

May 20, 2005

Light-heartedness is necessary now. Too much seriousness within the illusion makes the illusion real. Too much seriousness within your thoughts makes you real, and if you are real to you, the illusion is real and important.

Don't be concerned about your spiritual path. It is nothing to worry about. I've told you this before. All steps lead to Awakening. So, enjoy the steps you are taking. Your enjoyment hastens your awareness of Heaven.

Practice. What the world needs more of is practice. Lay the words aside and live the meaning behind the words. Quiet your mind and feel the meaning, then live that. It is meaning that will bring joy into your heart. Meaning comes from Me, not from this world you have made. So be lighthearted about your world and open up to receive the joy of meaning from Me.

Now, practice this in all you do today.

May 21, 2005

We stand together in silence, for we cannot be apart.

It seems there are many things to let go of and many things that would stand in the way of your letting go, but you will see that isn't true whenever you come into the silence with me. You can come into the silence anytime, regardless of what seems to be going on outside of you. It takes only the desire to know your Self with Me, and the silence is there. It is always available in any seeming situation.

Practice this today.

May 22, 2005

From experience gained through practice, I have learned to let the Holy Spirit pick out the movies that I watch. It's better than picking them out myself. I used to roam around the video store for 20 – 30 minutes reading DVD covers and making judgments about what I wanted to watch. It's funny. Although I sometimes brought home movies that were really meaningful to me, I also brought home a lot of movies that weren't.

Now, I say a prayer before walking into the video store. I ask the Holy Spirit to guide me to the movie that would be most helpful for me. Then as I walk into the store, I listen to my intuition for which way to turn and which movie to grab. It takes about 2 minutes to walk in and grab a DVD using this method, and every DVD selected by the Holy Spirit has been meaningful and enjoyable. (And I've seen a lot of movies that I wouldn't have selected using my own judgment.)

Last night, I watched *Mean Creek*. I enjoyed watching the child stars from my daughter's favorite shows on Nickelodeon and the Disney Channel as they played more serious roles in this R-rated movie. But even more than that, the show was meaningful for what the Holy Spirit pointed out to me during and after the movie.

This movie was an excellent example of how the ego works. One line was particularly meaningful to me. An older boy was trying to convince the more innocent and younger ones to do something that they didn't want to do. When one boy objected to the plan, the older boy sounded just like the ego when he said, "Have you got a better plan? If not, I suggest we go with the only plan we have. Otherwise, we've got nothing."

Isn't that just like the ego? It wants me to go with a plan in order to ensure my own security. In this case, it was clear that going with the plan was not a good idea. Revealing the mistake that had been made and letting it play out as it would was the way to protect the children from the fear of their own guilt.

Question: What would you have me realize after watching *Mean Creek*?

Answer: You are innocent. You are the innocent child of God and you are Love. It is only your imagined guilt that keeps you hiding from me. Release your guilt that you may see me standing here, waiting to welcome you. Let yourself be free. Bring your guilt to me and I will show you it is nothing, for *it is nothing*, and you are Loved as you are. Transcend your fear and bring your guilt to me. The light will shine on you and in you, and you will be blessed in your innocence.

Question: Why don't I know that I am innocent?

Answer: Your desire to be special keeps you from knowing who you are, because you do not wish to see it. It does not change who you are. You cannot be special or separate from the Son of God. That is your reality.

Question: Hmm. My desire to be special . . . so what is the Course really trying to teach me about special relationships?

Answer: Your special relationship is with your self, for there can be no other relationship since there is no other. You have felt guilty for wanting specialness for yourself, so you projected it outside of yourself and pretended to have relationships with others. Yet, the specialness is still in your mind as desire and guilt, though neither is a fact since you can only be what you are.

Let go of the desire for specialness. It is a desire that can only seem to be addressed in dreams, so you lose nothing when you let it go, yet you gain everything because you gain the Truth of who you Are.

Question: Why do I experience intense fear in this process?

Answer: You experience intense fear because you believe your guilt, because you believe your desire has created sin. But sin cannot be created. Creation is eternal. Sin is separate from holiness and apart from God's Will.

Question: But I do feel like I have a will separate from God's.

Answer: You are not apart from God's Will. God's Will is within you. It is a part of you. You are only having a temporary fantasy of a separate will, but this fantasy will not last. When the desire for specialness ends, the fantasy will end by your own choice. It will simply be no more.

Question: If God's Will is in me, then the desire for truth is in me. Do I really need to cultivate that desire?

