

October 6, 2005

Question: What would you share with us that answers this question: *What would you say to someone that is wanting to end their life?*

Answer: There is no ending to life. One that ends this life simply transitions. Life cannot end. The transition that you see as death is not an end to the mind. Some memories may fade, but the core that is the mind continues on. The pain and suffering that is believed within the mind accompanies the mind into the transition, so one does not find escape through transition.

One who is contemplating ending their life is suffering from loneliness. This suffering may seem to take different forms, and the person may not realize that the pain is the pain of loneliness, but that is the basis of all pain. The one who considers ending his or her life may agonize over mistakes, lost opportunities or addictions (guilt), suffer from self-loathing or live in fear of what seems to be happening or seems to be coming in the future. But if the one who is contemplating ending their life can see for even a moment beyond the pain that tortures him or her, that one will see that the real pain comes from feeling alone within the suffering. What this one seeks above all else is love. And one cannot find love by ending one's life. But that one will also not remove his or herself from love through the act of ending one's life. For each one is love, but has lost the awareness of love through the belief in loneliness.

What each one must come to realize is that one is never alone. To be alone is literally impossible. Until a person is ready to learn that lesson, he or she will suffer from the symptoms of loneliness.

And so to one that is willing to end life, you can say, "I love you. I will always love you. And I can help you, if you will accept my help. You are never alone."

The one you say that to may be willing to accept the love you offer and they may not. Each one will choose his or her lessons. This is why you must realize that this lesson is also your own. For right now, as you sit feeling sad or afraid for the one that is contemplating ending his or her life, you are also suffering from loneliness. For you have not learned that you cannot be alone and your brother cannot be alone. You have not accepted our oneness as the only fact that is. And so I say to you, *I love you. I will always love you. And I can help you, if you will accept my help. You are never alone.*"

The world you live in is an illusion. Nothing is as it seems. Place your faith with Me; put your heart in My Hands. Sit within the stillness and be willing to know that I Am here. Nothing can ever be lost when you accept the truth of My Reality. For that truth is eternal and inclusive and whole.

Let the one who is contemplating ending his or her life know that you love him or her, and you be willing to accept My Love as Your Love. There is no other answer to any question. To accept My Love as Your Love is to accept the Truth as it is.

October 7, 2005

Question: *A Course in Miracles* says, “There is no gap that separates the truth from dreams and from illusions. Truth has left no room for them in any place or time.”

What would you share regarding this thought?

Answer: If there was a gap, it would mean the truth isn't true, because the truth says there is no gap. The gap that you perceive is illusion, which means it isn't real. It's not that the gap exists now, but once it's healed it will cease to exist. There is no gap. Everything that you perceive, you perceive within the mind of God. But what you perceive is a thought only. It has no form. The form is an illusion within the thought.

Question: I trust what you say, but it seems that I want to understand it and I can't quite seem to do that. The gap that I seem to experience between my brother's mind and mine seems very real to me.

Answer: That's not always true for you. There are times that the gap seems to fade within your experience, and there are times that you see your brother as yourself. In these times, you have an awareness that the gap is not real, only this awareness is not a conscious thought as the belief in the gap seems to be. So in these times, you respond naturally without thought. You simply *be* for your brother, and what your brother sees in you is the Spirit of oneness.

Question: I feel a temptation to ask you what I should do to experience this awareness more.

Answer: Just notice when you aren't experiencing it, and be willing to decide that you want a different experience, one that reflects your truth instead of deception.

October 10, 2005

Question: With all of my prayers laid upon your table, I ask: What does it mean to give and to receive?

Answer: To give and to receive is to *Be Love for your Self*.

Whenever you focus on giving to another, you have lost the Thought of God and listened to the thought of the ego, for you believe there are others.

Within illusion, there may seem to be others. Some may seem to be close to you and some may seem to be strangers merely passing by, but there are no differences in any of

them. There are no differences in anything you experience within illusion. It is all the same. It is all projection of a mind darkened by guilt and fear denied.

As an aspect of this total awareness, you have a choice. Through thought and belief, you may continue to give the world the thought of guilt and fear that it was made to hold, or you can see the world with a new purpose. This is your choice. And if you choose to give the world something different by choosing to see differently, it is something different that the world will receive from you.

There are two choices: darkness and Light. You will give the one you accept. If you accept guilt and fear and attack, that is what you give. But if you accept that these are not your real thoughts, and you let the temptation to believe them pass you by, you accept *all that is* when darkness of illusions have faded. You accept the Light.

What you accept, you give, because what you accept fills the mind of which you are one.

Remember there are no differences. Remember it is all one. Remember it is all thought. Remember that the thoughts you accept contribute to the whole. Through this, to give is to receive. This is the divine law that tells you who you Are.

Accept this truth, and be glad!