

May 23, 2005

I am you. You hear me rising in your mind, and so I must be you. And you recognize me as one with God, so you must be one with God too.

You ask me how you can accept me as you, and yet you already know this is true, so just accept it. The only reason you continue to deny that we are one, when it is obvious that we are, is that you have thoughts in your mind telling you that you are unworthy of being me. How can you be unworthy of being your Self? How can you be unworthy of being what you Are?

Ask yourself this today and let you love your Self that you may recognize the ridiculousness of denying what is True.

May 26, 2005

Question to the Holy Spirit: What will you give us today that will help us to accept our brothers as our Self, help us to see our glory and our innocence and to accept nothing false as true?

Answer: You will see your brother as your Self when you are willing to accept only your Love as true. For what you accept, you reflect. While you accept other thoughts as true of you, as truly yours, you see those thoughts reflected *as* your brother. Yet, you accept those thoughts and reject them simultaneously, and so you reject the reflection that is your brother.

Forgive the thoughts you do not want, the thoughts that are not Love, which is your true will. When there is nothing in your mind except that which is truly yours, there will be nothing in your mind you are tempted to reject, so you will not reject the reflection that is your brother. You will accept him as yours, your one true Self, and you will love and be grateful for the Self that is you.

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Rejoice! You are not special. You are one with Heaven and one with your Self. You are one with your brothers and one with your peace. You are one with Love and one with Me.

You are not special. You are as you Are. Rejoice! The conflict of specialness is not real. It is a dream of pain from which you can awaken when the desire for specialness is gone. Relinquish the dream and accept the Truth of You as you Are. Rejoice!

**May 27, 2005**

*Question:* I have a question about a friend. My relationship with her seems to be a struggle that I do not understand. It confuses me. When I interact with her, I am left feeling drained. I feel like I can't just *be* with her. It seems that she isn't satisfied with me as I am. I need to be somehow different for her. For example, she seems to want me to choose different words, react to her differently, share different things about myself and even think differently than I do. What is my friend reflecting for me to see?

*Answer:* Acceptance is key for you now. Your own struggle with pure acceptance is reflected back to you whenever you are with this one. You feel drained of energy because you are struggling against your own peace, against your own Self.

Acceptance is letting go of the desire for anything to be other than it is. It is loving it as it is. It is enjoying it as it is. It is being at peace with it as it is.

Begin to ask yourself what you are not accepting around you and in your life. As a thing comes to your attention, practice letting go of your desire about that thing and practice loving it as it is. The practice will be with small things within the illusion at first, but as your peace increases, acceptance will seem to become easier.

The Truth must be accepted as it Is without the desire for difference. This is what you are practicing for. This is your purpose, so practice the letting go and acceptance with love and joy in your heart. You are building your stairway to Heaven.