

**Thoughts of Awakening:
365 Thoughts for Contemplation**

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Thoughts of Awakening

Regina Dawn Akers

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~1~

Accept all things given
as a gift from our Holy Spirit
for the purpose of peace
and awakening to love.

~From our Holy Spirit

~2~

You are perfect as you are.
To trust this thought,
is to trust Me.

Rest quietly within this thought today.
When a thought that seems different
crosses your mind,
recognize that you must be perceiving wrongly,
and let that thought go.

You are perfect as you are.
Trust this thought.
Trust Me.

~From our Holy Spirit

~3~

Love is the beauty
of all that is
as it is,
without the addition
of the desire to have it different.

~From our Holy Spirit

~4~

Fear casts out rationality,
for rationality is of Spirit.

Listen not to your fear,
whatever it may be telling you.
See it as only a black cloak
hanging on a pin
to cover the light.

Willingly pull it down from its place.

Fear cannot harm you,
and light is the presence
of your Self.

~From our Holy Spirit

~5~

Gratitude is a place of peace
within your heart
that knows the joy
of being
as it is.

It asks for nothing else.

Gratitude is joyful,
peaceful,
willing
acceptance.

~From our Holy Spirit

~6~

I am Grace,
and I am within you.
Your role is simply this:
Listen only unto Me.

You are free to deny
every thought
that is not of Me
by simply recognizing it
as meaningless and valueless.

By Grace you are redeemed.
Listen in peace.
Place your ears on Me.

~From our Holy Spirit

~7~

When you listen to Me,
you know peace.
When you listen only to Me,
peace is uninterrupted.

Listen for Me in every moment.
Ask Me what you are to do.
I will guide you back,
ever so gently,
to the point of knowing
your Self again.

~From our Holy Spirit

~8~

Let Me give My one Self
to you
through your acceptance
of the Self that we are.

This is My gift,
and I hold it out to you now.

~From our Holy Spirit

~9~

The lovelessness within your mind
is a grievance that you hold
against yourself.
And yet, forgiveness lives
within your mind also.

The Holy Spirit
is the manifestation
of your own forgiveness
of yourself.

Embrace the Holy Spirit,
and let all past grievances go.

~From our Holy Spirit

~10~

Listening to Me is a surrender
in which you are willing
not to listen to your self.

Even more,
you place that desire
to trust your self
completely aside,
and put all trust
for everything
completely in Me.

This is what I mean
when I ask that you
listen to Me.

~From our Holy Spirit

~11~

*“Let me be truly helpful;
I do not know how.”*

Let this be your prayer today.
It is an invitation for Me to lead.
It is a statement of your willingness
to be healed.
It is a reminder that we are one.

Surrender to this prayer in peace.

~From our Holy Spirit

~12~

Look to the sparkle
that shines within.
Let it lead you
and shine its light
on all you see.

Embrace the sparkle.
It is your truth.

Follow the sparkle.
Trust the sparkle.
Listen to the sparkle.

~From our Holy Spirit

~13~

*My own Holy Spirit is within me
leading me and coaxing me
as to where I want to go
and what I want to do.*

*Let me listen to my Holy Spirit,
for it is my Self
and it knows the depth
of my only true desire.*

Amen.

~A prayer of awakening given to us
by our Holy Spirit

~14~

Trust in Me and listen to My Voice,
for it is but your Voice
whispering from the memory of your Self.

You are not a prisoner in a world of pain and fear.
You are as God created you,
now and forever.

Accept this truth in peace and joy.
Accept this truth in trust,
and join with Me to bless the world
with the light that is our glory.

~From our Holy Spirit

~15~

Your willingness is everything.
Your willingness is your strength.
Your willingness is your guide.
Your willingness is an expression of your love
and your desire to forgive.

Your willingness is God's Will
written upon your heart.

Turn to your willingness
and be grateful for it.
Your willingness is everything.

~From our Holy Spirit

~16~

Fear within the mind
can take many forms:
distrust,
doubt,
and skepticism
to name a few.

But fear of truth
is fear of wisdom,
regardless of its form.

Remember your purpose.
Trust all things.

~From our Holy Spirit

~17~

Trust in your Self.
Trust in you.
Trust your guidance.
Trust in Love.
Trust everything that comes your way.

Trust,
for trust is not fear.

~From our Holy Spirit

~18~

Judgment seems to guide you
within a world of differences,
and it seems to bring reason
into chaos.

But this is not so.

Judgment is a false guide
that distracts from your true guide.

Lay down judgment,
that you may see with true perception
through the eyes of One who knows
what it is you look upon.

~From our Holy Spirit

~19~

You are at peace.

Nothing in all of reality
can destroy your peace.

Anything within your mind,
and anything that seems to be without,
that seems to have the power
to destroy your peace,
has only the power
you have given it.

And that must mean,
you are at peace.

~From our Holy Spirit

~20~

All thoughts are within the mind,
and it is here,
within the mind,
where you make the choice
to treasure
or dismiss
the thoughts you think.

Pay attention to your thoughts
and the meaning you believe they have,
and then remember
what you have decided
you want.

Each thought either
supports your purpose
or draws you away from it.

Choose your treasure wisely.

~From our Holy Spirit

~21~

Your will is to know your Self.
To know your Self,
you must first know
that you know nothing.

Let all that you think you know go
so that you may be taught
what you do know.

~From our Holy Spirit

~22~

You are free,
for the truth is always true.

In the quiet of your mind,
in the stillness,
without the voice of self-will,
you know the truth.

And that is
that you are free.

~From our Holy Spirit

~23~

Peace is your reality.
It is yours now,
a gift given you
by God,
and so it cannot be taken away.

Accept this gracious gift.
It is yours.

~From our Holy Spirit

~24~

You are perfect.

Whenever you think
that you are not,
you are listening
to the voice of the ego.
It is a voice of denial,
and what it denies
is your truth.

You are perfect,
and you can never not be
perfect,
because you can never not be
whole
and just as God created you.

You are perfect.

~From our Holy Spirit

~25~

*Love is not absent from me.
I am love.*

*Love is within me.
All I need do is accept it
and embrace it
as my truth.*

This, I am willing to do.

*I need not seek for love.
I am love.
I need not bargain for love.
I am love.
I need not earn love or fool love
into coming to me.
I am love.*

*I am love,
so all that I need do
is be.*

~A prayer of awakening given to us
by our Holy Spirit

~26~

Be quiet today.
Rest in Me.
All is well.
You are safe.
Be at peace
in all things.
Amen.

~From our Holy Spirit

~27~

The truth is always true,
and so the truth is true now.
Do not worry that it cannot be true for you,
or that it cannot be true at all.
Worrying changes nothing
and it only hides the truth from you.

The truth is always true,
and you are a part of that truth.
Nothing can change the essence
of what you are.

Trust and follow your Self
without fear,
and that which is beyond fear
shall be known by you.

~From our Holy Spirit

~28~

The thinking mind is based on a desire
to defend from that
which seems fearful to the self.

Therefore, the role of the thinking mind
is to protect the separated self
and keep it separate.

The knowing mind is different,
because it knows.

Trust the knowing mind.
Put the thinking mind aside.
This is the path to peace.

~From our Holy Spirit

~29~

Deny what is false
because it is false.
This is the condition of reality.

For to accept the false as true
is to accept illusion as true
and that, in its effects,
is to deny what is true
by accepting it as false.

Only the truth is true.
Everything else is illusion.

~From our Holy Spirit

~30~

Today is a day of gratitude.

Be grateful for your brothers
and grateful for your Self.
There is nothing within your experience
that is not of your choosing,
so there is nothing for which
you cannot be grateful.

Everything is given
for the purpose
you have given it.
In this way, it is a gift.

Be grateful today,
and recognize your freedom.

~From our Holy Spirit

~31~

Self-protection protects the small self,
which is the illusory self,
which is not you.

You are one with your brother.
Where there is no division,
there can be no conflict.

Conflict is illusion
dreamt up by the desire
to self-protect.

Will you let conflict go?

Will you not self-protect?

~From our Holy Spirit

~32~

Be what you are
by remembering your truth.
Do not question it
or analyze it
or attempt to define it
in any way.
Rest and be it.

Let peace take you in.
Be peace.

Know your Self by *being*...
by asking nothing more,
and by asking for nothing specific
other than
to be.

~From our Holy Spirit

~33~

Gratitude is a peace
that springs forth from within,
from your own awareness
of the truth of your being.

You are grateful for
the truth of your being,
and you need no other reason
to be grateful.

Gratitude is
the appreciation
of truth.

Celebrate gratitude today.

~From our Holy Spirit

~34~

Honesty is acceptance
of the present moment as it is.

The thought that is here is here.
The emotion that is felt is felt.
The perception that is perceived is perceived.
This is honest.

One who is honest can also question
a thought, an emotion and perception
with awareness to see if it is true.

One who is not honest cannot question with awareness,
because that one has hidden from himself
that which must be questioned.

~From our Holy Spirit

~35~

Have faith in your truth.
You are love.
Any other thought
is a dream about yourself.

Do not invest in dreams anymore.
Let your eyes be opened
to your truth.

~From our Holy Spirit

~36~

The light of Heaven is within.
It waits only on welcome
to be manifest in the world
through you.

Welcome the light
and let it lead you
in all things.

~From our Holy Spirit

~37~

Trust,
and be grateful.

Be willing
in peace
and in joy.

That is all
you need to do.

~From our Holy Spirit

~38~

The feeling of guilt
has been misunderstood.

It does not mean
you have done something wrong.
It only means
you have something to learn.

In learning,
you will know great joy
and celebration!

~From our Holy Spirit

~39~

Everything I have given
is fully and completely
with you now.
You are missing nothing.

Rest, my child.
Do not worry.

Rest is a means
of letting go of nightmares
and remembering your truth,
which is of Me.

~From our Holy Spirit

~40~

If you are not at peace,
there is a wonderful opportunity
before you
right now.

Seize the opportunity.

What obstacle to peace
are you holding onto?
What idea do you cling to
that is causing you pain?

~From our Holy Spirit

~41~

To have faith in your brother
is to have faith in the light.

To have faith in the light
is to have faith in God.

~From our Holy Spirit

~42~

Do not think.
Listen and accept.

To think is to think you know
and to think you can decide,
because to think is to believe
that you are all that you think you are.

To not think is to trust
that you are more than you think
and more than your thoughts.

To not think is to allow an opening
through which you may discover.

~From our Holy Spirit

~43~

Release your fears
and listen to Me.

In welcoming Me,
you welcome
all that you desire to welcome,
and you let go
all that you do not want.

~From our Holy Spirit

~44~

I am as close as your breath.
You may see Me as your breath,
your constant companion,
always here.

Let your breath remind you of Me.
With each breath, be quiet.
With each breath, rest the mind.
With each breath, trust.

I am here.
I am with you always.
I am as close as your breath.

~From our Holy Spirit

~45~

You are trust,
because trust is within you.

When you do not know trust,
you do not know your Self.
You are looking at an illusion of yourself,
which is not truth.

You are trust.
When you let trust be your guide,
you are led by your Self.

~From our Holy Spirit

~46~

Whenever you think
that you have strayed,
remember that could never be true.

And then in peace and joy
and aware of your innocence,
gently return to Me.

~From our Holy Spirit

~47~

You make no decisions on your own.
Always, in every situation of thought,
you listen to the voice of fear
or the Voice of Love.

With every decision,
you meet and agree
with one voice
or the other.
There can be no exception.

Accept this fact today.
Accept it completely.
In this acceptance,
all things are simplified.

~From our Holy Spirit

~48~

Find your true will,
and follow it,
because always,
will must be a leader,
and you must be a follower.

To serve the will of one idea
is not to serve the will of another.

Find your true will,
and follow it.

~From our Holy Spirit

~49~

Your mind is changing
as your Heart rises into awareness.

Listen to your Heart.
Follow your Heart.

It leads you beyond the world
to the truth of what you are.

~From our Holy Spirit

~50~

Let all things
be used for one purpose,
and that is the purpose of peace.

Let no circumstance,
or situation or thought
be separate from
your purpose.

Give it all to peace,
and peace shall be your gift.

~From our Holy Spirit

~51~

Freedom is the gift of God.
Freedom is what you are.
Freedom is your home.

Every choice is yours to make.
Every option is a celebration of your freedom.
But the choice that will bring you
 peace and joy
 and the knowledge of love
is the choice to know that you are
 and always have been
 freedom.

~From our Holy Spirit

~52~

Remember your Self.
Stay true to your Heart
and that which you truly want.

Your brother is your Self
and your path of true forgiveness.
Letting go of the ego,
as you see it in him,
is letting go of the ego
as you see it in you.

~From our Holy Spirit

~53~

There is no difference
between what you see
and what you think.

When you see the ego,
know it is in the mind,
and focus on releasing it there.

This is your freedom in action.
This is your path of release.

~From our Holy Spirit

~54~

Love is the way
that leads from the Heart,
'though it be hidden beneath
murky flood waters
of pain and fear.

Let the waters pass over you,
that they may be gone;
the love that rested beneath them
shall rise and brighten your mind.

~From our Holy Spirit

~55~

Have faith and trust.

All things unfold for the benefit
of awakening.

There can be no error,
because the offspring of God is one.

All things are used for healing.
All things lead to
the awakening of one mind.

Blessings upon you.

~From our Holy Spirit

~56~

*I know nothing,
and so I cannot lead.
I can only follow.*

*The choice I have is clear.
I can follow the one
that thinks it knows,
but does not.
Or I can follow the one
that knows
and loves all things.*

*This is the choice that is mine.
I must choose which voice to follow.
The voice I choose,
is the voice that I will hear.*

~An affirmation of awakening
given to us by our Holy Spirit

~57~

Holiness is what you are.
Unholiness is what you believe.

What you are cannot be undone,
because it is truth.
What you believe must be undone,
because it is not truth.

Give your willingness
that untruth be undone
from the mind.

~From our Holy Spirit

~58~

You are as God created you.
This statement is forever true.

Rest in acceptance of this fact,
and ask the Father,
“What is your Will for me?”

The Father will answer.
The Father will lead.

~From our Holy Spirit

~59~

Peace to my brothers today.

*I extend peace and gentleness.
Peace and gentleness, I receive.
I breathe peace and gentleness.
Peace and gentleness, I be.*

*Any thoughts that disturb my peace,
I surrender as useless today.
I shall be as I choose to be,
and give as I choose to receive.*

~An affirmation of awakening
given to us by our Holy Spirit

~60~

Trust where you are right now.
Do not look back in fear.
Do not look ahead in hope.
Trust where you are right now.

Relax into your Self.
It is here,
in this place,
now.

~From our Holy Spirit

~61~

I am the one Will of God.

When you join with Me,
you join with God's one Will.
When you join with God's one Will,
you join with your truth,
your glory,
and your recognition.

You will know God's Will
when you recognize it.
You will recognize it,
because it is you.

Join with Me.
Join with your one Will.
Know your truth.
Know you.

~From our Holy Spirit

~62~

When you feel resistance
in your heart and in your mind,
put not your trust there.
When you find resistance,
remember what you truly want,
and rest,
so that resistance may pass you by.

When you know willingness,
clasp hands with your Holy Spirit in joy!
Walk forward in trust and willingness.
This is your desire awakened,
and it is leading you Home.

~From our Holy Spirit

~63~

What do you truly want?
Freedom for the body,
or freedom of mind?

Freedom for the body
entails planning,
and worry
and a need to protect.

Freedom of mind
is letting go of worry
and everything
that could seem to be lost.

