

April 30, 2007

Question: Holy Spirit, there seem to be some out-of-the-ordinary opportunities in my life right now. With healing as my only purpose, my thinking mind could not begin to tell me how to move forward with these opportunities, although it is working very hard at offering a myriad of suggestions. My only interest is in what you would have me do. What would you share with me?

Answer: You listen to Me when you do not think, so it is best to wait until you are not thinking before you attempt to listen to Me. Clear your mind in this way:

1. Walk away from that which you are thinking about. To continue to look at it is to continue to think about it. You may then confuse thinking with guidance.
2. Notice the thoughts you are thinking and notice they are nothing but thinking. Watch them while affirming their meaninglessness and while affirming your desire to only listen to Me.
3. Do something else. It may take time for the thinking that is all wound up in the mind to unwind and quiet. Turn your attention away from the object or issue that seems to be stimulating the thought to another activity that is not a trigger-activity for you. As you work on the non-trigger activity, continue step 2 within the mind.
4. When the mind has come to a restful place, you will begin to receive prompts from Me. These prompts will come into your mind from a place that is not your effort or your thinking, and they will likely be very different from the thinking that you were doing on your own. As you recognize these prompts, affirm them and echo them within your mind so that they become a stronger part of your consciousness. As My prompts become stronger within consciousness, you will trust them more, and you will act on that which you trust.
5. Be aware that your thinking will try to come back into the situation. Continue to follow step 2 regarding your own thinking and step 4 regarding My prompts, while remaining open to more prompts from Me. Continue to affirm that you only want My guidance.

May 2, 2007

Question: Holy Spirit, I am seeing errors in my mind that I would like to discuss with you. First, there is the thought that I could hurt a brother through my actions or missteps. Secondly, there is the desire to help my brother and free him from his self-created pain. I recognize that both thoughts are errors in my mind. What would you share with me?

Answer: Your ego is on the rebound now, and this is necessary if you are to let go of it. The ego must be decided against, and in order to be decided against, it must offer itself to you as an option that can be chosen.

Continue to recognize the errors in your mind *as errors*, just as you are doing. Rest the mind, even as the chatter continues, by seeing the thoughts as meaningless and undesired by you. Be patient with yourself in trust as you continually choose against the ego. This is an ego storm, which is a last attempt for the ego to regain command and control within your mind. It knows it is losing its foothold and it must fight hard to try to regain its lost territory. Love it by *letting it fight* its own battle, but do not engage the ego by battling with it. Rejoice as you rest through this storm, knowing that a great calmness will come when the ego has tired of itself. Rest within the pool of calm, which you can already find and recognize within yourself.

Your brother is right where he needs to be, and you have given him as he has asked. He has the gift of opportunity to choose healing, just as you do. In this way, you stand together, side-by-side and holding hands, ready to make the choice that will free you both forever.

You focus on your part. The ego will get very tricky and very subtle now, mirroring Me to the best of its ability. But it cannot mirror Me perfectly, because it is incapable of mirroring without judgment, without fear and without guilt. Watch for these characteristics and know that when you see them, you see ego. Do not listen to what you hear, because that which you are hearing is not Me, and so it is not your true choice.

You must remain very much *in trust* with your true desire now. Stick with it in your mind consistently. Repeat it to yourself constantly, even to the point of ridiculousness. “Ridiculousness” is the judgment of the ego, so see that judgment and let it go. Then put your full trust in My advice, and continue to focus on your true desire.