear as if the world is real. I am noticing that if the world is real, my fear is real and has no end. In the world, there is always something to fear.

What would you share with me today?

Answer: This is, of course, why I have told you that the world is not real. But, let's talk about that for a moment. The world seems real to you and the fears that you have within the world seem real to you. So, why do I say it isn't real?

To look at this, we must refocus on who you are. Within the world, you seem like a victim of forces beyond your control. This is what is *not* real. This is the illusion.

I have told you before that you are a creator. Creation is the extension of thought. But, creation is eternal. What is not creation, but follows the properties of creation, is illusion. And since it is not eternal, it can be undone. To undo it, the thought that is extending to make the illusion must cease to be extended.

Fear begets fear, and you are a creator.

When you look at these two thoughts together, you can see how believing your fear continues to make a fearful world. This is why you must step back from your fear. Be willing to let go of everything you think and see and hear, so that which you believe can

fade. Your fear gives it the power to be [in experience]. When the power is taken away, that which is not eternal must cease to be.

Your fear is the air that pumps up the monster. Take away the fear, and the monster deflates.

November 7, 2005

Question: Holy Spirit, what is the problem and what is the answer?

Answer: There is no problem, and that *is* the answer.

Of course, it doesn't seem that way to those who believe in illusions, but accepting this fact is the answer you are looking for. In accepting this fact, all perceived problems must disappear as nothing.

Question: I am willing to accept this fully. Yet, I feel the desire to ask for practical steps to this acceptance. What would you share with me?

Answer: I am grateful for your willingness to accept the truth. Your willingness is your own blessing upon your Self. And this is the practical step that I would ask you to continue to give Me. Bless Me with your willingness, and I will Bless you with my gratitude. As we continue to mutually Bless our Self, our Blessings must rise to meet your sight. This is the vision of Christ, which will lead you to *full willingness* and full acceptance.

Enjoy your willingness today. It is the blessing that shall bloom into full acceptance and awareness of Truth. Amen.

November 8, 2005

Question: I am grateful for you and for the growing realization that you are me. What would you share with me today?

Answer: The world is not real. This is a thought I would have you keep in your mind so you may accept it fully. When you notice yourself reacting to *anything* in the world as if it is real, repeat silently to yourself, "The world is not real."

This is not a chastisement, but a reminder of your willingness and a reminder [for you] to take a break from *believing* [so] you may rest.

As you rest, remember what would be true if the world were real. Remember that you would be victim, and then rejoice that you are not.

As you rest, let yourself feel gratitude for truth. Enjoy your own gratitude, as it is beauty. Let your beauty extend into the world. You are one with [the world], and so your beauty cannot be separate from it.

Before you awaken, you will see your beauty within the dream you made. In this way, you will recognize and accept your true Self. This is the vision that will lead you to lay your false self aside. It is through the contrast of beauty and fear that you will realize full willingness to lay fear aside.

You prepare for this moment of awakening by choosing rest over reaction, or beauty over fear, whenever you find yourself forgetting and believing the world is real. Gentle reminders lead to a gentle awakening in what seems to be a step at a time. But, one step at a time leads consistently to the mountaintop where all illusions are easily traded for Heaven, because Heaven is easily realized from that high place of peace.

Remind yourself today, and rest. Your reminders are My sweet kisses urging you awake.

November 13, 2005

Question: Holy Spirit, is there anything that you would share with one who believes in escape through death (that is, one who believes that the end of the body is the end of existence)?

Answer: One who believes in escape through death does not accept Me, for to accept Me is not to believe in death. I am eternal, and I am eternity within you. As I live, so does the mind live to continue beyond what seems to be life within the body.

Many believe in “life after death,” and they believe that the experience after life is determined by the actions one takes in bodily life. If one is good, one goes to heaven. If one is not good, one has another experience. This thought is not correct, but it is not entirely incorrect.

The error within this thought is the error that a God external to you judges you and determines your “afterlife” experience. If there is judgment, the one that judges you is you. You are the one that determines any experience other than the experience of Heaven. For one who has surrendered to God experiences Heaven, as there is no other experience within the experience of God.

Mind and spirit are one, so that you may call it spirit-mind. There are not separate souls who have different experiences. There is one mind that is lost within the illusion of fear, and it projects its fear into various scenarios looking for the answer to a question that cannot be answered. Its question is this: How can I be separate from God and ruler of my own experience? It is the first part of the question that cannot be answered.

The spirit-mind that is searching for the answer to its question does not die, but it does try a myriad of experiences within its search for its answer. The only answer, however, is the

Answer of Truth. When the mind surrenders itself to what is [true], its search will end. This is the realization of Heaven.

Question: You say there is one spirit-mind. I'd like more clarity on this for a couple of reasons. First, our experience is that of different, individual souls. Can you talk about that?

Answer: Your experience is based on a belief that has been projected within existence *as experience*. This is why you experience it. The mind is the ruler of its own experience, but the mind that rules this experience is not the seeming individual mind. It is the spirit-mind. This is why you have heard teachers refer to the seeming individual as a "puppet." The individual that you think you are is not in *any way* your reality. It is merely an experience and a temporal one.

Question: The second thought I'd like you to address is this: You say there is one spirit-mind that is not separate, yet the thoughts that you share are different than the thoughts of the ego-mind. How is it that this spirit-mind is one and not two?

Answer: Part of this mind is asleep or deluded and part of this mind is awake or aware. But this mind is in no way separate from itself. It is one mind with different thoughts, but only the true thoughts are true.

Question: How can one spirit-mind have different thoughts and remain one?

Answer: Thoughts do not change reality. When thoughts are a statement of reality, they extend reality within itself. This is called creation. But when thoughts are not a statement of reality, they are experienced as long as they are thought, and then they cease to be.

Question: So, reality is eternal *because* it is true. False thoughts are temporal illusion because they are not true. Both thoughts are in the mind now, which is why the mind *seems* split. But it is not split, because only the truth is true. Is that it?

Answer: Yes.

Question: And my role is?

Answer: Letting go of all false thoughts within the mind. It is the false thoughts that cause you pain, suffering, confusion and fear. They sometimes seem to bring you pleasure, but each temporal thought of pleasure has a flipside of pain.

You may believe these thoughts if you choose, and you will continue to experience them as long as you are willing to believe them. But if you are tired of pain, I ask you to choose forgiveness. This is the only way out of the experience of pain.

Question: And forgiveness, which is letting go of false thoughts, is something we do now. Is this right?

Answer: Now is the only time there is. No matter what time it seems to be, it is always now.