

December 14, 2005

Questioner: Holy Spirit, a question has come into my awareness that I would like to ask. What is meant in *A Course in Miracles* when it says:

“Make this year different by making it all the same.”

Answer: That is a statement of oneness. It means, make this year different by seeing it all as one with *one purpose*. Do not accept that there are different people, different relationships and different purposes. Do not accept that there are different wills. Accept only one Will as the purpose and meaning for all things. Embrace one Will in gratitude and joy. Know the complete freedom and total release of joining one Will by making that your only choice.

“Make this year different by making it all the same” is a request that you make the final choice, which reveals the glory and complete freedom of choicelessness . . . of knowing God in all that is and all that seems to be until all that seems to be vanishes as all that never was.

Questioner: You recommend that we see God in all that seems to be. Does that mean that we see God in the ego?

Answer: It means that you choose to no longer see the ego because you know it cannot be. And while the illusion persists, which it will for a time, you see the reflection of Truth as all that is meaningful. [And you see] anything that seems not to be that reflection as totally without meaning of any kind.

Questioner: I hear what you are saying, and your words are beautiful to me, but there are things in the world that have meaning to me. My daughter has meaning and things that seem to affect her have meaning for me. What would you share regarding this thought? How can you help me?

Answer: Everything has the meaning that you give it. The meaning given to your daughter is special, as if this part of the Sonship has more power to influence you than does the rest of the Sonship as a whole. You have separated out an aspect and made it different, and within you there is an unwillingness to make it the same. This unwillingness comes from the belief that if it was all the same, you would somehow lose or sacrifice something that is needed for your happiness. This is a projection of the belief that you are less than everything. This is the basic ego belief, which you are still clinging to.

Questioner: I don't know what to do about that. How can you help me with my perception?

Answer: You must be willing to see that *you choose your beliefs*. If you hold onto your belief in lack and need, you will continue to experience lack and need, and you will not know the Peace of God. This is the choice you are making. But if you are willing to let go of your belief in lack and need, and you are willing to give that belief to Me for correction, I will correct it for you.

And the hills and valleys shall be made level,
and the Joy of the Holy Son of God shall extend into eternity,
because he shall know himself as complete in One.

This conversation with the Holy Spirit left me feeling mad at God, which also left me feeling sad. I can't really explain why, so I won't try. It just is what it is. I picked up the newspaper and saw that the Chronicles of Narnia was playing at the movies at 3:45. I got the notion that this movie would make me feel better, so I told Jasmine that we were going to the movies. Here's how that played out:

I wanted to go. Jasmine did not.

I wanted to hurry so that we could get there on time. Jasmine did not want to be rushed and got angry at me.

Jasmine wanted popcorn. I thought popcorn was unnecessary since she'd just had an after-school snack and we would eat supper after the movie. I also had a desire to save money.

Jasmine wanted butter on the popcorn. I didn't. I think it is too greasy, too heavy and makes the popcorn unnecessarily more fattening.

I wanted Jasmine to eat the buttered popcorn that she'd asked for & I hadn't wanted to buy. She didn't want to eat it.

Jasmine hated the movie and wanted to leave. I only thought the movie was so-so, but I felt a strong desire to stay, and I felt "intruded upon" by her desire to leave.

This morning, with this scenario in my mind, I continued my conversation with the Holy Spirit:

Questioner: I did notice a lot of resistance to letting go of an underlying anger toward Jasmine. I noticed a strong desire to hold onto that anger and to attack her, blaming her for my lack of peace. What would you share regarding this observation?

Answer: It is the basic belief that you need something other than you, and you need that something controlled in a specific way, in order for you to be happy. And then Jasmine was there with the same perception and desire, but what she thought she needed seemed to conflict with what you thought you needed.

You had an awareness that letting go of your [desires] would bring peace, but you were unwilling to let it go because you were unwilling to let go of the basic belief that you need something other than you, controlled in a specific way, in order to be happy.

Questioner: Why am I so resistant to letting go of this belief?

Answer: Because you identify with it. It seems to be you.

Questioner: Please tell me more. How and why do I identify with lack and need?

Answer: You identify as a separated part of the Sonship, which is inherently identifying with lack and need. You cannot be apart from everything and *be everything* within yourself. It is one or the other. Either you accept yourself as everything and needing nothing or you [believe that] you are not everything and so you need something.

You have chosen to be separate, to be individual, to have your own will and your own way. And so you have chosen not to be a part of everything. This is how you identify with lack and need. It is an inherent part of a choice that you made. It is also a choice that you continue to hold dear, which is why you experience strong resistance to letting go of the basic belief in lack and need.

Questioner: This is really helpful. I don't think I've looked at this belief like this before. Thank you. What would you share with me now?

Answer: Recognizing your desire to hold onto the belief in lack and need is important. You can't give your willingness to let go of this desire until you recognize that it is *your desire* [and] held onto by *your choice*. Now that you have seen it, continue to notice when it comes into your awareness. Remember what you are choosing if you choose to believe in lack and need, and then restfully give your willingness to let the belief in lack and need go. If you feel confusion as to what to do, remember that what you do isn't important. A temptation to seek a desired outcome is yet another symptom of the belief in lack and need. Remember that no outcome is necessary [for you to be complete and happy]. Put your faith in this thought, and rest in willingness.

Now I feel happy; I am not mad at God anymore. This has been really helpful!

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*.

December 15, 2005

Question: What do I find as the gain in this sickness, this headache, that leads me to choose to hold onto it?

Answer: This headache tells you that you are a woman, a fragile being in need of love, but not loved. You are forsaken and left to suffer, the victim of a vengeful God who has abandoned you.

Question: Why do I choose to believe this?

Answer: Because you choose to believe you are separate from God, and you are *not responsible* for it. In this way, you get what you want without the feeling of guilt that accompanies your belief in your desire.

Question: So my sickness is a defense mechanism against my imagined belief in guilt?

Answer: Yes.

Question: How do I release it?

Answer: Start now with stillness and the desire to know peace. Give your desire [to know peace] to the Holy Spirit as a blessing for all men. Trust that your blessing shall be extended on the wings of your Love, even unto you. No longer choose suffering for yourself or anyone. Choose only peace and the blessing of forgiveness.