

July 17, 2005

There is no cruelty in God and none in me.

I choose now to put all idols and illusions aside, regardless of the form they seem to take, for all form is the same. It is a deception intended to keep me apart from my Self.

Today, I choose again. I choose to see form as *meaningless* and Love as real. I will ask Love to give meaning to form by not putting another meaning there first.

There is only one God, and all things are seen within God. All else is simply false. Today I choose Truth because I am Truth. Today I lay down my arms and choose to love my Self as Me.

July 18, 2005

Question: I am tempted to judge my own spiritual progress based on how I feel, what I think and what I do. What would you share with me regarding this temptation?

Answer: You are not delaying now as you think you are. You are merely transitioning. It is an important transition and a peaceful one. Care for the moments and let Me care for the rest.

Question: And in the moment, if I find myself angry at Jasmine or frustrated with something else, what shall I do?

Answer: Yes, you know the answer. Notice it and let it go right away, right then, in that moment, immediately. Think of it as an unwanted burden, like heavy rocks on a prisoner's back. You have within you the power to free yourself *now*. Say, "No more!" And the rocks will disappear and you will shine with the light and love of God instantly. As surely as you let it go, it will be gone. It can hinder you not.

Even this day is blessed as all days within dreams are blessed
by One who comes only to bless.

Call on this One when you seem to be in pain and ask for His Blessing. He will give it.

Call on this One when you seem to be in fear and ask for His Blessing. He will give it.

Call on this One when you seem to be justified in anger and ask for His Blessing. He will give it.

And call on this One in gratitude when you know His peace and His love, and He will lead you to share it.

July 19, 2005

Listen in peace for the Voice that is still and quiet, for it comes to you in peace.

Listen quietly for the purpose of peace. It rests gently and patiently within you.
Let all of your trials and tribulations be used for learning the purpose of peace, and you shall be blessed by them all.
Nothing can hurt the one who has given everything to Christ, for everything now has the purpose of realizing love as whole, complete and without end.
Look inside your Self for the Answer. It exists nowhere else.
Extend the Answer in peace. It extends in no other way.
Love your neighbor as your Self, because he is.
There is no other Truth but this.
Accept your Truth in peace to know and love thy Self in eternity.

July 20, 2005

Questioner: (After reading ACIM 29.VIII and IX) So, I have made an idol of the Foundation for the Awakening Mind. I see the fear that is hidden beneath that idol, and I see the fear that my idol will betray me and I will be forced to face all that I dread.

Holy Spirit, what would you share with me now?

Answer: Give up your idol. Let it go completely in your mind.

Questioner: When I think of doing that, I feel the fear come rushing into my mind, and yet I see clearly now that placing my faith in the foundation is like building my house on a foundation of straw. I am grateful to have come to this realization. Can you help me now? Can you somehow help me with my fear?

Answer: Look beyond your idol to what it represents. All form is an illusion, and illusion is a symbol of thought. All thought is based upon a purpose, and it is the purpose that makes the symbol what it is.

If the purpose of the foundation is to protect you from your littleness, it will surely fail because you have placed your faith in littleness and lack, thereby making it so. Your experience will be the experience you have asked for. If you place faith and belief in littleness and lack, littleness and lack is what you will experience.

What is the purpose of the Foundation for the Awakening Mind for you?

Questioner: I do seek security, but more than that. I saw it as a stepping stone . . . a way to be protected while my faith in you grows. This is why I've never seen it as permanent. I saw it as lasting only as long as I needed security, while I raise Jasmine, and then I could give myself to you fully.

What would you like me to see now? I am eager to hear your Word and have these thoughts corrected in my mind.

Answer: Are you willing to follow me where ever I lead you now? Is there something I could ask of you to which you would say *no*?"

If there is anything that you would keep from me, to keep for yourself to handle in your way, you are choosing separateness.

Stepping stones are delay tactics. They may seem helpful, but the one they seem helpful to is the one called ego. They are helpful because they keep you satisfied with the dream. They allow you the illusion of getting closer [to Me] while still remaining apart. Within the stepping stones, you are still carefully protecting that which you feel must be yours alone.

Now is not the time for denial. Look carefully at what you believe and see it clearly for what it is. You must face it directly if you are to give it up, for you cannot give up that which you deny and conceal. And as you look, I am with you holding your hand in love, faith and certainty.

Questioner: OK. Please help me to do this honestly without denial.

- I believe that Jasmine and I are real and separate from you.
- I believe that I am responsible for protecting Jasmine and me.
- I believe that if I don't protect us, we are at the mercy of a merciless world.
- I also believe Jasmine is my enemy, which leaves me alone and separate from everything.
- I don't believe that I am good enough to be one with God.
- I don't believe God would accept me.

That's brief, but it pretty much says it all. I feel empty. Now what?

Answer: Give it all to Me and be willing to accept what I give back to you as yours.

Questioner: How do I do that when I truly believe those thoughts? I am afraid.

Answer: Fear will keep you from Me if you let it. It is the fear of God that is the last obstacle to peace, and you have clearly stated that it is God that you fear. You can keep your fear and continue within the dream or you can face your fear and discover once and for all that it is nothing.

I am here. We are one. You are protected in Truth, which is beyond illusion, so your protection is higher and stronger than you imagine.

I've said before that I will not make you suffer, and I will not. But you can choose suffering for yourself by continuing to put your faith illusions.

Questioner: OK. So what do I do now, *specifically* please?

Answer: Just put your faith in Me and do not ask for anything you are not given. I will continue to direct you specifically, but you will hear me more clearly if you do not ask specifically.

