

**January 6, 2006**

*Question:* Holy Spirit, I am willing to listen as You speak of our Truth. I listen for me and for all of my brothers. What would you have me hear?

*Answer:* You are Truth. Truth is not something you need to reach for or achieve or learn to be. Truth is what you are right now. You cannot stop being Truth, for the Truth is always true.

You who do not know that you are Truth and who believe that your denial of Truth is a sin or error that must be fixed may rejoice, for there has been no sin and there is no error that must be fixed. Nothing has occurred to change the Truth of you, and so nothing has occurred to change the Truth of Heaven. This is why you need do nothing. It is because the Truth is always true, and it can never not be true, not even for an instant.

There are those among you who want to have the awareness of this Truth within your mind. This is why I am here. I am the awareness of Truth within you. So, all that you must do . . . and this is simple indeed . . . all that you must do is put aside listening to the ego, which denies the Truth, and choose instead to listen to Me. My Voice *is* your awareness of Truth.

This is why I speak of stillness. Stillness is not a pit or abyss or an absence of all thought. Stillness is an active putting aside of the ego. In choosing stillness, you make the choice not to listen to the ramblings of the ego. In making that choice, you also choose to hear and feel the Truth which is beyond the choice for the ego.

Stillness may be chosen in periods of quiet set aside with stillness as your aim. But stillness may also be chosen whenever you choose, in *any* moment, without exception. All you need do to choose the Voice of Stillness is to decide that you do not desire the voice of the ego. That is all.

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*Question:* Holy Spirit, everything I see in this room and out my window are meaningless. The only meaning that anything has is the meaning You give it. What is that meaning?

*Answer:* Everything in your midst, everything in the world, has the purpose of healing the mind.

*Question:* How does a tarp or a clock or a pillow or a basketball help to heal my mind?

*Answer:* When you see that all of these things have been made to teach the belief in separation, and then you agree that they cannot teach what is false, you have used them to heal the mind.

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**Questioner:** I feel resistance to the statement, “God Himself orders your thought.” My automatic reaction to that statement is, “*I don’t want God ordering my thoughts.*” And, I willingly put that resistance aside right now, so I can learn what You would share about this statement.

**Answer:** This line [from the Course] is a metaphor, for in reality there are no separate thoughts to be ordered. What this statement is saying is this: What is, *Is*, because God created it that way. It cannot be changed, and any attempt to make it different than what it *is* must be illusion.

**Questioner:** I’d also like to talk about this passage in the paragraph:

“Guilt is inescapable by those who believe they order their own thoughts, and must therefore obey their dictates. This makes them feel responsible for their errors without recognizing that, by accepting this responsibility, they are reacting irresponsibly.”

I do believe I am responsible. For example, I do feel guilty when I attack Jasmine with my words or tone of voice. I also react as if she is guilty when she attacks me. How would you have me view circumstances such as these?

**Answer:** This is a time for remembering everything I have taught you. You and Jasmine are not separate bodies. You are a mind that is having the experience of separation *because* it chose that experience. Be grateful for your freedom, and love your sister who is a part of your chosen experience with you. Then, remember that you have decided to let go of the experience of separation and return to the awareness of Truth. This circumstance, made by your choosing to further the belief in separation, cannot further that belief within your mind when you choose to step back from that belief and choose again. Remember also that what you choose, you choose for everyone. Or better said, what you choose in the current moment, you choose for the entire mind.

**Questioner:** What else would you like to share regarding this paragraph in the Course?

**Answer:** Remember what you said when you taught yesterday. You are a messenger. You cannot help but be a messenger, just as you cannot help but be a teacher. The question is this: What message do you deliver through your choice? You have decided to be a messenger for the Holy Spirit, and so the thoughts that you accept must be the thoughts of the Holy Spirit. That is the only way to fulfill your function. That is all there is to do.

**Questioner:** Thank you. This paragraph is much clearer to me now.

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**Question:** Holy Spirit, I felt that you told me that my experience in space and time is separate from who I am in that it doesn't define me. Now I am reading in Brent Haskell's book, *The Other Voice*, that my experience *is* me. I am confused, since these two statements seem to conflict. What clarity can you give?

**Answer:** Your experience comes from you. In this way, it *is* you. It is your thoughts, your imagination that makes your experience. "It is within your mind as a dream or a wish." But your experience does not define you. You are not limited by it, for you are the unlimited. Therefore, you may choose another experience entirely, and that experience would also be in your mind. So, that experience would also be you, of your making and of your power and *of your being*, but neither could that experience define you. For nothing can define the unlimited. In this way, your experience is you, but you are not limited by your experience.