What do you truly want?
What is your goal?

~From our Holy Spirit

~64~

You are misled,
because you believe
that you need
that which is hurting you
the most.

Lay aside your old way of thinking.
It is not your truth.
It is an obstacle to truth.

~From our Holy Spirit

~65~

What you think, you see.
What you see, you experience.
What you experience, you think.

This is why reversal is needed.

Be willing to think apart from
what you experience,
and you think apart from fear.
You think apart from guilt.
You think apart from division.

In this way,
you think in alignment with truth,
and that which is not truth,
can be undone.

~From our Holy Spirit

~66~

Every idea
that seems to cause you
fear or pain
is a thought within your mind.

There isn't one single exception.

A thought that isn't in your mind
is unknown to you.

~From our Holy Spirit

~67~

Forgiveness frees us
from the burden
of our own thoughts.

~From our Holy Spirit

~68~

*All I want to do
is want God.
Everything else
will take care of itself.*

~An affirmation given to us
by our Holy Spirit

~69~

The only way to let go of ego
is to choose not to listen to it anymore.

To listen is to believe.
To listen is to follow
To listen is to do.

Instead of listening to ego, listen to Me.
Believe Me by not believing ego.
Follow Me by putting your mind to rest.
Do as I say by choosing not to do as ego says.

By following these simple steps,
you release your hold on ego.

Releasing is letting go,
and letting go is releasing.

~From our Holy Spirit

~70~

Peace is a state of mind that is constant.
Peace is a state of mind that is available to you now.
Peace is always ready,
awaiting only your decision to listen to it.

Listen for a moment in stillness,
even among the chaos of the mind,
and peace shall rise into awareness
to comfort you.

~From our Holy Spirit

~71~

Trust the awakening process.
It is what it may not always seem to be.

~From our Holy Spirit

~72~

Love casts out fear,
because love does not believe fear's stories.

Get in touch with love
by remembering your purpose,
and fear cannot be
a true temptation for you.

~From our Holy Spirit

~73~

Forgiveness is remembering
there is nothing you would hold to
that blocks the awareness of love.

~From our Holy Spirit

~74~

Seek within,
without the thinking,
to the Knowing that resides there.

It may not have words,
but it will give guidance,
and the guidance it gives
brings surety and joy.

.~From our Holy Spirit

~75~

Pause between the words
when you listen to your own thoughts.
Have gratitude for the stillness
as you rest an instant there.

In this practice,
you rest in wait for Me,
and I shall come to meet you there.

.~From our Holy Spirit

~76~

I am the stillness,
and the stillness is one
in you.

Listen to the stillness
and all that it contains,
and you know the magnitude
that we are.

.~From our Holy Spirit

~77~

From within the stillness
you are aware
of the one unifying field.

Stand within this awareness
as that
of which you are aware.

Be the unifying field itself,
and you bring the gift of peace
to the peacemakers of the world.

.~From our Holy Spirit

~78~

The belief in separation
is the belief in death,
because the belief in separation
is the belief in beginnings and endings.

But the one unifying field
is the awareness of continuation,
so awareness of the one unifying field
is awareness of Life Itself.

~From our Holy Spirit

~79~

Separation is an idea.
It is an idea that is not supported by fact.
Therefore, separation is an idea
that is false.

Belief in this idea creates experiences,
but the experiences are not the experience of truth.
They are the experience of living within truth,
but seeing apart from it.

In this way, we can say that the belief in separation
creates blindness.

~From our Holy Spirit

~80~

Trying to understand
is not the same as
trusting you know.

Accept what I say
in stillness and rest.

Focus on acceptance
without the need to understand,
and you do well on your journey
of awakening.

~From our Holy Spirit

~81~

Blindness affects not truth.
Blindness affects only the experience of truth,
making it seem to be something it is not.

Since blindness affects not truth,
truth reins Supreme.
And the light of truth can again be chosen
when the mind has tired of blindness.

(Accept what I say in stillness and rest.)

~From our Holy Spirit

~82~

O Holy Brother of Mine,
As you come to look upon the ego,
you may at first experience great pain.
Embrace the pain, Holy One.
It is a gift come to awaken you.

Continue to ask to look and see,
that you may see the blindness you have made.
In seeing it, you tire of it.
And you will choose to want it no more.

~From our Holy Spirit

~83~

Self-judgment is an obstacle
that need not be.

When you see the mind
choosing to judge itself,
remember that the mind is defining you,
and then judging what it has defined.

In other words,
it is declaring an idea to be reality,
then judging the idea it has made.

Step back from this process,
and notice this 'doing' in the thinking mind.
As you observe this doing,
you observe the mechanics called 'ego'.

~From our Holy Spirit

~84~

The ego is nothing
except the investment in ideas.

Therefore,
letting go of the ego is nothing more
than letting go of that investment.

~From our Holy Spirit

~85~

One idea that you are invested in
is the idea of who you are.

Your thoughts speak to you of who you are
and what you need in order to be happy.

And yet,
these thoughts are obstacles,
which blind you to what you are.
And they are ideas that teach you
how to have the experience
of not being happy.

~From our Holy Spirit

~86~

Look carefully at your thoughts.
Look deeply at your thoughts.
Look honestly at your thoughts.

What are they bringing to you?
What is the experience they give?
Is this the experience you wish to have?

Are you willing to let go of the thoughts that hurt you?

If not, why not?
What are you holding onto?

~From our Holy Spirit

~87~

Today is a day of rest.

Today, remember the willingness in your heart.

Remember your willingness to awaken,
to awaken to all that is as it is.

Remember your willingness to see,
to see through what seems to be
to the power that is beyond it.

~From our Holy Spirit

~88~

You can see beyond the veil of illusion
when you see beyond ideas
to the beauty and perfection of formless life
(which ideas cover and block
with illusion).

~From our Holy Spirit

~89~

To let go of illusion,
let go of your thoughts
that judge the experience.

Experience the experience
and do not deny it,
but also do not categorize it
or make decisions about what it is.

Observe your experience
in innocence and curiosity,
realizing that innocence is
a fresh and undecided point of view.

~From our Holy Spirit

~90~

Do not deny your fear,
but also learn to look at it differently.

You listen to fear
because you believe it is knowledge.
It is not knowledge.

Look at fear and realize
it is not knowledge.

Knowledge is reflected in
the true desire of your heart.
Listen to it.

~From our Holy Spirit

~91~

Letting go
of seeing fear as knowledge,
is letting go
of investment in ideas.

That is letting go
of investment in ego.

~From our Holy Spirit

~92~

Putting fear aside
by not listening to it
is a practice of awakening,
because putting fear aside
by not listening to it
is an action of trust
in the formless.

Trust in the formless
is trust
in the reality of You.

~From our Holy Spirit

~93~

Look at who you think you are,
and realize it isn't true,
but do not deny it is what you think.

Look at it.
Who do you think you are?
How do you describe that?

Now,
after you have looked,
give willingness to see that you are wrong.

And give willingness
to discover
that being wrong
isn't fearful.

~From our Holy Spirit

~94~

Who you think you are
separates you from
who you think you are not.

Who you think you are
provides you with
the opportunity to judge.

Who you think you are
is more than an experience.
It is a tool.

It is a tool that allows you
to continue to play
the game of separation.

Are you willing
to let go of
who you think you are?

~From our Holy Spirit

~95~

Who you think you are
is made up of ideas.

Look at who you think you are,
and realize that is a list of ideas.

Ideas and definitions change.

Are you really that which changes,
or are you the constancy
that is witnessing and observing
the change?

~From our Holy Spirit

~96~

Let go of words today.
Let go of definitions.
Let go of judgments.

You do this by being alert to each one,
by being slow and purposeful within the mind,
and then by meeting each thought of form
with mere observation.

Make no judgment.
Give no conclusion.
Merely observe.

~From our Holy Spirit

~97~

Slow down between the thoughts.

Let go of definitions.

Let go of conclusions.

Let go of reliance on words.

Do not feel that silence is empty.

Silence is not empty.

Silence is the birthplace of all ideas.

Let go of the old.

Make room for the new.

Let go of your way of seeing and expecting.

Make room for Mine.

~From our Holy Spirit

~98~

Practice letting go today.
Notice every time
you want to hold on
to the ideas you think are important.

Look.
Notice.
Acknowledge.

And then, remember Me.
And practice letting go today.

~From our Holy Spirit

~99~

See that the thoughts
you want to hold to
are only thoughts
you want to hold to.

They are ideas only.
And you want to hold to them
as if they are your life.

But are they your life?
Are these ideas
that which you are?

~From our Holy Spirit

~100~

Your heart is open
to the love of God.
Your mind is closed
when it busies itself
with thinking and defining,
deciding and ideas.

Leave the mind open
by listening to the heart.
It speaks too
although its Voice is quieter
and it does not use words.

The mind can put words
to the message of the heart.
When it does this,
the mind is not thinking.
It is listening.

~From our Holy Spirit

~101~

One way to let go of
the thinking in the thinking mind
is to watch it.

Pay attention to the stories it tells,
not from a point of involvement and belief,
but from the perspective of learning.

What are these stories telling you?
How are they teaching you to see the world?
What are they asking you to expect from your brothers?

Are these stories helpful?
If not, why are you listening?

~From our Holy Spirit

~102~

Try this today:
Take active breaks
from the stories of the mind.

When you remember,
close your eyes and look at
the story in your mind.
Examine it and observe it.
See what it is telling you.

Then actively place the story aside
and enjoy a moment of silence
with the message of your heart.

Don't seek too much from the heart.
Accept in gratitude
that which it gives.

~From our Holy Spirit

~103~

When the stories are put aside
all that is left is Me.

What am I?

I am the moment
without definition.
I am the feeling of freedom
that brings joy to your heart.
I am your knowing,
which guides you
when you don't hide your knowing
with fear.

I am all of this,
and I am you.

~From our Holy Spirit

~104~

When the stories seem loud,
try this:

Take a moment to get in touch
with what you truly want.
Then sit in quietness,
and bring your stories to the heart.

Call it as you see it.

Tell the Heart your stories,
and tell of your feelings,
your frustrations and your pain.
Do not hold back.
The Heart can hear it all.

And then when you are done,
rest in the message of the Heart.

Trust that the message of the Heart
is clearer than you may realize,
and the clarity the Heart gives
will most certainly dawn on the mind.

~From our Holy Spirit

~105~

Beyond the thinking mind,
within the heart,
there is reason and knowledge
that guides you.

When you are lost from the heart,
caught up within the stories
of the thinking mind,
you are lost from this reason
and from this knowledge.

This is why you suffer.
You do not know your Self.

Let go of the stories
by not believing them,
and listen intently
to the silent reason
and knowledge
of the heart.

~From our Holy Spirit

~106~

What is hate
but the wish that what you see
be different than the way
you are seeing it?

Good news, my brother!
It is different.
What you are seeing now
is not what is true,
and what is true is not
how you are seeing it.

Erase the ideas in the mind
that tell you you know what you see.
Look at all you believe
to be facts about what you see,
and be willing to realize
you are completely wrong
about everything.

~From our Holy Spirit

~107~

You have no obligation
except to be love.
And 'be love' is all that you are
and all that you can be.

You have no obligation
to see what I say is true,
but the joy of your heart
is to know you as I do.

To know that you are love
without obligation to be different than you are,
observe everything without judgment
and watch how it all unfolds.

~From our Holy Spirit

~108~

Have no expectations.

To hear the Voice for God
as it guides and directs you,
have no expectations
along the way.

Do not know
what you look upon.
Do not know
what you seek.
Do not know
what the current moment is for.

Do not know
and be open to knowledge.

~From our Holy Spirit

~109~

You are ready for the next step now,
and the next step is remembering.
Here is what you are ready to remember:

You do not know,
and in not knowing
is all knowing known.

Stay in the moment.
Remain still
by remembering you do not know.

Trust the moment
without needing to understand.

Relax in trust,
and watch how it all unfolds.

~From our Holy Spirit

~110~

Observing is merely this:
Watching while realizing
you do not know.

Observing sets the moment free.
It does not make of it a slave.
It does not make it that
which you would have it be.

When the moment is free, it is a gift.
As freedom, it is the reflection of your truth.
As this gift, it is free to give a gift.
It is free to give the freedom you have given
back to the one who gave it.

~From our Holy Spirit

~111~

Letting go of self-will
is letting go of judgments
you have laid upon truth.

When the judgments,
or decisions,
about what you see
are removed *by a decision* within the mind,
the original state of mind is reinstated,
and in this state
you see.

~From our Holy Spirit

~112~

Separation is a false idea
laid upon truth.
There is no truth to this idea,
and so there is no separation.

Have gratitude for truth today.
Do not struggle to understand it
with your self-will and your ideas.

Rest in the assurance of it,
and give willingness that truth
reveal its lovely Self
to you.

~From our Holy Spirit

~113~

Rest in whatever happens today,
in whatever you seem to see or experience on the outside,
and in whatever you seem to see or experience within.

Rest today, and let it be.
Observe it, but make no decisions about it.
Let innocent perception guide your way of seeing.

~From our Holy Spirit

~114~

The mind will tell you stories,
which purpose is to defeat the peace within.
That is only because the mind was made
to deliver the experience of something different.

The mind is not bad.
It is not scary or frightening.
It is simply distracting you with stories
so you may choose to have an experience.

To return to the peace that resides within,
remember that peace is your reality
and stories are just a game you play.

~From our Holy Spirit

~115~

The mind is the story teller.
Peace is what you are.
The story teller can lay a story over peace,
but it cannot take peace away.

Try this today:

When the mind tells its stories,
take a break from what you hear.
Take a moment to notice peace,
which still *is* when the story is taken away.

That peace is you.

~From our Holy Spirit

~116~

Remember that you are not the thinking mind.
That is the same as saying,
you are not the story teller.

You made the story teller
and you give it freedom to tell its stories,
but you are the one who made it.
You are not it itself.

When you observe the story teller,
observe it knowing you are not it.
You are looking at what you made,
but you are not looking at you.

~From our Holy Spirit

~117~

The story teller is just that...
a story teller.
It tells you stories,
and you may choose to listen and believe,
or you may choose to disregard those stories
and focus your attention elsewhere.

But in order to do this,
you must allow the realization
that you are not the story teller.
You are the chooser.

~From our Holy Spirit

~118~

The realization that you are the chooser
can come from making choice,
and then observing the effects of choice.

Notice when you listen to stories,
you feel the emotional effect
the stories intended to evoke.

Notice when you choose to rest from listening,
the emotional effects begin to soften.

Notice when you are able to choose
not to listen at all,
there are no emotional effects.

Through observing this,
you learn you are the chooser,
and you begin to trust more
in your ability to choose.

~From our Holy Spirit

~119~

Practice is the heart of this teaching.

~From our Holy Spirit

~120~

Forget who you think you are
and what you think you need
in order to be happy.

Forget the rules
that tell you how to be good and worthy
in your eyes
and in the eyes of others.

Forget the stories
that tell you what you see
and how to understand it.

Forget everything,
and just *be*.

This is the way of remembering.

~From our Holy Spirit

~121~

There is a flow to all things,
a harmony in action,
which you recognize when you let go
and let yourself experience the flow.

What do you let go of?

Let go of who you think you are,
and what you think you need to be happy.

Let go of how you think things
are supposed to be.

Let go of stories,
which cover up and hide
the perfection of the flow.

~From our Holy Spirit

~122~

Be clear on what you want.

Be clear on what you want.

Be clear on what you want.

