

January 17, 2005

Question: Yesterday morning, I asked David Hoffmeister to listen to my process for forgiveness and let me know if he heard any ego in that process that I should be aware of. He didn't comment much on the process that I described. Instead, he seemed to comment on the fact that I depend on that process of "Oops . . . something else to forgive" instead of making a decision at the beginning of the day to let Spirit decide for me. I know it is time for me to stop making my own decisions and let You make them for me, and I am willing. I just don't feel like I know how. Could you help me with that?

Answer: Sure. First of all, you have to realize that you are not turning yourself over to another power. I am your Self. Think of me as the part of *you* that Knows. Think of me as the part of yourself that you can put confidence in. Don't think of it as putting your power outside of yourself. That scares you and that isn't the case, so that fear is not justified.

Start each day by remembering me as your Self. Think of the Light that represents me for you, the Light that is within, and imagine yourself talking to the Light. Say to me, "I know you are me and I am in love with that idea. I want to remember it fully. Today, I choose to experience that remembrance by letting you lead. It's going to be fun to see what I can do when I let you lead and realize it is me."

Then during the day, when you forget to let me decide and your old habits kick in, remember that they are nothing but old habits and be willing to take your mistake lightly and choose again. We are simply changing habits; it's nothing more, and I am certainly not going to condemn you for the learning process. I don't condemn you at all for anything. It is your own thoughts that you let condemn you. So, let's talk about that.

You have been telling yourself lately that fear cannot hurt you. That's good, but you need to think of it in a more general way. We are not talking about that fact that your fear cannot hurt your body; your body is an illusion. We are talking about the fact that your thoughts cannot hurt your mind. Your thoughts cannot take away your peace of mind or cause you to be anything but Love. This is what you need to realize when you say to yourself, "My fear cannot hurt me." To help generalize this more, maybe you should try saying, "My thoughts cannot take away my peace of mind." It's OK to say anything else that is along that same line if it seems helpful to you in the moment. What you are remembering is that you are spirit-mind. You can choose to accept thoughts or to let them go, but you cannot be hurt by thoughts. You especially cannot be hurt by thoughts you do not want. They do not have power over you, even though you believe they do. Give that belief to me and when you do, give me your trust too.

So, do as David recommended. Start each day by remembering me and realizing that you want that part of you, that part which is also me, to make the decisions. Expect to enjoy the experience. When other thoughts seem to come into your mind, remember that they cannot disturb your peace of mind. Acknowledge them without fear, and let them go.

I hope this helps. It will if you will trust me.

January 20, 2005

Question: Holy Spirit, please speak to me. Does my Father love me? Let me hear your words, please.

Answer: You don't trust that they are my words, because you don't love yourself. Stop and look at who you are. You are me.

If you see yourself as me, don't you love yourself then? And would you doubt that your Father loves you also?

You think He does not love you because you believe that you are an illusion of yourself. You do not love the illusion, so you think He could not love the illusion either. But it is a mere illusion. It is not you. It is nothing to love or not love.

Your Father loves You. You love You, because I am You. Look to your true Self, and you will see that you are innocent; you are light; you are Love and you are loved. You could be nothing else.

January 25, 2005

The "I" that I think I am was made by the thought of separation. I am a product of that thought, and therefore, thoughts of separation seem to be my thoughts.

Although the thought of separation is my source, it is not my Original Source. For before the thought of separation, there was (and is) One.

Just as the thoughts of my source are in my mind, the Thoughts of my Original or True Source are in my mind. When I forgive the thoughts of separation, I am returning to my Original Source, which is the Truth of my Origin and my Being.

January 30, 2005

Question: Spirit, I know that it is not my Father's plan for me to suffer. How can I let go of this fear and feel my true Presence, which is Inclusive Love?

Answer: Your first step is already in place. Be willing to let go of the fear without believing it to be true or a warning of truth. Realize that the fear will pass and peace is inevitable. All that you seek is inevitable.

Don't be afraid to go about your day and think of me often. Sitting in the fear is not helpful. You will release it by not letting it keep you from what you would normally do today. So, as I told you before, say hello to it and hand it to me. Give me your trust, which was in your agenda for me, and go about your day. I love you, and you are fine.

