

Trust & acceptance

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Holy Spirit: Trust. Trust is always key. To hold onto trust is everything, because trust is the manifestation of the knowledge of your love combined with your knowingness that love seen as love is evidence of all that is truly real.

There is nothing to fear in the world. There is nothing in the world to fear at all. But when you choose the idea of fear, you choose the ripples of fear or the experience of fear. The intensity of the experience is directly linked to the intensity of your choice. The more strongly you choose fear, the stronger the experience. The more consistently you choose fear, the more consistent the experience. But if you allow the choice for fear to fade by strongly and consistently choosing trust...well, your experience will come from that. And the intensity and consistency of the miracles that come from your choice will amaze you. And you will fall more deeply in love with everything as Me, which is the truth of you.

You love the idea of love, and you enjoy the knowledge of happiness. This is great. When you are attracted by love and knowledge of your own happiness, you will be more consistent in your choice for them. Since experience always comes from choice, you will be most satisfied with experience that comes from *the knowledge of* your consistent choice for what you truly want.

The energy of my message feels lower to you now, because you have chosen a lower energy by remembering times that choice seems challenged...when you seem to be victim of the choices that are made by the mind. During these times it can seem difficult to will for what you want, and you can feel as if you are failing in the choice to have the experience of what you truly want.

Know that you never fail. This may seem unreal to you...like a concept only given in order to make you feel good...but it is not only a concept. It is total truth. You never fail. Failure is impossible for the Son of God.

In any moment you are experiencing exactly what you choose to experience. This is important for you to realize, because in resisting your current experience you resist you. Resistance, as I have told you, is fear. It is also hate. So even in resisting or judging your current feeling of hate, you are choosing a will *for* experience and experiencing exactly as you have willed for. The trick to shifting an experience that you do not like or are not enjoying to another experience that you know you'd prefer is to totally accept the current experience.

If that experience is hate, look at it. If it is doubt or fear, look at that. If you are projecting onto others or attacking yourself, stop and look at that. Stop, only for a moment, and look directly at the current experience as you have deemed it to be. And now say:

“This is how I feel now. These are the thoughts I see in my mind now. I accept this exactly as it is without wishing to extend it longer than it need be.”

Then stay in the energy of acceptance. The length and intensity of the current experience will last as long as it needs to last in order to match the intensity and consistency of your choice. Be willing for the experience to last. Be absolutely willing to continue with the experience of hate or doubt or fear *as an experience*, and remember that the experience is a mirage delivered through desire and the power of light.

Sometimes you want an immediate answer to your experience...an immediate shift from the experience of now to a feeling you know you would prefer. Knowing you prefer another experience is not wrong. It is this knowing that will cause you to choose the experiences you really want to have. But resisting the current experience by judging and struggling for an immediate answer or an immediate change is resistance, or judgment of you. That is continuing will *for* that which you realize you don't want.

Acceptance is the answer...patient acceptance, along with the realization of the light. Do not be in a hurry. Be more willing for the long-term effect that you desire. Rest, accept and trust. Notice temptations to resist. And in that moment, choose again. This is truly the best way to help yourself. Through results, it teaches clearly who you are.

If you feel fear right now...fear of failing in what I ask, fear of not being good enough, or fear that the tiny mad idea is all that is true...do not resist the feeling you call fear. Do not resist the panic in your chest. Do not resist what you see in your mind. Accept it. Forget about future results right now. A mind projected into the future with fear as the filter will only know the experience of fear more.

Rest now with the experience of now, and accept it. See it as the light. See it as the experience that was desired. Do not go back and look for a thought. Just stay with now. Just stay with the experience. Focus only on acceptance. Keep the image of Helen and the scroll in mind. Keep the scroll rolled up so you do not look into the past or imagine the future. Stay here, right here in the throes of your experience. And accept, without judgment, the purity and perfection of the experience you are having now.

Question: There is an expectation of resistance in my mind. When the boiling hate or crippling fear comes upon the mind, it seems it will be impossible to do this then.

Holy Spirit: The expectation of resistance is fear. Don't let it fool you into thinking it is knowledge. It is not. It is fear now projected forward so that the acceptance of now is resisted and resistance is denied. It is merely missing the point and practicing the creation of fear through the avoidance of noticing and accepting now.

Don't miss now. Look at it, embrace it, accept it, and remember that you can only do that now. Make this your sole practice today.