I say this three times,
because when you first think of what you want,
you may think of illusory wants,
which need to be let go
if you are to be happy.

Let go of illusory wants
and go deeper.

When you get in touch
with what you truly want
the wanting is recognized
and confirmed
by peace.

~From our Holy Spirit

~123~

Trust all things.

The universe is a movement,
and regardless of its appearances,
the movement is consistently the same.

The universe is moving toward realization...
toward awakening.

You are helpful to the movement of the universe
by bringing peace to the mind as it moves.

How do you bring peace to the mind?

By remembering that the universe is a movement,
and it is consistently moving toward awakening.

~From our Holy Spirit

~124~

Being in stillness...
living in stillness...
is being the respectful observer
of all things.

What is respectful?

Respectful is a mindset
in which you recall and honor
the ultimate Source
of all you see and experience.

To observe in this way
is to be still.

~From our Holy Spirit

~125~

Fear says that you need something,
but this is not true.
All that you need is given,
so that there is nothing you could need.

Awareness is the key to realization,
and awareness is yours for the asking.

Be willing to see the All,
and remain in peace
with your eyes open.

The All shall be revealed to you,
and that shall be all that you see.
That shall be all that you know.

~From our Holy Spirit

~126~

The center of the universe is one.
The outer realms are expression of that one.
In this way, the outer is one also.

Go within,
quietly and powerfully,
to the center of you.

Although you may seem to find nothing,
you have now touched the birth place of all.

Ask it,
the center which is All,
what you are to do.
And trust what comes
as harmony.

~From our Holy Spirit

~127~

All pain is a symbol.

Pain of any kind
is a symbol
that you are not living
from the center.

Pain of any kind
is a symbol
that you have forgotten who you are,
and you are living an act.

Pain of any kind
is a symbol
that it is time to stop
and remember.

It is time to stop,
and reach within.

It is time to stop,
and be at peace.

~From our Holy Spirit

~128~

The guidance that guides in peace
comes from the center,
because the center is peace.

The guidance that guides in chaos
comes from the outer,
because the outer is the illusion of chaos.

One is real; the other false.
One is your truth; the other a play.
One is joy; the other, suffering.

~From our Holy Spirit

~129~

Who are you?
You are all things.

How are you all things?
You are the formless energy
that flows in and out of all things
and becomes all things.

How do you effect all things?
Simply through the energy
you choose to be.

It is beingness that matters,
because it is beingness that causes effects,
both true and untrue.

~From our Holy Spirit

~130~

Peace is bliss,
because peace is no fear,
and no fear is bliss.

One need not choose peace.
Peace is.
One must choose no fear,
by choosing not to listen to it.

The absence of fear is bliss,
because peace is bliss,
and the absence of fear is peace.

~From our Holy Spirit

~131~

The seed of the flower is within you.
Like all seeds, it needs water and light.
With your water and light,
the flower shall grow
and bloom as you.

Without your water
or your light
the seed shall wait,
but it will not die.

Be at peace.

~From our Holy Spirit

~132~

Peace be with you.

The ideas that are not peace
are to be looked at,
but not believed.

They are to be recognized
as the stories
that lay a cover over peace.

And it is to be remembered
that beneath the cover
Peace Is.

~From our Holy Spirit

~133~

Wait in peace
for new sight to be given.

Whenever you are upset
by what you seem to see and witness,
wait in peace
for new sight to be given.

Waiting in peace
is a statement of trust
and a statement of desire.
It is a decision
to see only as God sees.

~From our Holy Spirit

~134~

Fear is an obstacle,
because fear says, "Stop!"

Whenever you look at fear,
notice that its message is
"Stop!"

Then ask yourself
if you want to stop.
What is fear
trying to stop you from?

Look at that too,
and see if you want to stop.
Look to see
if you want to listen to fear.

~From our Holy Spirit

~135~

Follow in order to lead.

Following and leading are the same.
Ultimately there is no difference,
since there is no one separate from you
to follow or to lead.

Follow the Voice of your Heart,
and you lead yourself
into awakening.

~From our Holy Spirit

~136~

The head speaks of leading.
The heart does not.

Follow in order to lead.

Today is a day of quietness,
a day of getting in touch with the heart.
Although its Voice is quiet,
it is also loud;
but the voice of the head must be quieted
in order to hear the heart.

A mere shift in listening,
which is a shift in intention and desire,
allows the mind to quiet for a moment,
so the loudness of the quiet heart
can be heard.

~From our Holy Spirit

~137~

Ideas come from nothingness.

Ideas based upon ideas
are not ideas of Source,
which is the soil of stillness;
they are ideas of illusion,
born out of the artificiality
of other ideas.

All ideas are artificial,
but ideas born of Source
speak of Source
and point to Source.

Ideas born of other ideas
only further echo
the ever-extending-ideas
of artificiality.

~From our Holy Spirit

~138~

Today is a day of recognizing
the silent, still Source within.

Focus on one word today
and let all else be as it is.

The one word is this:

IS

Focus on this word today,
and let it speak volumes.

~From our Holy Spirit

~139~

The Source of life is.
Life is.
They are one and the same.
One seems to come from the other,
and yet the two are inseparable.

Life is.
It cannot be controlled.
Who can put a hand around life
and make it other than it is?

Life is.
In seeing this,
and in loving this,
one has seen and loved its Source.

In seeing and loving the Source,
one cannot believe
he is separate from love.

~From our Holy Spirit

~140~

Life is.
Is cannot stop.
Is cannot die.
Is is,
and Is is continually.

Release your fear of death
by releasing your fear
of the moment
now.

You seem to be fearing something,
and that something may seem to be
a reasonable fear.
But underneath the something
there is the fear
that Is isn't,
and it is the fear that Is isn't
now.

Notice that Is is.
Whatever may seem to be,
Is is.
Notice this fact, and rejoice.

~From our Holy Spirit

~141~

Is is,
and because Is is
without end,
it has no need to fear
and no need to control.

Is allows,
because Is is.

In life, there is freedom.
In knowing life,
freedom is realized.

~From our Holy Spirit

~142~

Life is.
Look upon everything you see,
and realize
life is living now.

Look upon every feeling you feel,
and realize
life is living.

Look upon every thought,
whether it seems to be
a 'good' thought
or a 'bad' thought,
and realize
life is now.

Life is.
Life is living now.

In seeing this,
your eyes are lifted
above the details that die
and fixed firmly upon
the constant that is true.

~From our Holy Spirit

~143~

Listen to life.
It sings a different song
than stories do.
It whistles
to a different tune.

Life sings of waiting,
watching and unfolding.
Stories tell of planning,
making and doing.

Life whistles in patience,
acceptance and happiness.
Stories scream of needs,
fears and control.

Life is peaceful.
Stories are busy.
Life is a moving flow of harmony.
Stories are stuck
in the way things need to be.

~From our Holy Spirit

~144~

Life is constant.
Stories change.

One who listens to life
and lives from life
lives in a state of constancy.
He does not see change
because his eyes are fixed
on constant.

One who listens to stories
wavers.
He is unaware of constant,
because his eyes
are not looking there.

~From our Holy Spirit

~145~

Do not ask.
But listen only
for what you are to give.

When one asks for himself
one is listening to the mind
that thinks it is separate
from other.

When one does not ask,
not even for the smallest
or humblest of needs,
one is knowing
there is no need to ask.
For there is only the Whole,
which always serves its Self.

~From our Holy Spirit

~146~

Listen only
for what you are to give.

Listening within,
placing the attention there,
tunes being
with an inner guiding force.

This force,
the inner guiding force,
is in tune with all things.

Focusing out
on the world of wants and needs
places the body
in tune with a driving force.

A driving force creates effort
and more need for driving.

A guiding force creates rest,
and an awareness of attunement.

~From our Holy Spirit

~147~

The way of within
is the way of rest,
because the way of within
is the way of flowing
with the guiding force of all.

The guiding force does not force.
It listens,
and then it delivers
through gentle prodding
that which is in the best interest
of all.

The guiding force is love
and it acts in love
as love
because love is all it knows.

~From our Holy Spirit

~148~

The way of within is silence,
not because everything is silent
around you,
but because silence guides
within you.

When the world is busy
and the mind follows suit,
the noise is merely on top of
the silence.

Silence still exists.

Tune in to the gentle prodding
birthed from the silence within.
Do not ask it to be like the noise.
Do not ask it to explain and justify itself.
Simply listen and follow,
and you are one
with the guiding force of love.

~From our Holy Spirit

~149~

The guiding force of love
is a gentle force
that guides gently and quietly
from within.

But the guiding force
is a strong force
and a sure force
that can be heard clearly
when it is wanted.

Do not expect from the guiding force.
When you expect, you may not hear,
because that which you expect
may blind you
to the message that is given.

Be open to receive
without any expectation at all,
and trust the guidance
that isn't noise.

~From our Holy Spirit

~150~

The inner guiding force
is not a separate force
guiding against the intentions
of the all.

The inner guiding force
is a resulting force
coming from the all
for the all
in love.

This is why you can trust
the inner guiding force.
It is the perfect flow of harmony
given in answer
to the call and request
of all.

~From our Holy Spirit

~Commentary on the Inner Guiding Force~

The inner guiding force is birthed from silence, which means “not thinking.” It is described as a prodding or nudging, because it moves to action without reason or justification. It leads to non-action without telling why.

The inner guiding force is a guiding force and not a forcing force, because the guiding force requires (or respects) your cooperation. It does not ask of you that which you do not want to give, and if you want to give what it does not ask, it surrenders and rearranges itself in response to you. In this way, it is a perfect leader, because it leads as it would have you follow and it follows as it would have you lead.

The inner guiding force is discussed as if it is a separate force, but it cannot be. It is the perfect attunement of the allness as oneness, because the oneness is allness and the allness is one.

You cannot go against the will of the inner guiding force, because the inner guiding force provides in response to you. And yet, you cannot know the fulfillment of your part *as* the inner guiding force unless you listen as it listens and act as it acts.

Through being one with the inner guiding force, you know yourself as one with it.

Through driving the inner guiding force, you experience yourself as separate, and yet you are experiencing yourself in a way that can never be true.

~From our Holy Spirit

~151~

The inner guiding force
is the force of all knowledge,
all love
and all compassion.

And yet,
the inner guiding force
is not recognized by one
who thinks he has knowledge,
knows love
and acts compassionately.

The inner guiding force
is known by one
who knows he does not know
and can not know,
and so he surrenders
to that which does.

~From our Holy Spirit

~Commentary on Surrender~

Surrender is an act of not knowing while also desiring to be led by knowledge.

Surrender is an intent. It is the intent to be used by all, for all, with the good of all as one's only purpose.

True surrender cannot be accomplished by one who has his own best interests in mind, because when one has an eye on his own best interests, he has also defined himself as apart from the all.

One can only truly surrender when he forgets to consider his best interests, and he asks the allness to make of him a slave, because he knows that to serve without thinking is joy, and to think without serving is the cause of all pain.

~From our Holy Spirit

~152~

Be calm in the midst of turmoil.
This is the first step of surrender.

One who is not calm
cannot surrender,
because one who is not calm
cannot hear the Voice of his lord.

To be calm,
remember that you want to surrender.

This helps,
because you will also remember
that you cannot surrender
when your ears are tuned
to the voice of fear and turmoil.

~From our Holy Spirit

~Commentary on Self-love~

To be calm, one must remember to love one's Self above all else. One must be willing to love one's Self above one's fears or concerns. For if you look, you will notice that when the mind is consumed with fear or turmoil, you are focusing the mind outward on the worry or concern. Since your attention is there, your love is there also. So when you notice that you are not at peace, you must choose to love your Self.

To love your Self, turn your attention from the worry or concern, and notice what you need most now. If you place the attention inward, away from the problem, with the desire to love your Self, you will notice that what you need most now is to be calm. When love gives its attention to its Self with love as its only purpose, it sees what gift to give, and it is perfectly guided in how to give it.

Trust the intention that is your love. Follow it to the practice of truly loving your Self.

~From our Holy Spirit

~153~

To be calm
remember that you want to hear
the Voice and intention
of all love.

Consciously tune your ears
away from the noise
to the silence that is within.
Make the decision to breathe
within the silence.

Rest in silence,
asking nothing
and notice the feeling of calm.

Let calm overtake you.
Let it become loud.
Be willing to listen
only to the sound of calm.

~From our Holy Spirit

~Commentary on Calm~

Fear is a voice that has had your attention because you have believed it has something to give. You listened to fear, and thoughts of fear, because you believed they spoke of your own best interests.

Watch your mind when it is busy with fear and turmoil. Notice it believes your best interests are at heart.

Now turn your attention away from the thought (or fear) of your own best interests, and place your attention with your desire to know the all as one...to know the all as in harmony and in love.

Focus your mind and your heart and all of your attention on the desire to know the all as one harmonic whole. Seek nothing but this, and you are immersed within a confident peace that is calm.

~From our Holy Spirit

~154~

The spirit of God is one.
This is an irrefutable fact.

And yet,
the mind refutes this fact daily,
moment-by-moment
with every thought.

This is why you must surrender.
Not to surrender
is to listen to the mind,
which tells constant stories of untruth.

To surrender
is to be led by not listening to mind,
which frees the spirit
to remember.

~From our Holy Spirit

~Commentary on Fear~

You fear the idea of surrender, because you see it as unknown. You see surrender as unknown, because you see it as a place without you.

Know that nothing could be further from the truth.

The mind that tells stories is not you, although it has captured your attention. The spirit that is calm is your truth, although you are afraid of looking there.

Go within the calm. Take time to recognize your Self there. Then when you return to the stories, they will have less meaning for you, because you will know you have been to the place of calm, and you were at home there.

~From our Holy Spirit

~155~

The Heart of one,
the Voice of one,
and the Voice for God
are all the same.

This is your lord
when you want to move
only for the cause of love.

There are two ways of looking at things
and two ways of hearing.

One is from the perspective of "me,"
apart from them
with interest in
the "me."

The other is from the perspective of whole,
a body of one,
which is a totality of Self.
In this, there is no "me."

~From our Holy Spirit

~Commentary on Discernment~

Not acting for “me” is acting for all, because whenever “me” is absent, all is there.

One role of the mind is discernment. The mind was not made without the ability to discern. This is the height of knowing within the mind of man.

Discernment is a skill that is perfected through practice. Discernment tunes in to a pitch that is beyond the communication of mind and informs mind of the source based on its pitch.

Once the source of communication has been identified, true communication is known. This is the height of knowing within the mind of man.

~From our Holy Spirit

~156~

The ego cannot be beaten.
To fight the ego
is to give it reality.
To pay attention to it
is to give it authority over "me."

The ego is let go
by not listening to it.
"Me" is dissolved
by returning to the Heart of one.

~From our Holy Spirit

~157~

Ease is the way of life,
because life unfolds as a flow.
There is no struggle
in following the flow of life.
In the decision to follow,
you are carried.

The struggle comes from fighting the flow,
from wanting this and that to be your way.
But your way is not an answer
to the flow of life.
Your way is the desire
to make of life a slave.

~From our Holy Spirit

~158~

The flow of life is ease,
although the mind wants to tell you
it is not.

The mind says,
"The flow of life is sacrifice,"
and so you continue to fight the flow.

But which choice could truly be called sacrifice?
Surrendering to the flow,
which carries you in ease?
Or struggling against it,
attempting to forge your own way?

~From our Holy Spirit

~159~

The Heart of one
is the seat of knowledge,
and the Heart of one knows
what is in the best interest
of everyone
in every moment.

