

**December 4, 2005**

**Question:** *A Course in Miracles* says, “[The Holy Spirit’s] perceptions are your natural awareness, and it is only the distortions you introduce that tire you.”

I accept this, because as you have had me watching the subtleties in my mind, I have noticed how those subtleties seem to tire me. But, the stream of thought seems constant and beyond my control, so that mind watching and forgiveness also seem tiring. What would you share with me that is helpful?

**Answer:** The mind watching and forgiveness only seems tiring because you are resistant to it. It is not forgiveness that makes you tired, but resistance.

These are the thoughts that tire you: judgment, guilt, hatred, fear, resistance and doubt. When you are free of these thoughts, you are energy-filled by love, joy, peace, excitement and the enthusiasm of acceptance.

**Question:** I accept that. How can you help me with resistance?

**Answer:** Enjoy the thought of rest.

Remember that there is nothing you need do. All struggle comes from the ego. Even to struggle against resistance comes from the ego. Any struggle implies that it is upon your own individual power that you are saved. This can never be, since it is the seeming individual power that is being placed aside.

The power on which you are to rely is the power of Spirit. This power can best be described within your mind as Trust. When you are trusting without struggle, you are relying on My power. To step away [from ego thoughts], rest, and trust is to transcend the ego. This is to place your mind above the ego, to see it as meaningless and as having no effects. This is the release that is called forgiveness.

In answer to your question regarding resistance, the answer is the same. Notice when mind watching and forgiveness seem tiring. Realize *that is* resistance. Acknowledge your resistance and do not struggle against it. Rest, trust and be grateful that [this] is all you are asked to do.

**December 6, 2005**

**Question:** What is salvation, Father? I do not know. Tell me, that I may understand.

**Answer:** Salvation is acceptance.

Since it was a wish that existence be different than it is that seemed to bring you to this point of being lost, it is acceptance that carries you Home again.

Acceptance is a willing surrender. There is not sacrifice in true acceptance. For if there is a sense of sacrifice, one is not accepting, but resisting.

Acceptance is a joyful, willing surrender in which one has realized that one would not seek anything different than *as it is*, because *as it is* is perfect. One is happy to rejoin with it and be one with it. All desire to be different or special or unique is gone. It is a surrender of Love to Love. This is the acceptance that is salvation.

**December 12, 2005**

**Question:** Holy Spirit, we are taught through *A Course in Miracles* that the ego made the world. We are also taught that you are our correction for misperception. Since the world seems to come from misperception, we are confused as to whether you operate within the world or not. Do you prompt us as to what to do within the world? Do you give us specific guidance in form? Or, do you help us simply by correcting our misperceptions, one of which is the world?

**Answer:** My child, I will not leave you comfortless. You are a mind that is not in the world, but you are also a mind that believes you are. I have told you that you do not need to deny your experience. I have told you that such denial would not be helpful. So, if I would recommend that you do not deny your experience, would I deny [that] it [is your experience]?

Your experience of being one within a body within the world is but illusion, but it is an illusion you believe in. In order to lead you away from this belief, I must come to where you are and begin to lead you from there. I cannot lead you from the place that you seem to be if I stand in another place that you cannot see and ask for you to come and find me. I must come to you and lead you from the place where you [are].

It is true that the world is not real, and it is true that I have no investment in the world. Yet, you do. So, in order to lovingly lead you from your belief within the world, I must sometimes lead you as to what you are to do within the world.

There are many examples of guidance that I give within the world in order to lead one from the world. You will find these examples if you look for them. *A Course in Miracles* itself is an example of My Word made manifest within the world of illusion. But if you are to hear My guidance as to what you are to do within the world, then you must not be concerned about what you are to do within the world. If you are concerned about problems in the world, and you are looking for an answer that solves a problem as you see it, you may not hear the guidance that I provide. It is My guidance that is most helpful to you.

You will do well not to ask specific questions about the world. Ask only for My guidance, always remembering your willingness to be led out of the world. Then when

you receive My guidance, you will hear it and understand its purpose, even though it may seem to guide you as to what to do within the world.

**December 14, 2005**

**Question:** I am willing to bring all things out of denial so I can look at them and choose to let them go. So, I have another question. *A Course in Miracles* says, “The ego believes that by punishing itself it will mitigate the punishment of God.” Can you help me to get practical clarity regarding the meaning of this statement?

**Answer:** The ego is fearful, and the ego is afraid of its own fear. The ego has an awareness of its own power, and it is afraid of its own power. The ego understands divine law, and it is afraid of how its own guilt and fear will be projected upon itself in accordance with divine law. The ego is completely afraid of itself, and there is a level of awareness within the ego that is aware of this fact.

This is why projection has occurred in the way it has seemed to occur. This is the reason for the illusion. The ego is so afraid of what its fear will do to itself that it projected that fear outward onto a world of illusion so its fear and punishment could be played out there. This is literally a defense mechanism to keep the ego from facing its own fear within itself. The ego knows who it is, and that’s why it is afraid. But in the world of illusion, that knowledge is forgotten, so the fear seems more tolerable.

**Question:** Ok. That’s clear, but I’m not certain that its brought me to a feeling of practicality. My purpose is to bring things out of denial so I can let them go. This answer doesn’t seem to be helping me with that purpose. What can you share with me?

**Answer:** You are in denial that you are the mind that sees itself as the ego. You are in denial of that part of your mind, which seems split, just as you are in denial that you are Me. You think you are a third party named Regina who can hear Me and [who can] recognize this ego voice, but still remain somehow separate and independent from both. This is why you believe in choice. Even now, your purpose is to make the right *choice*.

**Question:** Ok, I can agree with that. But I am still in search of practicality. What do I do with this information?

**Answer:** Realize that neither Regina nor the ego exists. Both are illusion.

**Question:** How do I do that when one seems so real and you talk to me about the other as if it is real? In fact, from where I sit, the only one of the three of us that seems real is me, Regina.

**Answer:** You have to be willing to see that’s not true. And you are willing or you would not be sitting here with Me right now. I am grateful for your willingness.

**Question:** As am I. But I am also afraid of myself. – And yes, I see what I just wrote. I am afraid that I am doing something to hurt myself. Yes, I see that fear. It is in me. It's why I don't trust myself. It's why I look outside for some sort of validation.

**Answer:** That fear that you are noticing right now comes from the illusion of the ego. It is projected into a seeming being called Regina, but Regina does not exist.

*I had to take a break from this conversation in order to let go of resistance regarding what I was hearing.*

**Answer continued:** Neither Regina nor the ego mind exists. One is imagined fear and the other is the projection of that fear. [The projection] is similar to an aspect of creation [in that it was made through thought] except that *only that which God creates exists*. The aspect of creation [that is real and] seems to be a part of you is Me. I am your only true Reality. All else is illusion. I am your Truth.

Listen to that thought. Accept it into your mind, for it is the only thought you need accept. *I am your Truth.*