

**April 28, 2005**

You are perfect just as you are. . .

It's interesting how you were tempted to pull away from that statement. "Oh no," you thought. "*Not just as I am.*" You thought that you must be listening to the ego. I tell you now that you are not listening to the ego and you are perfect just as you are, but *just as you are* is not how you see yourself. Although you are happier and more at peace with yourself and how you see the world, you still believe yourself to be unworthy. Don't you see that you can only see yourself or someone else as unworthy if you have an idea of worthiness to compare to? And don't you see that if you can compare someone to the idea of worthiness, you are seeing that someone as separate from the idea?

Focus on letting go of the idea of separation and the concept of unworthiness will go with it. Tell yourself several times every day that you are willing to let go of separateness and to see oneness. Focus on your willingness. Invite a new way of seeing; a perspective of wholeness. In truth, there is only one idea to forgive and that is the idea of separateness. Why not start and finish your forgiveness practice there?

**April 29, 2005**

I do not have to believe my thoughts. There is no law in the world or among the laws of God that orders me to believe what I do not choose to believe. Herein lies my freedom. For in this thought I see that I am the jailed, the jailer and the jailhouse in one. If I choose to remain imprisoned, I can at least recognize that that is my choice and rejoice in that freedom. When I tire of my bars and stripes, I can let them go and they will disappear at will, for in truth they do not exist except in my dream-thoughts, which is only imagination.

**April 29, 2005**

*Question:* What is the Thought that leads to salvation?

*Answer:* The Holy Spirit is that Thought. It is the thought of Home, a faint memory of Heaven, Oneness, Peace and Love. When you are still, you can hear this Thought. In perfect clarity, it makes no sound and it is familiar and comforting to you. Close your eyes and rest in this Thought now.

As you feel this Thought, you know it isn't yours alone. This Thought is the end of separation because it is the memory of the wholeness of Love. This is the Thought that encourages you to let all other thoughts go, so you can return to only this Thought. For it is only this Thought that you truly want.

Love this Thought, and welcome it as it welcomes you.

**April 30, 2005**

EveryOne,

I see you.  
And I love you for who you are.  
It is through *who you are* that I see my Self.

I see the gifts you give.  
Thank you.

I feel the love and joy that you extend.  
I embrace them both.

I love you, dear ones.  
I know you are my path, my Reality, my Self, my Light and the Christ.

Let me tell you today that *I see you*.  
I am grateful to the Light that you are.  
I am grateful for your Gifts.  
I am grateful that you are me.

I see you,  
I love you,  
I thank you,  
Regina

**April 30, 2005**

*Question:* What is God? Is God manifested in this world?

*Answer:* God is a concept, and because God is a concept, it has different meanings in the minds of different people or even different meanings in the mind of the same person at different times. God can be All that Is. God can be the Father or the Creator of all Creation. God can be the Holy Spirit. The manifestation of God can be anything that touches someone and recalls God to their mind.

A way to think of God is to think of connection or oneness or wholeness. A way to think of its manifestation in the world is love, forgiveness, acceptance and peace. One need not worry about what God is. This will lead you away from the experience of God. Relax and know that you are loved, and the experience of God will be manifest in you for you. Let your mind be at peace. Let go of the past and the future. Experience now with acceptance. This will bring you the experience of God. Let yourself be guided one step at a time. This will bring you closer to God or a constant awareness of God within you.

Let God be whatever truly comforts you. Think of God as the Great Comforter. Be willing to accept God as it is and God will be revealed to you. God is Truth, which may seem to be difficult to grasp within the world, but do the best you can. Give your willingness to know God, and the knowledge of God will be given you.