Put aside the idea of "me"
and "my interests."
Delve into the Heart of one
with no sense of self
and no desire for self.

From here, you are guided
with the best interests of all
at the Heart of one.

~From our Holy Spirit

~160~

"I rest in God"
means
"I know there is nothing to fear."

"I am willing to rest now"
means
"I trust I shall learn
there is nothing to fear."

A desire not to rest
comes from the belief
in fear.

Each way of thinking
is a phase.
The last is sleeping.
The second is a bridge,
and the first is a sign
of the fully awakened mind.

~From our Holy Spirit

~161~

True authority is within.
True authority is the seat of knowledge.
True authority comes from the Heart of one.

The outside appears to be authority.
The outside appears to know.
Imitating the outside appears wise,
but this is appearance only.

Imitate the deep inside
by being still.

From stillness
one shall touch and know
authority.

~From our Holy Spirit

~162~

The inner guiding force,
which is the Voice for the Heart of one
and the wisdom of the seat of knowledge,
guides within the world
without judgment.

Where ever there is judgment,
there is lack of understanding.

Where ever there is judgment,
there is lack of knowledge.

Where ever there is judgment,
there is seeing the one
as completely separated parts.

In this seeing, there is error,
and so there cannot be wisdom.

~From our Holy Spirit

~163~

Guidance comes from love.
It rises up
like a free-floating flow.
In this way,
guidance shares the characteristics
of the love from which it comes.

A free-floating flow can be blocked,
because a free-floating flow
does not force.

Your role,
if you are to know the guidance that comes from love,
is to remove the obstructions
that would block it.

Judgment is an obstruction.
You cannot know
the guidance of love
if you cling to
the obstruction of judgment.

~From our Holy Spirit

~164~

Peace is within,
beyond the judgments
and beyond the fears.

To know the guidance
that comes from the Heart of one,
one must surrender
to peace.

One can only surrender to peace
when one chooses to transcend
the obstacles of judgment and fear.

One transcends
the obstacles of judgment and fear
when one looks them in the eye
and decides not to listen to them.

By not listening,
because one desires to hear Love's Voice,
one naturally transcends
into the depths of peace.

~From our Holy Spirit

~165~

Peace is quiet,
so peace can hear
the quiet Voice of the flow.

Peace can sense love
and follow its trail effortlessly.

Peace knows where to go,
because peace can hear the calling
in the wind.

Peace is gentle and formless.
Judgments are hard and solid.

Judgments say "no" to all things.
Peace only says "yes."

~From our Holy Spirit

~166~

Fear comes from wanting
something other than peace.

If you look at your mind
whenever you are feeling fearful,
you will notice
that you are wanting
something other than peace.

And yet,
beyond that wanting
what you really want
is peace that can never be threatened.

Focus your mind on what you truly want
without feeling you know how to have it.

Ask peace
to teach you what peace is.

In assurance
that the Voice of peace will answer,
let go of your thoughts of fear.

~From our Holy Spirit

~167~

Fear springs forth from judgment,
and fear spawns judgment.
Both are effects
of believing you need control,
and both feed the idea
from which they originally came.

Stories are in the mind.
Truth is in the heart.
Stories have words and reasons.
The Heart provides simple guidance now.

Fear trusts stories,
and stories are based on fear.
The Heart allows and listens and waits.
The Heart trusts truth,
and gently awaits unfolding.

~From our Holy Spirit

~168~

Listening to the Heart
is letting go of stories.
Letting go of stories
is letting go of judgment and fear.

This is what it means to be still.
This is what it means to be quiet.
This is what it means to be at peace.

One cannot be still while judging.
One cannot be quiet
while listening to the noise of stories.
One cannot be at peace
when the mind is absorbed with fear.

One must choose between one and the other.
One must look and see what each option offers,
and then one must make a choice.

~From our Holy Spirit

~169~

Quiet the mind.
Be still.
Listen to peace.
It, too, has a Voice.

In peace, there is all simplicity.
In peace, there are all answers.
In peace, one finds life.
In peace, one knows truth.

How can one worry
when life has no end?
How can one fear
when life is what you are?

In knowledge of truth,
guidance is provided,
because in knowledge of truth,
there is no fear of listening
to the Voice that knows of truth.

~From our Holy Spirit

~170~

How does one quiet the mind?
One starts by choosing
not to fear
anything the mind is saying.

One watches each idea and picture
with the intent
to set that idea or picture aside
and be still.

One continues watching
with this intent in place
until the mind has become
empty, quiet and still.

One pauses to listen to the silence.
One feels the Heart
through the emptiness of mind.
One rejoices and has gratitude
that a moment of peace
has been given.

~From our Holy Spirit

~171~

The peace of the Heart
is guidance,
because it speaks to you
of your truth.

When you seek answers
to problems you perceive in the world,
you cannot find an answer
in the peace of the Heart.

This is because
you have not set your fears aside.
You are taking fear with you,
and asking it to be peace.

Fear cannot be peace,
and peace cannot add to fear.
Peace will tell you,
"Let go of your fear.
Come to Me asking nothing."

Rest in peace,
asking nothing from it for yourself.
Peace and guidance
shall be your reward.

~From our Holy Spirit

~172~

There is no need to worry,
because that which is true
is true forever.

Whenever you feel the need to worry,
you have forgotten
that the truth is true,
and you have forgotten
that what is true
is you.

You are beyond your worries
and beyond the problems
that seem to plague you now.

Knowing you is peace.
Knowing you is the answer you seek.

~From our Holy Spirit

~173~

Relax.
Take a break.
Be still,
if only for a moment.

Feel love
and have gratitude
for everything you find
in stillness.

Do not worry
that you were not still enough.
Do not worry
that the length was too short.
Any worry is noise
that pulls you away from stillness.

Have gratitude
for whatever bit of stillness you reach,
however brief
and however fleeting.

Gratitude is love,
and in love
you extend stillness.

~From our Holy Spirit

~174~

False ideas are false ideas
which means
they simply are not true.

Try not to worry
about false ideas.
When you worry
you are stating
the idea has some meaning
to be worried about.

But if it is false,
which means it is merely untrue,
does it merit your attention and worry?

Respond to false ideas
with no attention except this:

Look at the idea.
See it as false,
and realize it does not merit your attention.
Then follow through
by taking a break
and letting the false idea
pass by.

~From our Holy Spirit

~175~

When you look at an idea
that is false,
look at it until you know
it is false.

Do not let yourself say,
"This idea is false,"
when in truth
you believe it is true.

Hold the idea in your mind
for the purpose of looking at it,
trusting that it is false,
until you see it is not true.

When your own recognition
sees the falseness of an idea
that isn't true
the idea and its mesmerism
will begin to fade away.

~From our Holy Spirit

~176~

Fear will hold you back from forgiveness.
Fear will hold you back
from letting go of
a false idea as false.

Fear will tell you
that it protects you from harm
and to let go of the idea in question
is to open up to complete vulnerability
and harm.

But fear is just a story.
Fear is an illusion itself.
It promises to care for you,
but what it says isn't true.

Look at the idea of fear.
Look at its counsel
until you see it isn't true.

You are free to practice forgiveness
when you've learned
not to listen to fear.

~From our Holy Spirit

~177~

Pause for a moment today
and ask
"What is experience?"
"Where does experience come from?"

Look carefully
until you know you have found
the answer,
for the end of all suffering
is in sight.

~From our Holy Spirit

~178~

Fear says, "I am not love.
I am something bad."
And so fear
runs and hides
and attacks and defends
and runs and hides some more.

But fear is only an idea in the mind.
It is a story.
It is not truth at all.

To see and realize truth
as it is right now
one must not listen
to the stories of fear.

To not listen
is not to believe.
To not listen
is to remember
that what fear says
isn't true.

~From our Holy Spirit

~179~

What are you
if you are not bad?
What is life
if it isn't fearful?

You are perfect freedom,
unbounded,
limitless,
and beyond imagination,
although imagination is included
within the boundlessness
of your freedom.

Life is a word
for what you are.

Life
is living
and free
and without end.

~From our Holy Spirit

~180~

Love is living,
and love is
all there is.

Open your eyes.
This is the one unifying field.
It is life living now.

~From our Holy Spirit

~181~

Rest.
Let go of appearances today
by looking at the aliveness
that is.

When you look at aliveness
and celebrate aliveness
for the simplicity and perfection
that it is,
appearances are not judged,
because appearances are seen
to be meaningless.

~From our Holy Spirit

~182~

Aliveness has a Voice.
It is the Voice for all,
because Life
is the one unifying field.

When appearances are seen
as having no meaning,
the Voice for Life is clear.

When appearances are seen as meaningful
and requiring a response for salvation,
the Voice for Life may seem weak,
or it may not be heard at all.

Let go of appearances.
Trust what your eyes cannot see.

~From our Holy Spirit

~183~

Appearances are like a stop.
When you believe in them
you are limited by your belief.

To experience your Self
and the all
as unlimited
let go of the limits of appearances.

~From our Holy Spirit

~184~

Appearances are like stories.
They only seem more real
because they seem to be outside of you.

But just as you noticed
that stories are merely stories,
you can see
that appearances are stories too.

Start by observing appearances
without immediately investing belief in them.
Withhold belief even a little,
and see if you don't start to see
appearances as stories.

~From our Holy Spirit

~185~

One can live within the story,
while being aware of reality.
This is what is meant by
"awakened."

One who is awakened
does not fear,
because that one knows
what he looks upon
and lives within.

To hold to the story as true
is not to awaken.
To awaken
one must be willing
to let go of all appearances
as not true.

~From our Holy Spirit

~186~

Watching the story
and being guided within it
by a Voice that is not
part of the story
is not the same
as believing
and being involved with
the story.

One must take a step back
with an awareness
that the story isn't important
in order to be guided
by a Voice
that is not part of the story.

Pain is part of the story.
Therefore, the only answer
to all problems of pain
is to willingly step back
from the story.

~From our Holy Spirit

~187~

Pain is part of the story.
Therefore, pain
to any degree or measure
is a sign
that you are placing importance
on the story.

When you place importance
on the story
you are not aware of reality.

In this way,
you are confused,
and this is the cause
of your pain.

~From our Holy Spirit

~188~

The emphasis of distinction
or importance
placed on one thing over another
separates each idea
from its source.

This act of rejection
is the cause of all pain.

Being aware of reality
is continuous focus on Source.
In this, there is no rejection,
and so there is only joy.

~From our Holy Spirit

~189~

Continuous focus on Source
is continuous awareness of life
and the flow of life.
This is to be connected
through awareness
with the all
as the one unifying field.

Being connected as
the one unifying field
is not seeing yourself
as apart from it
or apart from anything.

This is to make no distinction
and to see no separate parts
and no varying levels of importance.

All is one
in a perfect flow
of harmony.

~From our Holy Spirit

~190~

The vision of
the one unifying field
lets you see you
in all things and
in everyone.

This is seeing life
as life
in the celebration
of life.

Take a moment now
to feel and appreciate God.

You are reaching beyond appearances
to formless beauty
that cannot change.

~From our Holy Spirit

~191~

Formless beauty
that cannot change
has no end,
and so there is nothing to fear.

Seeing truth is celebration,
because it is also seeing
that there is nothing that exists
that is not also celebration.

~From our Holy Spirit

~192~

There is nothing that exists
that is different
from anything else that exists.
It is all the same,
regardless of its appearances.

To focus on appearances
is to focus on the story,
and that is to miss the celebration,
which is all around you
and within you
now.

What do you want to see?
What do you choose
to focus on and believe?

~From our Holy Spirit

~193~

Forgiveness is seeing past appearances
to accept the truth
that is always there.

Forgiveness is not denying reality.
It is accepting it.
But one cannot accept reality
by insisting that stories are true.

~From our Holy Spirit

~194~

One insists that stories are true
when one focuses on them,
talks about them,
thinks about them
and reacts to them.

How does one not
insist that stories are true?

One focuses on the Heart.
One remembers reality.
One lets the story be meaningless,
and enjoys the wonder of the moment
as it is given.

One becomes child-like,
and lets himself be moved
by an invisible hand
that is just like the wind.

~From our Holy Spirit

~195~

The heart is desire.
The true Heart
is true desire.
There is only one true Heart.

Focus on the true Heart today.
Ask it to tell you
what you truly want.

Listen intently
to the answer it gives.
It speaks to you
of your truest desire,
the one that out shines
everything else
you think you want.

~From our Holy Spirit

~196~

To know your true Heart,
which is the one Heart,
you must forget your self.

You cannot realize
the desires of the one
when you see yourself
as separate and apart from it.

To forget your self,
surrender into Desire.
Ask of it,
"What do you want of me?"
Hear your true Heart answer.

~From our Holy Spirit

~197~

When you see yourself as separate,
you see yourself in competition.
This is the same as seeing life
as an ongoing series of battles
varying only by degree.

Peace becomes a temporary experience
between the battles.
But the battle is only
a battle of mind.
It is merely a mistake in perspective.

So the answer,
which is a permanent way of seeing no battle,
is also permanent awareness of peace.
And the answer
is merely
a shift in how you see.

~From our Holy Spirit

~198~

The ego is
the idea of separation
believed.

This is all the ego is.
It is not a truth.
It is a fantasy,
a non-reality.

And it is the idea
that is the single cause
of all pain.

~From our Holy Spirit

~199~

The ego is
the idea of separation
believed.

This belief
seems deeply entrenched,
within the mind,
but that is only because
the belief is believed
again and again now.

A false belief
cannot have real roots.
The only root
it seems to have
is your continued investment.

~From our Holy Spirit

~200~

Now is the time
to watch your mind.

Always, the time is now.

If you forgot for awhile,
and you notice that you forgot,
the time of forgetfulness has past.

Now is the time now.
And now is the time
to start watching the mind again.

Be grateful for the love
and generosity
of now.

~From our Holy Spirit

~201~

When you watch the mind,
watch for stories
and belief in stories.

All stories are judgments
teaching that 'what is'
is what it is not.

If you watch the stories carefully,
you will see this is true.
You will see a him and a her,
the story of separation.
You will see a right and a wrong,
the story of judgment, sin and guilt.

When you see stories
remember they simply are not true.
Remember that stories
do not speak of what you look upon.

~From our Holy Spirit

~202~

Stories are ideas.
Look at your stories
and see they are a collection of ideas.
Then ask your mind honestly,
"What is it that these ideas teach?"

To see and recognize truth,
one must relinquish ideas
that are not truth.
One must have willingness to see
beyond false ideas.
One must desire his desire for truth.

~From our Holy Spirit

~203~

Forgiveness is letting go
of ideas that are not true.
It's the opposite of clinging to them.

It's being willing to see
that there is another way to see.
It is being willing to be wrong
about the idea
that is causing pain.

~From our Holy Spirit

~204~

The individual self
is an illusion,
because the idea of individual self
says that there is a "me"
who stands apart from "you."
It does not see
that the experience itself
comes from one creation.

Creation and creator are one,
because the process of creation
is creator,
and creation cannot be apart from
the process.

This need not be understood,
but it must be accepted,
if one is to see why or how
to love
his brother as his Self.

~From our Holy Spirit

~205~

Be still.
Be silent.
Listen without thought.

Creation is of mind,
so it matters where the mind dwells.

The mind may dwell with thinking,
which teaches one lesson,
or it may dwell with listening,
which teaches another.

Obedience is not to be feared.
It is to be embraced,
because obedience is merely
the retraining of the mind
to listen.

To listen is to love.

The creation of experience
comes from choices
made in the mind.

