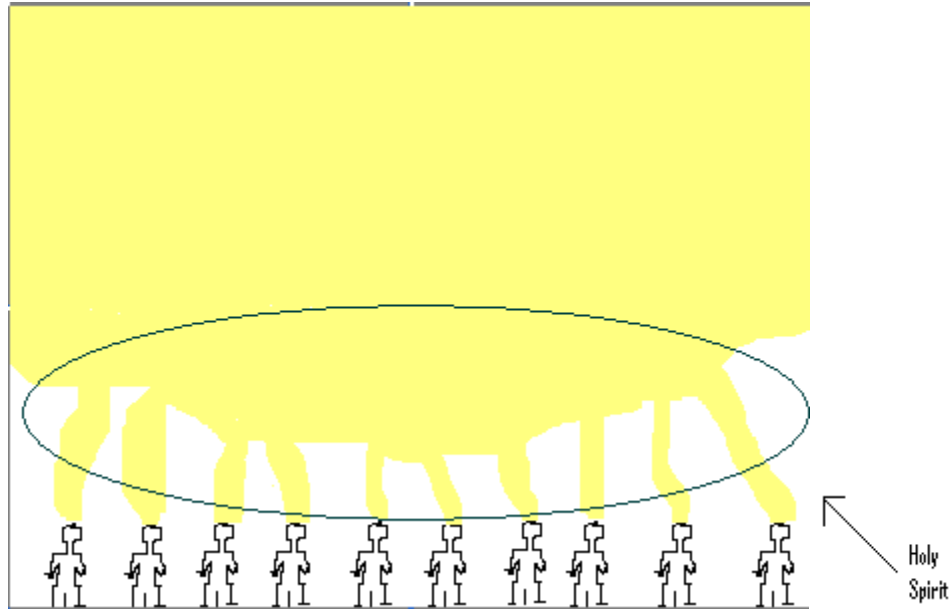


December 4, 2004 – What is the Holy Spirit?

What is the Holy Spirit? Is it a spiritual being created by God and placed within us to help us find our way back to God? Is it a symbol, not to be taken literally, that does not exist? Does it, or does it not, act in the world?

I asked these questions last night. This morning, as I lay in bed dozing and thinking, I thought of this simple, graphic answer:



The Holy Spirit or our Higher Self (which is represented by the circled part of the graphic) is simply that part of our mind that remembers what cannot be forgotten. It remembers who we are. It is our connection to God, with which we are truly One. If we do not seek God, that part of our selves rests quietly within our minds, but it is never lost. When we seek God and focus on our spiritual Self, the connection with that part of our mind is strengthened through our own willingness.

The Holy Spirit can be called a transitional state of mind. It is the state where we continue to perceive ourselves within the world, but grow in realization that we are not *of* the world. When all attachments to the world fade from our mind, the need for the Holy Spirit transitional state also fades.

December 7, 2004

I saw myself in a large cavern-like air tunnel through which Love flowed. I saw that there was a brick wall obstructing the flow of Love. Some bricks had been removed from the top of the wall, but most of the obstructing wall remained firmly in place. I knew it was my function to tear down the wall, one brick at a time, in order to free the flow of Love. But, I saw how firmly the bricks were cemented together and worried that I would never

be able to loosen the bricks and tear down the wall. This is when the Holy Spirit spoke to me. It said,

“I will loosen the bricks for you. Your job is to find the loose bricks. When you find them, take them down from the wall. Don’t be afraid to look for the loose bricks. They cannot hurt you. And when you find a brick, do not feel anxious or guilty that the brick is there. I have loosened it for you. Be joyful as you take the brick down from the wall. With each brick that is removed, the flow of Love increases.”

Later I realized that when the wall is gone, I will see that I Am the Love that flows.

December 29, 2004

Question: Are we awake or asleep?

Answer: We are awake in that we are creating our experience through thought. We are asleep in that we are not aware of our creative process.

Treat each brother as if he is awake; that means, recognize that he is creating through thought whether he recognizes it or not. Communicate with him knowing who he Is and who you Are. This will facilitate your own realization of your own awakened state. And have fun (if you choose to).

December 30, 2004

Question: How is it that we experience only the past?

Answer: All things are created in the mind first. Since all things are created in the mind first, experience is only in the past. What is experienced has already been created in the mind. To change your future experience, you must change your mind (choose to accept different thoughts) now. The thoughts you accept are the creative process that determines your experience in the future.

You will experience joy if you choose to accept this responsibility as the freedom that it is.