Answer: Yes, you must cultivate that desire because it is the draw of your true desire that will lead you to give up the false one.

The Laws of Chaos

1. The truth is different for everyone.
2. Each one must sin, and therefore deserves attack and death.
3. God must accept His Son's belief in what he is, and hate him for it.
4. You have what you have taken. By this, another's loss becomes your gain.
5. There is a substitute for love, born of your enmity to your brother, and it is salvation.

Question: What would you have me realize from the first law of chaos? (*The truth is different for everyone.*)

Answer: You are afraid to speak the truth to some because you have judged that they will not value what you have to say and they will think of you as unworthy. Do not judge for yourself to whom to speak of truth and to whom not to. Let me decide that for you and do as I ask. Your faith and joy will be extended through sharing in faith.

Be willing to let go of your own values and do not feel guilty for the values you have not yet let go of. Be *willing* to let go. That is all I ask. I will lead you to let go through your willingness.

Question: What would you have me realize from the second law of chaos? (*Each one must sin, and therefore deserves attack and death.*)

Answer: This tells you that the Son of God is not God Himself, that the Son is separate from the Father. If you believe this of your brothers, you will also believe it of yourself. If you believe it of yourself, you will see your separation as permanent and hopeless, and you will not believe in what is true, and so you will not experience it.

To experience oneness with God for yourself, be willing to see it in your brothers. Do not struggle to see it there, for if you do, you are asking the ego to show it to you and you will not see it. Simply give me your willingness to see it and rest patiently in peace and faith. If you can wait in faith without abiding to the temptation to struggle, you will see God in your brother and find Him in your Self.

Question: What would you have me realize from the third law of chaos? (*God must accept His Son's belief in what he is, and hate him for it.*)

Answer: This is the law that makes your Self your enemy and makes it impossible to trust your Self. For here, you fear your own power, afraid that you will use it to punish and destroy yourself. And so you believe it is safer to deny your power, which is to deny your Self and make yourself little and without hope. In this, you become a victim of the world outside of you, one who has good days and bad days, but who cannot influence those days himself.

Do not doubt what I say: You are the only influence over your experience. There is no other. But you deny this influence because you fear yourself.

Question: What would you have me realize from the fourth law of chaos? (*You have what you have taken. By this, another's loss becomes your gain.*)

Answer: You believe the way to have peace and love is to take it from your brother, for you see yourself as an object and him as an object, and you believe that if one object has peace and love, the other object cannot. Since you are the Son of God, you still have awareness that you are sustained by peace and love, although you are not fully conscious of this awareness. Since you know that it sustains you and you believe that if your brother has it you do not, you find that you must attack your brother to take back that which you need. But you have failed to recognize that your brother is the same as you, and if he feels his peace and love has been taken, he will seek to take it back for himself. And so a battle ensues, and it is a battle that will not cease until the Son of God realizes that he is One and that peace and love are within Him.

Question: What would you have me realize from the fifth law of chaos? (*There is a substitute for love, born of your enmity to your brother, and it is salvation.*)

Answer: This is the law that makes your madness complete, for this is the law that teaches you are sustained by separating yourself from your brothers, taking from them what you want and keeping it for yourself. With this law, everyone else is securely locked outside. You may seem to have relationships that are loving and you may seem to

do good works, but you are always protective of that which you believe you must keep to yourself. And this, you consider sane and sensible.

Question: Help me to get behind the words in Lesson 354. What would you have me realize fully today?

Answer: Realize who you Are. Realize that you are a part of All-That-Is, not some separated aspect that is yet connected by a thread of sameness, but All-That-Is Itself. Melt into that realization today. Accept it.

Question: How do I do that when, even now, the phone is ringing; my daughter is watching TV, waiting for breakfast and wanting to spend time with me; there is laundry to do and a house to clean; I have work to do to prepare to move and there are other things I want to do? How do I melt into the realization of all that is when I seem to be pulled in so many directions and seem to have no choice about it?

Answer: Lay your sadness aside and your guilt aside. They are obstacles to your Love.

Question: I know, but even if I do that, this outside world with its demands, and me with my wants . . . it's all still here.

Answer: It is not here. Only your mind is here. You are denying your power even now. You are saying *I want to believe I'm the Son of God, but that just isn't the way it is.*

Try instead to say this today, and let no other thought take root in your mind. *I am the Son of God. I am not the victim of the world I see. It is my world, and I will use it to Love my Self as God. The world has no other purpose now.*

Practice this today.