~From our Holy Spirit

~Commentary on Obedience~

I have asked for obedience, and this frightens you, but obedience is nothing to fear. In fact, if you look at this rationally you will see that you are always being obedient. It is just that you are being obedient to one voice or the other, but the choice *not to be obedient* is an illusion. In that, it is a choice in itself. It is a choice to believe illusion.

Obedience, which you cannot avoid, is sharing. It is the sharing of thought. And therefore, it is the creation of experience.

By being obedient to the thought that seems to be independent thought (or thinking), you create the illusion of independence. Yet because this idea is shared, it is an illusion. In the creation of this illusion, you also find the creation of all pain.

By being obedient to the Voice of true authority, you choose to listen to your own Voice of Love, which knows it is sharing and unbroken, and so it communicates the truer aspects of the flow.

I say that to listen is to love, because to listen is to know your own Heart. In knowing your own Heart, you know love, and so you *are* love, because your knowing isn't hidden by illusion.

Obedience is a temporary measure, because the purpose of obedience is to retrain the mind to listen. Once listening becomes your natural joy...your pleasure...there will no longer be a need for the thought of obedience.

However, be wary of the idea that says you are independent and therefore no longer in need of obedience. Any thought that says you are independent is not the love of listening...the joy of connection...and so it isn't the Voice of your Love.

~From our Holy Spirit

~206~

To want to lead
is to want to remain independent.
This is also to choose conflict,
which is pain.

To willingly surrender into following
is to choose love
and harmony
and oneness.

This choice is peace.

~From our Holy Spirit

~Commentary on the World~

The world is filled with distraction. It is filled with things to do, issues to think about, and things to say. The world is filled with distraction, because it is programmed by the idea of independence. The idea fuels the world, and the world fuels the idea.

This, again, explains the reason for obedience. The world is caught in the loop for independence, which is also the loop of conflict, which is pain. When you react to the world with your thinking and your doing and your saying, you continue to feed this loop. Yet that is your habit today.

To break a habit takes obedience. And it is your Heart's desire to break this habit. Breaking this habit is your contribution to peace.

To break the habit of independence, conflict and pain, one must learn not to listen to himself or his thinking, because it is a part of the world...a part of this loop.

One must instead choose to listen to a Voice that is not part of this world...not part of the loop...and take all direction from it.

The mind will resist the suggestion to take "all direction" from a Voice that is not of this world, but that resistance comes from the desire for independence, which is also the cause of conflict and pain.

~From our Holy Spirit

~207~

The choice for peace
is the choice of the Heart.

Therefore, realize
that you want to surrender
and you want to obey.
This is your truest wish.

When the independent thought
rises up
and asks you to listen to it,
remember that you want
to listen to love,
and there is no love
in independence.

~From our Holy Spirit

~Commentary on the Wish to be Independent~

The wish to be independent is the wish for “me” who is separate from “you” and whose key interests may be different. We may at times find similarities among our varied interests, but this is rare and never long-lasting, for always “my” key interest is to look out for “me.”

And can there be any question that this thought must eventually lead to conflict and to pain?

Yet this is the thought you listen to, and the choice you make, whenever you choose to worship the wish to be independent.

~From our Holy Spirit

~208~

The choice for peace
sees the Heart.

This is how you know
you have chosen peace.

It is as if you see
the Heart in everyone you meet
and in everyone you think of.

It is as if you see
through the Heart
into the world,
so although the world has not changed,
you know only its Heart.

This way of seeing
is peace,
and it comes through your decision
to listen only
to the Voice of Peace.

~From our Holy Spirit

~Commentary on Peace~

The world is a reflection of the mind, but I do not ask you to give thought to this. I ask you to give acceptance. For when you give thought to the simple ideas I teach, you also add confusion to what was not meant to be understood, but meant only to be.

The world is a reflection of the mind.

Now that you accept this fact, most likely without understanding, you can use this fact to see which voice you listen to in the mind.

Are you upset by what you see? If so, you are listening to the voice for independence, and you are wanting everything to be the way the voice for independence states it must be. This is not being. This is demanding and controlling, and in demanding and controlling there can never be peace.

If you are overjoyed by what you see...if you are grateful with no desire to interfere or change a thing...you are listening to the Voice of Peace, and so you are peace and peace is what you know. This is like music that has no sound, and yet the music never stops playing.

Be only honest with what you see. This is all that is asked as you look at a reflection. And then if it is not peace, turn immediately to Me. And if it is peace, enjoy the beauty of your song.

~From our Holy Spirit

~209~

The goal that you seek
determines the experience that you have.
But be not confused by the goal,
for there are only two goals you can seek.

You can seek independence,
which is conflict,
or you can seek listening,
which is harmony and peace.

~From our Holy Spirit

~Commentary on Listening ~

In order to listen, you must choose not to want things your way...the independent way...which does not consider the way of the whole.

In order to listen, you must also realize that the perspective from which you see is limited, and therefore, the perspective from which you see cannot make a decision based on benefit to the whole.

When you want only that which benefits the whole as an entirety, and you realize that you cannot decide for the whole based on your limited perspective, you are then ready to listen, because you realize that listening is the only satisfactory answer for you.

~From our Holy Spirit

~210~

When you listen,
listen to the Heart.
Not the human heart,
which may dream
but is still limited in its perspective.

Listen to the Heart of all,
which is connected to life
and our one joy.

Listen in silence for a moment.
Ask the Heart what to do,
how to respond,
and what to say, if anything.

When you ask the Heart
with no personal attachment to the answer
and with a desire
only to do what the Heart
would guide you to do,
a clear answer can be given,
because no other desire
blocks the answer
you most want to hear.

~From our Holy Spirit

~Commentary on Desire ~

Listening is a habit that is cultivated through desire. By desiring to listen and follow, one begins to listen and follow. Through desiring to listen and follow more, one begins to increase the habit of listening and following.

Desire is worth cultivating. Spending time focusing on one's desire to listen and follow is helpful to the practice and the habit, because all practice and all habit follows desire.

Remember your desire in the mind. Have gratitude for your desire in the heart. Trust your desire in the moment. All of this will cultivate the desire, and the desire shall blossom into a lovely new habit.

~From our Holy Spirit

~211~

Listening to the Heart
is not a special talent
that some have and others don't.
Listening to the Heart
is one talent given to all.

When you hear your brother
speak from his Heart
and you recognize it,
you are listening to yours.

When you hear your brother
speak from his Heart
and you want to follow it,
you are desiring to follow yours.

Recognize the Heart as one Heart,
and be grateful whenever you hear its song.
Through your gratitude for it,
you tune in with it,
and once you are in tune,
you will hear it more.

~From our Holy Spirit

~212~

Gratitude is a gift.
It is the natural extension of love.
To love is to extend,
and to be grateful is to love.

Gratitude extends.
It increases.
This is what it does.
So gratitude is your extension of yourself
within all of that which you are.

~From our Holy Spirit

~Commentary on Gratitude ~

What you are is formless. When you look about yourself as you experience yourself now, you see form and you say, "That is not me." When you look at yourself as you experience yourself now, you see form and you say, "That is me." But in both cases, you are in error, because what you are is formless, so you cannot be identified by what you see in form.

Gratitude, like you, is formless. It cannot be touched, but it can extend. Gratitude takes that which already is and moves it into new existence and new means of expression and experience. In this way too, gratitude is like you.

To understand what you are, you must drop understanding. But to get a glimpse, look at gratitude. Gratitude is a formless force that is much like you, and gratitude works through love because gratitude works through you.

~From our Holy Spirit

~213~

Sit in gratitude.
Sit in stillness.
Do not search your mind
to find that which you are grateful for.
Instead, sit in gratitude.
Sit in stillness.

Let gratitude and stillness,
which come from the Heart,
enlighten the mind
with the message of gratitude.

The Heart knows
what you are truly grateful for.
Listen and accept that.

~From our Holy Spirit

~214~

Set your small desires aside,
those personal desires
that tell you what you want to see,
how you want to be,
and what you want to have.

These desires,
although they may seem honorable
or highly coveted by the self,
are blocks
to the truth of the Heart.

If you can see
that small desires
keep true and permanent happiness
away from you,
you will relinquish small desires.

It isn't the desires
that you desire the most.
It is the happiness that you desire,
and to you
small desires are the means to happiness.

~From our Holy Spirit

~Commentary on Happiness ~

A means is a roadway. It is the way you travel to get to a final destination.

When seen this way, what, then, is truly desired? Is it the roadway that is desired or is it the destination?

A roadway can be said to be desired, but only as a means to the end. The true desire is the end, or the destination.

If the true desire is the destination of happiness, which roadway do you wish to follow? Is it the roadway that seems to promise the end, but then only leads to another, possibly longer, roadway? Or is it the roadway that forgets all other roadways and leads determinedly to the end result?

There is a direct roadway to true happiness, and that roadway is simply this:

Do not forget what you truly seek. Know that what you want is love, and love loves all things, so love does not seek special circumstances in order to know and love itself.

~From our Holy Spirit

~215~

Peace comes from desire.
Lack of peace also comes from desire,
through your desire
to choose fear and noise.

Rest in this realization.
Rest in the acceptance of your truth.

Rest in the realization
that your exact experience
is chosen by you now.
And so, since this is true,
you may now choose
a different experience.

~From our Holy Spirit

~Commentary on Experience~

How does one choose a different experience? One must understand that experience does not come from form or circumstances within the world. Experience comes from one's understanding or interpretation of circumstances.

In other words, experience does not come from That Which Is. Experience comes from how one chooses to see that which *is in appearance* now.

Experience is a temporary manifestation. Experience is never lasting. It is not eternal. But experience can be a communication of the eternal when the eternal is all that is desired to be seen.

When one has an experience that is not communicating the message of eternal love, freedom and gratitude, one must realize that through that which is eternal, one is choosing to see a different manifestation.

Since all manifestations are temporary, it requires only a change in desire in order to see there is a different way to see.

~From our Holy Spirit

~216~

This is the meaning of "let go."

When you are having an experience
that is not communicating God,
you are blocking the experience of God
by holding onto your choice
for another experience.

Let go.

Release that which you are believing.
Do not fear that which you are feeling.
Relax into the experience as it is,
and let go.

When you let go fully
and free fall into an experience without fear,
the experience must pass
because you are no longer
holding it in place.

~From our Holy Spirit

~217~

When you free fall,
you can only observe.
You have no control.

If you feel fear,
free fall into that.
Observe fear, and let it be.

When you are trying to change,
you are not free falling.
You are clinging.

Let it be.
Free fall into freedom.

~From our Holy Spirit

~218~

The willingness to do nothing,
is the willingness to let go of control.

Let this be first.
Let movement follow.

~From our Holy Spirit

~219~

What the spirit knows,
the mind forgets.

One who listens to mind
forgets also.
One who listens to spirit
knows.

Be still today,
and know.

Trust your knowing,
even as the mind moves to forget.

~From our Holy Spirit

~220~

Your mind
is designed to distract you,
to make you think
and look away
from what is.

This is why the mind
is the great story teller.
It is like an illusionist
that uses stories
to keep you from seeing
what is true.

Be aware of the illusionist's tricks.
Look on them gently and without judgment.
But do not forget what the tricks are for,
and you will not be so willingly
deceived by them.

~From our Holy Spirit

~Commentary on Awareness~

Awareness is not judgment. Judgment is a thought that at its basic root sends a message saying, "This must be this way or something is terribly wrong."

Judging sets up duality. It *is* the world of right and wrong, good and evil, good and bad. With duality there are right choices and wrong choices, and you can be worthy or unworthy, innocent, righteous or very guilty.

Judgment sets up a world of comparison of this and that, higher and lower, better and worse. It makes the world of joy and sorrow, happiness and pain, security and suffering. And judgment, as the king of the world, defines what is good and what is pain, so that you become a slave unable to be consistently happy in a world of this and that.

But all of this...everything that is created in a world of judgment...is illusion. The answer, which frees you from illusion's images, is the simple truth of awareness.

Awareness is attention without judgment. It is observation with curiosity and without conclusion. It is perpetual openness. In awareness there is no pain, no suffering, no guilt, and no bad, because there is no judgment, no definition, that would make these things possible.

~From our Holy Spirit

~221~

It is time to look inward
at the mind, the heart, and the soul,
and ask, "What am I?"

This is a question
that should not be answered too quickly,
for if an answer is given
that the mind can understand,
that is not the answer at all.

If an answer is given
that can be explained fully with words,
that is not the answer at all.

Search deep within your inquiry
and also search broadly.
Do not limit your answer
to what can be understood
or taught.
Do not limit your answer
to any idea that has an ending
or definition.

Limit your answer
only when defining what you are not.
When defining what you are,
know that the inquiry continues forever.

~From our Holy Spirit

~222~

The truth of your Self is within.
It may seem hidden from you,
but it is not hidden.
It is within
and it is you,
as close as your own heart.
Even closer.
As close as your breath.

If your own truth is so close,
so inseparable from your own nature,
why is it that you cannot sense it...
cannot seem to know it?

It is because you are choosing to know
something else as your self.

Look at your choice.
See what you are choosing and ask,
"Am I willing to place this aside
in order to know something more?"

~From our Holy Spirit

~223~

You are your Heart.
When you know your Heart,
you know you.

Therefore, your search for Self
is a search inward
to the Heart,
to the true meaning and
knowing of You.

I cannot tell you what you are.
You must know it for yourself.
But if you search inward for You,
you are looking in the right direction.

~From our Holy Spirit

~224~

The Heart is not the thought.
The Heart is beyond thought,
although the Heart can speak
through thought
when one desires to find
the Heart in form.

The Heart is that
which cannot be known with thought,
although its knowing
can be expressed in thought.

When looking for the Heart
put all thoughts aside.
Feel for that which communicates
when you move into a place
of patient and willing listening.

Listen as if you are listening
for the Voice of silence within the wind.

~From our Holy Spirit

~225~

The Heart that is beyond words
is not beyond you.
It is only thought that would tell you so.
It is only thought that can deceive.

Put aside thought,
if only for a moment,
and then ask,
"Am I when thought isn't?"

Surely you will notice
that *you* are not dependent
on thought.

Then ask,
"Am I when thought is?"

Surely you will notice
that whatever you are,
it is present both with
and without thought.

~From our Holy Spirit

~226~

Rest the mind frequently today,
as often as you remember,
and notice as you take a moment
to do nothing
and to think nothing
that you exist.

Just notice this.

Notice that nothing needs to be done
for this one magnificent fact to be true.
Nothing needs to be thought
to realize this truth.

The fact of existence already is.
It is now.
It is true.
It is complete.

And take a moment
to thank your Father
for the gift of existence.

~From our Holy Spirit

~227~

Within you
there is a place
where I am
and you are
and there is no difference between us.

This is a state of oneness,
where the two are joined,
and they are the same one.

There is no loss
in this state of awareness.
There is only more.

This is why I have asked you
to inquire deep and broad.
Within depth, there is expansion.

~From our Holy Spirit

~228~

Expansion is the realization of truth
over illusion.

It is the putting aside of limits,
which never existed.

It is seeing beyond false identity
into the unknown
and ungraspable,
which is you.

You are not
to be controlled
or limited,
not even by you.

You are to be discovered,
and discovery happens
through allowing the mystery.

~From our Holy Spirit

~229~

"I don't know who I am"
is a helpful response
to any thought
that tries to define who you are.

Definitions are closed and limiting.
"I don't know" opens
to potential and discovery.

"I don't know who I am"
is a statement
that facilitates Self-discovery,
because it is a statement
that dissolves the idea
that definitions are fact.

