

Tips from Regina ~ About Gentle Healing, Year 2

In the second year of Gentle Healing, we will focus on [Thoughts of Awakening: 365 Thoughts for Contemplation](#). Originally these thoughts were called “Single, Quiet Thoughts.” These thoughts started coming to me during my morning contemplation while I was scribing NTI. They did not come at the rate of one per day. In fact, these 365 thoughts came to me slowly over about 4 years. I don’t really know why that is, but my guess is that I had to mature to a specific point spiritually in order to receive higher levels of thought, so there were delays between one group of thoughts and the next group.

Each of the 365 thoughts is intended for a full day’s contemplation. They are to be read and contemplated repeatedly throughout the day. If you read and contemplate each thought deeply for a full day, you’ll experience shifts towards true perception this year.

The best way to devote yourself to each thought is:

1. Read the thought in the morning, and spend time contemplating it.
2. Write as you contemplate the thought. (During tonight’s Gentle Healing meeting, I will demonstrate some ways to contemplate and write with these thoughts.)
3. Keep the day’s thought with you and review it multiple times throughout the day. The more you review it, the better. The goal is to absorb it as deeply as possible.
4. Also review whatever you wrote as you contemplated the day’s thought that morning. If what you wrote is long, you might not be able to review it as often as you review that day’s thought, but review your writing enough to put it into practice. Practicing the guidance that came to you through your writing is the most important part of this process.

In addition to contemplating the Thoughts of Awakening, we will read a short amount of supporting material each day this year. We will read the three books that I was focused on during the time when the Thoughts of Awakening were received. Those books are NTI, *The Teachings of Inner Ramana* and *The Direct Means to Eternal Bliss*. We will begin with NTI. We will read NTI at the rate of about 2 pages per day.

During Year 2, I will not assign extra videos or audios. We will focus solely on the Thoughts of Awakening and the reading material just mentioned. I would rather spend more time with the inner teacher this year and less time with outer teachers.

As the facilitator for Gentle Healing, I would like to hear more about your process this year. During the first year, 45 minutes of our 2-hour weekly meeting was devoted to your sharing. In the second year, I will increase that to at least 1 hour per meeting, and if there is a lot of sharing, we may go longer. You are also invited to use that time to ask me questions. I always prefer that you ask your inner teacher before asking me, but if

there is a question you don't receive an answer to or if you have some doubts about the answer you received, you can ask me at the Gentle Healing meeting.

I will continue to write tips in our second year of Gentle Healing. I won't write tips about each day's thought for contemplation; I want you to write with your inner guidance without being influenced by me. My tips will focus on the reading material. You might find it helpful to read my tip *before* you read that day's material. My tips will help focus attention for the reading.

Ken will post each day's thought from Thoughts of Awakening as the [Daily Contemplation](#) on the Awakening Together website. It will come out each day on the [Daily Update email](#). Also, you can [download the Thoughts of Awakening ebook](#). I have saved the ebook to the Kindle on my iPhone for easy repeated access.

On Monday through Saturday, Karen Worth will post a 30-minute guided meditation based on the current day's Thought of Awakening. Those meditation audios will come out on the [Daily Update email](#). You can also access them by going to the Awakening Together website. They will be posted under Audios & Videos, [Meditation Audios](#).

On Sunday, Karen will lead a meditation in the Sanctuary at 9:30am ET, just before our Weekly Gathering. The meditation will be based on the current day's Thought of Awakening. The Sunday morning meditation will be replayed in the Sanctuary on Sunday evenings at 10pm ET.

Thoughts of Awakening # 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

Tips from Regina ~ Day 1: NTI Matthew 1-4

NTI opens with some practical advice about following guidance. I am not going to elaborate on that advice. I encourage you to spend time with the simple advice given. Marinate in it until it is absorbed, so you can live from that advice.

That takes me to what I do want to focus on in today's tip.

The opening chapters of NTI refer to John the Baptist as “the observer, the one who told you sorting of thought is necessary. He is the one that called upon you to pay attention and choose a different way of thought.”

And then NTI goes on to say, “With the Spirit, you shall examine your thoughts. It is your true Spirit that will guide you to choose truly.” The opening chapters also refer to “the Son of God” as the one who will “perform the sorting for you.”

So what is the “observer,” “Spirit,” and the “Son of God”?

The observer is a conscious aspect of wisdom. It is often called the conscience. It is that twinge of knowing that every human is familiar with, whether they listen to it or not. Historically, John the Baptist encouraged people to repent. Our conscience does the same thing. It points out what is bad for us, and it encourages us to drop unwholesome habits and take up better ones. Although many people feel guilt when they do not listen to their conscience, guilt does not come from the conscience. The conscience is non-judgmental wisdom. Any sense of guilt comes from mind’s interpretation of you in relationship to your conscience.

“Spirit” and “Son of God” are synonymous in NTI, and they point to spiritually awake-consciousness, which is beyond the human conscience. “Spirit” or “Holy Spirit” is used in NTI in the context of divine Other, and “Son of God” is used to refer to you. However, ultimately the divine Other and you are the same one, so the terms are synonymous in the end.

It is fair to say that the aspect of wisdom known as Spirit or the Son of God is not conscious in most humans. It becomes conscious gradually when we are called to awaken. As we follow its guidance, it becomes more and more conscious. It is what I often call “spiritual intuition.”

One of our primary goals this year is to bring spiritual intuition more and more into our conscious experience *by listening to it*. Since it comes from awake-consciousness, it knows how to lead us to our awake-consciousness. Without spiritual intuition, you are left with only your conscience to guide you. Your conscience can help improve the human experience by removing many causes of suffering (if you listen to it), but it cannot take you beyond separation-consciousness (duality) to awake-consciousness (unity).

Here is a story from the Bible that represents the difference between conscience and spiritual intuition:

In those days John the Baptist came, preaching in the wilderness of Judea and saying, "Repent, for the kingdom of heaven has come near." This is he who was spoken of through the prophet Isaiah:

"A voice of one calling in the wilderness,
'Prepare the way for the Lord,
make straight paths for him.' ...

People went out to him from Jerusalem and all Judea and the whole region of the Jordan. Confessing their sins, they were baptized by him in the Jordan River. ...

[He said,] "I baptize you with water for repentance. But after me comes one who is more powerful than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire. His winnowing fork is in his hand, and he will clear his threshing floor, gathering his wheat into the barn and burning up the chaff with unquenchable fire."

Then Jesus came from Galilee to the Jordan to be baptized by John. But John tried to deter him, saying, "I need to be baptized by you, and do you come to me?"

Jesus replied, "Let it be so now; it is proper for us to do this to fulfill all righteousness." Then John consented.

As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased." ~ Matthew 4:1-3, 5-6, 11-17

Thoughts of Awakening # 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

Tips from Regina ~ Day 2: NTI Matthew 5, (v 3) – (v 25, 26)

In the story that I shared from the Bible yesterday, the Son of God submitted to a baptism by John the Baptist, a symbol of our conscience. When John said, "I need to be baptized by you," John indicated that spiritual intuition is higher than conscience. However, when Jesus replied, "Let it be so now; it is proper for us to do this to fulfill all righteousness," Jesus indicated that conscience has its place in the totality of wisdom. Conscience is to be respected and followed. It is not to be ignored as less than higher wisdom.

NTI begins on that premise. We begin by following conscience instead of ignoring it, and it is through following conscience that higher spiritual wisdom arises into conscious awareness.

Michael Langford concludes his book, *Manonasa: A Spiritual Autobiography*, with "Five Steps for the Majority." These steps encourage us to follow our conscience in relationship with others. Here is what Michael wrote in *Manonasa*:

For those of you who do not want to attain Manonasa but you would like to know how you can move from darkness to light, follow all 5 steps on this page every day. All of you who do want to attain Manonasa should also follow the suggestions on this page, because these suggestions are for all of the more than 6 billion humans on earth:

1. Every time you speak to a human being either in person or over the phone, make sure the content of what you are saying and the tone of your voice are loving, caring, and kind.
2. Every time you write something to a human being, make sure that what you are writing is loving and kind. Pause before you send someone an email or a text message and make sure that your email or text message is loving, caring and kind.
3. Never do any harm of any kind to any human being or animal.
4. Treat even the people who you think do not deserve your kindness with kindness.
5. Treat even people you only see briefly with great caring and kindness.

When Peace Pilgrim began her spiritual investigation, she noticed that nearly every spiritual culture had a rule similar to "the golden rule." Jesus taught this rule in the Bible by saying, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

In Jesus' final teaching to the apostles, just prior to his arrest and crucifixion, he said, "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." (John 13:34, 35)

Kindness with one another and with all living things (ahimsa) is where we begin our second year of Gentle Healing. When we practice kindness, our goal isn't to act kind on the outside while judging and carrying on ferociously in our minds (although that may be how it starts). Kindness is a way of being that we want to master through and through. In this way, kindness is a purification technique.

First, we behave kindly with everyone, because to not be kind is to be a slave to the ego, and we don't want that. Then secondly, if we do not *feel* kind within, we question our thoughts and feelings. We turn to inquiry and to rest-accept-trust in order to heal every part of us that is not naturally kind.

NTI says, "... the law of the heart is beyond the world. It is like a path that you shall follow to higher ground."

In other words, as we live by conscience in our relationships with others, it leads to higher and higher levels of wisdom, levels that "lead a man from his manhood to his true Self..."

Thoughts of Awakening # 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

Tips from Regina ~ Day 3: NTI Matthew 5 (v 27, 28) – end

Most people do not live according to their conscience, and so the conscience has been repressed. Since the conscience is repressed in most humans, humanity had to create laws, moral codes, and etcetera to tell people how to behave. In order to enforce these laws, humanity also created consequences for breaking its laws. Of course, these consequences have often been extreme and just as out of harmony with conscience as the crime itself.

Ego is responsible for the repression of conscience. When we believe our egotistical self-centered thoughts, we ignore conscience. Since conscience is not self-centered, we believe it is against our will, which is self-centeredness. In other words, we literally choose self-centeredness over unity.

Practicing kindness in our relationships with others reverses this process.

Today's reading provides guidance about how to practice kindness, which it calls love. It also addresses some common confusion about this practice. I encourage you to read slowly and digest this guidance.

Many spiritual people ignore the guidance for kindness. Sometimes they use excuses to justify unkindness like, "the world is not real," "the script is written," "I am not the doer," "there are no others," or "I'm just a mirror of your state of mind." Two traveling spiritual friends of mine used to steal from people who invited them into their homes. They claimed that by stealing, they gave their hosts the opportunity to forgive. They even coined a term for it: stealing for forgiveness.

Self-centeredness is what repressed conscience in the first place, and self-centeredness will confuse spiritual teachings in order to keep it repressed, if you let it. However, that's not necessary, because you do have conscience.

Conscience comes from the latin verb, conscire. "Con" means "with," and "scire" means "know." Therefore, conscience literally means 'with knowing.' Since this knowing is built into you, you can know when confusion is trying to confuse you; you can know when you are trying to ignore conscience; you can know when you are attempting to justify being out-of-harmony with conscience; and you can know how to be in harmony with conscience. It's all a matter of wanting to choose unity consciousness over separation (self-centered) consciousness.

This is a song that a friend wrote based on NTI Matthew, Chapter 5. It might be fun to listen to it as you contemplate your choice regarding kindness.

Thoughts of Awakening # 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

Tips from Regina ~ Day 4: NTI Matthew 6

We have a practical goal, which is kindness. We will practice kindness to the best of our ability. However, we are not practicing kindness merely for kindness' sake. We are on a journey toward truth. Kindness is a step in that direction.

NTI says, "If you are to walk the path of righteousness, all things must be done for the reason of the Heart. ... Let not actions blind you. It is not the action that matters, but the purpose that is given it." In other words, if truth is what we seek, then truth must be the reason for our kindness.

Let me give you an example of a common mistake in purpose. Some people will read this teaching or a teaching like it, and then do their best to be kind so they can be good. The purpose of being good is different than seeking truth. If one's underlying goal is to be good, one has selected a goal that has an opposite. The goal and its opposite are one, since you can't have one without the other. That means that anyone who wants to see herself as good will also see herself as bad.

Truth has no opposite. By making truth realization your reason for kindness, you set yourself on a path of increasing clarity.

Today's reading shares tips about how to practice kindness for the purpose of truth realization. In short, it guides us to:

1. Ask for what we want in a heartfelt, prayerful way.
2. Remember our purpose—truth realization—in all things.
3. Surrender to inner guidance. Trust it and follow it in all things without seeking a specific outcome for the self.

There are two comments I'd like to make about today's reading:

First, today's reading refers to our "evil thoughts that would trick and blind us to the Light within." Some people don't like the word "evil," probably because they associate it with guilt. As I mentioned in my first tip this year, guilt does not come from the

conscience. The conscience is non-judgmental wisdom. Any sense of guilt comes from the mind's interpretation of you in relationship to your conscience.

One definition of "evil" is "something which is harmful or undesirable." In other words, evil, as it is used in NTI, is a term of discernment instead of judgment. "Evil thoughts" refers to thoughts that hurt us rather than awaken us. Since we don't want to be hurt, and we do want to awaken, it serves us well to recognize those thoughts and let them go. Conscience will help us do that, since conscience is our inner knowing.

Secondly, today's reading makes a comment that I'd like to highlight. It says, "But if you do not trust your Heart [conscience and spiritual intuition] and you try to find your own way to happiness, you shall be lost."

We have a longtime habit of self-centeredness to the point that we think we want to be self-centered. Therefore, when conscience or spiritual intuition guides us to drop self-centeredness, we can feel threatened.

If you ignore conscience or spiritual intuition because you believe it is threatening, you will not transcend self-centeredness.

Knowing what you want is key. Know what you want, and then make decisions based on what you want. Even if you feel threatened or afraid, keep walking in the direction of what you really want. That is the only way to get there.

Thoughts of Awakening # 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

Tips from Regina ~ Day 5: NTI Matthew 7

We cannot practice kindness if we continue to judge others. Every time we are not kind, it is because of judgment.

Today's reading begins with a strong statement. It says, "Judgment is like a knife that cuts the Son of God [consciousness] into pieces, for what you judge as separate from you is seen as separate, and so it cannot be seen as one."

That means if we want to awaken to unity-consciousness, we need to let go of judgment.

How do we let go of judging others? It is as simple as remembering what you truly want over and over and over again. The process looks like this:

1. A judgment comes into the mind. If you see the judgment with awareness, you can choose not to believe it right then, and this process is over. If you are lost in thinking and believe the judgment, you will experience an emotional effect. It could be a slight annoyance, outright anger, fear or any other effect.
2. The emotional effect can be like an alarm clock for you. You were not aware when you believed the judgment; the emotional effect can wake you up so that you return to awareness. As you become more practiced, the emotional effect will wake you up immediately. In the beginning, you may live with an emotion for a long time before you finally allow it to wake you up and bring you back to awareness.
3. When you become aware of the emotion, be grateful you've become aware, and then look at the mind to see what the judgment is. The judgment is present in the mind whenever the emotion is present, because there is a simultaneous cause and effect relationship between the judgment and the emotion.
4. See the judgment, and then ask yourself if you would rather hold onto this judgment (like a knife) or if you would rather know unity consciousness as a direct experience. *Really look at what is most important to you.*
5. Once you are in touch with your desire to know unity consciousness, make a decision to release the judgment. I whisper my decision to myself in the mind. I say, "I take it back." That means, I take back believing this judgment. I'm not interested in it. I am more interested in truth.

Practice this process over and over and over and over again, each time you discover you've believed another judgment about someone. You can also practice it with judgments you believe about yourself or anything else. With time, you will see fewer judgments in your mind. It will also get easier to let go of judgments as soon as they appear in the mind, so that the process ends at step #1 and an emotional effect never occurs.

Consistent practice is the key to transcending judgment. It takes a lot of determination—a lot of "I really want to do this"—but it can be done. You are allowed to change your

mind. Remember this hint: It's easier to let go of a judgment when you are in touch with what you really want.

When a judgment feels stuck—meaning you've tried, but you can't let it go—look at the situation more deeply using Root Cause Inquiry, Byron Katie's 'The Work' or some other form of inquiry. There is more to be seen; there is a deeper belief that is being triggered by the situation. Use inquiry to find the belief, and then use the process from this tip to change your mind about it.

I recommend printing this tip so you can reference it repeatedly until the process above is a new habit. You will have to change your mind many times in order to change the mind. That's because you are reprogramming the brain. The brain wasn't programmed with just one thought one time. It was programmed through habitual thinking. A new habit of thought—the process taught in this tip—will reprogram it.

Thoughts of Awakening # 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

Tips from Regina ~ Day 6: NTI Matthew 8 & 9

The primary theme in today's reading is this:

Our thinking is not who we are;
therefore, it cannot lead us to know what we are.

We have learned to trust our thinking, which is one of the most foolish lessons we've ever learned. In fact, the three most foolish lessons we have ever learned are:

1. I am a self
2. I am this self (body-mind-personality)
3. I am a bad/lacking self

When you look at those three lessons, you see everything that we need to unlearn.

Of course, the self that believes these ideas cannot heal us of these ideas. That is why we need to learn to trust the guidance that comes from within, which may sometimes seem contrary to our will. What we perceive as 'our will' is based primarily on the last two lessons in the list above. What we perceive as 'our will' is a defense against the belief that we are bad or lacking, and it upholds the idea that we are a specific body-mind-personality. What we perceive as 'our will' is the obstacle to realizing our truth.

That's why today's reading says, "Do not ask for what you want. Ask Me what it is that you need, and I shall lead you to it."

When we ask for specific things or circumstances that we want, those specific things are based on the fears and desires of the specific bad or lacking self that we think we are. Therefore, believing we need or want those things reinforces the idea that we are that self. By letting go of what we think we want, and by asking in trust for whatever it is that we need, we loosen our grip on who we think we are.

Today's reading says, "Do not be confused. Your will is not the same as God's, but when you lay your will aside and walk with God, you will know that you are one with Him."

A common confusion is this idea: I am one with God, so what I want for myself is also what God wants for me. However, that confusion ignores the fact that you are confused about what you are. God is not confused about what you are. God's Will is that you know your truth. That's why you have been called from within to awaken. That's why you are on this spiritual path. However, most of what you think you want still comes from mistaken ideas about who you are.

You are one with God. That is what God wants you to know—*that is what awakening is*—but that is not learned by reinforcing that you are the person you think you are. God's Will is different from your will. Your will is based on mistaken ideas about who you are, and your will reinforces those ideas. God's Will is the truth of what you are.

The reading asks us to let go of "old habits and old ways of thinking." We can start by doing these two things:

1. Practice letting go of judgments as taught in yesterday's tip.
2. Ask for what we need instead of asking for what we want. We can practice with the daily thought. When we contemplate the thought we can ask, "What would You have me see or realize from today's thought," and then see what unfolds from asking that question.

Thoughts of Awakening # 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

Tips from Regina ~ Day 7: NTI Matthew 10

Today's reading is a request to commit to the inner Teacher. From this point forward, I am not your teacher. I am a facilitator, a helpmate. The teacher resides within you. I am here to help you become Self-reliant with your inner Teacher.

The outer teacher helps awaken the student to the inner Teacher. The inner Teacher awakens the student to consciousness. Truth Itself awakens consciousness to Truth.

Today's reading begins by giving you authority to teach, and it emphasizes that the one you teach is yourself. I'd like to share some comments about teaching. I have been a teacher and course writer since 1988. My career began in the Air Force, where I developed courses that taught new recruits how to be Radio Communications Analysts. When I got out of the Air Force, I got a job as a software trainer and course developer. Later, I transferred to soft skills, which included topics like management training, communication skills, change management, etcetera. In late 2004, I received a calling to write for Holy Spirit and teach what I write. I've been doing that since then.

In these 30 years of writing courses and teaching, I've learned that the best way to learn something is to teach it. Jesus must have known this too, because he wasn't with the disciples for long before he sent them out to the villages to teach. (See Matthew 10 in the Bible.)

Most people make a mistake when they think of teaching. They think that in order to teach, you must be an expert in the field. That's not true. Every single course I have ever taught, from software to soft skills to spiritual, has always been at the leading edge of my own learning. When Jesus sent the disciples out to teach, they were far from being masters. However, he knew that it was only through doing that they would learn about the wisdom that resided within them.

I've mentioned that inner wisdom is repressed for most humans. Teaching (sharing) is a great way to bring wisdom out of repression into conscious awareness. However, when you teach you cannot teach from the idea, "I am supposed to know" and "I am teaching others." When you teach, you teach from the idea, "I don't know" and "I am here to learn."

Some of you answered the call to teach when I put out that call last year. Now, I will revise that call somewhat. I would like you to consider teaching from your own journals, from the writing you do with Spirit as you go through Gentle Healing. The wisdom and guidance that comes through that writing is the wisdom and guidance that will guide you "ever so gently, to the point of knowing your Self again." There is nothing better to teach, because there is nothing more important to learn.

In the past, I taught from my journal through the [Holy Spirit Guides](#) series. Now, I teach through my journal when I teach [Seven Steps to Awakening](#) on Sunday nights.

Please consider teaching from your journal. When you do, although you are teaching yourself, it is important to communicate *as if* you are teaching others. In other words, you want to have the intention of fully communicating so that others can understand. When you teach in this way, more clarity will come to you, and what you understood before will become enhanced "by a hundred times as much." (Ref: Matthew 19:29) *Note: Those of you who participated in dyads at the Fall Retreat understand the value of communicating in this way.*

Some of you teach in the Sanctuary now from books written by others. Consider repurposing your teaching time to share from your journal instead. If you feel there isn't enough material in your journal to fill the timeslot, begin your teaching time by sharing from your journal and then go to the book you are sharing from after that. Another option is to continue with the book you are sharing from now, but whenever it connects with your journal, bring your journal into the sharing.

If you do not have a teaching time in the Sanctuary, but you are willing to answer this call to teach, [contact us](#). We can rearrange our schedule somewhat in order to find additional time slots. If we can't find a time slot for you now, we will put your name on a waiting list until a time opens up.

I've spent a lot of time talking about the first couple of paragraphs in Chapter 10, because I feel there is a lot of confusion about the value of teaching. However, let me take another moment to comment on another *key point* in Chapter 10.

It's important that we realize the difference between the eternal and the temporal. This is one of the most important of all spiritual realizations. Take time to notice *over and over again* that you—the seer, the watcher, awareness—are ongoing, while everything that you perceive comes and goes. Thoughts come and go; emotions come and go; relationships come and go; problems come and go; but the witnessing presence that you are remains constant. *Notice this.*

Thoughts of Awakening # 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

Tips from Regina ~ Day 8: NTI Matthew 11

In the Year 1 tip based on ACIM Workbook Lesson 362, I shared this excerpt from Floyd Henderson's book, *The Final Understanding*:

So many take their favorite teaching method and its teachings as the final step, adopting a religious or spiritual persona and fixating in that role for the remainder of the manifestation...doing spiritual stuff and eating spiritual stuff and wearing spiritual stuff and—in all of their spiritual doingness—living in what they take to be a most non-natural, supernatural, “elevated,” “higher” (and yes, “separate and different”) manner.

NTI addresses this same stumbling block in one of my favorite paragraphs in the entire book:

The search for truth is not truth itself, so do not stop there. Many have heard this call to search and have accepted it, but they have stopped, thinking themselves complete. You are not complete until you are Truth, so do not stop at the call. It is your beginning, but it is not your end. To find the truth, you must walk until your end.

This is what was so important about the last section of *A Course in Miracles Workbook for Students*. We learned that there are two awakenings, awakening to unity consciousness and then awakening beyond unity consciousness, beyond the pure I Am presence, beyond subject awareness. It is so important to know “keep going.” Even when you think you are complete, *keep going*. We are blessed to have this knowledge.

Today’s reading cautions us “not to judge the symbols. Do not look for truth there.” This is the same as the teaching from NTI Revelation, Chapter 1, which says, “Do not idolize anything within the world or any symbol or any thought that is sent to lead you from the world. Hold to them as they are useful, but let them go when their usefulness has past. You are to keep moving *by letting go* until you find yourself with nothing left to hold onto.”

In other words, the spiritual path can be a final obstacle that we get stuck on. Our favorite spiritual teacher can be a final obstacle that we get stuck on. Our favorite scripture or spiritual teaching can be a final obstacle that we get stuck on. Even our own clarity can be a final obstacle that we get stuck on. We want to avoid these common ego traps, which are a lot like quick sand. First we get stuck, and then we are sucked in and swallowed.

That’s why one of Awakening Together’s five core values is:

We affirm one true Self as the only truth. We live this value by embracing what is helpful on the path of awakening without idolizing any spiritual doctrine as truth.

We are here to become empty of everything, “to keep moving *by letting go* until you find yourself with **nothing left to hold onto**.”

Thoughts of Awakening # 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

Tips from Regina ~ Day 9: NTI Matthew 12

Today's reading is about death and life. One might say it teaches why we die and how we can gain eternal life, but those words are not the correct expression of the teaching. Those words are not the correct expression of the teaching, because *that which dies cannot gain eternal life, and that which has eternal life cannot die.*

In short, we are confused about what we are.

Humans tend to believe that we are individual body-mind-personalities in a world filled with other body-mind-personalities. This is the belief in separation. But as NTI points out, "The Spirit of God is one," and "What is one cannot be separate and live."

Let's imagine that a person takes a knife and begins to dissect a living body. (I know, it's not pretty to imagine this, but stay with me. I have a point to make.) The person cuts open the body cavity and takes the internal organs out of the body, and places them in separate places on a large table. Will those separated organs live?

Of course, the answer is 'no.' As NTI says, "What is one cannot be separate and live."

When we believe we are individual body-mind-personalities in a world filled with other body-mind-personalities, we metaphorically cut up the Spirit of God in separate pieces, placing each piece in a separate location. (For example, this is me, here. That is John, over there.) Like the organs separated from the body, these separated beings cannot live.

