

**October 18, 2005**

*Question:* *A Course in Miracles* says, "In me, salvation's means and end are one." What would you share with me regarding this thought?

*Answer:* It is the simple truth that you are what you seek. The peace within this truth is sure and eternal, for how can you not find that which is you? You are the destination and the journey. You are everything, for there is nothing else.

Relax within your Self and rest, for you are there now. You cannot be where you do not want to be. You can only forget to notice all that you are.

**Take Time Everyday**, *Actually received on October 24, 2005*

*Question:* "Judgment implies a lack of trust, and trust remains the bedrock of the teacher of God's whole thought system. Let this be lost, and all his learning goes."

What would you share regarding this thought from the ACIM Manual for Teachers?

*Answer:* Trust is imperative as you set out to unlearn all that you think you know. Only trust could lead you to have such faith, and only faith could lead you to maintain trust.

This is why taking time to go within is important. Through recognition of a relationship with Me, you grow in trust. If you feel there is no relationship, then there is nothing to trust, and you are left with fear and despair.

So I ask this of each one: Take time everyday to sit quietly with Me and know that I am here [within you]. Go into this time in faith, and you will come out of this time with trust. Then, ride your trust throughout the day, giving everything that upsets you to Me for your healing. Give Me every thought of guilt, unworthiness, fear and doubt. Remember that trust is your bedrock.

If you can follow the path of your day with trust in Me held firmly within your mind within each moment and each circumstance, you will experience miracles. And you will be grateful that you have learned to give Me your trust.

Focus on this today, and be glad.

**October 26, 2005**

*Question:* Dear Holy Spirit; After reading *The Decision for Guiltlessness* (in *A Course in Miracles*) and realizing that this is a lesson I am ready to teach and to learn, what would you share with me?

*Answer:* Guiltlessness is a fact, and yet you have deluded yourself into believing that the opposite is true. This is the judgment that you made upon yourself which seemed to

separate you from God, because you projected your judgment onto God. And from this projection came fear. All other mistakes were born of fear.

It is simple then. To let yourself learn that you are guiltless is to reverse all the effects of the belief that you are not. To let yourself learn that you are guiltless is to wipe out the effects of fear, so it is to wipe out the seeming need for attack and defense. To let yourself learn that you are guiltless is to undo your own judgment against yourself, and so the projection onto God is undone as well. This wipes out the seeming *need* for separation and takes it back to the point of choice. And in the instant of guiltlessness with the clarity of Truth before you, you can make the only choice that is true.

*Question:* What's funny about that is that I feel like I want to have a choice. I don't feel good about being brought to a point where there is only one obvious option and therefore, to the point where I have no choice. What would you share with me regarding this feeling?

*Answer:* You are free to choose something other than Truth if that is what you want. There is no guilt in that *because* it does not change what is true. You are free to choose a fantasy if a fantasy is what you believe that you prefer. But when you tire of fantasies and are ready to return to Truth, it will be there for you to choose because only the Truth is true, and it cannot be taken from you. It is yours, and it *is* You.

**October 27, 2005**

*Question:* *A Course in Miracles* says, "The first in time means nothing, but the First in eternity is God the Father, Who is both First and One. Beyond the First there is no other, for there is no order, no second or third, and nothing but the First."

What would you share with me regarding this thought?

*Answer:* The First *Is*, and that is all that need be known. This is why striving is for not. This is why there are no decisions to make and nothing to do. There is nothing to fight against and nothing to resist. There only *Is*.

And this is why judgment is foolishness. There are no degrees of *Is* and there are no differences within *Is* that separates it and makes it what it is not.

*Is* is.

Rest accepts *Is* and does not try to change it. So rest is peace and love, which brings joy and gratitude.

Rest.

Accept.

Rejoice.

Be *Is*.