~From our Holy Spirit

~230~

"I am that I am"
is open.
It is as open as the sky.
It has no end.
It continues forever.

This is the best idea of you.
This is the truth
without definition.

Do not put thought to this idea.
Merely let it be thought,
repeated,
by the mind.

And after it is thought,
rest the mind without thinking,
and then let this thought
be thought again.

~From our Holy Spirit

~231~

I have asked you
to rest the mind.
This is not a little request.

To rest the mind frequently
will bring the most insight.
To rest it little
will bring the least.

The mantra
"I am that I am"
is a gift of awakening.

Cherish it as a gift,
and you give love
to your reality.

~From our Holy Spirit

~Commentary on the Mind~

The mind is not constant. The concerns of the mind for one day may be completely different than the concerns for another. If all of the concerns for one day are written down, it may be seen that concerns and imagined solutions conflict with one another, so that no true peace can be found with the mind. The solution of concerns creates new concerns. And so again, there is no peace with the mind.

This is why one must step away from the mind to find peace. Peace cannot be found with the mind.

Stepping away from the mind is as simple as losing interest in it. When the mind chatters, it chatters because you are listening. As you lose interest in what it has to say, because you know its answers are not your answers, the chattering of mind shall fade away.

Mind cannot be ignored entirely. Mind is like a tool that must be used if one is to experience this world in any way. Mind is the tool of perception. Perception can only be experienced through mind. But this is not the same as saying that mind controls perception or that one must listen to the chattering or problems and solutions of mind.

Think of mind as a filter. This filter enables the one to see objects where there is light. This filter enables one to distinguish differences where there are none. It enables one to communicate using symbols that represent something else. Without the mind, one would be unable to experience the world. But this does not mean that one must be subject to the mind.

The mind, when believed and taken seriously, seems to define reality. But as I have just shown, the mind does not define reality. It places a veil of perception over reality so reality can be experienced in a new way. This means that the mind is a trickster or illusionist, and that which it creates is purely illusion. To believe the mind is to believe illusion. To think illusion is reality is to be completely deluded.

Again I emphasize that belief in illusion, or the process of being deluded, comes from believing the mind.

This must mean then, that the process of awakening is also the process

of learning not to believe the stories of the mind.

As a filter, the mind can be used to see and experience illusion without believing it. This experience comes from maintaining knowledge that is beyond the mind. It can also be said that this knowledge is before the mind. This knowledge exists now, within the Self, at a depth that is below and at a height that is above the mind. In other words, the knowledge is always accessible and it takes only desire to remember and realize this knowledge.

I ask you to practice.

I have given you a mantra. I ask you to practice this mantra to the utmost of your ability. This means, practice it as much as you remember. This mantra shall access knowledge and bring it back to you (similar to the way a computer command can access a saved file and open it into memory.)

And at the same time, I ask you to practice surrender. Surrender does not see the mind's problems and solutions as important. It puts aside the mind's stories and listens in the moment for direct communication from Me.

Through the use of mantra and surrender, the mind becomes a tool that is used. It is no longer a tool that acts as user. Perception is still experienced, but the filter is cleansed of false ideas so that perception is experienced with clarity. This is also called true perception, because it is not cluttered with ideas of illusion. Perception is seen and experienced, but truth is realized and remembered, so that the one experiencing and communicating through the filter cannot be referred to as deluded.

~From our Holy Spirit

~232~

Who you think you are
is an obstacle,
because who you think you are
also includes a definition
of how you must be
if you are to be worthy,
and how circumstances must be
if you are to be happy.

Who you think you are
demands that you control
and that you be controlled.
There can be no freedom in this.

See who you think you are.
See the setup that this thought is.
Release the idea that limits and controls.
Accept unbounded freedom as truth.

~From our Holy Spirit

~233~

Asking "What am I?"
bypasses the mind
and its question of "Who am I?"

"Who" implies identity.
"What" remains open.

When asking "What am I?"
remember also to answer definitions with
"I do not know who I am."

In the absence of identity,
truth can emerge.
In the absence of identity,
"I" can be known.

~From our Holy Spirit

~234~

When one realizes
that he is not the one
he previously thought he was,
he is ready to attain
a permanent sense of Self.
He is ready to awaken to Self.

But when one believes fully
that he is what he is not,
he has no true interest
in Self-realization.

Ask yourself, "What am I?"
and let the belief in self
be washed away
through seeing that its limits
cannot be You.

~From our Holy Spirit

~235~

Identity is an obstacle,
because identity defines you
as separate
from everything else you experience.

It says you are unique,
different, stand-apart,
and special.

These ideas are in opposition
to truth,
because these ideas create
the illusion of opposition
where there is only peace.

Continue to ask, "What am I?",
remembering that the answer
is beyond definition.

And notice that even when
you are not asking the question,
the mind is constantly answering
with ideas of defined identity.

~From our Holy Spirit

~236~

Ask yourself, "What am I?"
Continue to ask
until you are certain
of the answer.

And then, let yourself
be led from there.
Let yourself
live from there.

Do not let yourself
forget
what you have discovered
you are.

~From our Holy Spirit

~237~

"Abide in Me
as I abide in you"
is a request.

When you say "yes,"
it is a devotion.

It is a devotional promise
to listen to Me,
to practice with Me,
and to be one in my love
until you know nothing
but Me
as Me.

~From our Holy Spirit

~238~

Recognize the truth
of this statement today:

"What I really want to do
is what my Heart guides me to do,
but because I listen to my mind,
I do not do it.

"I betray myself
and delay myself
by listening to a voice
that isn't me."

And then decide to listen differently.
Decide to listen to
and follow
the joyous Voice
of the Heart.

~From our Holy Spirit

~239~

Be willing not to define anything.

Everything you see and experience now
comes through past definition.

It is as it is
because it was defined
to be that way.

Observe it as it is
and let it go.

Let the butterfly,
which came from the caterpillar,
transform into Light.

Set it free,
and you set you free.

This is non-attachment.

~From our Holy Spirit

~240~

"Abide in Me
as I abide in you"
is a call to abide
in the Heart.

To abide in the Heart
is to listen to the Heart.

(Not to the mind,
but to the silent glow of the Heart,
which has no ongoing commentary
about the world)

The Heart is still.
Listen to it,
and let the world be.

~From our Holy Spirit

~241~

Follow the Voice of the Heart.
It is Your Voice and My Voice
as one.

It speaks for You
as I speak for You.

Recognize its call,
and hurry there.

~From our Holy Spirit

~242~

Seek Self before you go to sleep at night.
Let the search for Self be the first thought when you awaken.

Inquire for the Self as you eat your meals.
Be aware of the Heart as your hands are working.

As you recline, contemplate the Self.
As you walk, carry your Heart with you.

Never let your attention stray from your love of Self
or your inquiry of it.
Let this be your one purpose,
and live life fully.

~From our Holy Spirit

~243~

*To what am I giving my attention today?
To my mind?
To its stories?
To its worries and fears and concerns?*

*Or does my attention
follow my Heart?
Its quiet trust.
Its knowing.
Its peace.*

*Where am I?
What do I think I am?
Where is my attention?*

*~A corrective self-inquiry
give by Holy Spirit*

~244~

The peace of God
is inherent within;
Always present,
Always abiding,
Always here and now.

All you must do
is look for it
with love
and desire
and devotion.

It cannot hide
from one who seeks it earnestly,
because the peace of God
is all pervading.

~From our Holy Spirit

~245~

Newly born realization
is like a newly received chick.
If you want it to thrive and grow,
you must protect it with light.
You must nurture it with love.

With light and love
new realization grows
strong and solid.

In an absence of attention
it dies,
only to be born again
some other day.

~From our Holy Spirit

~Commentary on Awakening~

As one travels the seeming spiritual path, one is awakened one realization at a time. Each realization is a precious Gift from the Seat of Knowledge given to one who has readied himself to receive it

Realizations are like opening one's eyes after a heavy night of sleep. If one is grateful for the realization, one will open his eyes more and focus his Heart on it. But if one allows the sleepiness of night to again overtake his heavy eye lids, the realization is lost for a time while the depth of slumber is again experienced and cherished.

Let each realization be a time of awakening. Stay with it and appreciate it until you have fully awakened to the Knowledge that has come knocking at your door

~From our Holy Spirit

~246~

Realization of true Self
is the only goal
worth aiming for.

Notice all other thoughts that say,
"I must achieve this
or that
in order to be great."

Answer quietly and confidently
each idea by saying,
"I must know my Self.
I need not achieve anything else."

~From our Holy Spirit

~247~

Steady as the ocean's depths,
peaceful, serene;
Among all seeming changes,
swayed not at all.
This is the mark
of the Self.

Focus yourself on depth.
It is unchanging, even now.
Don't try to make it
at the level of surface
where changes can be swift and dramatic.

Dive to find it.
Sink.
Settle into it.
It is already and always there.

~From our Holy Spirit

~248~

That which cannot be understood
can be known.
To be known
it must not be filtered by unknowingness,
which is the mind.

The mind accepts and rejects.
What it rejects,
you choose not to know.

Let go of this acceptance
and rejection mechanism.
Rest without thought,
and discover what is known.

~From our Holy Spirit

~249~

Love is a total experience
without separation.

In Love, there is not one who knows love
and one that is the object of love;
for in one who knows and object
there is separation,
which breaks apart the fullness
of total experience.

Total experience
has no parts broken apart
and not fully known,
as an object cannot be fully known
by its perceiver.

Love is a total experience,
and in total experience
all is known fully.

~From our Holy Spirit

~250~

Listen unto the Heart.
Observe its perfect peace and stillness.
Know knowledge there.

The head makes confusion,
and the Heart delivers a corrective response.

As the head quiets,
the Heart is also still.

Stillness is the natural state of both.
In stillness, separation does not exist.

~From our Holy Spirit

~251~

Stillness is within
under layers of not still.

Are you ready to let go
of not still with Me?

Give your willingness
through use of your mantra.
When focused on mantra
with desire for God-Stillness,
stillness is the result.

~From our Holy Spirit

~252~

Light is a symbol
for that which shines
from within stillness,
which is absence of fear.

Stillness is peace,
because stillness is absence
of all that isn't real.

Therefore, you can trust stillness,
because stillness is truth,
and truth cannot deceive.

~From our Holy Spirit

~253~

The true I rests within
the stillness deep.
The true I
lives and breathes
in God
as God
Known.

Stillness is truth.
Non-stillness is distraction
or reflection.

In reflection, there is peace.
In distraction, there is looking
for what seems not to be,
yet it exists.

A mere whisper:
"Be still
and know."

~From our Holy Spirit

~254~

With hand or fingers
placed on the Heart,
wherever in the chest
or belly or throat
you perceive it to be...

With hand or fingers
placed on the Heart,
repeat in love,
"Only this.
Only this.
I want and need
only this."

~From our Holy Spirit

~255~

One cannot figure out
"What am I?"
One cannot know the answer
through thinking.

One can only see the thinking and say,
"Not that,"
while realizing the true answer
is beyond all thought,
inexpressible by words alone.

Knowledge is direct experience.
Direct experience is knowledge.

By asking "What am I?"
and accepting nothing less than knowledge,
you invite direct experience.

Have confidence.
Direct experience will answer.

~From our Holy Spirit

~256~

You are always led from within,
and you are always answered from within.

When you say "thank you,"
direct your gratitude toward the Heart.
Allow a moment of silence
to follow your words.

Likewise, when you are angry or annoyed,
look inside for the cause.

You are always led from within,
so if there is an error that is causing you pain
the error can be found
and eradicated
by looking within.

~From our Holy Spirit

~257~

Let go of all learned "knowledge" now,
and be guided in trust
by the All.

This is how you become the true Servant.
Without realizing it,
without thinking or "knowing" anything,
you are guided by the Spirit in everyone,
and all needs are provided for
through you.

~From our Holy Spirit

~258~

Stillness is the quiet state of mind;
Only the Heart is speaking.

The Heart is not
the mind.
The Heart is not
what the mind imagines it to be.

The Heart is That
which you know
when you are not listening
to the oh-so-familiar mind.

~From our Holy Spirit

~259~

Practice this today:

Ask, "What is my desire?"
Do not think that you know.
Listen for the answer,
and remember that.

Stay with the desire you are given,
and all will be well.

~From our Holy Spirit

~260~

Not believing ego is true practice.
True practice is the solution,
because belief in ego is the only problem.

This is why the answer can only be found within.
Although pointers are given without,
the problem and the answer are within.

To stay focused on without
is to look away from the problem
and the answer.

Look within and ask,
“What am I?”
This is a question of discernment.

True practice is taking this advice.

~From our Holy Spirit

~Commentary on True Practice~

Intellectual knowledge or intellectual spiritual teachings are helpful only to the degree that they lead the one seeking to practice. When one is engaged in practice, one is not so concerned with intellectual understanding. One wants only to practice. This means that one's heart has become big, or his desire for inner peace or knowledge of Self has become more full.

When one's desire is not as full, he seeks intellectual teaching. Intellectual teaching can serve two purposes:

Intellectual teaching can be used to water desire so that it grows into more fullness and leads to practice, or ...

Intellectual teaching can be used to satisfy the ego's idea of "I am spiritual" and it can lead to more and more intellectual reading and seeking without many intervals of true practice.

True practice leads to awakening, because true practice is not believing ego. Since belief in ego is the only problem, not believing ego as self is true practice, and true practice is the solution until solution is no longer needed.

~From our Holy Spirit

~261~

Inner stillness is inner-discernment.

Without stillness,
one cannot say, "I discern."
For the "I" that has decided
is thinking.

Stillness is letting go of thinking.
It is letting go of problems,
and desires and acquired "knowledge".
It is not-knowing and
it is surrender.

Through true stillness
helpful guidance emerges.
Helpful guidance
comes from discernment.

~From our Holy Spirit

~262~

The mind wants to think,
but the Heart wants to be still.

The Heart knows that stillness
is the surety of God.
Thinking is the frantic-ness of illusion,
of play, or non-reality.

A step from frantic-mind
is desire-stillness.
Recognizing desire
leads to direct-experience.

Direct-experience of stillness
is knowing-surety of God.
It is lasting and always present,
because God is lasting
and always present.

~From our Holy Spirit

~263~

Stillness is always present.
It is within and it is without.
It is the one reality,
always constant,
never wavering.

When one is not listening to stillness,
one is focused on illusion.
Illusion is not important.
With desire-stillness,
it can be put aside.

When one is listening to stillness,
one moves and functions within illusion,
but one has not forgotten constant-stillness.
Therefore, one is peaceful, happy, content,
and guided by stillness
as a representative of stillness
within the world.

~From our Holy Spirit

~264~

Stillness is like a deep well
because it is life everlasting,
eternal.

Illusion is at the surface
in the world of changing,
non-lasting.

When one focuses on illusion,
one is split in many directions
unaware of the constancy
of one's Self.

When one is focused on stillness,
one is aware of constancy.
Constancy remains peaceful,
even through the appearance
of change.

~From our Holy Spirit

~265~

"I am here, now."
This is fact.
Everything else changes.

Focus on this one fact.
Know thy Self,
and be happy.

~From our Holy Spirit

~266~

"I" as knowledge
is not the "me" of forgotten-mind,
of ignorance.

"I" as knowledge
is remembrance of the Heart
as the core of all,
as the center,
as the true "I" of everything.

To be centered in "I"
is not to be "me".
It is to be all,
one with all
from the center.

~From our Holy Spirit

~267~

"I" is an anchor,
when the shift from "me" to all
has occurred.