"But the good news is that separateness is but illusion, and so death is illusion too."

It's not the separate body-mind-personality that lives. It's the truth that lives, and it lives because separation has never occurred. "This is the truth I would have you learn."

Humans identify with the body-mind-personality they appear to be. Typically when humans become involved in spirituality, they think they are on a path that will lead to 'me' being eternal. But 'me' is like a separated organ lying on a table. It has no hope of being eternal.

The spiritual path isn't a means to eternal life for 'me.' The spiritual path is the means to discovering that I am not 'me.' It is the means to waking up from the idea that I am 'me.' And in this awakening, we realize what we truly are and *that* is eternal. The temporary

body-mind-personality will come to an end, but the Spirit of God (life) continues, and I am *that*.

At a deep level, we all know this is true. This is what my dad explained to me on a hike in Southern Missouri. (Reference the [tip for ACIM Workbook Lesson 358](#).) However, ***to the degree that we are identified with the body-mind-personality***, we don't want the truth to be true. That's why NTI says:

If you choose to be blind, you will be blind, but blindness is your choice. I come to help you see, if you are willing. There is so much I want to show you! I want to show you the truth of who you are, the sweetness of your freedom and the glory of Heaven! But you must choose to open your eyes. I cannot do that for you.

The body-mind-personality is a temporary manifestation. Like a beautiful flower, it will die. However, just as we can enjoy beautiful flowers, we can love body-mind-personalities. It is our joy to do so! But loving something and thinking it is 'me' is not the same thing. We are here to "find the truth, and your truth will be *you*."

Today's reading promises a movement from the way we see now, to a new way of seeing, to truth realization. What we need to do to proceed is let go of our current way of thinking. The inner Teacher will help with that, if we are willing.

Thoughts of Awakening # 10

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

Even more, you place that desire to trust yourself 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

Tips from Regina ~ Day 10: NTI Matthew 13 (v1-9) – (v34, 35)

Here is a story from the Bible:

That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying:

“A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. Whoever has ears, let them hear.”

The meaning of this parable is that we have choice.

Obviously everyone reading this tip has interest in awakening, but in order to go all the way and awaken, more is needed than interest. Last year we started Gentle Healing with 66 people in the Sanctuary (& many others who were unable to attend the meeting live.) By the end of the first year, there were about 25-30 people attending meetings in the Sanctuary (& probably half of the original number who participated without attending meetings.)

I noticed that our numbers were up again at the first meeting for Year 2. There were 40 people in the Sanctuary. How many of us will make the choice to stay and commit to the daily reading, contemplation, writing, meditation and practice, as well as sharing or teaching about our process and clarity? How many of us will make the choice to *give it our all*, just like an Olympic athlete gives all for the sport?

Giving all includes letting go of our self. There's just no way we can transcend the ego and continue to listen to our every thought, follow our every desire and avoid everything we want to avoid too, because our thoughts, desires and fears *are the ego*. ***The ego is those thoughts.***

That means, if we are committed—if we want to be the good soil that the seeds fall on—we are willing to make an ‘about face,’ turn completely around from our ways and our habits, and be led by inner intuition instead of by our thinking and personality conditioning.

I've mentioned that I was in the Air Force. Of course, the first phase of a military career is basic training; you might know it as “boot camp.” In basic training, we learned to march in formation, and we learned that specific turn-around step called ‘about face.’ That step did not come naturally for most of us. At first, we would wobble, stumble and turn around too far or not far enough. We had to practice and try again, but by the end of basic training, we could all do the ‘about face’ with ease.

You will have the same experience with this ‘about face’—turning around from your ways and habits to be led by intuition instead of by your thinking and personality conditioning. You will wobble, stumble and turn too far or not far enough. But if you are like the good soil, you will practice and try again, and at some point, following intuition

will be easy for you. You will feel at ease with intuition, meaning that you will know inner peace.

One debate that comes up repeatedly in spiritual circles is whether we are to put effort toward awakening or not. Some teach that extreme effort is needed. Some teach that effort needs to be avoided because it comes from the ego. I have always thought that the debate stems from different interpretations of the word “effort.”

NTI Matthew 13 says:

It is through your choice, but not through your effort, that the kingdom of Heaven is given, for the kingdom of Heaven must be a gift given by the Father to you. Choose to be ready to receive the gift. In this way, it is like yeast. The yeast represents the choice, but the rising of the dough is the gift born of that choice. ... Through your consistent choice, I will give you My gift. For I cannot give against your choice...

(Note: The last part of this excerpt is from tomorrow's reading.)

Contemplating this excerpt may help you resolve the debate about effort or no effort in your own mind. Ask the inner Teacher to help you realize clarity.

Thoughts of Awakening # 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

**Tips from Regina ~ Day 11: NTI Matthew 13 (v36–43) –
end & NTI Matthew 14**

Today's reading is the heart and soul of purification. *Learn to live today's reading, and you will be purified.*

Here are some key points to remember from today's reading:

- **You must trust Me above all that you think and hear and see. You must put Me above yourself and your world.** – I cannot tell you the number of times I remembered this idea and followed it in order to let go of something my sense of self clung to. Remembering this gave me the strength and willingness to let go when the resistance to letting go was great.
- **The sorting of thoughts is the work that must be done. This is the moment-to-moment choice you must make: Where will you put your faith?** – I asked myself this question over and over again during the purification process. “Where will I put my faith? With the teachings and inner guidance or with what I have always believed?” This was a necessary question for me, because if I did not pause to ask this question, the conditioning of prior believing pulled me along with it; but if I paused and asked this question, I found the willingness to make a new and different choice. This is how the brain is reprogrammed, by making appropriate new and different choices consistently.
- **Let Me help. Depend on Me. Put yourself in My hands, and I will tell you where to look.** – We do not sort thoughts with our habituated, conditioned mind. It would lead us to make the same habituated, conditioned choices. We must lean on intuition to determine the thoughts we are to keep and the thoughts we are to let go of. Knowing is within us, but it isn't the conditioned mind.
- **There is nothing that is to remain hidden in your mind as the work of sorting is done.** – I followed this guidance by bringing everything to my journal to be looked at with Holy Spirit. I never hid anything from my journal, no matter how secretive I thought it was and no matter how bad I thought it made me look. You are under no obligation to share your secrets with others, but you must be willing *not to hide them* from yourself—from the light and love of your awareness and inner clarity—because it is this light that heals and makes them benign.

- **I offer more than comfort in a world of fear.** – Again, I cannot tell you the number of times I remembered this. I trusted this sentence whenever my sense of self wanted to trust fear. Fear gave the order to ignore intuitive guidance—fear promised I would feel comfortable if I listened to it—but I knew if I listened to fear, I stayed in fear’s world. By listening to it now, I may be comfortable again for a time, but fear will come around again. To transcend fear completely, ignore fear and follow intuition.

NTI Matthew 14 begins by saying:

John the Baptist was beheaded out of fear, and so it is your fear you must be aware of.

In the opening of NTI, we were told that John the Baptist represents conscience. Conscience leads to higher spiritual intuition, which awakens us. It is fair to say that fear will fight intuition for control of our soul (although intuition does not fight back).

When we listen to fear, we repress intuition. When we listen to fear, it is as if intuition is beheaded. If we want to move through purification and awaken to true perception, we need to learn that *fear is nothing but emotional energy caused by negative fantasies*. It is literally our negative imagination and nothing more than that.

We learn this lesson by choosing *not* to listen to fear—by following intuition instead—and then by seeing that in the end, everything worked itself out. Fear was and is nothing.

This is why the last line of today’s reading says:

You must choose Me over [fear] to know it is nothing to keep you from Me.

Thoughts of Awakening # 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

Tips from Regina ~ Day 12: NTI Matthew 15

One of my favorite Bible scriptures is Psalm 118:24:

This *is* the day the Lord has made;
We will rejoice and be glad in it.

The emphasis on “is” is not mine; it is the Bible’s emphasis. This scripture points to celebrating what is—whatever is—now. It is the [Loving All Method](#).

There is a story about a Canaanite woman in the Bible at Matthew 15. Here’s that story:

Then Jesus went out from there and departed to the region of Tyre and Sidon. And behold, a woman of Canaan came from that region and cried out to Him, saying, “Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed.”

But He answered her not a word.

And His disciples came and urged Him, saying, “Send her away, for she cries out after us.”

But He answered and said, “I was not sent except to the lost sheep of the house of Israel.”

Then she came and worshiped Him, saying, “Lord, help me!”

But He answered and said, “It is not good to take the children’s bread and throw it to the little dogs.”

And she said, “Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters’ table.”

Then Jesus answered and said to her, “O woman, great is your faith! Let it be to you as you desire.” And her daughter was healed from that very hour.

According to NTI, Jesus at first refused this woman's request because, "My purpose is not of the world." NTI Revelation, Chapter 1 says:

Guidance comes to you for one purpose and that is to lead you from the world. There may also seem to be another purpose, which is happiness within the world. The two purposes are not the same. Do not be fooled by the similarities in their sound. One purpose leads to death, while the other, most surely, leads to Life and knowledge of Life.

Do we think we need things to be a certain way in order for us to be happy? Are we *using* spirituality in order to attain a certain set of circumstances? Or are we interested in truth?

The Canaanite woman in this story is a symbol for the desire to use spirituality to obtain the circumstances we want in the world. Inner spiritual wisdom does not guide us when our purpose lies with circumstances of the world. Inner spiritual wisdom remains quiet when the world is our purpose.

When the Canaanite woman said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table," a change in purpose is symbolized.

Have you ever watched a dog eat crumbs that fall from the table? It always amazes me to watch them. Even when the dog is big and the crumb is very small, the dog eats the crumb with complete joy, as if it is an entire juicy steak.

What is the change in purpose symbolized by the Canaanite woman's comment about the dogs eating crumbs from the table? It is a change from wanting things to be a certain way to loving what is as it is. It is a change to this way of seeing:

This *is* the day the Lord has made;
We will rejoice and be glad in it.

In the story, Jesus heals the woman's daughter when her purpose changes. That doesn't signify that things will work out our way if we practice Loving All. If that were true, we would probably continue to use spirituality to get what we wanted. It signifies that a change in our way of being is a change that is fed into the creative principle, a change that results in grace. (Reference the tips for ACIM Workbook Lessons [346](#) and [348](#).)

The simple lesson for us is to be in joy with whatever is—with whatever we are doing and with whatever is happening now. Joy (the Loving All Method) will have a positive effect, even if the positive effect is simply that it becomes easier and more natural to be happy.

Thoughts of Awakening # 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

Tips from Regina ~ Day 13: NTI Matthew 16

Here is a story from the Bible:

When Jesus came to the region of Caesarea Philippi, he asked his disciples, “Who do people say the Son of Man is?”

They replied, “Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets.”

“But what about you?” he asked. “Who do you say I am?”

Simon Peter answered, “You are the Messiah, the Son of the living God.”

Jesus replied, “Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” (Matthew 16: 13-19)

Today’s reading says, “You are Peter,” so let’s look at Peter in relation to the story told above and see what “You are Peter” means.

When Jesus asked the apostles who they thought he was, Peter said that Jesus was the Messiah. What does that mean? According to Dr. Leila Leah Bronner, a scholar of Jewish and Biblical studies, “the term referred to an ‘anointed one,’ a divinely chosen figure who would bring to fruition God’s plan for his people and for all humankind. The term also conjured up images of a future world filled with peace and divine tranquility. These two biblical ideas were elaborated upon in the post-biblical era.”

With that definition of Messiah, let’s imagine Peter’s answer to Jesus’ question in this way:

You are one in whom God's plan for humankind is being fulfilled. Through you, peace and divine tranquility will be brought to all of the world.

Now, let's imagine that the one listening to Peter is not identified with a body-personality-mind; it is unity consciousness. Unity consciousness responds:

Blessed are you, for this was not revealed to you by your body-personality-mind, but by inner spiritual knowing. And I tell you that you are a rock of faith to have trusted this knowing. On this rock I will build my assembly, and the ego will not overcome it. I now anoint you. I give you the keys of the kingdom of heaven. Follow your inner knowing, and it will lead you to know heaven, which is here now. But be aware that whatever you believe on earth is believed in heaven, because heaven is here now. And whatever you let go of on earth will be let go in heaven, because heaven is here now.

Jesus is often seen as The Messiah, the only anointed or chosen one. However, as soon as Jesus saw an inkling of inner intuition in another, and he saw that one trusting inner intuition enough to speak it, he anointed that one.

What does this mean?

It means that as soon as genuine spiritual intuition awakens in us, and as soon as we trust it enough to begin following it over the personality-mind, we are the Messiah, the one in whom God's plan of awakening is being fulfilled.

This isn't said to make anyone feel special. This is a great responsibility of humility, because it means we have awakened to the point of choice. We are no longer limited to only the personality-mind, a slave to its thoughts. We have awakened to spiritual intuition, so we are able to choose what we will trust and follow.

Thoughts of Awakening # 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

Tips from Regina ~ Day 14: NTI Matthew 17

I remember a story Adyashanti told once. He had an awakening. When he told his teacher about the awakening, she said, "Good. You are a baby Buddha now." ~ha ha~

Well, we are baby Messiahs, and like all babies, we need to be taught. That is how we are to see today's reading. It is part of that teaching. Our role is to listen very carefully, and then put the teaching into practice.

Today's message is very clear:

Thinking for yourself is not the way to understanding ...

We are to become reliant on the inner Teacher for understanding. Instead of being caught up in the happenings of the world, we are to ask the inner Teacher, "How is this helpful to me?" Or we could ask, "How shall I see this?" "What would you have me learn from this?" "How shall I understand this?" "What am I not seeing that I need to see?" Etcetera.

We are to go to the inner Teacher about everything that confuses us, upsets us, frightens us, or appears to cause guilt or a sense of unworthiness in us. Like a baby who knows nothing at all, let the inner Teacher teach right understanding of everything you experience.

Pay attention to the tips in today's reading. There are only a few, but they are each very important. Consider today's reading to be the first day of kindergarten for baby Messiahs. Imagine another young child sitting in your class with you, a little boy named Jesus. Notice how interested he is in the teaching. Notice how the teaching thrills him, and he eagerly takes in every word. Give yourself to the teaching just like he does. He's a good role model.

Thoughts of Awakening # 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

Tips from Regina ~ Day 15: NTI Matthew 18

Our second day of Messiah kindergarten begins with a review of the most important lesson of all for Messiahs:

I have told you before not to think for yourself. ... I say to you, practice with Me today. Do not think for yourself. Ask Me in all things and leave all things to Me.

Today's reading focuses on love and forgiveness. The tips on how to forgive are exquisite. Read slowly. Take today's reading deeply into your heart, all the way up to and including the very last paragraph. Don't miss a thing.

After you have read the reading once, you may want to read it again. It might also be helpful to take notes. Anything you can do to remember today's reading is helpful, because you must remember it before you can put it into practice.

One teaching from today's reading is how to be with another when there is a difference or disagreement that needs to be addressed. Often, when we rely on the inner Teacher, we are guided to drop our point of view and let the other have his way. However, sometimes a situation needs to be faced. Today's reading shares specific instructions on how to do that.

Also, clarity is brought to a common spiritual confusion through today's reading. Since spiritual students often confuse themselves with the body-personality-mind, they sometimes think that they are *personally* responsible for everything they experience. For example, if a relative is a mean alcoholic, they think healing their mind will also heal the relative.

When we heal our minds, grace *is* generated through the creative principle, but whether that grace affects our alcoholic cousin or something else in the world is beyond our control and concern. Many factors feed into the creative principle to determine how grace affects the picture of the world.

As today's reading says:

Do not be confused. You are not responsible for your brother's place, but if you cannot forgive him his place, you are lost from yours.

If we experience any upset regarding another person, it is our opportunity for healing. However, the purpose of healing isn't to change the other person. It is for our own awakening, an awakening that is helpful to consciousness as a whole.

(For related information, reference the tips for ACIM Workbook Lessons [345](#) and [353](#).)

Thoughts of Awakening # 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

Tips from Regina ~ Day 16: NTI Matthew 19

There are three stories in the Bible at Matthew 19. The first is a discussion about whether divorce is allowed or not allowed under God's law, and that includes the question of whether it is better *not* to marry at all. The second story is about how the disciples thought playing with children was a waste of time for the master, who had more serious business to attend to. And the third is the story of the rich man who wanted to inherit the kingdom of God, but could not give up his role as provider for his family and servants.

These three stories have one thing in common: People are trying to figure out what is right to do in the world so they can 'please God' and 'inherit the kingdom of Heaven.' They are coming from confusion in their attempt to understand; therefore, understanding is out of reach for them. Today's reading looks at the confusion that underlies all three of these stories and helps to set us free from confusion so we can reach understanding. This tip highlights three clarifications from today's reading:

- 1.

1. It is not what you do that is important, but why you do it. No matter what you do, look to the heart to see why you are doing it. Are you doing it simply because it is here now, or do you hope to get something from it? Do you have an agenda? Are you attempting to manipulate the future, escape the past, or are you in the moment being present with what is?
2. Do not expect consistent rules of behavior that you can learn and master in a world of change. Rules of behavior vary between one time in history and another time, between one culture and another culture, and between one set of circumstances and another set of circumstances. Remember that humans create rules of behavior, because humans have forgotten how to live by conscience from moment-to-moment. Instead of trying to figure out consistent rules of behavior when there are none, learn to live by intuitive conscience in every moment.
3. Adults confuse love with attachment. You are attached to something (or someone) when you believe that you get something from it, most likely security, happiness, self-image or worth. You love something (or someone) when you simply appreciate it because it is here now. Its *presence* is enough. Love is appreciating presence. That is the only real love. Anything else is attachment. Let go of attachment, and the reward is love.

Contemplate these three clarifications. They will help remove confusion, which will allow you to know understanding.

Thoughts of Awakening # 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

Tips from Regina ~ Day 17: NTI Matthew 20

A Parable of a Woman and Five Sons

There was a woman who had five sons. All of her sons were comic book fans, so she took them to Comic-Con. Each boy dressed as his favorite comic book character and spent the entire day at Comic-Con pretending to be the character he dressed as.

When they arrived home that evening, each boy ran off in a different direction, continuing to play the character he'd played all day. As the woman walked through the house looking for her sons, she came across her youngest son first. She said, "Go into your bedroom and change out of your costume. When you are done, come into the kitchen for chocolate cake and milk."

A few minutes later, the woman came across her eldest son. She said, "Go into your bedroom and change out of your costume. When you are done, come into the kitchen for chocolate cake and milk."

The woman continued through the house in this way until she found each of her five sons, saying to each of them, "Go into your bedroom and change out of your costume. When you are done, come into the kitchen for chocolate cake and milk."

The last son that the woman found loved cake the most, so he changed his clothes the fastest. He ran into the kitchen and saw a round chocolate cake cut into six slices. The boy said, "Mom, since I was the fastest can I have two pieces of cake?"

"No," the woman said, and she gave her fast son one piece of cake and a glass of milk.

Next the eldest son came into the kitchen. He looked at the five remaining slices of cake and said, "Mom, since I am the oldest, can I have two pieces of cake?"

"No," the woman answered, and she gave her eldest son one piece of cake and a glass of milk.

Two more boys came into the kitchen and the woman served cake and milk to each of them. Finally, the youngest boy came into the kitchen. He was only four years old, and so he had worked very hard to take his costume off all by himself. "Mamma," the youngest said, "Since I worked the hardest, may I have the extra piece of cake?"

“No,” the woman answered. “Each one of you took off your costume, so each one of you get the same amount of cake.”

Why didn't the woman give the extra piece of cake to the fastest boy, the eldest boy or the boy who had worked the hardest? It is because each one was her son. The differences made no difference.

There are apparent differences among us. Some of us gain wisdom quickly. You could say we are fast, like the woman's fastest son. Some of us have been on the spiritual path for many years. You could say we are the elders, like the woman's eldest son. Some of us are very committed and work very hard at awakening. We are a lot like the woman's youngest son. However, we are all already consciousness, so our apparent differences make no difference at all.

Today's reading focuses on letting go of the differences we see in one another. That doesn't mean that differences won't appear. It means that differences are appearance only.

When we focus on differences, we focus on appearances as if they are reality. When we let our sight soften around differences, and we look for sameness—for the fact of each human, in which there is no difference at all—we open to reality.

(Before reading from NTI today, read [Matthew 20:1-16 in the Bible](#).)

Thoughts of Awakening # 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

Tips from Regina ~ Day 18: NTI Matthew 21

Today's NTI reading is a gentle introduction to what can become a hard-hitting topic. I call it a “gentle introduction,” because anyone who is not ready to see what today's

reading points to can *not see it* in the reading. However, anyone who follows this path to its end will eventually come to the point of questioning every expectation and everything he has ever put faith in.

I am not going to rob you of the gentle introduction provided through today's reading. One will arrive at "hard-hitting" when one is ready. All I want to do in this tip is highlight one paragraph:

Peace comes from laying down your expectations and your judgments and accepting truth as it is. There is no other way to accept the truth, for to accept it in any way other than as it is, is not to accept the truth. It is to accept delusion over truth, and in delusion, you are lost from truth.

There is a term that is used frequently these days. The term is "his truth" or "her truth," as in, "She has to find her truth and live by it."

The problem with that idea is this:

There is only one truth.
Anything other than truth is not truth.
It's imagination.

Most people live by imagination. In fact, there is so much imagination in most people's lives that I couldn't begin to point it all out. Nor would I. Each one is allowed to live by his imagination. However, the problem comes when one person's imagination conflicts with another person's imagination, or when one group's imagination conflicts with another group's, or one nation's with another nation's imagination. The problem with imagination is that it isn't consistent—*it can be anything*—and when it is heavily believed and invested in as if it is truth, it creates conflict.

Conflict comes from believing one's imagination.
Peace comes from accepting truth as it is.

That's why everyone who follows this path to its end eventually comes to the hard-hitting point of questioning everything she's ever believed. You can begin that questioning whenever you are ready. Life will provide the starting point for you. Every time you are upset, you are provided with the opportunity to discover where you've mistaken imagination for truth.

Note: I recommend that you read [Matthew 21 in the Bible](#) before reading NTI today, since today's reading refers directly to the stories in the Bible.

Thoughts of Awakening # 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

Tips from Regina ~ Day 19: NTI Matthew 22 (v1-10) – (v15-22)

A Parable of a Woman and Five Daughters

There was a woman who had five daughters. Each of her daughters loved Disney, so one day the woman surprised her daughters with a day of Disney fantasy. She let each of the girls dress like the Disney princess of her choice, and she took them to Disneyland. This was especially fun, because other people at Disneyland addressed the girls using the names of their characters. For example, “Do you want fries with that, Cinderella?” Also, “Please slide over, Princess Jasmine, to make room for another rider,” and etcetera.

When the woman and her daughters arrived home that evening, each girl ran off in a different direction, continuing to play the character she’d pretended to be all day. Since each of the girls had a smartphone, the mother sent a group text to her daughters, which read, “Please take off your costumes and become my daughters again. When you’ve returned to yourself, join me in the kitchen for strawberry shortcake and milk.”

The twins were the youngest daughters. They were six. They helped each other change out of their costumes quickly and easily. They arrived in the kitchen first, giggling and smiling, excited to eat strawberry shortcake.

The eldest daughter was thirteen. She was excited to get the text that promised strawberry shortcake, but then she became distracted by another group text with friends. It was half an hour before she finally took off her costume and joined her mother and sisters in the kitchen.

The next eldest daughter was eleven. She was dressed as Snow White. This daughter was particularly imaginative. She pretended that her mother, four sisters, the family dog and family cat were the seven dwarfs. She swirled down the hallway toward the kitchen in costume, hoping to have shortcake with the seven dwarfs. Her mother saw her in the hallway in costume and said, “When you are ready, come into the kitchen as my daughter, and you can have strawberry shortcake and milk.”

The next eldest daughter was eight. She was dressed as Sleeping Beauty. When she got home, she ran straight to her bedroom. She lay down on her bed and closed her eyes, pretending to be Sleeping Beauty, but she fell asleep and did not see her mother’s text. When she did not come into the kitchen, her mother sent the twins to look for her. The twins woke her up and relayed the message about strawberry shortcake in the kitchen. The little girl felt guilty for falling asleep and missing her mother’s text, but when she arrived in the kitchen her mother smiled and said, “It is as it is. Now let’s enjoy strawberry shortcake.”

With all of the daughters in the kitchen, the day of pretending was over. The woman thanked her daughters for changing out of their costumes, told her daughters how much she loved them, and they all enjoyed strawberry shortcake and milk together.

The End.

Thoughts of Awakening # 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

Tips from Regina ~ Day 20: NTI Matthew 22 (v23-33) – end

Yesterday, I told a story about a woman with five daughters. In that story, the daughters were asked to remove their Disney Princess costumes, “and become my daughters

again.” Of course, each girl already was the woman’s daughter. No one really had to remove the costume to “become” the daughter.

The same is true with you. You do not need to remove your false beliefs and conditioning in order to become truth. You are truth now. And yet, you do need to let go of your false beliefs and conditioning, just as the girls did need to take off the costumes—if not for strawberry shortcake, then later, for some other reason, like to get ready for bed, to bathe, or to go to school the next day.

Why do costumes need to be removed? Because they aren’t truth. The costumes did not represent who the girls were. The costumes weren’t real. They were temporary. Beliefs and conditioning do not represent what you are. They aren’t reality. They are temporary. The spiritual journey is one of taking off the temporary—like one takes off a costume—and returning to the foundational reality.

How does one do that?

