

December 18, 2015

Question: If I choose to need nothing then there is nothing left to do but simply sit and do nothing, not work, not eat, not drink, etc. What are we supposed to do with all this activity if we choose to believe that we 'need nothing'? Why would I feed my body if I don't believe in this need? I am confused about this. The thought "I need nothing" paralyzes me. I can not see myself involved in any kind of action if I embrace this thought. Can the body live on only Love, no food or water?

Answer: The confusion comes from the belief that you are a body; you are much more than that. The body seems like you, but it is not. When you accept this Truth, you will see that you cannot need food or water or air, for you will also see that you do not need the body. Your existence is beyond the body entirely.

However as long as you perceive yourself to be a body, you may do two things:

1) Accept that it is your *current perception*, so feel ok about your "need" for food, water, air, exercise, clothing, shelter, etc. There is no guilt in perceiving these needs within the world. I would also request that you not let yourself become obsessed by them. Accept them, but let your only "obsession" be Me.

2) Give your willingness to see yourself differently, as you truly Are. Do not try to make this change of perception happen. Trust that as you give your willingness, the change will occur within the mind as a miracle.

My dear child, all that I ask is that you enjoy each day by thinking of Me. I do not ask you to sit and do nothing. When I ask you to do nothing, I mean do not worry. I mean trust and be happy. Can you see how trusting and being happy may not exclude activity within the world, but it does release the struggle? Since all struggle is of the ego, release the struggle and just *be*. Then do whatever comes to you to do as you enjoy your peace with Me.

December 23, 2015

Question: As I am giving my willingness to go deeper into the mind, I am seeing more of my error. For example, I see the myriad of judgments that my mind makes in order to separate the Son of God. Some of the judgments seem overt, some seem subtle, some seem to be opinion and some seem to be "fact" within the world (e.g., girl, boy, old, young, rich, poor, etc.). But I am recognizing that all of these judgments serve the purpose of separation. I give my willingness to see differently. What else can I do?

Answer: Giving your willingness *is everything*, so what you can do is increase the expression of your willingness. Since you still believe in the world, expressing your

willingness in form can be helpful. Simply remember as you take actions to express your willingness that the action is a symbol; it is the expression of the willingness *as giving* that is most helpful.

What can you do to express your willingness as giving? Remember that the goal is to increase your willingness [to see your brothers as you] through giving. Focused on that goal, do whatever comes into your mind to do. You might help someone with a task, share a warm smile, listen [to another person] . . . whatever it is that you do, keep the intent fully in mind at all times.

You are willing to see that you and your brothers are one and that love is all that exists. Through the consistent expression of your willingness, you ready yourself to receive *by giving*.