Let go of all desired outcomes in form. Seek only Me and all outcomes in form will point to Me. It is like the scarecrow in The Wizard of Oz when he seemed to point in all directions. He was pointing Home because all paths lead Home and all paths will take you there, but you must not choose to be distracted along the way. Do not stop for shiny apples. You will find fear there. And if you do stop, remember Me and you will also find a miracle that will carry you further along your way.

All things work together for Awakening if that is the purpose you give it. You cannot fail. You can only choose how direct a path you take.

Questioner: And so now, today, what do I do in order to step firmly and clearly back on the path?

Answer: Think of Me in all you see and ask to see nothing more today. This will be enough because this will be everything.

Seek not in form. Seek only in Me.

July 23, 2005

(This first message under this date may not be in the audio.)

Question: Holy Spirit, what would you share with me this morning? You know my heart and the thoughts I listen to. What would you share that will help me to live my heart?

Answer: It seems difficult [to live in accordance with your heart], but it is not. It cannot be difficult to be but your Self.

Distractions are big for you now. You seem to have so much to do, but your mind need not follow your hands. Let your pace seem slower to your mind. Let your chores seem to be but the paving of your path to God. Let all sounds complete the melody of peace.

One song. Uni-verse. See yourself playing your note in the song as surely you are. All things are happening in accordance with the song of God, for there is no other song to be played. Relax and enjoy the song, and have confidence it is playing for you.

Question: Above all else, what would you have me hear now?

Answer: Quietness is everywhere. It is quietness that you seek. You think you have other needs, but beyond those needs you seek quietness. You want to know those other needs will be satisfied because you believe you will have quietness then, within the security of

the satisfaction of those needs. But I tell you now that the world will never give you the quietness you seek. Ask not of it, for quietness is not of this world.

Seek within. Seek with Me. Ask only for Me. This is what I would have you hear now above all else, because there is nothing else.

Ask only for Me. Seek only Me. Thirst only for Me, and I promise you that your thirst shall be satisfied, for I am the eternal fountain of peaceful, satisfying, loving quietness within. It is Me that you seek always. To find Me, look where I am and look no where else. Ask *only* for Me.

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**Question:** *A Course in Miracles* says, “Look once again upon your enemy, the one you chose to hate instead of love.” Jesus told us to love our enemy. What would you teach us regarding our enemy?

**Answer:** There is no enemy but yourself, and you can never be an enemy unto yourself, so there is no enemy. But there is an imagined enemy, and that is you. For you could not hate or fear anyone else if you did not hate and fear yourself.

Look once again upon your Self, the one you chose to hate instead of love. Ask, “Why do I hate you?” You will find that the answer is fear. You fear your Self, so to protect yourself you separate from your Self, and to ensure you remain separate, you made hate. The purpose of hate is to keep you separate from Love, because you fear Love.

**Question:** So when Jesus asked us to love our enemy, where was he guiding us?

**Answer:** He was guiding you to let go of your hate. To face that which you fear and discover that it is not fearful, you must put down your defenses against it. Hate is but a tricky defense against love. Put it down. It serves no useful purpose for you. It protects you from nothing, but do not doubt that you do believe it protects you. You must see hate for what you made it to be before you can truly lay it aside.

Remember that your purpose is Love. It is fear that keeps you from Love, and it is hate that protects you from your fear. Can you see how you must lay down your hate if you are to join with Me?

**Question:** And for those times when it seems difficult to believe that the one we hate is our self . . . for when we seem justified in anger towards another . . . what thought can help us then?

**Answer:** I am love. Say to yourself in any situation in which you find hate or anger or irritation within you, “I am love. This feeling now is but a defense against God.” And then ask yourself what it is that you choose *above all else*. Always seek that which you seek *above all else*, for that is surely Me. And within that thought you will find the will to

lay down your defense against Me, because you will have shown yourself that you do not want that defense.

**July 24, 2005**

*Question:* Holy Spirit, *A Course in Miracles* says, “When you decide upon the form of what you want, you lose understanding of its purpose. So you see your will within the idol, thus reducing it to a specific form.”

What more will you share with us regarding this thought? Please help us as we learn not to seek in form.

*Answer:* It is always You that you seek. I can also say that it is always Me, for “You” and “Me” are the same. Above all else you seek You, the completion of you, and you believe you will find it in the world of form. You believe you will find it in those shoes, that chair, that mate, that income. But as I said to you yesterday, you will never find what you seek in form. The formless cannot find itself in form.

As long as form seems real to you, you can step toward the formless by seeking the joining of the heart. This is not the joining into relationships as the world does it, for this joining is inclusive, not exclusive. It is nonjudgmental, not selective. It is a giving, not a getting. This joining may seem to be in form, and you may seem to see its results played out there, but joining of the heart is beyond form. It is joining within the mind of Spirit. It is gathering yourself unto your Self. It is a piecing together of what seems broken. It is finding the completion you seek.

Do not imagine when you are making friends and giving of your love that you are piecing yourself together if you have also identified pieces that you believe must be left out of your own personal puzzle. I tell you that if you are attempting to build your self based on preferences and judgments, you are not seeking completion. You are choosing separateness and denial.

Love all. Accept all. Give all to all. There are no exceptions. This is the only way that you may complete yourself, and this is what form is for. It is useful for letting go of preferences and judgments. This is its purpose: Forgiveness of all that is not You. Form has no other purpose.

*Question:* So instead of seeking that which is not me as a means of completing myself, I must let it go to find mySelf complete. Is that it?

*Answer:* Yes.