Nisargadatta Maharaj said, “All you need is to listen, remember, ponder. It is like taking food. All you can do is to bite off, chew and swallow. All else is unconscious and automatic. Listen, remember and understand — the mind is both the actor and the stage. All is of the mind and you are not the mind. The mind is born and reborn, not you.”

He also said, “Forget the known, but remember that you are the knower. Don’t be all the time immersed in your experiences. Remember that you are beyond the experience ever unborn and deathless. In remembering it, the quality of pure knowledge will emerge, the light of unconditional awareness.”

And, “The more earnest you are at remembering what needs to be remembered, the sooner will you be aware of yourself as you are, for memory will become experience. Earnestness reveals being. What is imagined and willed becomes actuality — here lies the danger as well as the way out.”

What is to be remembered? “The ‘I am’. Give your heart and mind to it, think of nothing else.”

And one final instruction from Nisargadatta Maharaj: “Just remember steadily what you want, and reject the incompatibles.”

These quotes are the heart of today’s reading. First, contemplate these quotes, and then read today’s reading from NTI. Put your heart into the contemplation and the reading, and you will experience great profit, which brings me to another Nisargadatta Maharaj quote:

Remember that you are.
This is your working capital.
Rotate it and there will be much profit.

Thoughts of Awakening # 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

Tips from Regina ~ Day 21: NTI Matthew 23

One of the Nisargadatta Maharaj quotes from yesterday was, “Just remember steadily what you want, and reject the incompatibles.”

Today’s reading is about rejecting the incompatibles.

My dictionary has three definitions for “reject”:

1. Dismiss as inadequate, inappropriate, or not to one’s taste
2. Refuse to agree to
3. Fail to show due affection or concern for

What are the incompatibles we are to reject?

1. The world as our purpose
2. Guilt as a motivating factor or call to action
3. Fear as a motivating factor or call to action

In a way, we aren’t to reject the world, guilt or fear, and in another way we are to reject them. First, I will write about how we are not to reject the world, guilt or fear, and then I will write about how we are to reject them.

The World

We are not to reject the world by avoiding the roles we are to play in the world. There are roles that come with each bodily existence. Our roles may include spouse, parent,

child, worker, homeowner, pet owner and etcetera. Each role has 'doing' that is part of that role. Doing is natural, and doesn't need to be avoided.

What is unnatural is attachment to doing. We are attached to doing when we associate our identity, self-image, safety, or happiness with doing. We are detached from doing when we see that doing has nothing to do with who we are, what we are, our sense of well being, or joy.

We are to reject *attachment to* roles in the world, while continuing to do the doing called for by those roles. See attachment as inadequate or not to your taste. Refuse to agree to it. Do not be concerned with thoughts that lead to attachment.

Guilt and Fear

We are not to reject guilt or fear by avoiding those feelings. Whenever those feelings arise, we are to pay attention to them. They signal false ideas that are to be seen and let go. In fact, when guilt or fear arise, it is best to give them our full attention by inquiring into them to see what we can learn, and then by practicing rest-accept-trust until they have passed.

We are to reject guilt and fear *as motivators for action*. In other words, we are to reject doing what guilt and fear urge us to do. They are not appropriate motivators, and so do not agree to them as motivators. Instead, stay with inquiry and rest-accept-trust, and *do nothing else*, until guilt and fear have dissipated and a sense of peace, acceptance or well-being returns.

The same is true for the many forms of guilt and fear, which include unworthiness, the sense of lack or the sense 'I am lacking,' anger, hatred, jealousy, and etcetera.

A Final Tip

I recommend printing this tip for future reference. Great confusion often comes with attachment to the world, with guilt and with fear. It may be difficult or impossible to remember this tip once confusion sets in. If you keep this tip in a handy place, you can reread it along with NTI Matthew 23 whenever it is needed.

(Note: This is the third tip that I have suggested you print. Consider keeping the printed tips in a notebook, so you know where they are and you can access them easily for review. The other tips I've recommended printing are [Day 5](#) and [Day 11](#).)

Thoughts of Awakening # 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

Tips from Regina ~ Day 22: NTI Matthew 24

Remember, we are in Messiah kindergarten. Remember, “Messiah” means, one in whom God’s plan for humankind is being brought to fruition. It is an evolution, of sorts, and in this evolution we are baby Messiahs. Since Messiah is a very important role, we need to give all of our attention—our whole heart, our whole soul and our whole mind—to the lessons we are learning now. (Ref: Mark 12:30)

Today’s lesson is a key lesson for Messiahs, although it is not the easiest of lessons to learn. In fact, it is a lesson that some students of non-duality deny entirely. They say this teaching isn’t what it appears to be; it means something other than what it says. However, the masters do not deny the teaching. Only some students—those who do not yet know—deny it.

The teaching I speak of is that the world is not real. It is an illusion.

First, let’s look at the dictionary definition of “illusion”. An illusion is “a thing that is or is likely to be wrongly perceived or interpreted by the senses. It is a deceptive appearance or impression.”

One mistake that we make is not questioning our senses. We believe that if we see it, it is true. But is that entirely correct? We see the sun rise and the sun set everyday. The earth that we are on looks stationary, as we observe the sun moving across the sky. But is that true?

The earth that we walk on seems horizontal. Is that true?

Moonlight lights up the night sky. But is there such a thing as moonlight?

If our senses are not reliable some of the time, can we be sure that they are reliable the rest of the time? Is it possible that we see with our brain, a brain that has been conditioned to see in a self-centered way, a way of seeing that is entirely faulty?

Here are some quotes to consider before beginning today's reading in NTI:

"Vision consists of your eyes detecting light and converting it to electro-chemical impulses in neurons which are then given meaning by your brain. Hence, the real 'seeing' occurs in the brain with the interpretation of the impulses. ~ Debbie Hampton, author of *Beat Depression and Anxiety by Changing your Brain*

"... bear in mind that your own sense of vision is carried by nothing but millions of nerve signals that just happen to travel along different cables. Your brain is encased in absolute blackness in the vault of your skull. It doesn't see anything. All it knows are these little signals and nothing else. And yet you perceive the world in shades of brightness and colors. Your brain is in the dark but your mind constructs the light." ~ David Eagleman, author of *Incognito: The Secret Lives of the Brain*

"What we perceive as our physical material world, is really not physical or material at all, in fact, it is far from it. ... Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its own unique energy signature. Therefore, if we really want to observe ourselves and find out what we are, we are really beings of energy and vibration, radiating our own unique energy signature -this is fact and is what quantum physics has shown us time and time again. We are much more than what we perceive ourselves to be, and it's time we begin to see ourselves in that light. If you observed the composition of an atom with a microscope you would see a small, invisible tornado-like vortex, with a number of infinitely small energy vortices called quarks and photons. These are what make up the structure of the atom. As you focused in closer and closer on the structure of the atom, you would see nothing, you would observe a physical void. The atom has no physical structure, we have no physical structure, physical things really don't have any physical structure! Atoms are made out of invisible energy, not tangible matter." ~ Arjun Walia, author of *Nothing Is Solid & Everything Is Energy – Scientists Explain The World Of Quantum Physics*, an article published in CE—Collective Evolution (an e-magazine)

"It is because the thoughts you think you think appear as images that you do not recognize them as nothing. You think you think them, and so you think you see them. This is how your 'seeing' was made. ... It is not seeing. It is image making. It takes the place of seeing, replacing vision with illusions." ~ *A Course in Miracles Workbook for Students*, Lesson 15

"There is no body, nor a world to contain it; there is only a mental condition, a dream like state, easy to dispel by questioning its reality." ~ Nisargadatta Maharaj, Indian sage.

“If one is able to remove the ego-sense by means of one’s awakened intelligence, he cleanses from his consciousness the impurity known as world-appearance.” ~ *The Yoga Vasistha*, an ancient Hindu text.

“After Realization, the supposed seeing ends and what is known will be known and what was supposedly ‘seen’ will be ‘seen’ no more.” ~ Floyd Henderson, author of *The Advanced Seekers’ Series*

Thoughts of Awakening # 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

Tips from Regina ~ Day 23: NTI Matthew 25

Today’s reading interprets three Bible stories. I recommend reading [the stories in the Bible](#) before reading the interpretation in NTI. Each story provides an opportunity for self-examination and self-honesty.

Jesus did not tell these stories so that we would chastise ourselves and decide that we are not good enough. There would be no forward movement if we understood the stories that way. The stories are provided so we can look, see where we are not in harmony with the calling of our heart, and then make adjustments. These stories are gifts to help us notice where we are still operating based on old conditioning, so we can retune ourselves.

With that said, a question you might ask yourself as you read *The Parable of Ten Virgins* and its interpretation is, “Where do I look for peace of mind? The marketplace, which is a symbol for the world, or within?”

A question you might ask yourself as you read *The Parable of Bags of Gold* and its interpretation is, “Do I trust the unknown or fear it?”

A question you might ask yourself as you read *The Sheep and the Goats* and its interpretation is, “Am I guiding myself towards unity consciousness or am I still interested in self-centeredness?”

It might be helpful to see yourself as a musical instrument. Are you playing the melody you want to play, or are some of your strings out of tune?

I found this comment online about tuning a harp:

There are people who will tell you that one key is “better” or “worse” than another. Like with many harp-related things, it is not so much a matter of right and wrong, but is rather very subjective and individual, and depends on a number of factors, including: what type of harp you have, how much musical experience you have, what style of music you want to play, and how much theory you know. It can even depend on things such as, how much improvising and/or transposing you want to do, and how much you rely on sheet music. So instead of trying to tell you the “right way” to tune a harp, I’ve presented some of the more common tunings, with explanations as to why some people choose them and others don’t.

I thought this comment was helpful, because we can get caught up in ideas of right and wrong whenever we engage in self-examination. It isn’t a matter of right and wrong or good and bad. It’s a matter of, “What do I want?” and “Is my way of being in support of that or hindering it?”

Here is a quote from Nisargadatta Maharaj that we can contemplate along with today’s reading:

You do and undo at every step. You want peace, love, happiness and work hard to create pain, hatred and war. You want longevity and overeat; you want friendship and exploit. See your net as made of such contradictions and remove them — your very seeing them will make them go.

Thoughts of Awakening # 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.

Tips from Regina ~ Day 24: NTI Matthew 26 (v1-5) – (v26-30)

Today's reading opens with, "Now you must choose where you will decide to look. Your decision will show you what you will see."

Judas is a symbol of one who believed his thoughts and then saw what his thoughts told him to see. According to NTI, Judas turned Jesus in for arrest simply because he did not have the wisdom to see his thoughts as meaningless.

How often do we act from belief in our thoughts? Are we ready to learn from our brother's mistake? Are we willing to let Judas' mistake be a precious gift that leads us to make a different choice?

When I was the scribe of NTI Matthew, I was not able to see Judas as giving us a gift by showing us what not to do. I saw Judas as the evil betrayer. I still believed in betrayal at that time, so my scribing of this section is not as pure as it could have been. You'll notice that inner wisdom coaches the scribe directly by saying, "... it is attack and hatred you see and feel through this scripture. Remember what I have told you. Fear will keep you from Me. Trust that these feelings of anger are intended only to hide your fear of Me. Choose now to let your anger, attack and hatred go. They serve you not. Rest with Me in faith instead."

After reading verse 25 in the Bible—which reads, "Then Judas, the one who would betray him, said, 'Surely you don't mean me, Rabbi?'"—I got it. I saw that in that very moment, I believed my thoughts just as Judas had believed his. I hated Judas for the same reason that Judas distrusted Jesus; we believed our thoughts.

This was a 'eureka' moment for me, and I have been madly in love with Judas ever since. I now see his 'betrayal' of Jesus as a great gift to us. He demonstrated just how bad things can get when we believe our thoughts, and that provides us with the opportunity not to make the same mistake.

Here is one of my favorite songs. I have listened to it many, many times over the years. It reminds me not to believe my thinking. I listen to it with gratitude and with love for our brother, Judas. I think it's funny that the song begins with Judas singing, "My mind is clearer now." It shows that we can be deeply deceived by our own thinking.

Thoughts of Awakening # 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

Tips from Regina ~ Day 25: NTI Matthew 26 (v31-35) – end

Just as the scribe was coached directly in yesterday's reading, the scribe is coached directly in today's reading. When I was the scribe of NTI Matthew, I had Jesus on a pedestal. Because of that, it was hard for me to see him as imperfect (in my eyes). It was hard for me to read about people mistreating him. All of these ideas came from conditioned thinking—from the way I had been taught to think during my upbringing—so all of this thinking had to be let go.

As you read today's reading, it is okay to keep in mind that I was being coached directly. Since your mind was conditioned differently, you may not need the exact same coaching that I needed as I read the story of Jesus in the Garden of Gethsemane and

as I read the story of his arrest and trial. Look to see what is helpful for you in today's reading. For example:

- Do you dislike it when people point out your mistakes? Look at the story Peter's denial.
- Do you think forgiveness should be easier than it is? Look at the story of Jesus in the Garden of Gethsemane.
- Do you get angry with people who act sweet when you perceive them as devilish underneath? Look at the story of Judas' kiss.
- Do you have a habit of defending yourself? Look at the story of the disciple who grabbed a sword.

Ask inner wisdom to guide you through today's reading so you can find conditioning that needs to be seen and undone in your mind. If the coaching in the reading is not perfect for your needs, journal with inner wisdom and receive your own coaching.

If you are not familiar with the stories from the night of Jesus' arrest, please [read those stories in the Bible](#).

Thoughts of Awakening # 26

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

~From our Holy Spirit

Tips from Regina ~ Day 26: NTI Matthew 27 (v1-10) – (v37)

Before beginning today's reading, it will be helpful to spend at least 5 minutes watching awareness. As you watch awareness, do you find any human concerns in awareness, or are the human concerns in mind? Do you find guilt, anger, worry, or any other human emotions agitating awareness? If you do, look again. Is the emotion agitating awareness or is awareness aware of the agitation?

If you look at a human emotion (or the memory of an emotion, if there isn't one present now) and compare it to awareness, which one is more intimately you? Are you the emotion or are you awareness?

Once you feel clarity about the previous questions, you are ready to continue with today's reading. If you read from the state of clarity, it will be easy to see what NTI means when it refers to guilt, fear and denial as foreign purposes. After all, guilt, fear and denial have nothing to do with awareness. Guilt, fear and denial *are mental activities only*.

In his book, *The Transparency of Things*, Rupert Spira wrote, "Ego is not an entity. It is an activity." Another way to say this is that the false self is not an entity. It is an activity, a mental activity. This is why many masters call the false self, "mind".

Most people believe they are the body-personality-mind they appear to be. When they feel guilty, they believe they are guilty; when worry thoughts mull around in the mind, they believe they are worried, etcetera. However, mental and emotional activity are not the beingness. They are activity within the beingness. The human is the beingness itself.

Please read today's reading in this way:

- 1 – Practice the brief awareness-watching-awareness exercise in this tip.
- 2 – Read [Matthew 27:1-37 in the Bible](#).
- 3 – Read today's reading from NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 27: NTI Matthew 27 (v38-40) – end

Yesterday we saw that the false self is not a being. It is an activity. Today's reading looks at one activity that upholds the false self, the activity of guilt.

Here is a summary of the cycle of guilt:

A baby is born. The baby is pure unconditioned awareness. As the baby grows older, it begins to crawl. Typically, once a baby becomes mobile, it begins to reach for things or do things that the caretaker does not approve of. Although a caretaker may sometimes say "no" to the baby with a kind voice, invariably the caretaker has days when she is caught up in her own mental concerns, and her tone of voice is not kind. The baby feels the vibration of the caretaker's voice, and begins to develop the idea, "I am bad."

As the baby grows into a child and then into an adult, this idea, "I am bad," is reinforced by other caretakers, by teachers and by other children. The child's religious training may even reinforce this idea. Soon the idea is fully developed in the brain, and it replays in the mind over and over, continually reinforcing itself again and again. However, this idea is unbearable. One cannot exist with any sense of peace, happiness or well being if he fully experiences the self-hatred that is caused by the "I am bad" thought. So, the child learns to see the "I am bad" thought outside of himself. He sees other children as bad. He may see the family pet as bad. By the time he's reached adulthood, he has learned to see guilt and sin in many others, whom he perceives as separate from him. This alleviates his own feeling of guilt and self-hatred, and he is able to bear the belief, "I am bad."

This is a sad story, because the “I am bad” belief is learned mental activity only. The original caretaker, suffering from the belief, passed it on to the baby. Others who believed it, reinforced it. Yet, there was never any truth to it at all.

If you can’t see that guilt is merely mental activity and not fact, practice the awareness-watching-awareness exercise from [yesterday’s tip](#) again. It doesn’t matter what the body does or how strong the feeling of guilt is, the fact remains that we are pure awareness itself, and pure awareness is completely unaffected, always only itself.

We cannot let go of awareness, because it is what we are, but we can let go of mental activity, because it isn’t what we are. That means you can let go of the “I am bad” belief. The “I am bad” belief is the root of many other false ideas. Let go of that one idea, and you will feel significantly freer than you did before.

I would also like to comment on another teaching from today’s reading. The last paragraph of the reading says:

You who feel safe within the illusion of form fear death. But there is a fear that is greater than your fear of death. It is your fear of Life. It is your fear of Self. It is your fear of truth. It is this fear that you protect, hidden beneath your fear of death, by accepting death as your final reward.

How do we live out our fear of truth? We do not give all of our time and effort to truth realization. We may give some time and effort to truth realization, but we don’t give all. Even though we know this body-personality-mind is mortal, we prefer to ignore that fact, waste time and die than dedicate ourselves to truth realization.

Please read [Matthew 27, verse 38 to the end from the Bible](#) before reading its interpretation in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 28: NTI Matthew 28

NTI Matthew closes with a discussion about doubt. We have doubt, because we have memory. Our brain stores perceptions from this lifetime as memory. With each memory stored, this lifetime seems more and more to be reality.

Doubt comes from the belief that this lifetime as this body-mind-personality is reality. However, this lifetime as this body-mind-personality is not reality. There is so much more to reality than this! If we had even an inkling of an idea how much more there is than our limited experience, we would put no value in our perceptions or memory at all.

Recently, in a teaching from *I Am That*, I shared about an experience I had. That experience is only one example of something that is beyond our perception and completely denied by our memory. To hear that story, advance [this audio](#) to 53:45, and begin listening there. The audio from that point to the end is only a little over 6 minutes long.

In order to progress on the spiritual path, we need faith. Faith is the antidote to doubt. With faith that there is more than the lifetime of perceptions that our memory points to, we apply ourselves to truth realization. Without faith, there is nothing to pull us forward. Without faith, we believe the limited, biased, self-centered memory, and we think *it* is omniscience.

Thoughts of Awakening # 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

Tips from Regina ~ Day 29: NTI Mark 1

Today, we begin reading NTI Mark. If you haven't read NTI before, you may notice a change of tone in NTI Mark. NTI Mark is a story, *a fictional story*. It is not meant to be the factual correction regarding the life of Jesus. Some people have told me that they think this story "is what really happened." They are making that up and believing their own imaginations.

This story was written because it provides symbols that are more helpful than some of the confusing symbols in the Bible. Our role as reader is to derive the meaning of symbols that are helpful to us, and then live from the example provided by those symbols. In this way, the Jesus of NTI is our role model.

NTI Mark, Chapter 1 is the beginning of the story. Like any beginning, it lays out the details needed to begin the story. Some of the details regarding our role model, Jesus, are:

- Jesus has decided on the purpose for his mortal existence. It is truth realization. This purpose is the leading factor in his life.
- Jesus knows that God is found within, so his focus is within, which includes focus on spontaneous guidance. Jesus lives a surrendered life. He is led. He does not make decisions for himself.
- Jesus went through a purification process during the 40 days and 40 nights in the desert. This left him with a lot of clarity, inner confidence and a sense of peace, but his journey is not over. In NTI Mark, we will observe Jesus as he walks the path from the initial purification to final awakening.
- Jesus lives from kindness and love. He is the servant of everyone he meets and the servant of Spirit within. Through service, which is not self-will, Jesus of NTI will follow spontaneous guidance to the end of the sense of self.

NTI Mark, Chapter 1 opens with this statement:

Before truth can dawn, there is work that must be done. This work must be done in faith and out of a desire for truth.

That opening statement is our guidance as we begin reading the story of Jesus of NTI. Jesus of NTI is our role model. Watch him, and you will know what to do. Model yourself after him, and you are doing the “work that must be done.”

Note: You will also learn from the apostles and other characters in the story.

Thoughts of Awakening # 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

Tips from Regina ~ Day 30: NTI Mark 2

NTI Mark, Chapter 2 opens with, “Jesus’ great love attracted many, ...”

Let’s take this opportunity to review Michael Langford’s 5 steps regarding kindness:

1. Every time you speak to a human being either in person or over the phone, make sure the content of what you are saying and the tone of your voice are loving, caring, and kind.
2. Every time you write something to a human being, make sure that what you are writing is loving and kind. Pause before you send someone an email or a text message and make sure that your email or text message is loving, caring and kind.
3. Never do any harm of any kind to any human being or animal.
4. Treat even the people who you think do not deserve your kindness with kindness.

5. Treat even people you only see briefly with great caring and kindness.

As Jesus followed inner guidance, he lived by kindness. Even when he felt tired, he chose to be kind. However, it's interesting to notice that as he learned to follow guidance and live by kindness, he also dropped the habit of living according to outward expectations.

In Jesus' time there were many religious laws. Many of these laws had no useful purpose. They were cultural laws, and people followed the laws *because they were Jews*. Non-Jews did not follow those laws.

As Jesus began to drop his identity as a Jew, he naturally began to drop the habit of following laws that had no purpose except to say, "I am a Jew."

This is not a small point. As we awaken, we need to sort through our cultural conditioning. Which conditioning is useful and practical for human life, and which conditioning is based on imaginary roles and points-of-view?

An example of useful cultural conditioning is traffic laws. Traffic laws are meant for safety, and they are not tied to a specific false identity. We could see traffic laws as an extension of kindness. It is kind to follow traffic laws and help keep everyone safe on our roads and highways.

An example of cultural conditioning that is unnecessary is the expectation that your spouse remember your anniversary. That is tied to your identity as husband or wife. It's also used to identify your spouse as good or bad, or to identify yourself as loved or unloved.

If someone spontaneously feels to celebrate an anniversary, fine. If the day passes and someone doesn't notice the date as an anniversary, that is equally fine. A rule that says an anniversary must be remembered is useless conditioning that serves no purpose except to maintain false identities. No one is made safe or unsafe by the remembrance of an anniversary.

We use unnecessary conditioning (laws, traditions, expectations, etc.) to maintain our false identities and the false identities we have for others. In today's reading, we will see Jesus as he begins to drop the habits of cultural conditioning.

Thoughts of Awakening # 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

Tips from Regina ~ Day 31: NTI Mark 3 (v1-6) – (v13-19)

Many spiritual students get confused between the purpose of awakening and the purpose of an improved life in the world. As NTI Revelation, Chapter 1 says, “The two purposes are not the same.” Today, we will revisit the difference between them.

If we were in a physical classroom together, I might lead you in an exercise that would demonstrate the difference between these two purposes. However, since we are not in a physical classroom, I will lead you through an imaginary exercise. Please read the following steps and imagine with me. Be sure to fully imagine one step, before proceeding to the next. If you read all of the steps without using your imagination along the way, this exercise may not have the same effect.

1. Imagine that you have a can of children’s molding clay, like Playdoh, in front of you. Imagine taking the clay out of the can. Set the clump of clay on the desk or table in front of you.
2. Close your eyes, and look at your life. Consider your health, your relationships, your financial situation, your job or other daily responsibilities, and etcetera. Look at your life as it is in your mind’s eye. What’s not perfect about your life? What’s missing? What would you change? What do you desire? Think of one way that your life could be improved. Think of something that would bring additional happiness, satisfaction, freedom or safety into your life situation. (Note: Don’t consider awakening right now. Think of a life improvement.)

3. Pick up the clump of clay in front of you. Use the clay to create something that symbolizes that improvement to your life. See yourself working with the clay to create that symbol. Feel the clay in your hands. Imagine the smell of it. Watch yourself work with the clay until the symbol is completed to your satisfaction. Set the completed form on the desk or table in front of you.
4. Look at the clay symbol of your life improvement. Imagine the symbol as the actualization of your desire. Imagine that whatever you have asked for is given. See your life with this improvement as part of it. Live with this improvement in your mind. Feel what it is like to have this improvement actualized as part of your life.
5. Having lived the improvement in your mind and feeling fully satisfied with it, imagine that time moves on. Things change. New desires are formulating in your mind. You do not need to imagine those desires specifically. Simply feel the notion of movement, change, a new outlook and new desires.
6. Pick up the symbol in front of you, which you created from clay. Using your hands, turn it back into a formless clump of clay. Set the clump of clay on the table or desk in front of you. The clay is ready to form a new symbol, a symbol that represents new dreams that are being born.
7. Look at the unformed clump of clay in front of you. We aren't going any further with this exercise. We won't create anything new right now. However, notice the unlimited potential of the clay. It can become anything.

Now, here's the difference between the purpose of awakening and the purpose of an improved life:

Any improved life that we can imagine is temporary. What is made, will at some point be destroyed. Manifestations of form never last forever.

Awakening is becoming aware of the clay—of *the essence as reality*. People, things and circumstances come into being and go out of being. Essence is unlimited potentiality, unaffected by potentials, unaffected by the temporary actuals, and unaffected by whatever came that now ceases to be. That's why it is called eternal.

Realizing that you are the essence, not a temporary actual, is awakening. The temporary actual will go out of being. You are eternal.

In today's reading, we will see that the essence is manipulated, like clay, in order to change the form of a temporary actual. The purpose of this change is to demonstrate "that distortion can be replaced with newness when willingness is given for newness to be received."

