

June 22, 2005

Rest is a worthy endeavor.

Rest accepts peace as it is, and peace welcomes Love.

As you look at your brother today, remember to rest. Nothing else is asked of you.

As you remember your questions and challenges and confusion, be willing to let them go and rest instead. Rest in faith and trust that all is well and all guidance will be revealed because you have asked. There is no cause for concern of what or when or how. As you rest, it will be revealed to you. And then you will know in happiness and gratitude that you are loved, and that Love is Real, and that Love is within you.

There is nothing else to say today.

Remember to rest, and enjoy your rest. It is My Gift to you.

June 23, 2005

You said, "Above all else I want to see." And you meant it in your heart. You recognized that you do not know how to see and that you do not know the steps for learning to see, and you asked Me to guide you. Now, you are having trouble letting go of some thoughts. There seems to be a few things sticking to your fingers and you want to shake your hand harder to let go of them.

I say to you, do not shake your hand harder.

The stickiness will not fall away through frustrated effort. Remember my advise to you yesterday . . . Rest. Show Me your sticky hands and tell me that you wish for them to be clean. I will wash them for you.

Relax and enjoy the effortlessness of Me washing your hands for you. You will see that your hands will sparkle with cleanliness, and for your part, there was nothing to do but to be willing to let go of the stickiness.

Listen to Me. Rest.

Enjoy your rest. It is My Gift to you.

June 24, 2005

Clear your mind of all that seems to concern you, for *nothing* that is concerning exists.

There is no cause for concern, because cause is of the mind. Concern is the belief that cause is of something other than the mind. It is a belief of smoke and mirrors, a deception

and a distraction. Concern keeps your attention away from your Self, focused on the game of denial and specialness.

To remember who you are, notice when you are concerned, and then remember cause is of the mind. Be willing to let the concern go immediately as not real. It is not real, because mind can be changed. Choose again, and you will see differently. For this reason, there is no cause for concern. There is only mind, which is Spirit.

June 25, 2005

Questioner: What can you share with me regarding why it sometimes seems so difficult to let go of little thoughts of concern?

Our Holy Spirit: Because you feel responsible. Because you think you are the one. You, this separated little self. You think that is all you have and that it is responsible for everything. And yet, you see this self as limited and unable to control all that you are responsible for, so you feel guilty.

Questioner: This is about metaphysics, isn't it? That's something that I don't have an actual memory of. Since I don't remember the mistake and its effects seem to come up first in many situations . . . well, I feel like I am in a trap that I can't get myself out of. How does it all change? How do I get to thinking with You consistently? How do I take back that original mistaken thought when it doesn't seem like I had that thought?

Our Holy Spirit: Believe in your Self. Look for Me. I am you and I am always here, always available to you in every situation. Ask. You don't always ask. You feel guilty for having a thought with the ego and you try to do something about it yourself without asking Me for help.

You cannot get yourself out of this situation of mind. The one who seems to know only separation is again feeling responsible and alone. "I have to do this," it says, because it thinks all power comes from itself. This is indeed chasing your own tail, and you can see how this effort will take you nowhere.

Accepting Me as your Answer is important because I am your Answer. As long as you depend on the separated self to help you out, you will continue to believe in separation and not get out. It's chasing your own tail, you see? But when you let go and let Me, you are accepting the Answer. I will Answer with miracles, and the little self will be witness to these miracles. It will say, "I don't know how it happened. I put no effort into it." And that is the beginning of recognizing that there is a power beyond the seeming separated self, and so that self cannot be all there is, and so it need not be fully responsible. And then you trust more, so you let go more, and you seem to witness more miracles, and you excitedly let go more. Eventually, you joyously release control to the Self your separated self cannot understand, and so it calls it God, because it seems to be some grand thing bigger and more amazing than the small self. But that is still looking at Truth from the

perspective of the separated self, and one day that perspective will go too, and all that will remain is All That Is.

Don't try to make this change in perspective happen. Let it.

Relax. When a thought of concern seems to cause you distress, focus only on asking Me to help you release the thought. Don't worry about form. I understand that you are still very attached to form, and I will not make you suffer in form in order to see that it isn't real. That would never work, because then you would take the control back again.

Remember that I will always answer in Love with miracles, and since you seem to be in form, I will also direct you with things to do in form.

Questioner: How do we recognize the difference between your direction or guidance and us maintaining control (but calling it guidance)? How do we know we aren't deceiving ourselves? I don't want to make that mistake.

Our Holy Spirit: Let go of your attachment to outcome. If you have a preference for outcome in form, you will probably provide guidance toward that outcome. You always work towards your goal. If the only outcome you seek is Me (and you can call that effortless peace, joy and Love) without a preference for how you seem to reach that goal, then you will not try to guide and all guidance will easily be received from Me.

Questioner: So, I really need to be honest with myself about the outcomes I seek. I need to be honest about the goal.

Our Holy Spirit: Yes. And if you seem to have a strong attachment to a goal in form, you don't need to feel guilty or try to force that desire to go away. That is again taking responsibility into your own hands and chasing your tail. Instead, just hold that desired outcome to the Light and say, "I seem to want this. I think it's important. I think my salvation depends on it, but I am willing not to. I am willing to see the Truth, and I ask You to show it to me."

There is nothing else that you have to do. Your only function is letting go and letting Me. That is all you need do.

Questioner: But that seems difficult.

Our Holy Spirit: So hold *that thought* to the Light and be willing to let Me help you with it.