

October 11, 2005

Notice when you look at others and see them as others.
Notice when you judge them as different and separate from yourself.
And then rest in your mind, noticing.

It is nothing to feel guilty about.
It is just the observance of an ancient habit you are ready to let go of.

Now, remember your new purpose and your prayer for today.
Rest within your mind, in peace, secure in knowing that you *do* choose again.

To rest in peace with Me *is* to choose again.

Notice the peace within your mind, and be glad.

October 13, 2005

You have denied who you are, and so you do not understand what you do.

You do nothing.

As you seem to spin within the thoughts of separateness, you seem to weave an experience and suffer from that experience. Others seem to be there with you, caught in its web. But, *you do nothing*. This is why it is called a dream.

The Will of God is one Will, and it cannot be undone by an idle wish. You have nothing to fear because you are guilty of nothing.

You seem to have made a world of chaos and pain, but you've made nothing. You seem to be trapped, but you cannot be trapped. You are forever free within the mind of God. Accept this as true and false fantasies will end forever.

You are one with your brothers. *As one*, you shall be healed of fears that were never true. Your part is this: Realize you are part of a whole, so what you accept, you accept for the whole. Then, look at what you accept. If you accept the false as true, false thoughts are believed within the mind that you are and meaningless fantasies continue. But if you reject the false and peacefully accept the truth as true, a ray of light shines within the mind, gently soothing it and erasing a false dream forever.

Recognize who you Are. Accept the truth of what Is. Then everything else must disappear, *because* it is nothing. Without the power of your attention to it, it ceases to be an experience within the mind.

Listen to Me. Rest, and be glad. You are the Holy Son of God forever safe within your Self.

October 14, 2005

Beloved Holy Spirit,
Let me stay in the current moment
where You are.
Let me be open to the experience
of You *as Me*.
Let me see the world
without judgment.
Let me observe all thoughts
without attachment.
Let me know the peace
of *being*
and *loving*
without imagined obstructions.
Let me rest
and be glad.
Amen.

October 15, 2005

Question: Holy Spirit, knowing my prayer last night, shared with all of my brothers as a symbol of my willingness; knowing where I think I am and what my challenges seem to be, and knowing the sincere goal of my heart . . . What would you share with me right now?

Answer: Right there, right now, there is the thought of guilt in your mind. You think you are guilty because you do not have the experience of being awake now.

Step back and look at that thought. Be detached from it. It is just a thought. It has no reflection unless you choose to give it the power of reflection. Let the thought sit there a moment. Let it be unattended to. It will wait for you, and you can return to it if that is what you choose to do.

Now, let me give you another thought to consider. This thought is just as much an option as the other thought. I hold it out to you as a gift and ask that you accept it as yours.

You are guilty of nothing, My Love. You have never been anything but the bright light that you have been asked to be. I am very pleased. I am grateful for you, and my love for you is unending. It extends in all directions forever and ever without obstruction. You are the thought I created you to be, and you do all that I ask. You are never absent from me, always in my Presence, a part of my own Warmth. You are everything you were created to be, and you have never been anything else. You imagined yourself differently for a bit, but that has changed nothing.

Be happy right where you seem to be right now, and don't worry about a thing. I ask nothing of you that you do not give. Continue to turn your face to me, because that is what you will, and I will continue to love you, because that is what I Will. We are together always in every moment. I am never disappointed in you. See this *fact*, and accept it in gladness.

And now, there before you are two thoughts. One you offered yourself out of fear. The other, I give to you out of the truth of Love.

Choose wisely, my dear child. You choose your own experience. Why not experience the beauty and freedom of truth?

October 16, 2005

The peace is within, [available] to be accepted now. If you do not accept the peace, it is because you have accepted something else as true.

You feel responsible to keep others happy. You believe you lack that which makes you complete. You act out of fear, because you believe your basic foundation is one of unworthiness.

Once again, I ask you to look at these thoughts and rest. They are very human thoughts, because they say the world is real and chaotic, and you are victim to it all. These thoughts tell you that you are victim *because* your basic foundation is unworthiness.

These thoughts lead only to pain. So to find peace, you must lay these thoughts aside. You will not find peace searching for answers within these thoughts.

Once these thoughts are laid aside, another thought can be found. It [waits] behind the painful thoughts, like blue sky waits behind clouds. This thought is a wordless thought, but in it you find peace and inherent worth.

Pick up that thought. Hold it close. Notice that you need do nothing for this thought to be yours. Feel the love for yourself expand within you. Notice that with the love, comes joy. This is but a hint of who you are.

Rest within this thought. Seek only this thought. Let all other thoughts go from your mind. They are useless to you, because they speak of illusions. Truth is here within your mind now. Sink within the truth.

You are Love. Everything you do, you do out of love. Underneath the illusion of your fear, which sometimes seems to be your motive, there is love. This is your true driving force in all things. This is the essence of who you are. This is why you are innocent and cannot be guilty. You are Love. That is all that is true about you.

October 17, 2005

Question: *A Course in Miracles* says that I did not affect my own reality at all by illusions. What would you share regarding this thought?

Answer: Do not confuse reality with illusions. You are thinking that you were born, and now you have the opportunity to be saved. [And you are thinking] that this birth of you and the opportunity for your salvation would not exist had it not been for illusions. You are thinking that since you are a product of [the thought of] separation, you exist because of illusions. This is but a confusion regarding who you are.

You are *existence itself*. You existed before illusions seemed to be and your existence is assured after illusions are forgotten. This is why I say you are eternal. Your existence is free of pain, fear and worry, all of which seem to be a part of the consciousness of which you think you are now. It is the seeming individual consciousness that is illusion, and this illusion is not you because it is not existence. It is an illusory consciousness that has been laid on top of existence through imaginings.

You try to imagine yourself without imaginings. This cannot be done, for illusory consciousness does not remember existence without consciousness, and so it cannot imagine it. Because you believe that consciousness is what you are and that all experience must come from being conscious, it seems that existence without consciousness must be death. But how can existence be death? And if existence is death, how could it have made consciousness?

Existence is a peacefulness and wholeness that your consciousness cannot imagine. This [fact] I ask you to accept in faith and trust. To try to imagine existence without consciousness is to continue to exercise consciousness and to retain [consciousness] as your seeming identity. To know your Self as existence, you must relax and let go of consciousness.

This is why I ask you to focus on the moment, *the now*. Existence is now, whereas consciousness seems to be all over the place and nowhere at the same time. It strives to control the past and the future, this imagining and that [imagining] all at once. In its striving, it spins and spins missing the fact of reality by striving within its fantasies. To let go of this striving is to *be*, and to *be* is existence.

This is something you can do, even within the dream. And as you *be* within the dream, you cease to exercise consciousness so that it slows down, quiets and dies. But after consciousness dies, you still *are*, so you must not have been consciousness. And *this* that you *are* always was, so that it was not affected by the insane consciousness that seemed to be you for a little while.

Consciousness is like a mask that you wear, and it seems to be something and to be alive, but when the mask is taken off and laid aside, it is nothing. You are what *is* behind the

mask. You were there before the mask was put on. You are there now, under the mask.
And you continue when the mask has been laid aside.