In other words, the intention of the demonstration in today's reading is to set people on the path of questioning everything they've ever thought, experienced and believed. However, for most people, the demonstration does not have that effect. Instead of questioning everything and opening to a reality beyond their experience, they begin to seek more improved actuals. Not recognizing the purpose of the demonstration, they remain as lost after the demonstration as they were before the demonstration occurred.

The fact is, what we perceive as physical miracles *sometimes* happen. They do not happen all of the time. Even when they do happen, they are only *temporary* actuals. If one is invested in the form of a temporary actual, that person will be disillusioned at some point, because the actual is only temporary.

Be willing to set your sights higher than temporary life improvements. Seek to know the essence. One who knows the essence will never be disillusioned, because the essence is eternal.

Today's reading is very short, so there is time to listen to a story about a "miraculous healing" that happened to me. Listen either before or after the reading.

Thoughts of Awakening # 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

Tips from Regina ~ Day 32: NTI Mark 3 (v20-30) – end

The heart of today's tip comes from three sentences in today's reading:

A house divided cannot stand.

A house divided cannot stand.

Look within yourself and find what keeps you from being healed,
that you may overcome that thing and be healed.

Today is another day of self-examination. As Nisargadatta Maharaj said, we tend to “do and undo at every step.” We need to get in the habit of looking at ourselves to see how we are out of harmony with our desire to awaken. Where do we “undo” our own good work?

As a reminder, self-examination isn't about judging ourselves to be good or bad. It's about realizing what we want, and then looking to discover how our current way of being is in our own way, hindering us instead of helping us. It helps to see self-examination as a process of ongoing gentle refinement.

Just as a house that's divided can't stand, a ship that's divided sinks. Let's find where we are divided against our own purpose, and then see where we are willing to “tighten the portholes and batten down the hatches.”

Ohhh! The previous reference to leaking water reminds me of a Sufi story about Nasruddin, the comical spiritual master:

One day, a student of the legendary wise fool, Mullah Nasruddin, went to visit him at his home. Already expecting some crazy behavior on Mullah's part, the student reminded

himself not to react. Another spiritual teacher once told him, "If you react unconsciously, you push the lesson of the moment away."

When Mullah opened the door, he was overjoyed to see his student.

"My friend! Just in time! You can help me draw water from the well! Here, take this bucket and follow me!"

The student followed Mullah to the well and watched while he began to pull water from the well and splash it into the bucket that the student held.

After a few minutes, the student noticed that the level of the water in the bucket was not rising very quickly. Where was all the water going?

The student glanced underneath the bucket and saw that the bucket was leaking almost as much as Mullah put in each time.

Not appearing to notice, Mullah continued to put water in the bucket. The student was exasperated.

"Mullah, you idiot! Can't you see that the bucket is leaking?"

My friend," Mullah responded, "I was only looking at the top of the bucket. What does the bottom have to do with it?"

Thoughts of Awakening # 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

Tips from Regina ~ Day 33: NTI Mark 4 (v1-20) – (v21-23)

In today's story, people clamor after Jesus seeking physical healing, but Jesus doesn't want to heal a never-ending crowd of ailing bodies. He wants to teach spiritual clarity, which he perceives as true healing.

Others may see Jesus of NTI as a master, but he sees himself as a student. He knows he is still awakening, and so he pays attention to himself. When he notices an error in his thinking, he corrects it.

Today's reading says, "... it was the good news he yearned to share." And then it goes on to say, "Jesus bowed his head to give the circumstance to the Holy Spirit."

In other words, Jesus noticed this yearning to teach as self-will. "I" wanted to teach. Jesus knew "I" was ego, so he bowed his head to let go of self-will and to surrender.

When he surrendered, Jesus made sure that self-will was completely dissolved—dissolved to the point that he was willing *to do anything* he was guided to do. He was willing to go back into the crowd and heal bodies. He was willing to teach. And he was willing to leave without doing anything. Having no conditions on what he would or would not do, Jesus knew he was genuinely surrendered.

Surrender yourself to the universal
and you will be absorbed in the universal.

~ Ramana Maharshi

Thoughts of Awakening # 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

Tips from Regina ~ Day 34: NTI Mark 4 (v24-34) – end

There are two primary points shared through the stories told in today's reading.

The first point is related to a quote I shared recently from Nisargadatta Maharaj. Here is that quote again:

All you need is to listen, remember, ponder.
It is like taking food.
All you can do is to bite off, chew and swallow.
All else is unconscious and automatic.

When the apostles asked Jesus to describe the kingdom of Heaven, he shared two parables. Both were about seeds growing into plants. At another time, Jesus describes the kingdom of Heaven as being like yeast put in dough.

Jesus' parables point to this:

Truth realization dawns upon the one who is willing to take time for contemplation and meditation. The one who rushes through life, always doing but never contemplating, misses the truth that is everywhere waiting to be seen. It's like living locked within one's skull, instead of opening up to existence and seeing, "I am that."

We need time alone—quiet, contemplative time. If we allow ample room for that in our lives, realization will occur naturally, "unconscious and automatic." But if we are too busy to slow down, "bite off, chew and swallow," the seed is not planted, and it is not watered, and so it cannot grow.

The second point from today's reading addresses confusion about what we are.

In today's story, Jesus and the apostles are in the middle of the Sea of Galilee when a storm comes and frightens the apostles. They are afraid of losing their lives. The apostles do not see themselves as anything more than body-personalities.

In the story, Jesus is aware that:

Just as sure as the storm began, it will end.

This is a metaphor that points to truth. Let's look at the metaphor more carefully.

Here is a story that I call *The Journey of Water*:

In the hot summer sun, some water evaporates from a lake known as the Sea of Galilee. The evaporated water forms a cloud. The cloud journeys through the air and drops rain in another location. The rainwater flows on the downward slope of the land and joins a creek. The creek flows southeast and merges with the Jordan River. The Jordan River flows south and dumps into the Dead Sea, where some of the water evaporates in the hot desert sun and becomes part of a small cloud. The cloud drifts northward and is drawn into a powerful storm system. The passing storm tosses a small convoy of boats on the Sea of Galilee, and raindrops fall to merge with the lake.

In this fictional story, we see that the water is ongoing and the storm is a temporary manifestation.

When Jesus refers to the "Son of God" in today's reading, he is not referring to a single temporary body-personality. He is referring to what we are, the Great Ongoingness, of which the body-personality is a temporary manifestation, just like the storm is a temporary manifestation.

We are the Great Ongoingness—ongoing like the water in *The Journey of Water*. Transcending everything in form, ongoingness has nothing to fear.

Thoughts of Awakening # 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

Tips from Regina ~ Day 35: NTI Mark 5 (v1-20)

There are two ways to view the story from today's reading. We can view the story as an example of how to be with others, and we can view the story as an example of how to be with ourselves.

Today's story is about fearlessness and kindness. Fearlessness and kindness go together. You can't be afraid and be kind too. You might be afraid and act nice, but that's not the same thing. If you have a personal agenda—a desired outcome—you aren't being kind; you are being manipulative. (Note: Whenever you have a personal agenda, there is an underlying fear.)

In today's story, Jesus demonstrates kindness. He is not afraid. He interacts with the man in the story with no fear at all. He is present and genuinely responsive.

It's fair to say there isn't enough kindness in the world today. If we see kindness and fear as opposites, we can also say there is too much fear in the world today. That negative energy is recycled in our world through the loop of experience—*What I think, I see; What I see, I experience; What I experience, I think*—and unspeakable atrocities occur as a result. Genuine kindness can help release some of that negative energy, and some atrocities can be prevented.

When you read the story, notice that a woman shares a fearful story with Jesus and the apostles. The apostles pick up on the fearful energy and believe it. As a result, they are incapable of being kind. Jesus dismisses the fearful energy as meaningless, so he is able to meet the situation without fear and with kindness.

I mentioned that there are two ways to view today's reading, as an example of how to be with others and as an example of how to be with ourselves. If we see the man in the story as the ego and the legion of demons as thoughts, then Jesus demonstrates how we can be kind with ourselves.

The same rule applies: we can't be afraid and be kind too.

There's no reason to fear the mind. The mind can make a lot of noise, but if we don't give it meaning, it is a noisemaker and nothing more. You don't have to fight against the mind. In fact, fighting it isn't helpful. Instead, be kind to the mind.

For example, if the mind is worried about a future situation, you might say, "I know you think there's a lot to worry about, but we don't actually know how things are going to

turn out. Relax. Let's watch and see what happens. We'll know what to do when the time comes."

With kindness, you can help the mind relax and let go of distracting thoughts. That places the mind in the present. A mind that is in the present is aware, surrendered to intuition and effectively responsive in the moment.

Thoughts of Awakening # 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

Tips from Regina ~ Day 36: NTI Mark 5 (v21-34) – end

As a reminder, NTI Mark is a fictional story that provides helpful symbols. Our role is to derive meaning from the symbols, and then live from the example provided by those symbols. In this way, Jesus of NTI is our role model.

Today's story begins by saying, "With each day, Jesus felt his closeness to the Holy Spirit growing. ... A merging seemed to occur."

How did this merging occur? Through discernment, surrender and kindness. These are the three practices of Jesus of NTI.

Discernment is determining the difference between personal thought and self-will, which is ego, and thought and will that arise from beyond the personal self.

Surrender is choosing to ignore personal thought and will, and following the thought and will that arises from beyond the personal self. Follow it just as it is, without adding to it or subtracting from it. In this way, one becomes the witness of life, playing his part while letting the rest be as it is.

Kindness is living and acting from love instead of fear. (e.g., the Loving All Method)

Today's reading tells two brief stories. The first story is a story of kindness and a story of faith plus action. Jesus is kind to a woman who feels worthless. Her sense of worthlessness has affected her health. Jesus asks this woman to go home and find her inner brightness. She has faith in his teaching, and she goes home and does as he asks. In this way, she is healed.

Imagine if the woman had been happy in the moment to meet Jesus, had been grateful for his words, but then did not follow up with his guidance when she got home. She would not have experienced the same result.

This demonstrates that faith in the teaching is not enough. One must combine faith with action.

Here are two quotes to contemplate along with this teaching:

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? ... faith by itself, if it is not accompanied by action, is dead. ~ James 2:14-17

I can only tell you what I know from my own experience. When I met my Guru, he told me: 'You are not what you take yourself to be. Find out what you are. Watch the sense 'I am'; find your real self'. I obeyed him, because I trusted him. I did as he told me. All my spare time I would spend looking at myself in silence. And what a difference it made, and how soon! It took me only three years to realise my true nature. My Guru died soon after I met him, but it made no difference. I remembered what he told me and persevered. The fruit of it is here, with me. ~ Nisargadatta Maharaj

The second story in today's reading is a story about Jesus following intuition under extreme circumstances.

Jesus of the Bible was able to raise the dead. However, Jesus of NTI doesn't have this special power. He simply discerns, surrenders, and lives from love. In today's story, Jesus' faith in these simple practices is challenged when he is told by a witness that a little girl is dead. The witness has seen the girl. Jesus has not seen her. Yet, when he feels intuitively that she is not dead, he trusts his intuition over the witness and others. He also follows intuition and breathes into the little girl's mouth even though he had no knowledge of CPR.

Imagine the faith Jesus had, to trust his intuition over the witness, who was certain the girl was dead. Imagine the faith it took to see the girl, who appeared dead, and then to breathe into her mouth—to pass on the breath of life—without any knowledge of the medical practice we call CPR.

This story is told in this way to encourage us to trust our intuition over personal knowledge and over the urging of others.

I have learned from my own experience that intuition knows more than the human thinking mind. Intuition's source is consciousness. As such, it knows everything about this moment, and it knows truth too. For this reason, intuition is much more reliable as a guide than the limited, biased thinking mind.

Here is a quote to help you consider your relationship with intuition. This is a powerful quote that can reveal a lot of clarity. I recommend contemplating this quote slowly, in parts and as a whole.

That which sees all this, and the nothing too, is the inner teacher. He alone is; all else only appears to be. He is your own swarupa (true Self), your hope and assurance of freedom; find him and cling to him and you will be saved and safe. ~ Nisargadatta Maharaj

Thoughts of Awakening # 37

Trust,
and be grateful.

Be willing
in peace
and in joy.

That is all
you need to do.

~From our Holy Spirit

Tips from Regina ~ Day 37: NTI Mark 6 (v1-6) – (v14-29)

Today's reading focuses on intuition and discernment.

Intuition

In today's story, Jesus sends the disciples out to teach in the villages because, "He knew that it was through their own participation as teachers that they themselves would learn and see, ..."

He gives instructions to the disciples before sending them into the villages. The heart of these instructions will help us learn to follow intuition.

1. **“You do not know.”** – A friend of mine used to call the thinking mind, “the I-know mind.” It does think it knows. So, shifting into “I don’t know” disengages the thinking mind and opens us up to intuition.
2. **“Only the Holy Spirit knows.”** – “Holy Spirit” is a Judeo-Christian term for intuition. Intuition is different than the thinking mind, *because its source is different*. The source of the thinking mind is perception—usually misperception—and thought. The source of intuition is consciousness. The thinking mind is linked to and limited by the biases of one self-centered individual, while intuition is linked to totality’s true perception and to truth. Which one do you think is more reliable as a guide?
3. **“Think only of the work He has sent you to do. All else will be offered through His Grace.”** – This teaching is most well known as, “Seek ye first the kingdom and all else will be added to you.”
4. **“Do not ask for more than you are offered.”** – The ego is always trying to add to itself, so “more” is a key thought in its thought system. To seek “more” is to align with ego.
5. **“Be grateful for everything you are given.”** – Gratitude flows from our true Self. There is a natural gratitude for being and for our truth. When we are grateful for what is, without seeking more and without asking it to be different, we exercise the right mind’s natural gratitude. That moves us towards true perception.

Discernment

Today’s reading points out a key thought in the ego thought system, so you can come to recognize this thought and choose not to believe it.

The thought is:

You are separate and different from all you know, and for this you are guilty [unworthy, less than]. You must protect yourself, for when your guilt is unmasked, you will suffer endlessly. You will be cut off from all that is and from life itself.

This thought whispers in the mind multiple times every day, but it hides itself so it is not recognized. For example, it may appear as:

- Stress when you aren't sure if your work project will be successful, on time or to your boss' pleasure.
- Makeup on a face, which tries to hide a sense of ugliness.
- Disliking someone.
- Over achieving, taking on too many projects, or saying "yes" to everyone's requests.
- Pushing your children to be successful, over achieve, or be the perfect parent.
- Resolving your children's problems for them.
- Selecting friends, homes, cars, functions, and etcetera in order to appear as good as others.
- Numbing the pain through drinking, taking drugs, over eating, etc.

That's only a few examples of how this thought hides itself.

The best way to identify where this thought hides in your mind is through root cause inquiry. Once its hiding places are found, you can see it (discernment) and choose not to believe it. As long as it is allowed to hide, you are its slave.

Note: I recommend printing this tip for easy future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 38: NTI Mark 6 (v30-44) – end

(Note: This tip is longer than usual, so if you are short on time now, it is okay to go directly to the reading in NTI. However, be sure to come back and read the tip sometime today when you have more time. The tip is important.)

When the conditions are right, consciousness manifests as a temporary appearance within consciousness. That temporary appearance could be a flower, a baby, a disease, or an appearance that appears to defy the laws of our world. When the basics of the creative principle are understood, to the degree that those basics can be understood, it is seen that temporary manifestation occurs because the conditions come together in a way to create that appearance.

Here are a couple of stories about Ramana Maharshi.

The Story of Ramana Maharshi and Robert Adams

"I am Robert Adams. I was born in New York in 1928, and from the very beginning, as far back as I can remember, when I was in a crib, a little man with a grey beard and white hair, about two feet tall, would appear before me at the other end of the crib and speak gibberish to me. Of course, being a child, I did not understand anything he said. When I was about five or six years old, I told my parents about it and they thought I was playing games. I told my friends and they chuckled. So I stopped saying anything about it. The apparitions of the little man stopped when I was about seven." ...

[A few years later, while taking a math test in school one day:]

"Subjectively, the whole room appeared filled with light more brilliant than the sun. It was a beautiful shining warm glow and the whole room, along with everything and everyone, was immersed in the light, and all the children seemed to me mere particles of that light. I found myself melting into radiant Being-Consciousness. I merged into immaculate awareness. It was not an out-of-body experience. This was completely different. I realized that I was not my body. What appeared to be my body was not real. I went beyond the light into pure radiant consciousness and I became consciousness, and my individuality merged into pure and absolute bliss. I became the universe. The feeling is indescribable. It was total bliss and total joy."

After this experience, Robert Adams' life was not normal. As a teenager, maybe fourteen or fifteen years old, he felt the need for guidance. Some of his friends suggested that he go to Joel Goldsmith, a famous Christian and true mystic. ... [Joel Goldsmith] advised him to go to Paramahansa Yogananda, who was in Encinitas. He said, "He will guide you." ...

Robert Adams went to Encinitas... Robert prostrated to Paramahansa and said, "You are my Guru." Paramahansa said, "No. I am not your Guru. Your Guru is Sri Ramana Maharshi. Ramana Maharshi is not well; you should go to him immediately."

After leaving Paramahansa, Robert happened upon a copy of *Who Am I?* in the philosophy section of a library. Ramana Maharshi's picture was on the cover. When Robert saw the image, his hair stood on end because he recognized that face as the same one he had seen in his crib as a toddler. He wasted no time finding his way to Bhagavan. Here he describes his first encounter with the Maharshi:

"When I was eighteen years old I arrived at *Arunachala*. I took flowers and a bag full of fruits and offered them at his feet. Bhagavan looked at me and smiled and I returned the smile. The very first look of the Maharshi engulfed me in a flood of light, peace, quietude, and bliss and it opened an inner eye. I instantly recognized the meaning and purpose of all my experiences, that I was never a body and that I was ever the unborn Self, the eternal silence."

The Story of Ramana Maharshi and Papaji

[A] steady urge to be eternally with God became so compelling that [H. W. L. Poonja, later known as Papaji] was forced to go in search. He left his family with his father and went in search of someone who could show him the way to God, and allow him to dwell with God permanently. He toured all over India, meeting *sadhus* and swamis in *Ashrams*. His constant questions were: Have you seen God? Can you show me God? The replies that he received always disillusioned him. Feeling disheartened, he returned to Punjab. Yet, the fire of yearning within him was still burning. He fed *sadhus* who came to his home and posed these burning questions to them.

One day, a *sadhu* knocked on his door. The *sadhu* was received with respect by Papaji and fed well. When asked the usual questions, the *sadhu* smilingly replied, "I can show you a *swami* who can answer your questions." Punjaji immediately asked, "Where is he? What is his name?" The *sadhu* answered, "His name is Ramana Maharshi, and he is in *Arunachala*, in an *Ashram* called *Ramanashram* in Tiruvannamalai." The *sadhu* gave him directions on how to reach the *Ashram*. Papaji was elated that he was at last going to meet a *swami*, who would show him the way to God. ...

Papaji was already thirty-four years old when he reached Madras in 1944. He was excited and eager to see the *swami* who would answer his burning questions and show him God. At *Ramanashram*, he left his baggage in the common dormitory and went to the old hall where they said the *swami* was seated. He peeped through the window and was totally disappointed and enraged by what he saw. He told himself, "The same *sadhu* who visited me at my home in Punjab is seated here! He gave me his own name and address and is now seated on the sofa! He is a cheat; I will not stay here even for a minute." Such was his anger!

Papaji ran back to the dormitory and hurriedly picked up his baggage. He was fuming and frustrated. However, an old devotee, Framji Dorabji, told him, "You have not been here even for an hour. Why are you going back when you have come from such a distance?" Papaji narrated what he had seen and concluded, "This *swami* is a cheat. He gave me his own name and address and said that he would show me God. I know he is a cheat. I know it!" Framji said in a concerned voice, "There is some mistake here. Bhagavan has not left *Arunachala* for thirty-five years!"

Papaji continued to fume, but Framji Dorabji induced him to partake of lunch. He told him to have Bhagavan's *prasad*. After having his lunch, Bhagavan would retire to the old hall. People were told not to disturb the Maharshi between eleven-thirty and two-thirty. Papaji attempted to follow the Maharshi, but Krishnaswami, the attendant, prevented him from following. Bhagavan, who was already in the hall, told Krishnaswami, "Allow him to come inside." Papaji recounts what happened:

"I approached the *swami* in a belligerent manner. I asked him, 'Aren't you the man that came to see me in my house in Punjab?' The Maharshi remained silent. I repeated, 'Did you not come to my house and tell me to come here?' Again the Maharshi made no

answer. Since he was most unwilling to answer, I moved on to the main purpose of my visit. I asked him the questions that I had come to ask: 'Have you seen God, and if you have, will you help me to see God? I am willing to pay any price for the answer, even give my life. But your part of the bargain is that you must show me God.'

The *swami* answered, "No, I cannot show you God. I cannot help you see God because God is not an object that can be seen. God is the subject. He is the seer. Do not concern yourself with the objects that can be seen. Find out who is the seer." He then added, "You alone are God."

Bhagavan advised Papaji to find out more about this 'I' that is so desirous of seeing God.

"Then, he looked deep into my eyes in such a way that my entire body began to tremble. I felt a shiver running through every inch of my body. My hair stood on end, such was the intensity. Believe me; I became aware of the spiritual heart. What I am referring to is not the physical heart, but the heart that is the source and support of all that exists. This heart opened up and blossomed in the Maharshi's presence. I have never had such an extraordinary experience before. I had not come in looking for any kind of experience, so when it happened, it took me by total surprise."

Note: Both stories about Ramana Maharshi are excerpts from The Human Gospel of Ramana Maharshi as told by Ramana's grand-nephew, V. Ganesan, and written down by John Troy.

I have shared these stories, because they are not fictional like the one in today's reading. These things do happen, and usually the credit for these 'miracles' goes to the master—in this case, Ramana Maharshi. However, when someone tried to credit Nisargadatta Maharaj with miracles that occurred around him, he said:

I know nothing about miracles, and I wonder whether nature admits exceptions to her laws, unless we agree that everything is a miracle. As to my mind, there is no such thing. There is consciousness in which everything happens. It is quite obvious and within the experience of everybody. You just do not look carefully enough. Look well, and see what I see.

Contemplate this tip as you read today's reading. If you have a desire for mystical experiences, notice how Jesus handles that desire in the story. You could also do like Ramana Maharshi advised Papaji and find out more about the 'I' that is so desirous of mystical experiences.

As you read, remember what was written at the beginning of this tip:

When the conditions are right, consciousness manifests as a temporary appearance within consciousness. That temporary appearance could be a flower, a baby, a disease, or an appearance that appears to defy the laws of our world. When the basics of the creative principle are understood, to the degree that those basics can be understood, it is seen that *temporary manifestation occurs because the conditions come together in a way to create that appearance.*

Thoughts of Awakening # 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

Tips from Regina ~ Day 39: NTI Mark 7 (v1-23)

I'm sure you've noticed that the mind can be more or less noisy when you meditate. Although a quiet mind is considered ideal for meditation, it is not required. Michael Langford's awareness-watching-awareness practice instructions say:

If you seem to be having a lot of thoughts, ignore them and turn your attention away from the thoughts and towards awareness observing awareness.

In this case "ignore" means, place your attention elsewhere. It does not mean, "repress." Some applicable synonyms for "ignore" are:

Disregard, take no notice of, pay no attention to, pay no heed to, tune out

Meditation is called "practice," because meditation *is* practice. We know our practice is paying off when we notice ourselves disregarding thought in daily life. When we ignore thought, we live from awareness, intuition and spontaneity.

The Teachings of Inner Ramana refers to ignoring thought and living by intuition as “living from within instead of living from without.” In today’s reading, the Pharisees are a symbol. The Pharisees who are not distracted symbolize living from within. Jesus symbolizes intuition, and the Pharisees who are not distracted are able to hear him. The Pharisees who are distracted symbolize living from without. Their perception is biased and limited by their thoughts. They do not hear Jesus’ message, just as we do not hear intuition when we are caught up in thought. They also do not notice “the peace beyond the words,” just as we do not notice awareness when thought has our attention.

Jesus is clear that we are not guilty if we believe our thoughts, even if we act on them. We are not guilty, because consciousness is unaffected. However, believing thoughts and acting on them is the cause of suffering. In NTI Matthew, Judas symbolized the mistake of believing and acting on thought.

In daily life, it’s important to turn our listening attention inward. It’s important that we learn to disregard thoughts and live from awareness, intuition and spontaneity.

Here’s something to remember from the [Mullah Nasruddin story](#) about the leaky bucket:

If you react unconsciously, you push the lesson of the moment away.

Our bucket leaks when we live from without instead of living from within. It’s as if we put water in the bucket during our morning meditation and contemplation, but then we let it leak out again as we live from thought throughout the day. We are never guilty for this mistake, but it is confusion, the cause of suffering, and an obstacle to truth realization.

Thoughts of Awakening # 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

Tips from Regina ~ Day 40: NTI Mark 7 (v24-30) – end

Please spend time in silent reflection with the following quotes before going to today's reading. After the reading, return and reflect on the quotes again.

1. We need silence to be alone with God, to speak to him, to listen to him, to ponder his words deep in our hearts. We need to be alone with God in silence to be renewed and transformed. Silence gives us a new outlook on life. ~ Mother Teresa
2. You will receive everything you need when you stop asking for what you do not need.
~ Nisargadatta Maharaj
3. Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn perfect patience, perfect wisdom, perfect compassion. ~ Buddha
4. Everything you see and experience, you see and experience through the filter of your own mind. In order to find peace, one must abandon interpretation and remember knowledge. This is the process of learning that I lead you through. You are learning that you do not know; you interpret. This enables you to step back from conflict, and knowing that your interpretation is nothing, let your interpretation go. As interpretation is released, knowledge can be given. Knowledge is peace, since knowledge has no conflict, because it is whole and it is truth. ~ NTI Luke, Chapter 6
5. Silence is most powerful. Speech is always less powerful than silence. ~ Ramana Maharshi
6. The world is indeed a mixture of truth and make-believe. Discard the make-believe and take the truth. ~ Ramakrishna

Thoughts of Awakening # 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

Tips from Regina ~ Day 41: NTI Mark 8 (v1-13)

Like yesterday, spend time in silent reflection with the following quotes, and then read today's reading. After the reading, return and reflect on the quotes again.

1. Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside. ~ Ramana Maharshi
2. The fabled musk deer searches the world over for the source of the scent, which comes from itself. ~ Ramakrishna
3. Meditation is one of the greatest arts in life—perhaps the greatest—and one cannot possibly learn it from anybody; that is the beauty of it. ~ Jiddu Krishnamurti
4. The first thing to realize in meditation is that there is no authority, that the mind must be completely free to examine, to observe, to learn. ~ Jiddu Krishnamurti
5. Work out your own salvation. Do not depend on others. ~ Buddha
6. If the mind falls asleep, awaken it. Then if it starts wandering, make it quiet. If you reach the state where there is neither sleep nor movement of mind, stay still in that, the natural (real) state. ~ Ramana Maharshi

Thoughts of Awakening # 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

Tips from Regina ~ Day 42: NTI Mark 8 (v14-21) – end

Today's story is symbolic of your relationship with the inner Teacher. When you read today, you will notice that Jesus has an early discussion with the apostles about doubt and a later discussion with the apostles about doubt. The content of the discussions are different, because as the apostles go deeper with the teaching, Jesus is able to be more direct and point towards deeper truths. This is also true in your relationship with the inner Teacher.

When people are new in their relationship with the inner Teacher and new to the journaling process, the wisdom received from the inner Teacher is often filled with encouragement. People are told, "You are love," "You are loved," "You are innocent," "You are light," "You are my perfect child," and etcetera. This encouragement is needed in the beginning, because the student is afraid, lacks confidence and is full of doubt. However, if the student progresses with the teachings, at some point the wisdom received from the inner Teacher is more pointed—sharper, clearer, drilling onward and inward.

In order for this advancement to happen, the student needs to put her doubts aside. If the student stays at the level of believing her fears, doubts and unworthiness, the wisdom will stay at the level of encouragement. If the student puts her fears aside with the honest intention to purify and realize truth, the inner Teacher will assist clearly and directly. It's important to note that the inner Teacher will only go as far as the student is willing. The inner Teacher will not violate your freewill.

Today's reading says, "More and more, the apostles began to seek private counsel with Jesus to discuss their fear and doubts." This is an example of how you should use your journal. Be absolutely honest with wisdom as you look directly at your fears, doubts, guilt, unworthiness and upsets. Give inner wisdom permission to go beyond simple encouragement to dissection; that is, to helping you see exactly how you make mistakes in your thinking, believing and perceiving.

Today's reading says, "Jesus responded lovingly with every discussion brought to him. Never did the apostles feel judged." You can trust inner wisdom to be the same with you. As you allow directness, there will be extremely helpful and insightful directness, but never judgment.

In today's reading, Jesus asks the apostles, "And who do you say I am?" Peter answers, "You are me, master...the Son of God...the Christ."

Through this answer, Peter demonstrates that he is becoming aware of consciousness. Jesus did not teach about consciousness directly. His teaching focused on practice and parables instead of direct theory. So, when Peter revealed this clarity, Jesus knew Peter was listening to inner wisdom.

In today's reading, Jesus says this to the apostles:

The Voice within will lead you clearly when you give it your trust and put your doubts aside. It will reveal truths to you that you have not imagined, and so you will know they are true."

I can tell you from my own experience that this is true. First, journaling will advance from pure encouragement to dissection, and then when enough dissection has occurred, truth will begin to shine through in your journal—truth that you have never realized before. Although truth is never new, it will seem new to you. It will seem new, because it is dawning fresh for you as a direct insight. It will be beyond any understanding that ever occurred intellectually through learning. As you continue to advance, the wisdom in your journal will continue to advance, and it will lead you all the way to truth realization.

Of course, you must practice the guidance that comes through your journal. To merely write and be amazed at the clarity is not enough. In order for your journal to continue to progress, you must progress by practicing everything the journal gives you to practice.

Thoughts of Awakening # 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

Tips from Regina ~ Day 43: NTI Mark 9 (v1) – (v2-13)

Today's reading is about resistance. We each experience resistance to truth. We experience resistance to the degree that we are attached to the body-personality-mind as "me." In other words, the more I see 'this' as me, the more I resist truth and the practices that lead to truth.

Why?

If I think 'this' is me, including this mind's desires, fears and will, then I feel threatened by truth to the point of believing that I am losing what I am.

Resistance can take on many forms. Sometimes resistance is light and barely noticed as resistance. An example of light resistance is avoiding daily contemplation and meditation in favor of something else, like sleeping later, watching TV, playing video games, hanging out on social media, and etcetera.

Sometimes resistance can be very strong. It can appear as absolute panic. I remember one of my biggest bouts with resistance. I thought I was being led, step-by-step, away from sanity into insanity. While the resistance attack lasted, there seemed to be evidence to prove that I was right. I became very afraid. Fortunately, clarity broke through long enough for me to see that I was experiencing an attack of resistance, and I was able to move into rest-accept-trust until fear dissipated. This happened just before finishing NTI. If I had "run from the spiritual path—run away now," which is what the fear was encouraging me to do, we wouldn't have NTI, *The Thoughts of Awakening*, *The Teachings of Inner Ramana* or Awakening Together today.

In today's reading, Peter is overcome with extreme fear after Jesus shares "great truths that had not been shared before." These truths are the same truths that I shared with you in Year 1 through the [tips on ACIM Workbook Lessons](#) 298-358. Until this day,

Peter had not realized that he was on a path of letting go of the sense of self-existence. Imagine yourself in the wilderness, on a mountain with a man who you thought taught simple forgiveness and love, and then suddenly realizing that he is leading you to the end of your personal sense of existence. And you're stuck on top of a mountain with this madman, miles from the nearest village!! What if he pushes you off of a cliff?

That's how strong resistance can be sometimes. Fear can take hold with a very tight grip. Panic sets in. Seeing and thinking become incredibly distorted.

When fear is strong, it is not the time to do anything. It is not the time to make decisions or make changes. When fear is strong, it is time for rest-accept-trust. Wait in patience—realize, “This too shall pass”—until a sense of peace, trust or well being returns.

The spiritual path can be likened to a children's game, which is called “[Red Light, Green Light](#).” Here's how to play: Do nothing—make no changes—whenever fear is present (red light). Move forward with intuition when there is peace and trust (green light). In this way, you make steady progress to the finish line (awakening).

Note: Today's reading ends about one third of the way down page 94. The last line of the reading is, “In this way, you find yourself on the path of healing with a mighty companion by your side.”

Thoughts of Awakening # 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

Tips from Regina ~ Day 44: NTI Mark 9 (v14-32) – (v33-37)

Today's reading reminds me of the children's nursery rhyme:

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall;
All the king's horses and all the king's men
Couldn't put Humpty together again.

The wall we sit on is belief in our thoughts. It is a very shaky wall, crumbling at its foundation. If we sit on this wall, "a very great fall" is destined. The fall results in a break from clarity; we see from a separated, biased point-of-view instead of from reason and wholeness. We also make the mistake of believing how we see—we think we are right—and so, "All the king's horses and all the king's men" cannot help us see rightly again.

In today's reading, Jesus gives us a prayer to pray whenever we find ourselves on that shaky wall:

Father, it is not Your Will that I be separate from you, so it is not my will that I be separate. I rejoin with you by letting go of my attack [or fear, judgment, guilt, unworthiness, etc]. I give this to you, that you may do with it as it is Your Will. I ask for nothing of you but peace.

This prayer, or one like it, helps us let go of thinking that is about to cause "a great fall." When we surrender thoughts in this way, we let them go and leave them in God's Hands. We don't continue to think with those thoughts. We don't speak from them, and we don't act upon them. We step outside that loop of thinking. We willingly let things be as they are and as they will be.

If we follow the prayer up by thinking, speaking or acting with those thoughts, we have not surrendered them. Our wall remains shaky, and a fall is eminent.

Today's reading also points toward true perception. We can place our attention with this pointer instead of with our separation thinking, if we want to. The pointer that Jesus shares is "the innocence that is found within our Lord." Jesus also uses a small child as an example of his own innocence, which he calls "one innocence."

In order to understand this pointer, we need to understand "innocence." In this case, innocence isn't the opposite of guilt. Innocence is "lack of knowledge." (From Merriam-Webster's Dictionary.) Or said another way, it is the opposite of the I-know mind.

Again, believing our thinking is the problem. When we accept, “I don’t know,” we disengage from the thinking mind and open up to intuition, which comes from consciousness.

Twice in today’s reading, we are told that Jesus “opened his mouth, so that the Holy Spirit could pour forth.” We **aren’t** told: Jesus knew the man who was speaking, and he knew this guy had a grievance against so-called-Messiahs. He also knew that he had to prove this man wrong, or many people might stop trusting him. And so, he tried to get the man to see another way, so that the crowd would not turn away.”

Opening his mouth without any ideas about what he would say is an example of innocence. Believing thinking, like the thinking in my made-up example above, is the opposite of innocence and a fall from clarity.

Each day, I read from NTI. When I feel to stop and be with a particular sentence or paragraph, I do. However, when I finish reading and pick up my laptop to begin writing the tip, I always wonder, “What will I type today?”

My daily tip is a surprise to me. It unfolds as I write. Until it is done, I don’t know what it will say. Today, the idea about Humpty Dumpty came after I put my hands on the keyboard. In fact, I originally wrote, “Today’s reading is about how we separate ourselves.” After I typed that, the idea of Humpty Dumpty came, so I deleted my original opening sentence and followed Humpty Dumpty to see where it would go.

Innocence is lack of knowledge. By following that pointer, we experience true perception. By believing our thinking—by thinking we know—we keep climbing up and falling off of a wall, over and over and over again.

Thoughts of Awakening # 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

my posts. In fact, they became pretty belligerent about it. They argued that Helen Schucman was the only legitimate scribe, and anyone else who heard Jesus or Holy Spirit was a fake.

Of course, many years before Helen Schucman, there was Mary Baker Eddy. Mary Baker Eddy received great insight from within. Her work became known as Christian Science. However, Mary Baker Eddy felt that her work was the final revelation. Eventually, this resulted in a split in Christian Science. Her student, Emma Curtis Hopkins, started her own school of Christian Science. Unlike Eddy, Emma felt that the truth had been revealed to many people throughout history and was always available to everyone. She taught that we each already know everything. She said truth isn't a matter of learning, but a matter of recalling. Emma Curtis Hopkins always saw herself and her students as equals.

Awakening Together is founded on those same principals. Here are three of our core values:

We trust everyone is led by [unique inner guidance](#) to one experience, called awakening, which is realization of one true Self. We live this value by supporting one another on different paths of awakening.

We realize everyone is equal and no one has been given [spiritual intuition](#) that is an authority over the spiritual intuition of others. We live this value by listening to each other, respecting each other, and allowing each one to be where he/she is.

We affirm one true Self as the only truth. We live this value by embracing what is helpful on the path of awakening without idolizing any spiritual doctrine as truth.

When you learn from wisdom that came through another person, that learning passes through the mind. To one degree or another, it is also distorted by the mind, and it is not the same as it was for the individual who originally received it. In fact, all world religions are based on original wisdom, but they are severely distorted because the wisdom has passed through many minds over the ages. Mental ideas that were not part of the original wisdom have become part of the religion.

Divine wisdom speaks to you best when divine wisdom comes through you. This is why I encourage you to contemplate, journal and teach from your own experience and insights.

In today's reading, Jesus says, "God will call many teachers to do his work, and each one may seem to teach in his own way...Do not be distracted by what may seem to be differences."

We will find differences in the way people teach. There are even differences among the masters' teachings. If we are looking for the one teaching that is right, we are missing the point. The point isn't about one right teaching. The point is, we are one. And that's why divine inspiration comes through each of us. We are the same one, and the inspiration is speaking from our Self.

Interestingly, oneness doesn't mean that divine inspiration is always exactly the same. Although we are one Self, our manifestations are unique. So, divine inspiration comes through each of us in a way that is perfect for the one receiving the inspiration. And that, of course, is what's most helpful for everyone.

I love to listen to your inspiration. I love to hear how it expresses itself through you. It amazes me how one simple truth can dawn on each of us in an absolutely unique, one-of-a-kind way. It reminds me of a high altitude alpine valley filled with dozens upon dozens of different brilliant wildflowers, each one just as beautiful as the next.

Of course, anyone who feels that a specific book or teaching is the final revelation will disagree with everything I have written in this tip. They will feel this tip is a distortion. You will have to decide for yourself.

Tips from Regina ~ Day 45: NTI Mark 9 (v38-41) – (end)

During the time when I was scribing NTI, I used to post to a Yahoo group. Each day, I posted the portion of NTI that I received that morning. I remember there were some people who didn't like my posts. In fact, they became pretty belligerent about it. They argued that Helen Schucman was the only legitimate scribe, and anyone else who heard Jesus or Holy Spirit was a fake.

Of course, many years before Helen Schucman, there was Mary Baker Eddy. Mary Baker Eddy received great insight from within. Her work became known as Christian Science. However, Mary Baker Eddy felt that her work was the final revelation. Eventually, this resulted in a split in Christian Science. Her student, Emma Curtis Hopkins, started her own school of Christian Science. Unlike Eddy, Emma felt that the truth had been revealed to many people throughout history and was always available to everyone. She taught that we each already know everything. She said truth isn't a matter of learning, but a matter of recalling. Emma Curtis Hopkins always saw herself and her students as equals.

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Of course, anyone who feels that a specific book or teaching is the final revelation will disagree with everything I have written in this tip. They will feel this tip is a distortion. You will have to decide for yourself.

Thoughts of Awakening # 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

Tips from Regina ~ Day 46: NTI Mark 10 (v1-12)

Yesterday, I wrote, "If we are looking for the one teaching that is right, we are missing the point. The point isn't about one right teaching."

In today's reading, Jesus again addresses confusion about one right teaching.

The law that came through Moses is core to the Jewish religion, but in today's reading, Jesus makes a recommendation that is different from that law. He makes a recommendation that suits the situation that is presented to him. If he had been presented with a different situation, he might have made a different recommendation.

Verse 38 of the Tao Te Ching says:

So when the Way is lost,
that's when we resort to virtue.
When virtue is lost,
that's when we resort to humaneness.
When humaneness is lost,
that's when we resort to morality and righteous justice.
And when righteous justice is lost,
that's when we resort to ceremonies of propriety.
Ritual ceremonies? Mere husks of sincere faith,
marking the beginning of confusion and disorder.

When we believe a particular teaching or structure to the point that it becomes ritual, we resort to following mindlessly without intuiting what is right (or best) in the current situation now.

Verse 38 also says:

The true person
relies on the heart, not the husk,
the fruit, not the flower.

In today's reading, Jesus "relies on the heart, not the husk." He sees that self-centeredness is the problem at hand, and so his prescription in the moment addresses self-centeredness.

As you read today's reading, contemplate this question:

When do I think that consistent rules and guidelines should always apply, and so I fail to look to intuition in the moment?

Thoughts of Awakening # 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

**Tips from Regina ~ Day 47: NTI Mark 10 (v13-16) –
(v17-31)**

Today's reading provides the opportunity to contemplate, once again, the goal of the spiritual path.

Awakening is not becoming a better person. It isn't attaining eternal life for the self that you think you are. Awakening is realizing that you are That which is beyond all sense of self, even beyond consciousness itself.

Let's review the Four Principles of God:

First Principle of God – Pure, unmanifest, life-awareness; abstract, unlimited potentiality.

Second Principle of God – Consciousness; the unaffected, still witness. All things manifest are made of this principle; therefore, all things are consciousness.

Third Principle of God – The ongoing activity of creation, which occurs naturally through the interaction of the witnessing principle with that which is witnessed. It is how consciousness forms itself into the many temporary forms that make up the manifest universe.

Fourth Principle of God – Manifestation. Everything in this realm is temporary, and so it is often referred to as a dream. It is consciousness appearing as something other than consciousness, and so it is called illusion. One who believes manifestation is the realm of reality is referred to as unconscious, not awake, or ignorant. When this realm is seen through ignorance, it is fearful and full of suffering. When seen through clarity, this realm is miraculous.

The goal of the spiritual path is to realize we are the First Principle of God. To do that, we cannot be attached to anything in the Fourth Principle. Attachment to the Fourth Principle maintains our identity as a body-personality-mind in the Fourth Principle. It's like being a balloon tethered to a fence. The only way to float up to the First Principle is to cut the string.

It's important to realize that the person is part of the Fourth Principle. Whether you are a good person, a bad person, or an improved person, it is still the Fourth Principle. Everything in the Fourth Principle is temporary. You can never attain eternal life for a temporary manifestation, but you can realize that you are not a temporary manifestation.

After you read the story in today's reading, ask yourself:

What about my life is so important to me, that if I were about to be absorbed into infinite awareness, I would hesitate and look back toward the world?

Hint: Watch the type of thinking that distracts you from awareness during meditation.

Thoughts of Awakening # 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

Tips from Regina ~ Day 48: NTI Mark 10 (v32-34) – end

As you read today's tip, keep [the Four Principles of God](#) in mind.

In today's reading, Jesus says, "When you look at me as one who is in a body, you do not look at me at all." At this point in our story, Jesus has awakened to the Second Principle of God, which is consciousness. As such, Jesus is aware of everything as consciousness. In *A Course in Miracles*, this way of seeing is called true perception and the real world. In other teachings, it is referred to as the unitive state or oneness.

Nisargadatta Maharaj said, "The very nature of the Self is love. It is love, loving and lovable." He also said, "Love is not a result, it is the very ground of being. Wherever you go, you will find being, consciousness and love." This is Jesus' way of seeing.

Not too long ago, we did an exercise in the mind using the image of children's molding clay. To understand the teaching in today's story, let's do a similar exercise.

1. Imagine that you have a can of children's molding clay, like Playdoh, in front of you. Imagine taking the clay out of the can. Set the clump of clay on the desk or table in front of you.
2. Before beginning to mold anything out of the clay, spend time appreciating the clay itself. Imagine the color of the clay. Pick the clay up and feel what it feels like in your hands. Smell the clay. Appreciate the unlimited potential of the clay. Realize it can be molded into anything. The clay represents consciousness. Be with that thought for a moment before continuing to the next step.
3. Begin to mold the clay into Jesus. See yourself creating a perfect image of him. Imagine using tools to create the fine features of his face, hair and clothing. When your image is complete, see it setting on the table or desk in front of you.
4. Now, shift your perception. Instead of focusing on the image of Jesus—instead of focusing on his features, such as the face, hair and clothing—focus on the clay. Notice the color of the clay again. It is the same color as when you started. Notice the smell of the clay is the same. Pinch your molded image just enough to notice that the clay remains malleable, just as it was prior to creating this image. The clay is still clay. The clay represents consciousness. Be with that thought for a moment before continuing to the next step.
5. Now, destroy the image of Jesus. Squish it. Tear it apart, and press the pieces back together into a formless clump of clay. Completely eliminate the image that was molded from the clay. When you are done, hold the clump of clay in your hand.
6. Examine the clump of clay. Look at the color of the clay. Feel the clay in your hands. Smell the clay. The Jesus image is gone, but the clay is still clay. The clay represents consciousness. The clay itself is love. Jesus of NTI sees himself as the clay. He does not see himself as the image of a man called Jesus.

When you read today's story, keep this exercise in mind. If you do, you will understand what Jesus means when he says, "When you look at me as one who is in a body, you do not look at me at all." You will also understand his meaning when he says, "Remember that Love cannot die." When Jesus talks about love, he is not talking about an emotion. Emotions come and go. Jesus is referring to *consciousness and the unlimited potential of consciousness*. That's love.

As Nisargadatta Maharaj said:

"The very nature of the Self is love."

"Love ... is the very ground of being."

Nisargadatta also said:

"The right use of mind is in the service of love..."

Contemplate that last quote along with what Jesus says about the "Servant" in today's reading.

Thoughts of Awakening # 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

Tips from Regina ~ Day 49: NTI Mark 11

As a reminder, NTI Mark is a fictional story that provides helpful symbols. Our role is to derive meaning from the symbols, and then *live from the example* provided by those symbols.

I am reminding you of this today, because today's reading in NTI is quite a bit different from the way the stories are told in the Bible. In the Bible, Jesus rides into Jerusalem on

the back of a donkey and is hailed as king by crowds of people. The next day, he wakes up hungry. The Bible says:

Seeing in the distance a fig tree in leaf, he went to find out if it had any fruit. When he reached it, he found nothing but leaves, because it was not the season for figs. Then he said to the tree, "May no one ever eat fruit from you again." And his disciples heard him say it. ~ Mark 11:12-14, 20-21

That fig tree "withered from the roots" and died.

After cursing the fig tree, Jesus went to Jerusalem. This is what happened next:

On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, and would not allow anyone to carry merchandise through the temple courts. And as he taught them, he said, "Is it not written: 'My house will be called a house of prayer for all nations'? But you have made it 'a den of robbers.'" ~ Mark 11:15-17

Why does NTI tell the story differently? Because, NTI Mark is a fictional story that provides helpful symbols. Our role is to derive meaning from the symbols, and then live from the example provided by those symbols. So, NTI changes the story in order to provide us with an example we can follow and model ourselves after.

What about the story as it is told in the Bible?

The morning after Jesus rode into Jerusalem and was hailed as king, the Bible says:

The next day as they were leaving Bethany, Jesus was hungry. ~ Mark 11:12

As we know, Jesus fasted 40 days and 40 nights in the desert and refused the ego's temptation to turn stones into bread. But on this day, Jesus sees a fig tree in the distance and, even though it wasn't the season for figs, he gets so angry at the tree for not having fruit that he curses it, and it dies. Doesn't it seem a bit unusual that physical hunger would have such a strong effect on him?

It's interesting to note that "hungry" has more than one definition. The obvious definition is "feeling the need for food," but notice some of these other definitions:

Having a strong desire or craving; grasping

Strongly motivated as by ambition; power-hungry

Extremely desirous, avid; hungry for recognition

It's possible that thoughts of grandiosity entered into Jesus' mind as he rode into Jerusalem the evening before, and so the next morning he woke up "hungry." It's also possible that he was beginning to sense the threat of arrest, and he was upset by thoughts about that. Whatever the case may have been, it appears he was not immediately alert to his thinking. He was temporarily deluded by his thoughts, and that's what led to the outbursts with the fig tree and in the temple courts.

In NTI, Jesus doesn't make the same mistakes that he made in the Bible. NTI provides us with a role model that we can emulate when we notice wrong-minded thoughts in our minds. However, the Bible story is helpful too, because it can be helpful to realize that *even Jesus* made mistakes. That point-of-view can help us forgive ourselves when we are not quickly alert to our thoughts.

Thoughts of Awakening # 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

Tips from Regina ~ Day 50: NTI Mark 12 (v1-12) – (v18-27)

Day 50: NTI Mark 12 (v1-12) – (v18-27)

When we derive a portion or all of our self-image from the truth teaching that we study, the teaching is hijacked by the ego, and it is no longer effective. Instead, the teaching becomes a tool that is used by the ego to continue the ego and its illusion.

That is the meaning of the story about the vineyard, which you will find in today's reading. The perfect vineyard is the teaching. However, the one who becomes identified with the teaching turns it into a personal thought system. Once the teaching is reduced to a thought system that 'I' identify with, it needs to be defended whenever the thought system appears threatened. At this point, the teaching becomes completely ineffective, and it isn't used for the purpose that it was originally given, which is truth realization.

A term commonly used for this process of identifying with a teaching, turning it into a personal thought system, and then defending the thought system is, "fundamentalism." Like ritual, fundamentalism is the husk of truth faith.

Awakening Together's fourth core value addresses fundamentalism.

We affirm one true Self as the only truth. We live this value by embracing what is helpful on the path of awakening without idolizing any spiritual doctrine as truth.

NTI Revelation, Chapter 1, also addresses the mistake of fundamentalism.

The world is an illusion, and so everything you experience as you let go of the world is illusion also. *You are not to believe any of it.* But helpful symbols will be given to guide you. Remember that they are only symbols. Follow them, realizing you know not where they lead.

Do not idolize anything within the world or any symbol or any thought that is sent to lead you from the world. Hold to them as they are useful, but let them go when their usefulness has past. You are to keep moving *by letting go* until you find yourself with nothing left to hold onto.

Twice, today's reading says, "Jesus understood the confusion within the mind and the thought that gave rise to such confusion." The confusion is fundamentalism. The thought that gives rise to the confusion is the "I" thought, a thought that constantly seeks for a self-image.

To awaken, we must let go of self-image, including spiritual self-image, and embrace "the oneness of God"—consciousness, the Second Principle of God—as what we are.

Thoughts of Awakening # 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

Tips from Regina ~ Day 51: NTI Mark 12 (v28-34)

Today's reading is very short, but its message is the crux of true spirituality. It deserves the utmost contemplation.

The problem with humanity is the belief in separation and self-centeredness. That is one problem, not two. The problem is complicated by the fact that humans do not realize it is a problem. They think separation is a fact, and they typically do not notice their own self-centeredness. The ways that humans hurt each other, themselves, animals and the planet because of this way of seeing are too numerous to list. Extreme hurt is much more common than we'd like to notice or admit. In the past, I have shared two videos—[Kirtana's "Happy Birthday Jesus"](#) and [John Lennon's "Happy Xmas"](#)—to help us look more honestly at the pain caused by the ego. And yet, those videos only show a tiny portion of that pain.

