

**January 1, 2005**

Holy thoughts are in my mind now.  
I need only accept them as Truth.  
That's all there is to do.

**January 3, 2005**

There is no truth in the world. There is only perception. I can forgive anything that I think I experience or know or see, because it isn't truth.

Why change my perception of the world? Because as I change my perception of the world, the world I experience and see will change. That will further convince me that there is no truth in the world, and I will be more willing to accept Truth as it is.

**January 13, 2005**

*Question:* I like it when I am in my right mind, but I seem to be in fear more. What is the best way to look at my fear?

*Answer:* Accept it as not real. Do not try to deny it or ignore it, because that will repress it. Don't believe it either. Accept that you are fearful and realize that fear cannot hurt you, although you believe it can. Because you believe it can hurt you, you cannot save yourself from fear. You must be willing to let me do that by acknowledging that you are afraid and that you do not want to hold onto or believe in the fear anymore. I will correct it for you. That is why it is called a miracle. Correction comes from a power that you are not aware you have; It is inside of you, but outside of who you believe you are.

So accept that you are afraid, and accept that I am with you and the fear cannot hurt you. Trust that I am with you, that I *am* you and that we are more powerful than the fear. If you do not give fear power, it has none. So look at it, say hello to it, and give it to me. You may continue to feel fear after you have given it to me. That does not mean that I have not taken it from you. Give me the fear and the control. That is what I mean by trust.

**January 16, 2005**

*Question:* Why does the Course say that we only need a little willingness?

*Answer:* You already have a little willingness. You only need to recognize it as yours and give your power to it. Your little willingness is a shining sliver of your remembrance of God. As you give your power to your willingness, it will grow. As it grows, your remembrance of God and who You Are will grow. Focus on your willingness. Nurture your willingness. Love your Willingness. It is You.