

August 3, 2005

Questioner: Holy Spirit, please tell us today who we truly are, without the guilt and fear and hate, that we may look on that today.

Answer: It is a love song that I sing to you, which you do not hear because you do not believe the Love is but your Self. And so you hide from the song and listen to the notes of guilt that you have decided to play.

Let me tell you why the notes of guilt are not a part of God's one True Song. It is because you are but His Son, made from the Essence of Him, and therefore the same as Him.

You can be nothing different than what you Are. You can create an image of yourself and believe that image and play the role of that image, but that does not mean the image is what you are.

Your safety lies in the Truth of who you Are, and that Truth is always true awaiting only your recognition and acceptance of it.

Peace be with you today, for Peace is who you Are. Come to know your Self by seeking your Peace. In Peace you are at Home.

August 4, 2005

Questioner: Good morning, Holy Spirit. Yesterday, I asked who we are without the guilt and fear and hatred. Today, I am ready to listen to you regarding the guilt and fear and hatred. What would you share, Teacher?

Answer: It is easy to look away from the guilt and fear and hatred that seems to be within you if you choose to believe it is outside of you. This is projection, and this is the defense mechanism that you made to save you from your own pain. And it may seem to work, if you don't think about it while you project, because you may have a feeling of innocence, better-than-he or self-righteousness as you point your finger at another. But don't look too closely at how you feel or you will find that this defense mechanism hides nothing. For underneath your feelings of self-righteousness is pain, irritation or fear. And you don't need to look far to discover these feelings. Just ask yourself [whenever you seem to point the finger at someone else], "Is it peace I feel now?" The answer is obvious.

If the defense of projection does not bring you peace, and Peace is your Home, projection must not be your home. So to abandon projection is to abandon nothing but the act of deceiving yourself. This is the first thing I ask of you. Watch your thoughts for anytime that you think anyone is guilty for anything, and realize this thought is not peace. Then decide that you want peace, and let the thought go. This may seem to take faith and a great deal of willingness at first, but as you get better at giving over the thoughts of projection, you will begin to see that your brother is not guilty. And if he is not [guilty], neither are you.

Questioner: What is the next thing you ask?

Answer: When you have begun to give up the defense mechanism of projection, that which you seem to have been hiding within yourself will begin to rise, for you have not given up your belief in hate, fear and guilt. You have only begun to accept that placing it outside of you does not bring you peace.

Questioner: What should we do when we begin to notice these feelings within ourselves?

Answer: This is when the position you call “the observer” is useful. If you allow yourself to believe these feelings as they come up, you will suffer within a pool of pain and misery, and you will learn nothing useful to the purpose of awakening.

Remember that I told you these beliefs about yourself are not real, but allow yourself to observe that the beliefs are there. For you have denied these beliefs about yourself for a very long time and projected them onto the world. In order to remember who you Are, you must let go of the beliefs that tell you that you are who you are not. And to let go of those beliefs, you must face that you think them true.

So, the first step is to let go of thoughts of projection, and you will need faith and willingness to complete this first step. You will seem to need to complete this first step many times, but you are only being thorough, for your projection was thorough indeed.

The second step is to notice that all you seemed to project, you believe about yourself. Then, be willing to let go of that belief, again in faith and willingness. For as long as you hold onto the belief, it will seem to be true. You must let it go to find that it has no effects, and therefore was never true.

Questioner: Ok. Then what?

Answer: Now comes a time of listening to Me, for as the voice of the ego seems to grow quieter in your mind, My voice will seem to grow more clear, and I will teach you that we are one. Once again, you will need faith and willingness, for there will still seem to be thoughts of projection, self-hatred, fear and guilt to let go of, but when you are listening to Me, you have begun the hike. Walk with Me, and the Peace that is your Home will come to you as Me. We are one.