Ashleigh Banfield's "Primetime Justice" on CNN Headline News often highlights news stories that show just how cruel and self-centered humans can be. If you can watch that show without judging the accused, it can be helpful to tune in on occasion as a reminder of the pain that is caused by the belief in separation and self-centeredness.

In Jesus' time, there was just as much cruelty as there is now. Nothing has really changed in 2,000 years, which is the point of Kirtana's song, "Happy Birthday Jesus." That's also the point that Michael Langford makes in his book, *The Most Direct Means to Eternal Bliss*:

For thousands of years humans have been stuck in the same pool of inward unsolved problems. Thousands of years ago humans had the problems of suffering, sorrow, anger, fear, violence, conning, cheating, lying, death, etc. Today humans have the problems of suffering, sorrow, anger, fear, violence, conning, cheating, lying, death, etc. All of those problems have a single cause.

Michael Langford goes on to explain that the single cause of all of those problems is the ego. He also explains that the answer to all of those problems is the final end of the ego. It would be the same to say that the single cause of all of those problems is the belief in separation and self-centeredness. Therefore, the answer to all of those problems is the final end to the belief in separation and self-centeredness.

Note: Notice that Michael Langford says, “For thousands of years humans have been stuck with the same pool of *inward* unsolved problems.” The belief in separation and self-centeredness are *inward* unsolved problems.

In today’s reading, Jesus is asked, “Of all the commandments, which is most important?” Jesus answers with two commandments. The first addresses the belief in separation. The second addresses self-centeredness.

Instead of simply reading today’s brief excerpt from NTI, and then going on with your day, take time to contemplate the following questions. Journal with inner wisdom until you feel you have reached genuine insight.

What can I do to love God (truth, Self, awareness) to a greater extent?

What change (or changes) can I make to be less self-centered and more inclusive?

Again, seek *genuine insight* regarding these questions. When we reach genuine insight, we are able to feel it. It is the feeling of something new dawning on the mind, like a new realization, a new way of seeing, or a new or deeper way of understanding something that has been presented before. An insight may lead to an increase in the desire for truth realization, or it may lead to a more authentic approach to spiritual practice. If there is a dull “I-already-knew-that” feeling or a feeling of guilt associated with your answers, you have not yet reached insight.

Note: It doesn’t have to take a long time to reach insight. It’s possible that genuine insight may come quickly.

Thoughts of Awakening # 52

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

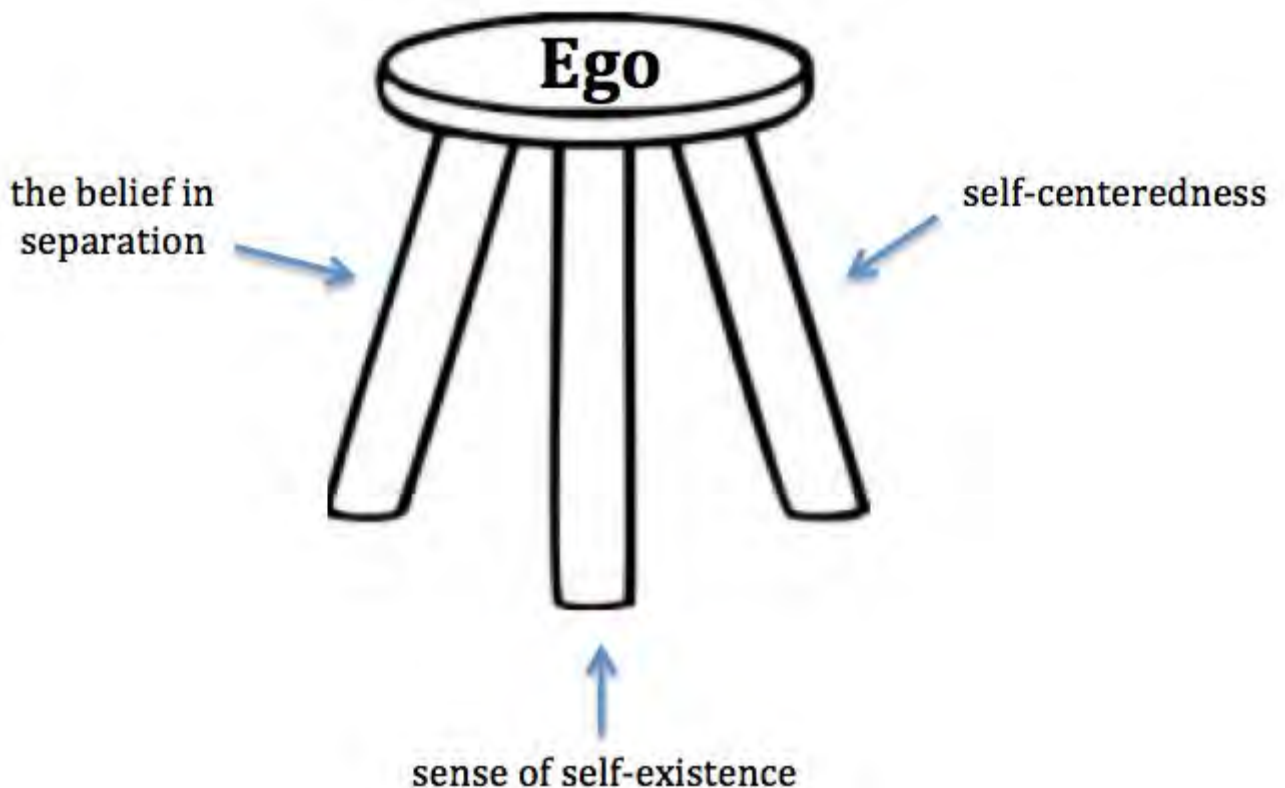
Your brother is your Self
and your path of true forgiveness.
Letting go of the ego,
as you see it in him,

is letting go of the ego
as you see it in you.

~From our Holy Spirit

Tips from Regina ~ Day 52: NTI Mark 12 (v35-40) – end

Yesterday we looked at the ego as the belief in separation and self-centeredness. Those are two legs of the three-legged stool that is the ego. The three legs that hold up the seat of ego-self are:



Today's reading includes pointers that help us remove these three legs. When we do, the ego collapses, because it doesn't have a leg to stand on.

To remove the belief in separation:
Focus on awareness.

To remove the sense of self-existence:
Ignore mental chatter.

To remove self-centeredness:
Surrender.

Here are some quotes to help you contemplate today's pointers:

In true meditation the emphasis is on being awareness; not on being aware of objects, but on resting as primordial awareness itself. Primordial awareness is the source in which all objects arise and subside. As you gently relax into awareness, into listening, the mind's compulsive contraction around objects will fade. Awareness naturally returns to its non-state of absolute unmanifest potential, the silent abyss beyond all knowing. ~ Adyashanti

The Lord, your God, wants one thing from you and one thing only. He seeks all that you think, that He may show you all that you are. ~ Today's reading

You should offer up to me the bright ruby of your mind. That is the gift that will bring me delight. ~ Ramana Maharshi

[Surrender] is the feeling 'I am helpless by myself; God alone is all powerful and except by throwing myself completely on him, there is no other means of safety for me.' By this method one gradually develops the conviction that God alone exists and that the ego does not count. ... Complete surrender is another name for jnana or liberation. ~ Ramana Maharshi

Thoughts of Awakening # 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

Tips from Regina ~ Day 53: NTI Mark 13

It's helpful to review the Four Principles of God once again:

First Principle of God – Pure, unmanifest, life-awareness; abstract, unlimited potentiality.

Second Principle of God – Consciousness; the unaffected, still witness. All things manifest are made of this principle; therefore, all things are consciousness.

Third Principle of God – The ongoing activity of creation, which occurs naturally through the interaction of the witnessing principle with that which is witnessed. It is how consciousness forms itself into the many temporary forms that make up the manifest universe.

Fourth Principle of God – Manifestation.

The discussion in today's reading is about awakening to Heaven, which is awakening to the First Principle of God. It is also about the disappearance of the world. These two—awakening to the First Principle and the disappearance of the world—are not two steps; they are one simultaneous step. Full enlightenment and disappearance of the world occur simultaneously.

In today's reading, Jesus talks to the apostles about the world as it appears. He speaks of wars, of natural disasters and of discord within families. He asks the apostles to accept everything they see without fear. In other words, he asks the apostles to practice discernment: to let go of their own fearful thinking and let it be replaced by acceptance and detachment.

As A Course in Miracles says:

Seek not to change the world, but choose to change your mind about the world.
(Chapter 21, Introduction)

That is Jesus' teaching. He lets the apostles know that under the most extreme of circumstances—such as arrest and flogging—one has the opportunity to choose his perception, and he recommends choosing the highest perception that one can choose.

Jesus' teaching is reminiscent of [The Code](#), which we studied in Year 1. The Code says:

The code is ideas, just as all things within illusion are ideas. The code can be seen as specific manifestations in form, can be felt as feelings or can be heard as thoughts. The best way to look at the code is as the *potential driver of experience*. I say it is the potential driver of experience, because code will only drive your experience if you fully believe the code. Even if you let go of your belief in the code partially, it no longer has full influence over you. The code can only drive your experience to the degree that you believe the code.

... the code is a layered code, and the layers are different vibrational levels of the same basic code. ... by choosing another way to see, you are choosing to shift vibrationally to another layer of the same basic code.

In other words, Jesus is teaching the apostles to shift their vibration above the vibration of the world by seeing differently—that is, by choosing a higher perception. When we studied The Code, we learned to choose the highest perception or thought available to us in each moment. In that way, we raise our vibration and even higher perceptions become available to us. It is as Peace Pilgrim said:

As I lived up to the highest light I had, higher and higher light came to me.

As one practices discernment and chooses the highest way of seeing that is possible, one rises in vibration. This is also called purification. At some point, one *transcends the vibration of separation*. This transcendence is awakening to the Second Principle of God. At this higher vibrational level, one experiences oneness. One sees God—consciousness—in everything and as everything. In today's reading, Jesus describes it this way:

...you will look out on the world and see the Christ as if it rains upon the earth from clouds held up by angels.

Jesus tells the apostles that when this way of seeing occurs:

...you know that Heaven (the First Principle of God) is near, right at the door awaiting you.

It is as it says in *A Course in Miracles*:

Knowledge is restored after perception first is changed, and then gives way entirely to what remains forever past its highest reach. ~ Workbook Lesson 336

In other words, the final awakening is beyond vibrational levels entirely, and therefore beyond consciousness, perception and the idea of a world.

Note: If you are interested in a more thorough teaching about the process of awakening to full enlightenment, which is awakening to the First Principle of God, listen to [this audio](#). Advance the audio to 9:30. From that point, the audio is about 49 minutes long.

Thoughts of Awakening # 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

Tips from Regina ~ Day 54: NTI Mark 14 (v1,2) – (v12-16)

Today's reading tells two stories, one that highlights thinking as a guide and one that highlights intuition and spontaneity as a guide.

The first story is about Judas' decision to help the chief priests arrest Jesus. The interesting thing about the thinking revealed in the story is that it appears reasonable under the circumstances. Let's put ourselves in Judas' position and look at his thinking from his point-of-view.

While sitting on the Mount of Olives earlier in the day, Jesus revealed deep truths to the apostles about the world, the oneness of consciousness, and the pure awareness of the absolute, in which the world disappears. This was the first time Jesus shared these truths with the apostles as a whole. He had shared these teachings with Peter, James and John while on a mountain retreat with them, and the teachings had scared Peter. Now, Judas experienced that same fear. (Reference the tip for [Day 43](#))

While Judas' mind was reeling from the newly revealed teachings, he looked at Jesus through that fear and saw what appeared to be self-indulgence. Jesus allowed a woman to massage his head and feet with a very expensive perfume. She told Jesus over and over again how much she loved him as he sat there smiling. It looked like he loved the admiring attention.

Judas' fear increased as his thoughts went on-and-on about the outrageous teachings from that afternoon and the hedonistic display in front of him now. He couldn't see clearly. He didn't know how to tell what was true and what was not true. And then an idea occurred to him: If Jesus was put on trial before the chief priests, everything would become clear. They would know the questions to ask. Given the opportunity to interview him fully, they would know if Jesus was genuine or not.

Remember, Judas was raised to trust the chief priests. This line of thinking made sense to him. He concluded that the best thing to do was to turn Jesus in to the chief priests. Judas didn't know that the best thing to do while in fear is to rest-accept-trust until the fear passes.

The second story in today's reading is about the apostles learning to follow intuition. Interestingly, they are also afraid. However, their fear is different. Instead of being afraid of Jesus and the teachings, they are afraid of stepping outside of the thinking mind.

Like most people, the apostles believed that thinking protected them. On this day, Jesus asked the apostles to go into Jerusalem without a plan, and trust intuition and spontaneity to lead them to a room that could be used for Passover. The thinking that arose in their minds might have encouraged them to do something different. For example, the mind might have said something like, "Just go knock on Mark's mother's door. She lives in Jerusalem. She will provide a room."

It can be difficult to trust intuition and spontaneity over thinking and the urge to take control. We can feel like we are stepping outside of safety. However, remember this quote from Nisargadatta Maharaj:

That which sees all this, and the nothing too, is the inner teacher. He alone is; all else only appears to be. He is your own swarupa (true Self), your hope and assurance of freedom; find him and cling to him and you will be saved and safe.

Fortunately, the apostles did not listen to fear. They did not follow the urgings of the mind. They waited to see what would happen without taking the matter into their own hands first, and they were led to the perfect place for Passover. They were led to place that wasn't associated with Jesus or with them, and so it was a safe place where the temple guards would not find them.

Thoughts of Awakening # 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

Tips from Regina ~ Day 55: NTI Mark 14 (v17-26) – (v32-42)

Whenever fear arises, we have a choice about how to face it. We can project it onto someone or something else, we can lie to ourselves about what we are feeling, or we can surrender. Only the last of these three options is healing.

In today's reading, most of the apostles project their fear onto one another. Since that is the situation in the moment, that is the situation that Jesus addresses through his teaching at Passover.

Peter denies his fear, so Jesus points it out to him. Jesus wants to help Peter discover how Peter lies to himself. As Michael Langford writes in *The Most Direct Means to Eternal Bliss*, "Right from the beginning, the ego's preservation strategies have to be dealt with."

Jesus also experiences extreme fear in today's story. However, Jesus faces fear with surrender.

Surrender is letting go of one's point-of-view, one's will, and one's identity. In the final surrender, one also lets go of the sense of self-existence. Listen to what Dr. David Hawkins says about the final surrender in this video: (The tip continues after the video.)

Thoughts of Awakening # 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

Tips from Regina ~ Day 56: NTI Mark 14 (v43-52) – (end)

In today's reading, Jesus is arrested and taken to the high priest's compound for trial. When you read today's story, pay attention to how the apostles react to this event.

1. Some apostles imagine what will happen next, and then they run off, reacting to their own imaginations.
2. One apostle stays in the garden seeking guidance in quiet.
3. Judas realizes that he has made a mistake, and he believes he's guilty for it.

4. Peter realizes that he has made a mistake, and he seeks guidance from the inner teacher.

The reactions listed in #1 and #3 are egoic reactions. They come from identifying with thought and identifying with emotions.

The reactions listed in #2 and #4 are healing. Using the language of The Code, they are choices that raise one's vibration. (Reference the [tip for Day 53](#).)

In #2, the apostle stayed quiet and sought guidance instead of believing his imagination and acting from it. In #4, Peter made a mistake. When that mistake became apparent to him, he went within and sought clarity.

The contrast between #1 and #2 teaches us how to respond when a fearful situation arises in our life. The contrast between #3 and #4 teaches us how to respond when we see our own mistakes.

I recommend contemplating these contrasts. This contemplation will help us make choices that follow the examples set in #2 and #4. Those types of choices raise our vibration, and then higher choices become available to us.

Thoughts of Awakening # 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

Tips from Regina ~ Day 57: NTI Mark 15 (v1-15)

(Note: This tip is longer than usual. If you are short on time, read the tip this morning, and then read from NTI later today.)

Yesterday we contemplated contrasts, so we can learn to recognize lower and higher vibrational choices. Today, we continue that same contemplation as we watch someone who sensed a pull toward a higher vibration, but then followed the lower vibration instead.

The person I am speaking of is Pontius Pilate, the Roman governor of Judea. Pontius Pilate had the power to crucify Jesus, to imprison him or set him free. Other than the Roman Emperor, who was very far away and unaware of this little incident in Jerusalem, no one had authority higher than Pontius Pilate. He was free to make any decision.

As you read today's story, notice that Pilate felt intuitively that Jesus was innocent. He also felt curious about Jesus, and interested in him. Something in him wanted to talk to Jesus more. If Pilate had followed this feeling, he would have followed the higher vibration.

However, the lower vibration showed up in thought too. It showed up as concern about what 'others' think of 'me.' It was the shadow of a thought we learned about earlier:

I am separate and different, and for this I am guilty [unworthy, less than]. I must protect myself, for when my guilt is unmasked, I will suffer endlessly. I will be cut off from all that is and from life itself.

Pilate believed that idea and followed the lower vibration.

Another opportunity came. Pilate had the authority to release Jesus or another prisoner, Barabbas. His genuine feeling was to release Jesus. That was the higher vibration.

However, once again a lower vibration arose. It was another idea that we've looked at recently. It was the idea that rules need to be consistent; precedent needs to be followed. Although Pilate had full authority to do something different this time, he believed consistency is what mattered, and he condemned Jesus to die. (Reference the [tip for Day 46](#).)

Some people say that Jesus' crucifixion was God's will. Others say the script is written and cannot be changed. However, the Code says something different. The Code teaches that the script is always being written.

Here's a simple review of the Code:

The thoughts that come into the mind are part of the code. However, the code is multi-layered, so there are higher vibrations and lower vibrations. When we choose the lower

vibrations, the script is written according to the lower vibration. When we choose the higher vibrations, the script is written according to the higher vibration.

As we continue to choose lower vibrations, we are more likely to choose lower vibrations again. If we choose higher vibrations, higher and higher vibrations become available to us. Higher vibrational choices lead to true perception.

If we look at the story of Jesus' arrest and crucifixion, we see that many characters in the story made choices along the way.

- Judas decided to turn Jesus in so he could find out if Jesus was genuine or not.
- The apostles chose to follow intuition, and they secured a safe place for Passover.
- Jesus was overcome with the fear of death, but he chose to surrender completely.
- At the time of Jesus' arrest, many apostles listened to fear and ran away.
- One apostle stayed in the garden in silence.
- At Jesus' trial, Judas saw he'd made a mistake and believed he was guilty.
- At dawn, Peter saw he'd made a mistake and he went within seeking clarity.
- Some of the chief priests listened to Jesus and did not join in the rush to have him crucified.
- Most of the chief priests did not listen to Jesus. They rushed to Pilate to demand crucifixion.
- The crowd outside Pilate's palace decided to follow the lead of the chief priests and demand Jesus' crucifixion.
- Pilate felt that Jesus was innocent and intriguing, but he became worried about what others would think and chose to condemn Jesus to crucifixion.

If you look at this chain of events carefully, you'll notice that a few people made higher vibration choices, but many stayed with the lower vibration. The script was written from the sum of those choices.

Imagine if Judas had decided to rest-accept-trust while in fear instead of deciding to turn Jesus in for a trial. Imagine if more chief priests had decided to listen to Jesus at his trial. What if the crowd outside Pilate's palace had simply observed instead of joining the chief priests in their cry for Jesus' crucifixion? Or what if Pilate had listened to his own inner prompting to set Jesus free?

Or, looking at it another way, what if the apostles had been afraid to trust intuition while looking for a room for Passover and had selected someplace that was associated with them? Is it possible the temple guards would have found Jesus earlier and the entire evening would have unfolded according to a different script? Or what if Jesus had listened to his fear in the Garden of Gethsemane?

Once a devotee asked Ramana Maharshi, "Is not this world, and what takes place in it, a result of God's will? If so, why should God will thus?"

Ramana Maharshi answered:

“God has no purpose. He is not bound by any action, and the World’s activities cannot affect him. Take the analogy of the sun. The sun rises without desire, purpose, or effort, but as soon as it rises, numerous activities take place on earth. The lens placed in its rays produce fire, the lotus bud opens, water evaporates, and every living creature enters upon activity, maintains its activity, and finally drops it. However, the sun is not affected by any such activity, as it merely acts according to its nature by fixed laws, without any purpose. It is only a witness. So it is with God. ...

God has no desire or purpose in acts of creation, maintenance, destruction, withdrawal, and salvation, to which earthly beings are subjected. As beings reap the fruits of their action in accordance to natural laws, the responsibility is theirs, not God’s. God is not bound by any actions.”

When one understands God as the primordial, the First Principle of God, one realizes that God is the openness and essence that permits the appearance of the world, but God has no hand in its creation or its happenings. Consciousness itself is responsible for the world, and we are consciousness.

The higher vibration is made of consciousness, including thoughts, emotions and physical manifestation. The lower vibration is also made of consciousness, including thoughts, emotions and physical manifestation. It is all the play of consciousness, created in each moment through the play of consciousness. None of it is real—it is not the First Principle of God—but all of it is experienced, since consciousness is the realm of subject, object, and therefore, experience.

Do your choices matter?

Ultimately, your choices do not matter, because they do not affect reality. You are never guilty or innocent because of your choices, since they have no actual effects.

At the same time, your choices do matter, because they keep you at a lower vibration or help you raise to a higher vibration. At the lower vibration, you suffer more. At the higher vibration, you become increasingly happy and unaffected until you see with true perception.

Also, your choices matter because they are a part of consciousness as a whole, and so your choices help to write the script that is constantly unfolding as the world.

In short, happenings in the world happen the way they do, because everything that happened before led to the present being as it is. It is a mistake to give credit or blame to God for anything that happens in the world, and since innumerable inputs from

consciousness lead to the script being as it is, it is also a mistake to give credit or blame to any one cause (any single decision, person or incident). It is best to accept the present as it is, and make the highest choice available in the moment.

Our choices reach higher or our choices remain lower, and experience unfolds according to the vibration of our choices. However, *reality is something different entirely*. Reality transcends all vibrations and all experience. Our choices affect our experience, but they do not affect our reality.

(Note: I recommend you print this tip for future reference.)

Thoughts of Awakening # 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

Tips from Regina ~ Day 58: NTI Mark 15 (v16-20) – (v24-32)

In the last couple of days, we’ve paid attention to lower and higher vibrational choices. In today’s reading, you will also notice individuals making lower and higher vibrational choices. However, yesterday’s tip said:

Reality transcends all vibrations and all experience.

Today, we will get a sense for reality.

In NTI Mark, Jesus goes through initial purification, clearing away many beliefs and much of his conditioning, during the 40-days and 40-nights in the desert. NTI Mark doesn’t go into detail about Jesus’ initial purification. The majority of NTI Mark is focused on the phase that follows purification, which is called “merging” in NTI. Merging is the process of awakening to consciousness as Self.

The merging process can be gradual or it can be abrupt. In NTI, Jesus experiences a gradual merging, which occurs between the initial purification in the desert and the night of his arrest. The practices that facilitate Jesus' merging are discernment, kindness and surrender. Jesus also took time for private contemplation and meditation.

In the Garden of Gethsemane, just prior to Jesus' arrest, fear drives Jesus to surrender more deeply than ever before. On that night, Jesus surrenders his sense of self-existence, which is known as "will." This surrender was the final death of the ego. It was also awakening beyond consciousness to absolute reality, which is the First Principle of God. To think of Jesus as a man after this point is a mistake. He is no longer a man. He is life-awareness.

There are a few sentences in today's reading that give hints about the life-awareness that appears as Jesus. Instead of seeing the physical scene directly, it is moved by the highest vibration of code although it is simultaneously beyond that vibration.

For example, Jesus does not see men bullying him. He sees love desiring love. He does not see crucifixion. He is "fully consumed with love and gratitude and reality."

As the scribe of NTI, I experienced a vision of Jesus on the cross. In that vision, I was Jesus. In other words, the awareness that I refer to as "I" saw through the eyes of the Jesus-body and knew the realization that was known. Let me describe that vision to you:

I was hanging on the cross, meaning the body was hanging on the cross. The body's eyes still saw in the same way they have always seen, so the body saw soldiers casting lots for clothing; a woman known as "my mother" bent over in agony and surrounded by friends; men dressed in priests' robes discussing what they saw; some angry faces, and rocks being thrown. The body also saw people going in and out of Jerusalem through a nearby gate, going about their normal day's activities. This is what the body saw.

However, I was not connected to the body's sight at all. There was no mind thinking about or interpreting what the body saw. It is fair to say there was no focus on these sights, just as you typically put no attention on many unimportant sights and sounds that your senses pick up on everyday.

My awareness was completely filled with love-gratitude-joy *as one thing*, not three. And I knew reality, which was nothing that the body sensed. Although the body's eyes saw physical sights, I was not aware of those things; *the body was aware of those things*. A scene was present, but I was not part of that scene. I wasn't aware of "I" or "me," and I wasn't aware that there was no "I" or "me." Those concepts were non-existent. There were no concepts and no thinking. There was only direct knowing (as contrasted with indirect knowing, which isn't knowing at all).

That is as far as I can go in describing the vision. I knew the vision was a taste of full enlightenment, and I knew enlightenment had no relationship to this world. As Bernadette Roberts described it, "It is a different dimension entirely."

Thoughts of Awakening # 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

Tips from Regina ~ Day 59: NTI Mark 15 (v33-41) – end

Today's reading provides a contrast between the unhealed mind, the healed mind, and the mind that is somewhere between the two. The reason for the contrast is to help us see that there are no facts in the world. Everything seen and experienced is dependent on the mind seeing it and experiencing it.