February 13, 2005

The ego is not the devil. It isn't a force outside of you that finds pleasure in deceiving you. It isn't anything to struggle against or to fear, although it can feel as if it is.

The ego is a mistake that you *believe* in. The power of belief is undeniable. What you believe is real for you. Since you believe in separateness and attack, the world seems threatening to you. That is what you believe, that is what you experience, and that is what you fear. The experience of a threatening world seems real to you, and I don't ask you to deny that seeming reality. I don't ask you to step in front of a moving car and trust that it will not hit you, because it may. It would be dependent on the alertness and reaction of the driver behind the wheel. In this way, the world is real.

What I ask you to understand is that the "reality" comes from the belief. The belief is the cause of all that you experience. You make the world you experience.

Now you may ask, "If I change my belief about the world, will I see no more sickness, no more war and no more threat?" I've answered this for you before in many ways, but I will put the answers together for you now so you may see what seem to be pieces as a whole.

You are not an individual. Everyone that you experience in the world is a part of you. You are aspects of one mind. When I say that the world you experience is made by you, I am not referring to you as an individual. That would indicate that separateness is truth. When I say that the world you experience is made by you, I am referring to all aspects of the mind that believe in separateness. As one aspect of the mind lets go of the belief in separateness, more Light is brought into the whole mind. It helps to rouse the Sonship, but as the Sonship continues to sleep, nightmares of separateness continue in the world.

When I indicate that what you will see will change, the word "see" and the word "perceive" are synonymous. As long as you see a world, you perceive. I am not saying that a violent crime could occur around you and that others would see it and you would not. The body's eyes will continue to show you the seeming actions within the world of illusion. When I say you will see differently, I mean that you will perceive differently, or to be even more clear, that you will *feel* differently about what you see. Your perspective will be different. Your feelings will be different and therefore, your action will be different. Remember the story of Jesus and the adulteress. Jesus saw the men that were preparing to stone this woman and he saw a woman who had seemingly broken the laws of Moses. His eyes did not show him anything different. But, Jesus did *feel* differently about what he saw. He saw the woman as innocent and he saw the men as innocent. So, he did not condemn the woman and he did not condemn the men. He acted in a way that was consistent with his perception and caused a change in events.

Peace Pilgrim also has many stories that demonstrate that her eyes showed seemingly dangerous situations, but her perception showed only a call for Love. Because she consistently reacted with Love, it caused a turn of events based on the introduction of Light into the situation.

On what seems to be a micro level, an introduction of Light into a seemingly dark situation can change the events as they were about to occur. This may appear to be a miracle of events, but it is not. It is Light within an aspect of the mind shining away darkness within the same mind, resulting in a change in form. The cause is in the mind. The results seem evidenced in form.

The same miracle can occur on what seems to be a macro level. This may look different in the world of form; it may seem that it takes involvement from more individuals in order to introduce lasting peace into the international situation, but if you remember that there are no individuals, you will see that it is the same cause and effect.

I've told you before that your only responsibility is to accept the atonement for yourself. Now, you must see how important it is that you let the Light come into awareness in your mind. You must also see how you do this on behalf of all of your brothers. Light within the mind *is* Light within the mind, and the entire mind benefits from the shining of that Light. There can be no exceptions.

I see that you are willing to do this for your brothers. I see that you are willing to let your perspective be changed from that of a seeming individual to Oneness, but you are finding it difficult. You are experiencing fear and you do not know what to believe. You aren't certain what is truth and what is illusion. Even as you sit writing this with me, you wonder if you are making this up or if you are hearing the Voice for God, and you don't know how to be sure.

I will tell you how to be sure. I've told you this before. Pay attention to how you feel. Let the feelings of Light guide you. Do what you are told to do while you feel those feelings. When the feelings of darkness are upon you, take no action. Spend that time giving the feelings over to me. If you act with the Light and refrain from acting with the darkness, you will be acting in accordance with Truth and Light, and you will be moving steadily along the path to enlightenment. Know also that the end of this path is certain and enlightenment is a reasonable goal since it is the only goal that can truly be obtained. However, don't crave the goal so much that it becomes an individual desire. That will delay the result, since the cause of enlightenment can never be the desire to attain for the individual.

The ego is nothing but a belief in your mind. When the belief is gone, you will see that the ego was nothing.