August 5, 2005

Questioner: Good morning, Holy Spirit. There is a common point of confusion that I would like to ask for clarity on and that is the body. We are asked not to see ourselves as bodies, since the body is the symbol of separation and our goal is to accept our oneness. Many of us think we are ready to let the identity with the body go, but then we get confused when the body is sick or injured, because that does seem to affect us and limit

our abilities. Also, we wonder if diet and exercise matter or is it only our beliefs about diet and exercise that matter? What would you share with us about our experience of the body?

Answer: The body is the symbol of separation, and the body is central to your experience because your experience is that of separation. This is based on your belief that you could have thoughts or a will [that is] separate from God's, and this is an error of thought, not of body. This is why healing is of the mind. The body is a neutral symbol of your beliefs, and it is your beliefs that you see reflected in your body, just as it is your beliefs that you see reflected in your world.

Remember, all form is the same. You can use form as a measure of your [seeming] progress, for what you seem to experience in form will change as you let yourself be healed.

Does this mean that you should feel guilty if you are sick or if you experience bodily pain? Are these symbols to be taken as proof that you are not a good student of Love? The ego would favor that interpretation, and so those thoughts may enter your mind. I say, let those thoughts go. They are thoughts of confusion that delay your healing.

Questioner: What should we do when we experience sickness or physical pain?

Answer: See it as a symbol that more healing is needed. Let it tell you that you still believe in the unreal, and so you must trust in Me to lead you safely Home. Give your sickness or pain to Me, and tell Me that you believe in it. Share your fears and your beliefs, and give them over to Me in love and faith. And then be patient with yourself. From within your experience, healing may seem to take time. That is only because you are practicing for the moment of healing, and all practice is important. When your practice becomes a moment-to-moment habit of love, you will be healed. Until that seems to be, be patient with yourself, for patience is a symbol of love in what seems to be a world of time.

Questioner: What about taking care of the body through diet and exercise?

Answer: What you are really asking is should you feel guilty for believing the body needs care? This is the same as we have discussed already. The ego would have you believe your guilt at every opportunity, because the ego is the choice to believe your guilt over your innocence. Believing your guilt is the mistake you made. For if you had believed the thought of innocence, you would have let go of the thought of a separate will and the separation would not have seemed to occur.

Forgiveness is the same in all situations. It does not matter if you seem annoyed with someone, afraid of what seems to be scarcity and lack, proud of an achievement over another, sick or concerned about the foods you choose to eat. It is all the same.

Questioner: How is it all the same?

Answer: It is all belief in this world you made, and it is all serving the purpose of distracting you from healing. And, it can all be given to Me so that its purpose can be changed and it can be used for healing.

Remember that forgiveness is your only function here. In simple terms, that means that whenever you do not feel peace, your job is to turn that thing over to Me and give me your willingness and trust, that I may show you that you are wrong. For, you are wrong. You believe you are separate from God, and you cannot be. That is impossible. That is the one error that needs correction. All of form is nothing more than a manifestation of that error in what seems to be a myriad of forms, but it is all the same.

Questioner: I still seem to have the question about diet and exercise. Health of the body seems important to healing of the mind. It seems that trying to work on healing the mind while the body is not well would be a difficult task.

Answer: I tell you, it seems that way only because you believe it to be so. The body has no power over the mind, but the power of your beliefs is unquestionable. Give your belief to Me and realize that the belief you are giving Me is the belief that you could be different from or separate from God. That is the error that must be corrected.

Questioner: So, when I see the temptation to eat in a certain way or to exercise because I believe I need exercise to be healthy, that is a manifestation of the belief that I am separate and another opportunity to forgive that belief by giving it to you.

Answer: Yes. You are practicing for moment-to-moment forgiveness until forgiveness is natural and constant. The world will not seem to change, but you will change your mind about the world, and then you will *see* differently because you will *perceive* differently. You will not perceive [the world] as having power over you and you will not perceive it as having a purpose different than the purpose of Love.

Questioner: Yes. Now I see how eating is another opportunity for mind watching.

Answer: That is all the world is for.