A fact is "a thing that is indisputably the case." An example of a fact might be, "Crucifixion is a slow and tortuous means of execution." At least, most people would agree that is a fact. However, today's reading describes the experience of the healed mind during crucifixion as "wholly joyous." (Also, the Bible tells us that Jesus' body died fairly quickly, instead of slowly.)

In today's reading, the unhealed mind sees darkness and suffering as it observes the crucifixion. The healed mind is wholly joyous, and the mind that is "somewhere between the complete knowledge of the healed mind and the unfettered blindness of the unhealed mind" experiences reverence and gratitude. Yet, all eyes looked on the same scene.

What is the lesson for us?

Everything that you see and experience,
you see and experience through the filter of your mind.
~ NTI Luke

Allow yourself to realize there are no facts in the world; nothing is “indisputably the case.” Accept that the way you see and understand is the way *you* see and understand based on your current state of mind. You are not right about what you see. What you see is right about you; it witnesses to your state of mind.

Your perception is like a school report card. It reports on your state of mind. Aside from that, it has no meaning at all, since what you see is not a fact. Others see it differently.

Contemplate today’s tip deeply. The more you accept that what you see witnesses to your state of mind, the more prepared you are for healing (purification). The more you believe that what you see is a fact, the more likely you are to stay at your current vibrational level.

Thoughts of Awakening # 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

Tips from Regina ~ Day 60: NTI Mark 16

NTI does not teach about a physical resurrection of Jesus’ body. That isn’t a comment on whether there was or wasn’t a physical resurrection. As we have already learned:

When the conditions are right, consciousness manifests as a temporary appearance within consciousness. That temporary appearance could be a flower, a baby, a disease, or an appearance that appears to defy the laws of our world. When the basics of the creative principle are understood, it is seen that temporary manifestation occurs because the conditions come together in a way to create that appearance.

NTI Mark is written to provide helpful symbols. Our role is to derive meaning from its symbols, and then *live from the example* provided by those symbols. So NTI Mark points within instead of towards manifestation.

We need to look within in order to find our way through the purification stage. We surrender within as we merge with consciousness, and the final death of the ego, which is also the final awakening, is an experience that occurs within.

Here is a related scripture from the Bible. It is provided for your own contemplation:

Now when [Jesus] was asked by the Pharisees when the kingdom of God would come, He answered them and said, "The kingdom of God does not come with observation; nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you."

Then He said to the disciples, "The days will come when you will desire to see one of the days of the Son of Man, and you will not see it. And they will say to you, 'Look here!' or 'Look there!' Do not go after them or follow them. For as the lightning that flashes out of one part under heaven shines to the other part under heaven, so also the Son of Man will be in His day. ~ Luke 17:20-25, NKJV

Thoughts of Awakening # 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

Tips from Regina ~ Day 61: NTI Luke 1

Summary of the Bible Story:

In the Bible, Luke 1 is a story about Zechariah and Elizabeth, the parents of John the Baptist.

Zechariah was a priest. He was in the temple burning incense when an angel appeared and said, “Your prayer has been heard. Your wife, Elizabeth, will bear you a son, and you are to call him John. ... And now you will be silent and not able to speak until the day this happens...” Zechariah’s ability to speak was lost because he did not have faith that his old and barren wife could bare a son.

According to Jewish custom, on the eighth day after the baby was born, the baby was circumcised and given a name. It was customary for the baby to be named after someone in the family. Since Zechariah could not speak, and women were not part of the ceremony—women watched from behind a partition that separated them from the men—the priests were about to name the baby Zechariah, after his father, when Elizabeth called out, “No! He is to be called John.”

The priests were not inclined to name the baby John. They said to her, “There is no one among your relatives who has that name.” Zechariah motioned for a writing tablet, on which he wrote, “His name is John.” When he wrote this, his ability to speak returned.

Today’s reading in NTI is an interpretation of this story. The interpretation makes two primary points.

All Are Precious

The first point is reminiscent of Jesus’ teaching in the famous Sermon on the Mount. Jesus said:

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. ... See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is burnt up in the hot sun, will he not much more clothe you—you of little faith?

Bentinho Massaro defines faith as *knowing all is well always, under all circumstances*.

The idea of a God-being that gives and takes away is only a concept. What appears to give or take away is the script, which is written by consciousness through the Third Principle of God, the creative principle. The creative principle is not a God-being; it is divine nature. It is the natural means of manifestation.

As The Code teaches, we make choices based on thoughts, emotions and perceptions that come to us from the creative principle. The choices we make return to the creative principle and write the next moment of the script.

With this clarity in mind, notice that faith—knowing all is well always, under all circumstances—is a way of staying with the higher vibration instead of slipping into low vibrational thinking. As a high vibration choice, faith raises our vibration towards true perception. It also affects future manifestation. However, as one rises toward true perception, manifestation becomes less and less important.

One difference between you and the “birds of the air” is that birds live at a more consistent vibration, one that comes from the whole. They live by instinct instead of choice. You have the ability to choose your vibration. Seeing yourself as unworthy is a low vibrational choice. Having faith that you are precious and the universe cares for you is a higher vibrational choice.

Two Choices

Although the code is multi-layered with several vibrational options available, we are not aware of all of the vibrations simultaneously. We are aware of the vibrations that are closest to our current vibrational level. Some of those vibrations are in tune with the lower edge of our vibrational level. Others are in tune with the higher edge of our vibrational level.

In today’s reading, that which is in tune with the higher edge of our vibrational level is called the Voice of Worth. The other voice, which is called our thoughts, is in tune with the lower edge of our vibrational level. Today’s reading encourages us to trust our worth and choose the Voice of Worth.

Realize that the creative principle responds to you. Cooperate with the creative principle by choosing the highest vibration available to you. Also, it’s important to follow through with your choice. It isn’t helpful to say, “I choose faith,” and then attempt to control the situation. As we have often heard, “Actions speak louder than words.” Our action demonstrates the choice we’ve really made.

Summary

In truth, you are greater than the creative principal. You are the First Principal of God. Consciousness is born in you. The creative principal operates in you, and all of manifestation comes and goes in you. That doesn't seem true if you believe the lower vibrations of the script. Follow the higher vibrations. Following the higher vibrations is the way of "true discovery." That is how you discover that you "are the One."

Thoughts of Awakening # 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

Tips from Regina ~ Day 62: NTI Luke 2

The story in the Bible at Luke 2 is about Jesus' birth and consecration. The consecration was a ceremony required by Jewish law. Every firstborn male had to be taken to the temple in Jerusalem to be dedicated with a small sacrifice, namely "a pair of doves or two young pigeons." When Jesus was taken to the temple, two unusual things happened:

Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying:

"Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation..."

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; ... She never left the temple but worshiped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.

Today's reading says that Jesus' birth "represents the birth of willingness, humble at first, but promising within it all of the glory of Heaven." It interprets the story about Simeon and Anna in this way:

This tiny willingness, only newly born and without achievement of any kind, is received by the Holy Spirit as a wonderful gift, and it is received with eternal gratitude.

So it is with *your* willingness, no matter how humble that willingness may seem to be to you.

Yesterday, we saw that the path of awakening is a path of choosing higher vibrations over lower vibrations. We also saw that although the code is multi-layered, not all vibrational levels are currently available to us as options. We are aware of the vibrations that are closest to our current vibrational level. Some of those vibrations are in tune with the lower edge of our vibrational level. Others are in tune with the higher edge of our vibrational level. We rise up by choosing the options that are in tune with the higher edge of our current vibrational level.

NTI Luke 2 offers willingness as a higher vibrational option that is in tune with our current vibrational level. Gratitude for willingness is another a high vibrational option that is available to us. Through gratitude, willingness grows into true desire, and true desire grows into intense desire for awakening. Intense desire for awakening is a very high vibration. As we have already learned:

Awakening the extremely intense desire for Liberation is the most important first step that can be taken towards being liberated here and now in this lifetime. ~ *The Most Direct Means to Eternal Bliss* by Michael Langford

As you read from NTI today, keep in mind that NTI Luke 2 provides a very important key. As it says in *The Most Direct Means to Eternal Bliss*:

Some teachings are essential powerful keys. The knowledge that increasing your desire for liberation is the most effective first step you can take, is an essential powerful key.

All obstacles that appear in your journey to freedom are caused by too little desire for freedom. Even a little increase in your desire for freedom is helpful. As your desire for freedom grows in intensity the ego creates fewer obstacles.

Since willingness is a higher vibrational choice, it's helpful to choose willingness whenever a lower vibration is tempting you. For example, imagine you are very annoyed at a person close to you. Instead of acting from that annoyance, say this prayer with your heart:

I feel very annoyed right now. I don't see how I could not be annoyed at this. However, I am willing to see differently. I surrender all of my thoughts about this situation in willingness, and I remain open to any guidance that will come.

With a prayer like this, you make the higher choice, and you rise a little higher in vibration, which makes an even higher option available to you. The new higher option is called "guidance". It might be the guidance to rest-accept-trust, it might be a new way of seeing the situation, or it might be something else that is different from the original options that were available in your mind.

Whenever you choose the highest option available in the moment, you are guided to the next higher option *through a rise in vibration*. That is what guidance is—a higher choice leading to the next higher option. By following guidance, which is the highest option available now, you continually rise in vibration.

Thoughts of Awakening # 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

Tips from Regina ~ Day 63: NTI Luke 3

Please review the [tip from Day 1](#), and then come back and read this tip.

Conscience, Consciousness and God's Will:

Conscience is the knowing within that encourages us to choose the highest vibration available. Conscience knows that lower vibrations lead to suffering and higher vibrations lead to freedom.

Today's reading refers to "Christ" and "Son of God," which are synonymous. They are religious terms for consciousness. When today's reading says that John the Baptist was "not yet fully the Christ," it means that conscience points towards consciousness, but the vibration of pure consciousness is higher than the vibration of conscience.

As pointed out on Day 1, spiritual intuition is higher than conscience. That's because spiritual intuition is the knowingness of pure consciousness. We reach spiritual intuition by following conscience and by desiring truth realization. Only following conscience is not enough to awaken spiritual intuition. The desire for truth must also be present.

Today's reading also refers to "God's Will." In truth, God has no will. God, as life-awareness, simply is. "God's Will" is a symbol. It represents truth. It is also used to symbolize our desire to realize truth.

Let's look at the Four Principles of God using the terms from today's reading:

First Principle of God – Pure, unmanifest, life-awareness. There is no "will" in this principle, but the term "God's Will" is a symbol for this principle.

Second Principle of God – Consciousness, Son of God, Christ.

Third Principle of God – The creative principle.

Fourth Principle of God – Manifestation. Conscience operates at this level. It is an intuitive mechanism that can reduce suffering in humans and raise their vibrational level.

Distraction and Specialness:

Yesterday's reading pointed out two ways we can raise our vibration: willingness and being grateful for willingness. Today's reading points out two ways we maintain a lower vibration:

1. **Distraction** – Being completely outward-focused and forgetting to pay attention within for the highest vibrational option.
2. **Specialness** – Thinking you are different from other people.

Whenever you notice you have become distracted, simply remember your willingness, and then turn to intuition to find the highest vibration available to you in the moment. Surrender to that vibrational option as guidance.

Whenever you notice that you feel special (different from other people), remember the exercise that we did with molding clay on [Day 48](#). Jesus was a temporary form made from clay. Clay was the essence of Jesus. Clay was a symbol for consciousness. Just as the essence of Jesus was consciousness, your essence is consciousness. There is no difference between you and Jesus. Since the essence of everyone is consciousness, there are no special pe

Thoughts of Awakening # 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

Tips from Regina ~ Day 64: NTI Luke 4 (v1-13) – (v14-30)

The story in the Bible at Luke 4 is the story of Jesus' 40-days and 40-nights in the desert. Jesus went into the desert to purify from lower vibrations, namely false beliefs, fears, desires and conditioning.

NTI Luke 4 is the beginning of the purification process for the reader. From this point forward, NTI takes the role of spiritual teacher and guides the reader through purification. However, NTI cannot do this alone. You must choose to follow the guidance

of NTI in your daily life. If you make that choice, NTI becomes your guide. When NTI becomes your guide, it is more than written words on the page. It is also your *inner* guide, meaning it will be with you as inner spiritual intuition whether the book is with you or not.

Today's reading says, "Jesus came out of the desert a teacher, but the one who taught through him was the Holy Spirit. This is the same one that teaches you now, so that no time has elapsed since Jesus seemed to teach until the time that I am teaching you now."

In other words, that which led Jesus into the desert for purification, that which taught through him after purification, that which speaks through NTI and your spiritual intuition are all the same one. It has been called by many names, including the Holy Spirit and the Voice for God. It is the knowingness of pure consciousness. Today's reading is an invitation to let this Voice be your guide.

The reading says, "... you will not have to look far to find doubt within your mind."

It's helpful to admit that we have doubts, and then move forward trusting inner intuition to the best of our ability anyway. If doubt holds us back, no movement occurs. Doubt can keep us at a lower vibrational level.

Maybe you aren't sure that you intuit spiritual intuition. That's okay. It really doesn't matter at this point whether you do or not. You have access to conscience—*everyone* has access to conscience—and you have spiritual intuition through NTI, so start there.

NTI Luke 1 said:

Each one comes to the awareness of truth from where he is, so where he is, is where he must begin to learn. There is no shame in his starting point, wherever that starting point seems to be.

Keep things simple. Our goal now is to raise our vibrational level by choosing to follow the highest vibration currently available to us. By doing that, higher vibrations become available. So, that is all you have to do.

If you are worried that you won't recognize the highest vibration, you can put that worry aside. Worry is a lower vibration. Remember what NTI Luke 2 said:

The birth of Jesus represents the birth of willingness, humble at first, but promising within it all of the glory of Heaven. Mary pondered this promise in her heart, not with the worrisome thoughts of the ego, but in her heart where the Holy Spirit is.

Instead of worrying, simply be willing to take one step at a time. NTI has promised to guide you, and it will. NTI gives very specific guidance—clear and easy-to-follow guidance.

Our guidance begins in tomorrow's reading. Today, contemplate your willingness to follow NTI's guidance.

Thoughts of Awakening # 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

Tips from Regina ~ Day 65: NTI Luke 4 (v31-37) – end

Today's the day! The inner teacher has taken our hand and is leading us into the desert for purification. Yay!!!

Purification is a very important step. It's necessary, which is why it was the very first thing Jesus did after baptism. Baptism represents the decision to awaken fully. Purification is the first important step in the direction of awakening. We follow in Jesus' footsteps by walking into the purification stage with the help of NTI and inner spiritual wisdom.

If the thought of purification scares you, remember that fear is a low vibration tempting you to remain at a low vibrational level, and then choose to focus on your willingness instead.

Today's reading begins:

I am your leader in this process of healing. ... The way to healing is to listen to Me with the full attention of your ears. Focus them on nothing else and no one else.

That's the opening instruction—focus your ears on nothing and no one except the combined guidance of conscience and spiritual intuition. That means that intuition will guide you in how to be, including how to respond to your boss, your spouse, your parents, your children, your spiritual teacher, and etcetera. *No one has authority over your spiritual intuition.* It alone is your guide, and it guides under all circumstances.

Start here by accepting inner spiritual intuition as your sole authority under all circumstances. If you make this commitment, you take a giant step forward.

Three times, today's reading says, "This is what you are to do." Whenever you see those words in NTI, pay close attention. That is specific guidance. You heal by following specific guidance.

What does "heal" mean? NTI refers to the lower vibrations as "sickness." These are the thoughts, emotions and perceptions that lead to suffering. "Healing" is rising in vibrational level until lower vibrations have no effect on you.

There are two levels of healing. The first level of healing is true perception. True perception is similar to being in remission; you are currently healthy, but you are still subject to vibrational levels. One who experiences true perception is at a very high vibrational level and is in the habit of selecting high vibrations, but the possibility for selecting lower vibrations still exists.

The second level of healing is awakening to the First Principle of God, which is awakening beyond the effect of any vibrational level. It's awakening from the dream of vibrational levels.

As you read NTI today, keep your journal handy. When you read what you are to do, which will happen three times in today's reading, ask within "What does this mean?" or "How does this apply to me?" Write what comes to you in your journal. The act of writing will help you commit to the guidance inwardly, and it will help you remember the guidance. I also recommend reviewing your journal a few times during the day. In addition, it is helpful to share from your journal in the Sanctuary or in a safe relationship. Sharing will further strengthen your memory and commitment.

At the end of today's reading, we are told:

Sickness must rest and be quiet. This is the way to health. Let your sickness rest. But health must serve the Son of God, for that is its only purpose.

Here's something to contemplate in relationship to that:

The right use of mind is in the service of love, of life, of Truth, of beauty. ... You must begin in yourself, with yourself – this is the inexorable law. Attend to yourself, set yourself right – mentally and emotionally. ~ Nisargadatta Maharaj

Thoughts of Awakening # 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

Tips from Regina ~ Day 66: NTI Luke 5

Today's reading provides the basic guidelines for purification. When we live by these guidelines, we purify, which means we rise in vibration.

In today's reading, the purification guidelines are called "new habits." Our conditioning is referred to as "old habits." If we continue to live by our old habits, nothing changes. New habits are necessary if we want to rise in vibration.

Here is a summary of the new habits (guidelines for purification):

1. Realize you do not know anything.
2. Rely on intuition to guide you in all things.
3. Have faith, which means:
 - ~ trust the healing process
 - ~ put confidence in a benevolent power beyond what your senses or mind can

know

~ accept that all is well, regardless of the appearance

4. Be willing to let darkness rise into awareness.
5. Practice rest-accept-trust when darkness rises. This type of rest is healing.
6. See doubt as a normal part of this process while realizing it is the lower vibration, and then choose faith instead.
7. When you notice that you've slipped into old conditioning, shift into the new habits. In this way, the new habits will replace old conditioning.

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 67

Forgiveness frees us
from the burden
of our own thoughts.

~From our Holy Spirit

Tips from Regina ~ Day 67: NTI Luke 6 (v1-11) – (v27-36)

Here is a Bible story from Luke 6:

One Sabbath Jesus was going through the grain fields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels. Some of the Pharisees asked, "Why are you doing what is unlawful on the Sabbath?" [Work, like harvesting grain, is unlawful on the Sabbath according to Jewish law.]

Jesus answered them, "Have you never read what David did when he and his companions were hungry? He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions." Then Jesus said to them, "The Son of Man is Lord of the Sabbath."

On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled. The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath. [Unless it is life threatening, healing is also considered work, and therefore, unlawful on the Sabbath.] But Jesus knew what they were thinking and said to the man with the shriveled hand, "Get up and stand in front of everyone." So he got up and stood there.

Then Jesus said to them, "I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?"

He looked around at them all, and then said to the man, "Stretch out your hand." He did so, and his hand was completely restored. But the Pharisees and the teachers of the law were furious and began to discuss with one another what they might do to Jesus.

As the scribe of NTI, when I read that story from the Bible, I judged the Pharisees. That's why you see the interpretation that you see in today's reading. It talks about judgment, because I was caught up in judgment.

What is judgment? In the way it is used here, judgment is comparing and then favoring or rejecting.

There is another definition of judgment. Judgment can also be defined as making sensible conclusions. The problem is, most of us think we are judging sensibly when we are actually practicing the distorted judgment of separation.

If there were more clarity in the human mind, the guidance would be to use sensible judgment in our daily lives, but when we are completely confused about what is sensible and what is not sensible, the guidance becomes, "forget everything you have been taught and everything you have learned. For if you know nothing, you cannot judge. Any judgment you make ... is a mistake."

Is it safe for us to let go of all judgment? Yes, it is safe if we turn to intuition for guidance. Remember, intuition knows everything about this moment, and it knows truth too. It is much more reliable as a guide than the limited, biased thinking mind. As Nisargadatta taught:

That which sees all this, and the nothing too, is the inner teacher. He alone is; all else only appears to be. He is your own swarupa (true Self), your hope and assurance of freedom; find him and cling to him and you will be saved and safe.

Let me be clear. Humans need judgment to survive. One who lays down the judgment of the thinking mind without tuning into intuitive judgment puts the body-personality in danger. However, it is perfectly safe to abandon ego-judgment and listen to intuition instead. As today's reading says:

I know truth and I know the world that you believe and hold dear.

Therefore, it is safe to trust intuition.

Today's reading addresses a second mistake that I made as the scribe of NTI. While reading the Bible, I noticed that the names of the apostles in Luke were different than the names of the apostles in a previous book in the Bible, and I became scared. The fear that arose in me was the fear that the truth is not true.

My mistake was looking for the truth in the world (in this case, in accurate Biblical history.) Looking for truth in the world isn't an uncommon mistake. Another way this mistake manifests is by expecting human perfection from our spiritual teachers. What we don't realize is that we want them to be perfect, because we are looking at them as if they are the truth, and then when they do something that doesn't meet our mental expectations regarding truth, we are disillusioned, and we suffer.

NTI says, "We are all guided to learn the truth by following the path of unreality."

What does that mean?

It means that the symbols we encounter in the world, including the books and teachers that point to truth, are not truth itself. It is as NTI Revelation says:

The world is an illusion, and so everything you experience as you let go of the world is illusion also. You are not to believe any of it. But helpful symbols will be given to guide you. Remember that they are only symbols. Follow them, realizing you know not where they lead.

Judgment will lead us to reject a book or teacher if we find an error in it that doesn't meet our expectations. Both favoritism and rejection are the signs of ego-distorted judgment.

Intuition leads us to take what is helpful from books and teachers, and simply leave what isn't helpful without getting caught up in emotional rejection. Sensible decisions like this are the hallmark of intuition.

Thoughts of Awakening # 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

Tips from Regina ~ Day 68: NTI Luke 6 (v37,38) – end

Today's reading is very important. One who genuinely practices today's reading will advance very quickly. As we have already seen, if we continue to live by our old habits, nothing changes.

Today's reading makes two primary points:

Everything that you see and experience, you see and experience through the filter of your mind.

That means *your mind at your current vibrational level*. As you rise in vibration, you still see through the filter of your mind, but how you see changes because the mind is different at a higher vibration. Remember, mind is simply thought. So as thoughts change, perception changes. However, even the highest thought—the highest vibration—is still not reality. Perception is never reality, so perception isn't knowledge.

Knowledge is peace.

Knowledge isn't "the right perception." Perception is always interpretation—always seen through the filter of mind. Knowledge is peace.

Peace isn't perception. Peace is difficult to describe, because it isn't an object. It isn't a thought or emotion. It is the absence of object—the absence of thought and the absence of emotion. It is undisturbed, clear, open awareness. *That* is knowledge.

If we are honest with ourselves, we know when we are caught up in our interpretation and when we are acting with knowledge.

How do we know?

Because peace is either present or it is not.

We can lie to ourselves and claim to be at peace when we are not, but if our desire for truth is strong, we won't lie to ourselves. From the stance of self-honesty, it is very easy to tell if we are at peace in the moment or if there is a disturbance present.

Today's reading recommends that we avoid speaking or acting from interpretation, which is not knowledge. It also suggests that we avoid "correcting" others whenever there is a disturbance in our mind. Instead, if we notice a disturbance in ourselves, regardless of how small that disturbance is, we do well to seek healing and clarity in quiet.

When we are at peace—meaning there is no disturbance present—we can trust what we feel to say and do. We are moved by knowledge. In fact, one who is moved by knowledge knows she is moved by knowledge, because she does not have her own interpretative reasons for what she is saying, doing or not doing. She does it because she feels moved to do it, and that is all. There is no other reason, because there isn't an interpretation.

Review today's reading carefully, contemplatively and repeatedly. After that, I recommend practicing it conscientiously. There is great benefit in putting today's reading into practice starting immediately.

Thoughts of Awakening # 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

Tips from Regina ~ Day 69: NTI Luke 7

Today's reading interprets the story of the Centurion. Here's that story:

When Jesus had finished saying all this to the people who were listening, he entered Capernaum. There a centurion's servant, whom his master valued highly, was sick and about to die. The centurion heard of Jesus and sent some elders of the Jews to him, asking him to come and heal his servant. When they came to Jesus, they pleaded

earnestly with him, “This man deserves to have you do this, because he loves our nation and has built our synagogue.” So Jesus went with them.

He was not far from the house when the centurion sent friends to say to him: “Lord, don’t trouble yourself, for I do not deserve to have you come under my roof. [At the time, Jews believed they would be made unclean if they entered the house of a Gentile.] That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.”

When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, “I tell you, I have not found such great faith even in Israel.” Then the men who had been sent returned to the house and found the servant well.

Today’s reading emphasizes faith, clarity regarding the goal, and surrender.

Faith

Jesus said the Centurion had “great faith.” The Centurion knew that his request would be fulfilled. He said, “... say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.”

Previously, I described faith as (1) trusting the healing process, (2) having confidence in a benevolent power beyond what your senses or mind can know and (3) accepting that all is well, regardless of the appearance. I’d like to add a fourth aspect to faith. Faith includes having confidence that you will awaken. Consider this quote:

Desire and confidence must go together. The stronger your desire, the easier comes the help. ... If your desire and confidence are strong, they will operate and take you to your goal, for you will not cause delay by hesitation and compromise. ~ Nisargadatta Maharaj

Let’s look at how the creative principle works. That which we believe is fed into the creative principal and results in manifestation. With that said, if I believe I am unworthy to awaken, what is likely to be the result?

Catch thoughts of unworthiness in your mind, and let them go in faith.

Clarity Regarding the Goal

Yesterday we learned that the ego-mind does not know; it interprets. When we imagine what we think truth is, we are interpreting with a mental-mechanism that does not know. We are creating a fantasy.

If we have a mental fantasy about truth, and we desire our fantasy, we are not truth-seekers; we are illusion-seekers.

What do you imagine truth to be? Are you willing to let that go and find out what truth is?

Surrender

Today's reading asks, "Did you really expect to find the peace of God in *your* way?"