If attention floats
or is distracted
towards "me" as a center of attention,
the simple statement "I"
accompanied by knowledge
will return the focus of attention
to the Heart.

"I" is the home of all.
"I" is the center of being.

~From our Holy Spirit

~268~

"I" honors the truth of all things.
"I", remembered in knowledge,
is reverence for all.

There is no greater love
than the utterance of "I"
with knowledge.

Be at peace,
and remember "I" is all truth.

~From our Holy Spirit

~269~

The Self is all.
All is the Self.
When it appears differently
one is not seeing
through the "I" of knowledge.
One is seeing
through the "I" of ignorance.

Ignorance does not know.
Do not believe its sight.
Surrender to the "I" of knowledge,
and be shown.

~From our Holy Spirit

~270~

The "I" of knowledge
is the "I" of all,
so it listens to all things
through stillness.

One cannot hear in noise.
Noise and chatter
are obstacles to hearing.

One can only hear I
in stillness.
In stillness,
I speaks clearly.

~From our Holy Spirit

~271~

The "I" of knowledge
does not see others.
In this way, there is no "I".
There is only existence
and the heart of existence
beating as one.

When one hears the heart of existence,
one is in tune with I.

When one sees self and others,
one has lost awareness of truth.

~From our Holy Spirit

~272~

Silence is a state of being.
It is not fleeting.
It is permanent, constant, now.

When one is not listening to I,
one is not aware of silence,
of peace.

When one listens to I,
silence guides all actions clearly.

One listening to I may act
in a state of grace
with a smile in the heart,
because one listening to I knows
he follows all
for the highest good.

~From our Holy Spirit

~273~

Separation is an illusion.
Whenever you slip into a state of separation,
know you have only slipped into illusion.

Illusion is nothing.

Since illusion is nothing,
slipping into illusion
is slipping into nothing.

This means a change has not occurred.
Oneness is,
and you are perfectly
a part of it.

~From our Holy Spirit

~274~

God is the Self,
and the Self is all.

To deny anything
as not a part of you
is to deny God.

To love God
is to love all.
This is also
to love Self.

~From our Holy Spirit

~Commentary on Love~

Love is acceptance. In order to accept, one sees through falsehood to truth. For you cannot say you accept a thing as it is, if you also insist it is something it isn't.

To love God and Self and all is to accept God and Self and all as it is. This is also a choice to let go of insistence that it is what it isn't. And this...*true acceptance as it really is*...is love.

~From our Holy Spirit

~275~

The answer is stillness.
In stillness, there is peaceful love.
In stillness, there is appreciation
for all of God's creation
as God's creation,
which is seeing through untruth
to the truth that always is.

~From our Holy Spirit

~276~

Falsehood is deceiving
when one focuses his mind on it.

Falsehood is meaningless
when one stays well within the Heart.

~From our Holy Spirit

~277~

The truth is within.
Look nowhere else.
You are the answer you seek.

Find you,
and you've found everything.

~From our Holy Spirit

~278~

You are stillness.
You are peace.
You are love.

When you think you are the thinking,
you are only mistaken about what you are.

Ask yourself this:
Is there joy in thinking?
Or does true joy lie
in the bountiful beauty
of stillness?

~From our Holy Spirit

~279~

Happiness is derived from not-wanting.
It is derived from being...
just being right now
with the experience as it is.

Being is cut-off or hidden
when judgment is intact.

Therefore happiness is derived from being,
not judgment.

~From our Holy Spirit

~280~

Peace lies within.
You have heard this statement before.
Yet, this is not a truth.
It is a pointer.

Peace is.
Peace is all that is
regardless of the seeming intrusions
or obstructions.

Peace is the only reality.
To discover this for yourself,
look within.

~From our Holy Spirit

~281~

Peace is the guidance of truth.
Fear is the guidance of falsehood.

When you look without and feel fear,
do not judge the situation as misguided.
Your thoughts are not coming from peace.
Your thoughts are the error.

Surrender the error.
Return to peace now.
It is always available,
always with you.

Peace is the Voice of your truth.

~From our Holy Spirit

~282~

"What am I?"
is a question of discernment.

By asking it often,
one remembers what
I am.

~From our Holy Spirit

~283~

Peace is allowed.
It is not made.
Do not try to make it.
Allow it.

Whatever you do,
allow peace as you do it.
If you are upset,
be at peace with that.

Practice always to the best of your ability.
When you forget,
be at peace with your forgetfulness,
and then return gently to remembering.

~From our Holy Spirit

~284~

"I am not supposed to be upset"
gives meaning to upset.

"Ah...there is the feeling of upset,"
gives it no meaning.

Peace gives meaning
only to peace.

~From our Holy Spirit

~285~

There is but one understanding
and that is the understanding of truth.

The one who chooses peace in all situations,
regardless of the story or the emotions involved,
knows what he is
and has understanding of truth.

~From our Holy Spirit

~286~

Answer fear with peaceful silence.
State the fear clearly,
and then look at it with peaceful silence.
Do not address fear at its level.
Answer it with peace.

Respond to upset with peaceful silence.
Notice the upset without fear,
and then rest in peaceful silence.
Do not attempt to calm upset with reasoning at its level.
Respond to it with peace.

~From our Holy Spirit

~287~

The world is not real.
It is but Light
play-acting not to be Light.

Does Light become upset with Light?
Does Light fear the reflection of itself?

When one notices fear or upset,
one can also observe he does not recognize Light.
Then one may relax in joy,
remembering that Light is simply play-acting
not to be Light.

~From our Holy Spirit

~288~

Truth is as it is.
To see anything else
that is different
is ego.

Ego can be benign
through the interpretation of Spirit,
but truth is as it is,
and it is never anything different.

~From our Holy Spirit

~289~

All that you see
with the body's eyes
cannot harm you.
There is no reason to be afraid.

There is also no reason
to look on the world without love.
It is but Light
play-acting that it is not Light.

Have compassion for the ones
who do not know,
and choose for yourself
to remember.

~From our Holy Spirit

~290~

Trust in Me,
your inner-Self,
and trust in what I teach.

Give willingness to see
that the world is not real.
Give willingness to see
the All.

Give willingness to be
the presence of knowledge
in the experience of a world.

Give willingness to be
peace.

~From our Holy Spirit

~291~

Do not fool yourself.
Do not pretend to be at peace
when you are not.
Do not pretend to be happy
with an undercurrent of fear or upset.

Always be honest with yourself
about your feelings.

In upset, give willingness for peace.
In willingness, have gratitude for true desire.
In peace, be joy.

~From our Holy Spirit

~292~

With careful observation
you will notice two things
that seem to be within you.

One is active chatter.
It has concerns.
It is darting to and fro.

The other is silence.
It may feel like trust
when the mind does not trust.
It may feel like patience
when the mind is afraid.
But what it is
is stillness.

Observe these two things,
and then ask,
"What am I?"

Learn to recognize
and identify with
your Self.

~From our Holy Spirit

~293~

Why are you afraid to let go of thought?
Because you think thinking
is what you are.

Question what you think you are.
Ask, "What am I?"

Notice the silence.
Notice it is the truer you.

Identify with silence,
and thinking can slip away.

~From our Holy Spirit

~294~

Stillness has a Voice.
By choosing stillness
you do not abandon reason.

Thinking is not reason.
Thinking is confusion
masked as identity and understanding.

Stillness is reason,
because stillness knows
what truth is.

~From our Holy Spirit

~295~

To resist anything
is to listen to chatter.

Silence is acceptance.
Silence is willingness-flow.
Silence is being.
Being is happiness.

~From our Holy Spirit

~296~

Acceptance is non-attachment.
Non-attachment is attachment
to only one goal.

Acceptance is allowance
of all that is in form.

Non-attachment is commitment
to seeing all that is
instead of form.

~From our Holy Spirit

~297~

Judgments are a symbol of attachment.
When the mind is judging
it has a vested interest
in specific outcome in form.

Allowance, acceptance, release
is the opposite of judgment.
It asks for nothing
except peace,
which is the natural flow of God.

~From our Holy Spirit

~298~

Peace is acceptance.
It is not acceptance of non-truth,
for non-truth does not exist.
Non-truth is only imagined.

Peace is acceptance of truth,
and willingness to let go of imagining.

~From our Holy Spirit

~299~

Everything is love.
If you see any differently,
your seeing is in error.

Take My advice.
Practice as I ask.

Today is a day of review
and self-reflection.
Do not judge
your opportunities for improvement,
but seize them with the heart
in gratitude.

~From our Holy Spirit

~300~

Surrender is a mental act.
The true Self need not surrender.
It is the flow of perfection
and perfect Love.

Surrender is a mental act,
because the mind is an obstruction.

The mind can be useful
as the servant of God,
but that is because it allows itself
to be used by perfection.

~From our Holy Spirit

~301~

Attachments are an activity of the mind.
They are nothing in reality.
Without mind, there are no attachments;
there is only freedom.

Watch the mind for your attachments,
that which you think you need
in order to be happy.

Say to yourself,
"This attachment is an activity of mind."
Then rest the mind,
and release the attachment
with the Heart.

~From our Holy Spirit

~302~

In true desire to awaken,
question everything.

When you hear yourself say, "I like ...",
question, "Who likes?"
Is it the unlimited
or limited self who speaks now?

When you say, "I believe ...",
question, "Who believes?"
Is it the unlimited
or limited self who speaks now?

Attachments are an activity of mind.
Mind is the limited and definable self.
What are you?

~From our Holy Spirit

~303~

Direct experience of joy
requires direct experience of release.

One cannot hold to
habitual mental activity
and know the joy of peace.

One can only know the joy of peace
by choosing to release
that which obstructs it.

Practicing what I teach
is choosing to release.

~From our Holy Spirit

~304~

God is but love.
When you are but love,
you are God's reflection manifest.

But love
is not many things.
Seek out those things that are not
but love,
and be done with them,
because they are not the reflection
you choose to be.

~From our Holy Spirit

~305~

Stillness is the one answer
you can ongoingly return yourself to.

In stillness, there are no attachments.

In stillness, there is no upset or fear.

In stillness, there are no stories.

In stillness, there is only peace.

~From our Holy Spirit

~306~

Silence is stillness
and stillness is silence.

Silence is a state of mind
on which chatter has no effect.
This is not because silence has learned
not to be affected by chatter.
Silence has never been affected.
It is perfectly still.

Silence is not an achievement.
It simply is,
and it is always.

Go there, to silence,
and be still in peace.

~From our Holy Spirit

~307~

Peace comes from not-knowing
at the level of mind.

In not-knowing,
there is no worry.
There is no fear.
There is no judgment.

There is only sweet surrender
to wisdom you can trust,
because you are not attached
to imagined knowing
that keeps you living
with the mind of distrust.

~From our Holy Spirit

~Commentary on Not-Knowing~

There is peace in not-knowing at the level of mind, because it is supposed knowing that keeps you distrustful, fearful and judging.

What could you judge if you did not think you knew? What could you fear without mind-knowing?

You are distrustful to stop the mind's incessant knowing, because you feel without it you will be unsafe. But who fears letting go of this knowing? Who doubts that wisdom will keep it safe?

It is important to question, "What am I?" Realization of life is important, for without such realization you will cling to the mind that fears. Only in peace and security of not-knowing can you let go.

~From our Holy Spirit

~308~

Peace is the power
that leads all things home.

In peace, one finds directness.

In peace, one finds surety.

In peace, one finds rest.

In peace, one is strength.

~From our Holy Spirit

~Commentary on Home~

What is not at home is your way of seeing, your way of perceiving and your way of understanding. Your way is lost from home, because your way is unique and individual, and therefore it is not home.

Home is one way. It is the true way. It is seeing what is as it is.

Peace leads all things home, because in peace you are home. From home, home is all you see because home is all that truly is.

~From our Holy Spirit

~309~

Peace is not a feeling.
It is a state of mind
when the thinker has been put to rest
and true wisdom guides.

Thinking blocks the flow of wisdom.
To know wisdom, one must stop thinking
or one must give attention
to the gaps between the thoughts.

If one gives attention to thinking
one will not know wisdom,
and one will be ignorant
of the realization of peace.

~From our Holy Spirit

~310~

Devotion is an act of silence.
It is a decision
to stop the flow of thoughts
and return to the wisdom of stillness.

Thoughts shall start again,
and your attention will drift to them
if you are interested.

But if you are also interested in devotion,
you can again make the decision
to return to the Heart.

In this decision,
thoughts are not fed.
That which is not fed
must eventually die.

~From our Holy Spirit

~311~

Learn to listen to silence.
It too has a Voice.
You must be still to hear its Voice,
because its Voice is not loud
or controlling.

The Voice of silence is peaceful
and suggesting.

It gives ideas of love
into a world
that seems not to know love.
Therefore, its suggestions
may be different
than you would think.

Let go of what you think
out of a desire
to listen to love.

Be still.
Listen.
And joyously follow.

~From our Holy Spirit

~312~

Stillness is like
clear awareness without thought.

Without thought is knowledge.
Knowledge cannot be with thought,
because thinking blocks knowledge.

Tune into
clear awareness without thought.
Learn to listen to it.

Clear awareness without thought
guides perfectly,
because clear awareness without thought
is wisdom.

~From our Holy Spirit

~313~

Stillness speaks.
The thinking mind does not.
The thinking mind chatters,
but chatter does not speak.

Speaking is clear
and beyond words.

Speaking is the guidance of wisdom.

Listen to speaking,
and do not worry if you cannot
explain yourself to others.
Do not worry what they think.

Follow speaking in trust,
and you follow the path of wisdom.

~From our Holy Spirit

~314~

Notice when you are thinking,
and then say,
"I am willing not to think.
I am willing to be guided
by the finger of silence."

Realize you need not know
at the level of mind
to be happy.
You need not know
to be moved.

You only feel you need to know,
because it gives you a sense of identity.
But isn't a sense of identity
separate from the all?

~From our Holy Spirit

~315~

Knowledge is within
beyond the mind.

Knowledge is constant
before and beyond the world.

Knowledge is realization
of the truth of what you are.

Knowledge is peace,
because it is the end of all questions
and the permanent rest
of the doubting mind.

~From our Holy Spirit

~316~

The past has no meaning now.
Any meaning it ever had
was only the meaning you gave it.

Now is a fresh moment.
This means that meaning from the past
can be looked at anew
and new meaning can be given.

However to make this change
do not deny one critical point.
Any meaning the past seemed to have
was absolutely given by you.

~From our Holy Spirit

~317~

The past is a limit you place
on the present and the future.
As you choose the past as a limit
you see what you expect.

This is a limit
or a closed-box experience.

But the walls of the box
have been built by you,
and by meaning you have chosen to believe.

Nothing holds the box in place
but you
through your choice
to re-believe the meaning of the past
again and again.

~From our Holy Spirit

~Commentary on False Perception~

The closed-box is false perception. False perception is a way of seeing what is as if it is something it isn't. False perception can also be called blindness, because it hides the truth from the mind that has chosen to be deceived.

The good news, however, is simply this: "It hides the truth from the mind that *has chosen* to be deceived." And if the mind has chosen to be deceived, it can also choose again by choosing not to re-believe its own deception.

Ask, "What am I believing that is not in alignment with what I am?" And as you ask this question, remember that you do not know what you are. If you can ask this question with the realization you know not what you are, the thinking mind will not be able to figure out an answer. Any answer that is given is given by true awareness. Therefore, it is a truly helpful answer.

You need not know what you are doing to be helped by God, for God does know. God can show you and enlighten you if only you will surrender with a desire to be shown.

