

## January 20, 2007 – How Can I Be Useful?

*Question:* Holy Spirit, I have a friend with a desire to be useful. He is a student of *A Course in Miracles*, and has this question:

*Am I to do something with what I am learning? It can't be just for me.*

*Answer:* Nothing is ever just for you, as that is impossible. There is no “just you.” There is only everything, and that is you.

What you have not fully realized is your wonderful and glorious connectedness, or oneness, with all things. You see yourself as separate when you seek an answer to your question in form. The answer to your question is not in form. It lies in your mind and in your heart. You are your answer, and you are with you always.

You have seen how a train of dominoes reacts when the first domino is pushed down. They all react by falling suit. Each domino, in its turn, also falls until all of the dominoes have done what the first has done. But, what would happen if one domino, mid-way through the line, did not fall? Then, all of the remaining dominoes would not fall. True? As you can see, it is important to the whole that each domino does its part.

This is how you are to be useful. You are to do your part by putting all of your energy into accepting the atonement for yourself. This is how you are most useful to the whole.

You have heard, “Seek ye first the Kingdom and all else will be added to you.” This is what this means. Focus first on accepting the atonement for yourself, and all else will be added to you. As you focus only on one purpose, I will guide you as to what you are to do in form. Through your willingness, you will be used to be helpful within the plan of atonement, but I ask you not to seek for that. Seek only to accept the atonement for yourself, and all else will be added to you.

Blessings in your search for fulfillment. Look within and seek only there. That is where your answer lies.

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## **Be Watchful With Me - JOY**

Yesterday, we talked about pain. Today, let's talk about joy. I am not referring to intrinsic joy, which is perfect joy that does not waiver. I am talking about artificial joy, which is joy sought to cover or avoid pain.

Artificial joy is joy based on the world. It is joy that is experienced in attachment with specific outcomes, but joy that is not available if the outcomes should be different than the ones that are desired. Artificial joy is not stable. It is the proverbial house built on shifting sands.

One must watch the mind for signs of artificial joy, for where artificial joy is accepted as true joy, the basis of pain is also accepted. All of the beliefs that cause pain are hidden within the search for artificial joy.

In order to know true happiness, which is the house built on a foundation of rock, one must free the mind of beliefs that cause pain. In order to free the mind of these beliefs, one must see them and recognize them. However, one need not experience pain to see and let go of the beliefs of pain. One can mind-watch during periods of artificial joy and release beliefs that are the cause of all pain.

First, one must be willing to be aware of artificial joy as it is experienced. One must be willing to question the mind.

*Am I happy because another person is saying, or doing, a specific thing?  
If the situation were different, would I feel differently?*

*Am I feeling secure because I have or attract certain situations or things?  
If these situations or things were no longer available to me, would I feel secure?*

By asking these questions during times of relative joy, one can discover the attachments within the mind that cause pain. One can easily see how the absence of something that is perceived as needed shakes the concept of joy as it exists within the mind. As one identifies attachments that seem to be needed, one can also ask, "Why do I feel I need these things?"

When this question is asked, basic beliefs within the mind will rise to the surface to be questioned. For example:

*I am lacking in myself.  
I am unworthy.*

*There is something inherently fearful within existence that I must be protected against.*

When one sees that specific outcomes or temporary joy are a cover or mask over these beliefs, one sees how one has built a house on shifting sands. For as long as these beliefs are held to within the mind, they must at some point manifest within experience. As they manifest, they will further prove themselves to the mind. Thus, the shifting sands.

As one questions the mind during times of joy, one may uncover such thoughts if the joy is based on artificiality. This is a wonderful use of time. For when one uncovers fear thoughts at the base of artificial joy, one many choose to release those thoughts before they manifest as pain. In this way, one creates more joy within experience by removing the cause of pain and the perceived need for specific outcomes in order to be joyful.