

February 16, 2005

The body is a temporal figure powered by thought. The body will not last. The spirit, or identity, is thought. If I identify with the belief in separateness, that belief and that experience will continue beyond this lifetime. When I identify with Truth, my experience of being separate will end and every thought that is not God's Own will be gone. The realization of All that Is will be all there is.

February 21, 2005

The Thought of God is in everyone's mind and there is no exception. It is that Thought which unites us. It is that Thought which yearns to be recognized. It is that Thought which enables you to have faith in your brother, whoever he may seem to be, because it is that Thought which is beyond temporal dreams and is the True Thought of Christ, which is You. Recognize the Thought in him, and you have found it in You.

February 26, 2005

It is through my own unlimited power that I make illusions which seem to limit God's Holy Son. Illusions are temporary games that I choose to play. When I tire of my games, I release imaginary limits from my mind, and the Truth is as it has always been.

When I was a child, I played with dolls. I gave up most of my dolls as I grew from a child to a teenager, but I kept my favorite one. I had her until I was about 26. I finally chose to let go of her as I built up a collection of more expensive, limited-edition dolls that I bought on my travels around the world. As the years passed, one-by-one, I eventually gave up those dolls too. I gave up each doll when I was fully ready to let it go.

March 1, 2005

This message may not be in the audio

Question: Hi Spirit. I feel like I have made a lot of progress thanks to your guidance, and I thank you for that. I also know there is progress yet to be made. I still have a split mind, which is evidenced by my thoughts, feelings, doubts and the beliefs I seem to have about the world I seem to see. Today, you asked me to "Let go of Regina," and I am truly willing to do that. What can you share with me that will help me to do that?

Answer: Watch your thoughts, even more than you seem to do now. Ask yourself which source each thought is from. If it is from ego, give it up immediately. Do not judge it. Associate no emotion with giving it up. Just give it up and be done with it. As you do this, you will be preparing yourself to give up Regina. You are not only practicing for the moment of decision, but you are taking small pieces out of the [imaginary] iceberg of guilt with each thought that you give up. You are already actively giving up Regina with each thought that you give up.

It is true that if you give up the trunk of the tree, you also let go of the leaves, so do notice the foundation of everything you forgive. I showed you the foundation so you could forgive more quickly. Do not get stuck on specifics. Look for generalizations, forgive the generalizations and know that the specifics go with it.

Be at peace with yourself and your process. Know that you do not need to move through this process faster than you are or in a different way than you are. What you are doing is perfect for you and for your function. Be as patient with yourself as you would be with someone else. Tell yourself that everything is all right. Imagine that you are doing a dance and sometimes there are steps in this direction and sometimes there are steps in that direction, but they all come together to form the dance.

Enjoy yourself. You want to have fun and you can have fun now. Your Father does not expect you to “pay” for your mistake, so don’t. Enjoy your pace; enjoy your learning; enjoy your relationships; enjoy your opportunities . . . Make the decision to be happy and then be happy as you continue the process of giving up all aspects of ego. Your true Self is with you now. You do not need to earn it. So, go ahead and enjoy knowing that what you may not yet be fully aware of, already Is. I know that makes you happy, and I want you to be happy. Give up Regina, and feel free to be happy while you do it.

March 7, 2005

Question: I am realizing how much I hold onto the past, especially in some situations, and I want to learn to let it go. Letting go of the past seems really challenging. I keep seeing the past in the faces that I come into contact with. Will you share some tips to help me get better at letting go of the past? Thank you in advance, with love and deep appreciation.

Answer: Letting go of the past seems difficult because you have an earthly memory. Don’t think of letting go of the past as letting go of your memories. That is not realistic for you at this time. Think of letting go of the past as releasing it from your present moment, and therefore from your future.

First of all, you feel guilty because you think you live too much in the past. You can easily let go of the guilt if you realize it is impossible for you to live in the past. Now is always now. You can only live now. If you are thinking of the past, you are not living in the past. You are merely reviewing the past now. The power in that is that you can choose a different reaction now than the one you may have selected in the past. You are not stuck with your past reaction, because it is not the past, it is now.

Secondly, when you are reviewing the past in the present, think about your memories as a diet. We can call it a soul food diet, if you like. *(Said humorously.)* The diet that you select determines what you will grow in to. If you decide to feast on a diet of ego memories, you are building a future like your past. This is what the Course urges you to not do. This is what is meant by letting go of the past. However, you can select different memories as your diet and build a different future by reviewing those memories now. Choose to

remember the times that you have felt your closeness to me. Choose to remember the times that you were in your right mind. Choose to remember the helpful thoughts I have shared with you. Choose your memories like you choose your music and your reading materials. Choose to feast on uplifting memories. Use your past to build you up and bring you closer to me.

Letting go of grievances is important. I'm sure that you can see from what I have already shared that when you bring a past grievance into the present, you have another opportunity to let it go. However, do not think of the past as only the distant past. If a brother says something to you that does not seem to come from Love, the moment he has said it, it is already in the past. You can choose again now. The past occurs very rapidly, yet now is with you always. As you become skilled at letting go of the past immediately, you will find that you can be at peace always.

Love the present moment. Cherish it as your opportunity to know your Self . You've heard the old saying about why the current moment is called the present; It is a gift, and it is a gift that is always with you given you by your Father in Love. Feel gratitude for the gift that is with you always. Treasure it. It has great value if you will see it as having value. It is your peace, and like your peace, it can never be taken away from you.