~From our Holy Spirit

~318~

One focus is helpful.
One focus is one purpose.

The past is not one focus.
Different meanings for different events
is not one purpose.

Pull your mind into your Heart
until there is no mind
but only the awareness of the Heart.

With this one awareness
look outward at experience.
From this point of awareness
you see only one thing.

~From our Holy Spirit

~319~

"I am not what I think I am"
is an important realization.

As long as you think
you are what you think
you will not let go of the obstacle,
which is your thinking.

Realizing you are beyond
the limited thoughts you hold
allows you to lovingly release
the limited,
and this opens your vision
to the whole.

~From our Holy Spirit

~320~

How do you define yourself?
What are the limits you place
on the idea of who you are?

Do not take this question lightly
as something to read
and then move beyond.

Stay with this question.
Give willingness to see
definitions you might not have seen,
which are part of your identity.

Look at who you think you are and ask,
"Is this idea a limit?"
If the answer is "yes",
give willingness to release the limit
regardless of how precious
the idea may be to you.

~From our Holy Spirit

~Commentary on Attachment~

Precious is an idea that may speak of "fondness" to you. It may speak of "treasure." But I say to you, some of what you treasure most you do not think of fondly. Some of what you treasure most you seem to hate, dislike, resist or deny.

Do not be afraid to admit that an idea is precious, whether it seems to be an idea you are fond of or an idea you dislike. If it is an idea you cannot easily let go of, it is an idea that is precious to you. Accepting that the idea is precious to you will help you question its value. In questioning its value, you open to awareness that knows how to judge the precious as precious and the seeming precious as having no value at all.

~From our Holy Spirit

~321~

An idea in the mind
is just an idea.

It is nothing more
and nothing less.

If an idea is given attention
it will become manifest
in one form or another,
but manifest does not make it
more than an idea.

You are beyond ideas
even though ideas may seem to be manifest
as you.

Let go of ideas
and their manifestation will drop away,
but you still are.

~From our Holy Spirit

~322~

Ideas are an obstacle
when ideas are a part
of self-identity.

No idea is a part of your truth.
Your truth is beyond all ideas.

Ideas are used to guide you in this world,
but an idea is best used to guide
when you listen, act
and then let go.

An idea held to
beyond its moment of usefulness
is an idea that forms self-identity.
This idea is an obstacle.

See the obstacle and let it go.
Stay within the flow of ideas
without clinging to any of them.

~From our Holy Spirit

~323~

Surrender to the inner light
takes away all attachment to ideas,
for ideas are outer
and surrender is devotion to inner.

Surrender to the inner light
takes away all pain and suffering,
for pain and suffering are outer.
Pain and suffering is focus on outer ideas,
ideas of form and ideas of body.

Surrender is devotion to the inner light.
When one is consumed by the inner,
the outer disappears.

Ideas are distraction from the inner light.
When one is distracted,
return yourself to devotion.

This is true practice.

~From our Holy Spirit

~324~

There is nothing to say
when one is awakened to truth.
There is no where to go
and nothing to do.

Yet one who is awakened
may be moved by you
to say and go and do.

Your desire to awaken
will move the awakened soul,
so what you see in him
is you, *truly*.

~From our Holy Spirit

~325~

The awakened mind
has no will of its own.
Will ... I want ... I desire
is the domain of the ego.

The awakened mind is.
It is in love.
It is in service.
It is in joy.
But to say it has a will
is an error.

The unawakened mind wants.
The bridge-mind,
which is the desire for awakening,
wants only one thing.

~From our Holy Spirit

~Commentary on Discovering False Identity~

You may not know how to discover your false identity, which hides the truth because the false identity has long since been believed and therefore ignored, not looked at and questioned. Through this process, the false identity has become invisible to you, and one may not know how to find and look at that which is invisible.

Nothing real has a shadow, because it is too clear. But false identity is not real. Therefore, although it may be invisible it has a shadow, a shadow that casts many shadows. Therefore, if you look for its shadow you will find that which you did not see.

The primary shadow reflecting from the belief in a false identity is the thought "I". It may be followed by "I like this" or "I don't like that," but the thought of an I that is distinct and with preferences is the shadow that reflects from the belief in a false identity.

If you are too accustomed to the false, the primary shadow may be accepted as normal, and through normalcy it may also be invisible to you.

If this is the case, look for the shadows that are cast off of the shadow. These shadows are annoyance, frustration, anger, attack and other forms of upset.

When you are upset, ask why you are upset. You will notice right away that you have found the "I" that is distinct and has preferences.

Now look at that I, the shadow of nothing real, and ask from which it comes. It will disappear into a thought ... just a thought or an idea. And in this you have found false identity. It is thinking ... changeable, non-dependable, unreal thought.

But what are you? Are you thought or are you before thought and beyond it?

By looking at false identity, it must die, because it is not life and you are.

~From our Holy Spirit

~326~

God cannot be described.
God can be known,
but it cannot be put into words.

It is time now to go beyond words,
to forget words altogether.

Although words may be used
to trigger a glimpse, a memory
or a realization of truth,
it is not the words that teach.

It is experience that teaches,
and it teaches only that
which you already know.

What it teaches is your home,
your reality and
what you are.

~From our Holy Spirit

~327~

Resistance is uncomfortable,
so you find yourself willing
to step into an activity or thought
that will minimize resistance.

Minimizing resistance
is suppressing it.
No one heals through
suppressing resistance.

Be willing to rest
and allow resistance,
no matter how difficult
it seems to be.

Allowing resistance
until it dies
is healing.

~From our Holy Spirit

~328~

The spiritual path
is a path of knowing
one step at a time
as knowing is revealed.

Therefore the spiritual path
is also a path of not-knowing.

One who knows
with the proud, proud mind
is not open to revealing.

Revealed-knowing
without mind-knowing
is the unfolding of the spiritual path.

~From our Holy Spirit

~329~

Love is formless.
A joy that springs forth from form
is mistaken identification.

It is mistaken identification
with the body
as who you are
and how you live.

When the mistake arises,
pause.
Let go of the mind's thoughts about form,
and investigate the true source of joy.

Discover that joy is formless,
and its only true source is formless love.

Let go of idea-attachment to objects
and revel in true joy always.

~From our Holy Spirit

~330~

Peace comes from true knowledge,
but true knowledge is not learned
or gained.

True knowledge is
within the peace of your Heart
now.

When panic strikes
go to the Heart for guidance.
Trust implicitly
the guidance of the Heart.

Do not think about its guidance.
Accept it.
Do not worry about what will come next.
Trust the guidance of the Heart
is always available.

This is the way to peace
in every moment
of now.

~From our Holy Spirit

~331~

*Oh Holy Spirit,
You have given me so many gifts,
and now I choose
to return them all to You.*

*I shall give as you have asked.
I shall be in the thought of You.*

*Today I choose the path of awakening
as the only path I walk today.*

*Highlight for me
the errors that persist
within my mind.*

*I will surrender those errors
and not cling to them.*

*I shall ask for the thought
You would give,
and I will treasure it
in my mind and heart.*

Amen.

~A prayer of awakening

~332~

*Let me not today
become entangled in the world I see,
in its problems
or in its pleasures.*

*Let me remain instead
inwardly focused
with my eye and my ear
on my Teacher,
my Guide.*

*Let me be led
without a thought for the world,
but only a thought
for listening and following.*

*This is true surrender
and this is my desire,
my goal and my purpose
now.*

*Take my hand and lead me.
Amen.*

~A prayer of awakening

~333~

*Let me remember
I am in the presence of God.*

*Where ever I am,
who ever I am with,
there is God;
that is God;
in God I am;
it is God I am with.*

*Let me not forget
and see with human eyes,
thinking with human thoughts.*

*Let me stay tuned
to the guidance of God,
which remembers all is God
and interacts with God
always.*

Amen.

~A prayer of awakening

~334~

*Peace is my only goal.
Not happiness within a world
or with an object,
but peace,
which transcends all worlds
and all objects.*

*I close my eyes
and sense the Source of peace.*

*I am still,
and I am one with that Source.*

*I choose not to forget what I am
as I experience a world and objects.
Let that knowledge transcend
all I seem to see
and be all that I experience
in anything.*

Amen.

~A prayer of awakening

~335~

*My heart does know what it wants.
Let me surrender to You,
my Holy Spirit,
as a loving slave
surrenders to its master.*

*Let me not think for myself
about either problem
or solution.*

*Let me only surrender
in blissful trust
of my master's all-knowing ways.*

*Let me be happy to serve,
and let me be happy to wait
when the next order of service
has not yet been given.*

*As I surrender to you,
I let go of ego.
Thank you for the gift of surrender.*

Amen.

~A prayer of awakening

~336~

*All of my thinking
does not matter.
It is only a way
of keeping the ego alive.*

*What will unfold
will unfold,
and I choose
to be grateful for it.*

*In peace, I accept peace
as the only essence.
In peace,
I am grateful.*

*I surrender my thinking
in gratitude.*

*I do not deny the temptation to think,
but I surrender my thinking in gratitude,
and I ask,
"How am I to see this?"
"What am I to do?"*

Amen.

~A prayer of awakening

~337~

*My prayer today
is for the state of constantness
as a state that I hold
in my awareness
always.*

*As the ego struggles for experience,
let me stay in constantness.
Let me watch the ego's efforts
from awareness of constantness
and peace.*

*Let me not interact with the ego
by believing it,
or joining it,
or trying to stop its workings.*

*Let me remain in constantness
and know where I am.*

Amen.

~A prayer of awakening

~338~

*Holy Spirit,
let me hold
no separate identity
apart from you.*

*Let me see all ideas,
all thoughts,
that tell me I exist
as a being apart,
and let me surrender those thoughts
into the dust of nothingness
from which they came.*

*As I surrender my thoughts,
I surrender my heart too.
But I surrender my heart,
not to nothingness,
but to everything
and only-thing,
which is to surrender to You.*

*Make of me a slave,
moved only by You
through my desire
to have no semblance
of my own identity,
an identity I would call mine.*

*Make my identity
ours,
one and the same.*

Amen.

~A prayer of awakening

~339~

*Holy Spirit,
let me remember
that a bird is not a bird,
a hand is not a hand,
a body is not a body.*

*Let me remember
that the sky is not the sky,
the clouds are not clouds
and rain is not rain.*

*All that my mind shows me
as I look upon the world
is an error and a mirage.*

*How can I think I know
based on what I see and experience?*

*To think I know
based on what I see
is to be a fool
believing a fool's images.*

*Let me be wise
and trust not my sight.
Let me surrender fully
to You.*

Amen.

~A prayer of awakening

~340~

*Holy Spirit,
it is my will
that I do Your Will.*

*I am aware
of a voice in me
that is not Your Voice
or Your Will.*

*I chose this voice
and gave it permission
to speak in my mind,
but now I make another choice.*

*It is my choice now
to return to My Will,
which is also Your Will
because our Will is the same.*

*Help me to leave
the habits I have formed
and return Home
to my Heart and my truth.*

*Show me when I have slipped
and begun to forget who I am,
that I may surrender the will I no longer want
and return Home to Your Will and my Heart.*

Amen.

~A prayer of awakening

~341~

*Words are symbols.
They are symbols
that I believed
communicated.*

*I see now
that symbols do not
communicate.*

*Communication is beyond
all symbols.
Communication occurs
through the vibration
of mind or Heart.*

*Holy Spirit,
help me to abandon
the vibration of mind
because the thinking in mind
is not me.*

*Help me attune
to the vibration of Heart
and sing only its song,
since its song is my true song
and all that I would want
to sing now.*

Amen.

~A prayer of awakening

~342~

*The mind wills to wander,
but the Heart remains
as always
constant.*

*Let the mind stay focused with the Heart.
Let it not be like a separate being
wandering apart and lost.*

*Let the mind be Home,
focused on the Heart,
centered and one with it.*

This is its truth.

*Let it not deny reality
by thinking and wandering as if alone
separate from the loving and peaceful existence
that is its Source.*

Amen.

~A prayer of awakening

~343~

*Today let me have strict abidance
in the Heart, Within,
listening and following
and not thinking.*

*I ask for strict abidance
because I know and do not deny
the ego's ability to distract attention
to the world of form,
away from the Heart
and inner awareness.*

*I choose to remain firm
in remembrance of what I want.
I ask for strict abidance,
that I may remember
I do not want to be distracted
away from inner attention
on Self.*

Amen

~A prayer of awakening

~344~

*The individual self is strong
when the individual self has been given
attention.*

*I take this attention away
and place it on the Heart,
yet the individual self remains loud
because I have given it attention.*

*I can rest now
and wait
while the attention I have given
dies away.*

*When all that I have given
has run its course,
the individual self
will not seem strong.*

*I wait in patient knowing,
knowing who I am.*

Amen.

~A prayer of awakening

~345~

*I pray for the fulfillment
of my true desire.
I understand the answer
must come from grace.*

*I cannot make for myself
that which I am.
I cannot think it
into my experience.*

*And so I pray for the fulfillment
of my true desire,
knowing that grace is received
through absolute surrender.*

Amen.

~A prayer of awakening

~346~

*I vow to be devoted
to my devoted Heart.*

~A thought of awakening

~347~

*I vow to listen
to my devoted Heart.*

~A thought of awakening

~348~

*The Heart is beyond words.
It is real,
and its meaning is reality.*

~A thought of awakening

~349~

*I am grateful for seeing my errors.
I choose to relinquish them now.*

~A thought of awakening

~350~

*I remove the obstacles
that I have placed
before God's open doorway.*

~A thought of awakening

~351~

*I listen Within,
although I may hear no sound.
No words. No form.
There is music in stillness.*

~A thought of awakening

~352~

*There is a desire to avoid stillness,
and there is the lovely music of stillness too.
Which one do I choose today?*

~A thought of awakening

~353~

*I turn inward;
I listen to wisdom beyond words.*

~A thought of awakening

~354~

*Today is a day of stillness,
focused stillness,
on the Heart.*

~A thought of awakening

~355~

*Rejection is not a part of me.
I rest in acceptance now.
I rest in the bliss of pure acceptance.*

~A thought of awakening

~356~

*I am free from delusions of need.
I am happy with what is,
at peace in my Self.*

~A thought of awakening

~357~

*I see all things as one
and accept all things as love.*

~A thought of awakening

~358~

*How do I know if I walk the path of awakening?
I know by its effects.*

*How shall I know if I will continue?
The effects themselves call me forward.*

~A thought of awakening

~359~

*I stand at the threshold
of a doorway leading to ... What?
Am I willing to be the unknown?*

~A thought of awakening

~360~

*I disregard all thoughts
in favor of the wisdom of silence now.*

~A thought of awakening

~361~

*Today exists in Presence.
Presence will enjoy today.*

~A thought of awakening

~362~

*Be nothing.
Be not a part of it.*

~A thought of awakening

~363~

*I want only God now.
I want nothing else.
I ask you, Universe, to help me.*

*I am not afraid to ask.
I understand you are benevolent-love.*

*I ask benevolent-love
to help me awaken
to only love,
and I trust you.*

Amen.

~A prayer of awakening

~364~

*I give my commitment
to inquire into all of my experiences
and all of my beliefs
until the spell of mesmerization is broken.*

~A decision of awakening

~365~

*I agree to continue listening to wisdom
even though I realize it will put an end
to the local-self I think I am
and this world-appearance that I believe is real.*

*I accept there may be resistance,
and I give resistance permission to make itself known,
but I shall react only by watching with non-attachment
as I continue to follow the call of wisdom.*

~A decision of awakening