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Pain brings up fear. Pain is the manifestation of fear. To surrender to pain, to believe it and let it be your master, is to accept fear as reality. This is why you need not accept pain. Fear isn't your reality, nor is your pain.

There is nothing more convincing than pain to teach that you are nothing but mere victim, little, separated, nothing and powerless. If you will listen to your pain carefully, you will hear this is what it teaches. You will also notice a strong willingness to surrender to your pain and to accept all that it teaches as real. This thought is to accept separation as real. This thought *is* pain, which is why believing pain manifests as more pain. The thought that is pain has been accepted, and so the effects of this acceptance must be experienced.

Let's look at a time of pain now. When a time of pain comes about, there is an immediate desire to surrender to it. This immediate desire must be seen in the mind, because this is the point where the belief in separation is seen and accepted as real.

When a time of pain comes upon you, you must observe your thoughts through the pain without believing them. See the thought to surrender to the pain, but remember you are not separate and need not surrender to that which teaches separateness. Pay attention, careful attention, to other thoughts that rise through the pain.

*I am victim.
I am afraid.
Something is wrong with me.
There is no God.
I hate myself.
There is only loss.*

Watch the thoughts that arise, and remain aware that you need not accept these thoughts. In observing the thoughts that come up through the pain, without slipping into accepting the thoughts, you release many false thoughts from the mind. You take a step out of the sleeping mind and stand more clearly within wakefulness. In this way, pain becomes a gift, because it is an impetus that flushes up thoughts you have accepted and may not have seen in the mind before. Use your pain to free yourself, by choosing release from the thoughts that are the basis and cause of all pain.