That leads to another question:

What is the 'I' that says "my way," and can it lead to truth?

Contemplate how critical surrender is if your purpose is awakening.

Thoughts of Awakening # 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 Spiri

Tips from Regina ~ Day 70: NTI Luke 8

NTI Luke has taken us "into the desert" for purification. Today's reading focuses on purifying the "I am bad" belief, which may show up as:

- guilt
- unworthiness
- self-hatred

- shame
- feeling like a fake
- seeing one's self as less than others
- etcetera

It's helpful to make note of NTI Luke 8, so you can return to it for guidance when any of these ideas take hold in you. NTI Luke 8 coaches the reader into a healing posture.

Some key points from today's reading are:

1. Remember to trust that you are worthy, regardless of what you believe or feel about yourself.
2. Remember that this feeling/belief must rise to the surface to be healed. Be grateful for this as an opportunity to heal.
3. Practice rest-accept-trust during times of strong emotion.
4. The "rest" in rest-accept-trust means rest away from believing the stories in the mind. Relax the mind and focus on gratitude for healing instead of focusing on stories about what is happening in the world.
5. The "I am bad" belief is based on judgment. Look to find the judgment you made against yourself. Are you willing to see that you are the one making the judgment? Are you willing to accept that you could be wrong? Are you willing to let go of that judgment?
6. The "I am bad" belief is strongly believed. It has been believed repeatedly. That might make it seem true to you, but that does not mean that it is true. In fact, it isn't true. The belief comes from the mind. It is a mental interpretation about the body-personality. As we have already seen, the mind interprets; it does not know.

In addition, you are not the body-personality. You are the awareness that is aware of the body-personality and mind. As you rest-accept-trust, notice that you are aware of the storm in the mind. As you rest, be aware of yourself as awareness. Noticing yourself as awareness is looking beyond the storm to the blue sky.

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 71

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

~From our Holy Spirit

Tips from Regina ~ Day 71: NTI Luke 9 (v1-6) – (v28-36)

Over the past couple of weeks, we have looked at vibrational choices. We have seen that you can maintain your current vibrational level or raise your vibrational level by the choices you make.

Today, we see that our vibrational level affects the vibrational level of the whole. In NTI Luke 9, inner spiritual wisdom asks you to be a teacher. This doesn't necessarily mean that you will take a teaching role in the world. It is a request that you consistently raise your vibrational level, thereby raising the vibrational level of the whole, by contemplating the thoughts of Spirit and by practicing the teachings in your daily life.

For some, this idea of raising the whole may lead to additional motivation to practice. It provides additional motivation for me. It provided additional motivation for Buddha. He was motivated into the jungle to seek enlightenment when he discovered the suffering of sickness, old age and death. He wanted to find the answer to suffering for everyone. His motivation came from compassion for the whole.

Consider these quotes:

For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many. ~ Jesus referring to himself, Mark 10:45

Your own Self-realization is the greatest service you can render the world. ~ Ramana Maharshi

True compassion is seeing the suffering in the world, and then choosing to sacrifice one's own ego in order to raise the vibration of the whole. It is as Jesus said:

Greater love has no one than this: to lay down one's life for one's friends. ~ John 15:13

Today's reading also says, "You are the Christ, ... Christ is your true Self."

Christ is synonymous with consciousness, the Second Principle of God. The reading's focus on consciousness as the inner Light is a reminder that, although we've been focused on purification and raising our vibrational level, the true Self is present and pure now.

If the true Self is pure, why go through purification?

To purify the mind.

Is that necessary, since the true Self is already pure?

The best way to awaken to the true Self is to do two things simultaneously:

Purify the mind of conditioning, false beliefs, desires and fears, *and* focus on awareness (e.g., awareness-watching-awareness).

When you focus on awareness, you can see that it is already pure. It is not the mind. However, as long as the mind causes suffering, mental purification is necessary too.

Thoughts of Awakening # 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

Tips from Regina ~ Day 72, NTI Luke 9 (v37-45) – end

Yesterday, we saw that although the true Self is present and pure, it is still helpful to purify the mind. Today's reading recommends purification too, which it calls "healing." It reminds us that in order to heal (purify the mind), we must replace old habits with new habits, especially with the new habit of surrender.

Although we have been asked to teach, today we are asked to see ourselves as students. Our teacher is the combined wisdom of NTI and inner spiritual intuition. In NTI, these two are referred to using the Judeo-Christian symbol, "Holy Spirit." Remember what NTI Luke 4 said about the Holy Spirit:

Jesus came out of the desert a teacher, but the one who taught through him was the Holy Spirit. This is the same one that teaches you now, so that no time has elapsed since Jesus seemed to teach until the time that I am teaching you now.

In other words, your inner teacher is the one who taught Jesus. It is also the one that Jesus became as he merged with the inner teacher. That means Jesus is your teacher too.

It is one teacher that has led everyone who has ever awakened. Everyone who has ever awakened dissolved into the one teacher, so they are the teacher too.

Today, the teacher asks you to adopt two new perspectives:

1. Be grateful for every circumstance in your life as an opportunity to learn and to practice.
2. Keep the Holy Sprit's Word foremost in your mind throughout the day.

I would like to echo the importance of these two recommendations.

When I was going through the purification stage, I was 'religious' about seeing every circumstance as an opportunity for my healing and as an opportunity to listen within for the highest vibrational option (guidance). Each upsetting circumstance was an opportunity *not to react* from my old conditioning, including my beliefs, fears and desires. Instead, each circumstance was an opportunity to find peace by letting go of old conditioning.

I cannot emphasize how helpful it is to see one's life as a setup for healing, as if every detail is put in place *to help you awaken*. That is its purpose. See every person as an actor, who plays a role perfectly so you can purify your mind and awaken to who you are.

It's also really beneficial to develop the habit of keeping inner wisdom in the forefront of the mind. This is why we use the Thoughts of Awakening. Each day there is a new thought from inner wisdom for us to read and mull over many times throughout the day.

Have you developed that habit yet?

If not, are you willing to give it more effort now?

Thoughts of Awakening # 73

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

~From our Holy Spirit

Tips from Regina ~ Day 73, NTI Luke 10

We have been asked to surrender. Today's reading shares tips on how to surrender effectively.

Guidance is Now

Guidance is the highest vibrational option available in the current moment. It's important to realize this. People often want to seek guidance about some point in the future or about some imaginary problem. Guidance has nothing to do with future possibilities or imaginary problems. Guidance is the highest vibrational choice available now about now. Pay attention for current guidance, and the future will take care of itself.

Problems and Solutions

The thinking mind and the ego are synonymous—two different terms pointing to the same phenomenon. The ego maintains its sense of existence by creating problems and resolving them. It is a problem-solution mechanism.

Most humans believe that thinking is the way to solve a problem. What they usually don't see is the same mechanism that solves problems, creates new problems as soon as old ones are resolved. There is no end to the mind's problems, because if the mind ever ceased creating problems, the ego would cease to be.

When this ongoing problem-solution loop is seen clearly, one realizes that peace will never be found with the mind. It promises peace as it encourages you to think through the current problem, but it never delivers on that promise. Instead, it delivers a new problem. The only way to be free of the mind's ongoing problem-solution madness is to stop listening to the mind. That's the purpose of surrender, which is living by intuition instead of by thinking.

The Pitfall of Questioning Guidance

Whenever we seek for the current highest vibrational option, one is present. One is always present. By looking for it, we find it. However, the mistake that many people make is questioning that option once they've seen it. For example, "Am I sure this is the best option for me? Maybe I should ..."

When we question the option that is provided through intuition, we reengage the thinking mind. Since the thinking mind wants to be engaged, it is happy to respond by giving you plenty to think about. Through questioning intuition's answer, the thinking mind continues to thrive.

Oops, I Did it Again

Anyone who is learning to follow guidance will forget to tune within sometimes. Living by thinking is a strong habit, and so we all fall back on that habit repeatedly during the learning process. What are we to do when we discover that we've relied on thinking again? As soon as we notice, ask intuition, "What am I to do now?" As stated earlier, a current highest vibrational option *is always present*. That includes now, even after forgetting to be tuned in intuitively for a time.

See that Thinking is a Mess

Today's reading asks you to watch the thinking process and see what it is. Typically, we just think of it as 'me' or 'my thoughts', so we don't look to see what thinking is really doing.

Watch to see what happens in your thinking today. Some of the things you might find in thinking include:

- Desiring something that you don't have.
- Wanting to change something that you do have.
- Thinking about problems.
- Replaying old conversations or imagining future conversations.
- Narrating what you are doing, just so thinking can reemphasize the "I" concept over and over. For example, "I think I'll take my umbrella with me today. It might rain, and I don't want to get wet."
- Questioning whether you are happy with such-and-such or so-and-so (such as a job, a home or a partner.)
- Constantly self-assessing and judging yourself, either favorably or unfavorably
- Defining how you want to be seen by others, and then thinking about things you can do, or should avoid, in order to be seen that way.
- Thinking about what you think others think of you.
- Worrying about financial security or some other sense of security, such as health, beauty, power, popularity or belonging.
- And etcetera.

Thoughts of Awakening # 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

Tips from Regina ~ Day 74, NTI Luke 11

Today's reading is full of helpful pointers.

Prayer

Prayer is typically defined as a request for something or an expression of gratitude for something. NTI says that prayer is the unceasing act of thought. In other words, through our thinking we are constantly asking for things or expressing gratitude for things. (And remember, what we are grateful for increases.)

As an example, let's pretend that I worry about money a lot. Worry is a low vibrational option. By focusing on a low vibration (worry), I am praying for a low vibration experience.

As far as experience goes, it would be much better to trust that all is well, regardless of the current appearance.

However, today's teaching in NTI reaches even higher than that. Today's teaching says that with each thought I am praying for nothing or everything. NTI would define any experience that reinforces the idea that I am a person as "nothing," because it reinforces the untrue.

Today's reading recommends praying for everything by laying personal thinking aside and contemplating the Holy Spirit's thoughts. The Holy Spirit's thoughts are really *ways of being*. Specifically, those ways of being are:

Forgiveness – Watching one's self to notice the current vibration of thought. Letting go of low vibration thinking.

Love – In this case, love is a childlike trust and innocence (opposite of the I-know mind), coupled with following intuitive guidance unquestionably.

Acceptance – Content with what is as it is without seeking more or different.

Gratitude – Specifically, gratitude for being. Paying attention to awareness because one wants to pay attention to awareness is an example of gratitude.

Rejoicing – Causeless happiness, happiness for being. This is the pinnacle of acceptance and gratitude.

The Extension of Love

Today's reading says, "Your Father is the extension of Love." In this context, love is defined as life-awareness, which is the First Principle of God. When NTI says that our Father is the extension of Love, it means that life-awareness is the only present reality.

We are asked to see anything that isn't love (life-awareness) as meaningless and valueless. Since everything is life-awareness in reality, what isn't life-awareness?

Mental interpretation isn't life-awareness. We are to see mental interpretation as meaningless and valueless.

In other words, ego-judgment is meaningless and valueless. Worry is meaningless and valueless. Desire (seeking more) is meaningless and valueless. Condemning one's self is meaningless and valueless. Regretting the past is meaningless and valueless. Jealousy and envy are meaningless and valueless. And etcetera.

Resistance

NTI defines resistance as "nothing more than your desire to keep things the same." Resistance is the attraction to one's current vibrational level, whatever that vibration level is. It comes from the *mental idea* that the known is safer than the unknown.

Today's reading will list ways that we unknowingly listen to resistance and maintain our current vibrational level. Pay close attention to that list. It might be helpful to take notes as you read the list. Write down specific examples of how you've listened to resistance recently without realizing it. For example, when you read, "[Resistance] gives you things to do that must be done if you are to be seen as worthy by the outside world," a person might write a list of things s/he does in order to avoid being judged by others.

Taking the time to make this list specific to you is helpful, because it will help you see all the ways you are maintaining your current vibrational level. After making the list, it's helpful to ask inner intuition, "What do you want to say to me now that I've seen this?"

Safety and Security

Everyone desires safety and security. No reasonable and loving spiritual teacher would ever encourage anyone to take an action that would put him/her at risk. (Unfortunately, "magical" spiritual thinking does put people at risk. A good spiritual teacher will discourage "magical" spiritual thinking. Examples of magical spiritual thinking include not going to the doctor when something appears wrong with the body, driving the car with one's eyes closed, not taking wise precautions with wildlife, and etcetera.)

At the same time, the vast majority of thinking about safety and security is ego, and its only real purpose is to maintain the ego. One who listens to ego's thinking about safety and security may manage a temporary sense of security through listening to that thinking, but since the ego is a problem-solution mechanism, that sense of security will not last. Even if one attains great financial wealth, which was the ego's plan for safety and security, one will worry about maintaining that wealth or will start to worry about other types of security such as health, beauty, power, popularity or belonging.

There is no lasting security with the ego. The only way to reach a permanent sense of security is awakening to reality.

What is it for?

Today's reading encourages us to ask, "What is it for?" whenever we use time for anything. The question is a tool for discernment, not self-condemnation. We may ask, "What is it for?" and find an egoic reason driving what we are doing. Then, we might change what we are doing or we might simply adjust our reasoning.

For example, I just got back from 5 days alone in La Veta. Let's imagine I got there in my little cabin and then asked, "What is this for?" Let's imagine that I noticed I wanted to escape my busy lifestyle. I sensed a judgment and a need for things to be different in my desire to escape. I realized ego brought me to the cabin.

After seeing this, I could then ask, "What do I really want?" That question will realign my intention with my heart. I would realize that I want to embrace my life as it is and let go of thinking that judges my life as unsatisfactory. However, that doesn't necessarily mean I need to leave the cabin. With clarity, I then ask for current moment guidance, and I follow that, whatever it is.

Sometimes we may be guided to change what we are doing if ego drove us to do it. Other times, we may be guided to change the reason for doing what we are doing. If one asks for clarity and guidance with self-honesty and with awakening as his/her purpose, one can trust the outcome of asking, “What is this for?” and “What do I want?”

Thoughts of Awakening # 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

Tips from Regina ~ Day 75, NTI Luke 12 (v1-12) – (v13-21)

In the last two days, we have looked at thinking. We’ve noticed that thinking is an ongoing problem-solution mechanism. We’ve also seen that thinking resists truth realization in a number of ways. One important point from yesterday’s tip is this:

We are asked to see anything that isn’t love (life-awareness) as meaningless and valueless. Since everything is life-awareness in reality, what isn’t life-awareness?

Mental interpretation isn’t life-awareness. We are to see mental interpretation as meaningless and valueless.

Our reading and tips from the last two days have prepared us for today’s reading.

Let Go of Resistance

Today’s reading says there will be great resistance. It isn’t referring only to emotions that feel like resistance. It refers to *all thinking processes that resist the truth*. As yesterday’s reading revealed, that includes mental confusion, thinking about problems, trying to appear worthy, metaphysical questions, pleasure seeking, spiritual doubts and more. We do well to notice how our mind resists truth.

When we find resistance in our mind, today's reading says to "let it go immediately *in gratitude* as valueless."

What are we to be grateful for?

We are grateful that we noticed resistance as resistance, and we weren't fooled by it as meaningful thinking.

Be Aware of Thought

Thinking happens in the mind all of the time. Interestingly, although most people believe 100% of their thoughts and their entire life is based on their thoughts, *they are not aware of their thoughts*.

What does it mean to be aware?

When you are aware of something, you have knowledge about it.

When we believe a thought without investigating it first, we are unaware even though the thought drives our attitudes and behaviors.

When we stop to investigate a thought—to gain knowledge about it—we become aware of the thought.

Today's reading recommends that we take time to become aware of our thoughts, and then based on the knowledge we've gained, decide if we want to follow that thinking or not.

Some of the questions it guides us to ask in order to learn about a thought are:

What is this thought?

What is it saying to me?

Why am I listening to it?

Is it a thought of love?

Let's imagine that I'm angry at a friend, and I'm thinking about ending my relationship with her. My mind says the friend takes advantage of me, and ending the relationship is the best way to take care of myself.

Let's take that thinking into a journaling process and see if anything is revealed.

Thought: This friend takes advantage of me. The best way to take care of myself is to end my relationship with her.

What is this thought? It is a thought of self-protection. It is a defense thought.

What is it saying to me? It says that I am vulnerable. I can be the victim of someone else. My happiness and sense of worth are dependent on how she acts toward me.

Why am I listening to it? I want things to go my way in this relationship. I accused her of taking advantage of me, but I see now that I want her to be the way I want her to be. I want to manipulate her so this relationship goes the way I want it to.

Is it a thought of love? No. It is ego. I can tell because it is defensive, it includes ideas like victimhood, and I want things to go "my way."

Once the idea has been investigated, I have knowledge about it. Now, with awareness I can decide if I value this thinking enough to end the relationship or if I want to let go of that idea.

Since truth realization is my purpose, which also means I want to let go of ego, I would choose to let go of this thinking. I would stay in the relationship and tune-in to intuition more.

(Note: Other types of inquiry like Root Cause Inquiry and Byron Katie's "The Work" are also effective ways to become aware of thought.)

I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 76, NTI Luke 12 (v22-34) – end

Two days ago, our reading shared a list of ways our mind resists truth. Let's review that list:

- Problems to think through and solve
- Things you must do to appear worthy
- Mental confusion
- Feeling unsure about what to do
- Questions that seek to understand metaphysics or enlightenment
- Desire for pleasure or obsession with pleasure
- Spiritual doubt

As our tip said yesterday, we do well to notice how our mind resists truth. Have you noticed any of these patterns of resistance in your mind?

Today's reading asks us not to worry about our progress on the spiritual path, because worry is also resistance. It is safe to say that *all low vibration thinking* is resistance. Remember, resistance is the attraction to your current vibrational level. Resistance resists rising in vibration. It is the desire to remain the same.

Instead of worrying about our progress on the spiritual path, today's reading recommends simplifying the way we see the spiritual path. It says that we only have two experiences on the spiritual path—resistance and willingness—and then it asks us to let go of resistance and choose willingness at every opportunity.

Here's an example of how that might look:

Imagine you work for a company that has been purchased by another company, and you've just been notified that you will be laid off in six weeks, because the new management is eliminating your department. They have offered you a severance package worth six months pay or a job in another department at 80% of your current salary. Within two weeks, you need to let them know which option you will accept.

A situation like this can lead to worry, problem-solution thinking, and confusion regarding what to do. Most people would think that type of thinking is normal under

these circumstances, but most people do not have a desire for truth-realization. Staying at the same vibrational level is normal for most people.

In your case, it's important to notice the situation has triggered resistance thinking. This is an opportunity to choose new habits instead of reverting to old conditioning.

What new habits might be useful?

See this situation as an opportunity to heal the mind of low vibration thinking, and be grateful for the opportunity to heal. If there is excessive fear or worry, rest-accept-trust is a good first step. When a sense of peace, trust or well-being returns, inquire into your thoughts to become aware of the hidden messages in them. Once you've seen and let go of low vibration thought patterns, accept that the future is unknown. Realize it's okay that you don't know how things will work out. With faith, abide as the observer of your own life. Stay tuned in for present moment intuition. Trust that you will know what to do at the appropriate time, and until then you do not need to know.

Life triggers lots of opportunities to cling to our old habits—our old ways of thinking and being. Each opportunity to cling to old habits is also an opportunity to choose new habits. The new habits are spiritual practices, such as:

- Rest-accept-trust
- Become clear on what you want (a.k.a., spiritual aspiration)
- Inquire into your thinking
- Let go of thinking that is not in harmony with what you want
- Contemplate inspired words, like the Thoughts of Awakening
- Stay in the present with faith
- Follow present moment intuition
- Notice unchanging awareness
- And etcetera

Thoughts of Awakening # 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

Tips from Regina ~ Day 77, NTI Luke 13

Let's start with a review of some previous learning:

Seeing through the mind – Everything that you see and experience, you see and experience through the filter of your mind, meaning your mind *at your current vibrational level*. As you rise in vibration, you still see through the filter of the mind, but how you see changes because the mind is different at a higher vibration. The mind is simply thought, so as thoughts change, perception changes too.

Judgment – When the ego-mind judges, it compares, and then favors or rejects. Although humans tend to think that their own personal judgment is sensible, it is actually low vibration distorted thinking. It causes the sense of separation and conflict.

Today's reading invites us to notice how we feel as we look at the world, and then notice that how we feel is based on judgments in the mind. (That is, the decision to favor or reject.) For example:

- - If the mind judges that this special holiday with family is going the way it is supposed to go, I feel happy. If the mind judges that the holiday is not going the way it should go, I get upset.

- - If the mind judges that my appearance is favorable, I feel good about myself. If the mind judges that my appearance is not favorable, I feel bad or self-conscious.

- - If the mind judges that someone's reaction to me means they think well of me, I am satisfied. If the mind judges that someone's reaction to me means they do not think well of me, I am uncomfortable.

- If someone makes a negative comment about me that touches on a repressed judgment I have of myself, I get angry. If someone makes a negative comment about me that I see as meaningless, I am not affected by it.

In other words, the way I feel comes from *my judgment*. This is always true, and there is never a situation when this isn't true.

This is good news. It means that if I inquire into thought, see ego-based judgment for what it is and let go of it, my perception and my experience will improve.

The challenge is that most people believe their judgments are right.

When we hold onto the idea that our judgments are right, we resist the opportunity to rise in vibration. In order to get beyond the defense of "I'm right," we need to be willing to see that our judgments are merely *low vibration thinking* and nothing more than that.

When we see that our judgments are the cause our own unhappiness and they block our ability to see unity consciousness, we discover the willingness to let go of them, because they are obstacles to what we want most of all.

Thoughts of Awakening # 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

Tips from Regina ~ Day 78, NTI Luke 14

Prayer

Prayer is typically associated with a spiritual or religious path, and prayer can be a very useful practice. However, not all prayer is useful. Prayer is useful when it is used to:

- Empty the mind of concerns and desires (e.g., Thy will, not my will)
- Assist one to look at his thoughts and emotions soberly
- Open the heart, spark gratitude, reignite faith or inflame willingness
- Quiet the mind
- Sense and get in touch with the current high vibration

Our Judgment of Others

We have already seen that ego judgment compares, and then favors or rejects. This type of judgment is the cause of the sense of separation.

Let's look at an example:

Imagine I have two friends. On several occasions, I have made plans with these friends. One friend typically shows up promptly for our engagements. She is happy and excited to spend time together. The other friend is typically late. Occasionally, she doesn't show up at all. There have been a few times when she was so late that we thought she wasn't coming, so we left without her. When that happened, she got angry and held a grudge. She would be more prompt for a while, but she'd arrive making a comment like, "I'm here on time so that you two won't go without me."

A situation like the one described above provides the opportunity for judgment. The judgments that you or I make are based on the filter of our minds, so we might not make the exact same judgments. However, most people would make some judgments in a situation like this.

The judgments that we make create a sense of separation. One or two people in the story are favored, and one or two people in the story are rejected.

When we reject someone (or something about someone), we close our heart. We attempt to keep them outside of our being, because we believe we are protected if we can keep them outside of our self. The problem is that they are already inside of our being. If they weren't already inside, we wouldn't be aware of them.

When we close our heart, we imprison our judgment of them inside of our consciousness. In other words, we hold onto anything we reject. In this way, we cling to our mental images of others as separate, which strengthens our own sense of separation. Anything that strengthens our sense of separation also unconsciously strengthens our sense of guilt and unworthiness. That means judgment as a defense mechanism backfires *every time it's used*. It's the one who judges that gets hurt by judgment. That's why Jesus said:

Do not judge, or you too will be judged. ~ Matthew 7:1

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. ~ Luke 6:37

How can the story I've told above be seen without judgment?

Watch the wind blow through the leaves of trees. Notice how each leaf is unaffected by what the other is doing. ... This is because they do not know any separateness. ... They blow in the wind and are perfect in their natural state. Your natural state is perfection. Do not look beyond this, and you will know freedom from the ego. ~ Inner Wisdom through Lanae

In other words:

One friend typically arrives on time and happy. One friend is more often late. Sometimes she doesn't come at all. Sometimes we are confused about whether she is late or not coming, and we go without her. Sometimes she gets mad about that. Leaves blowing in the wind.

Thoughts of Awakening # 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 Spir

Tips from Regina ~ Day 79, NTI Luke 15

Today's reading is an interpretation of three of Jesus' parables. You can read those parables at [this link](#).

There is an idea that is accepted as fact by nearly every person alive. The idea is, "I am a person, living and moving independently, in a world that is separate from me and bigger than me."

This idea is a perception. It is not true.

Interestingly, I got caught up in this mistaken perception recently while reading from *I Am That, Talks with Sri Nisargadatta Maharaj*. It might be helpful to listen to that audio today, if you have time. It is a 1-hour audio. In the audio, you will hear how I moved from confusion to clarity.

[Link to the audio](#)

It's important to realize that the true Self has never been lost. It isn't something we need to acquire or earn. It is present as us right now.

Our challenge is not one of finding something that is lost. Our challenge is letting go of something that we cling to, something that obscures the true Self. That something is the mind.

It's important to be clear that if it were not for the mind, our truth would be obvious to us. This is important, because humans tend to value their mind above everything else that they value. That means that we put the obstacle to truth above everything else in our list of 'What Is Important to Me'.

That's what needs to change.

I mentioned that I got caught up in confusion while reading *I Am That*. What does, "I Am That" mean?

"I Am That" means I am the essence that is everything. I am consciousness. Using an example from some exercises we imagined earlier this year, I am the clay.

It isn't true that I am a person living and moving independently in a world that is separate from me. That is a misperception caused by the mind.

It also isn't true that I am a part in a bigger world of many parts, which are all connected into one.

I am the essence itself. I Am That.

Realizing this is awakening. Realizing this is also what Jesus called "eternal life," because we realize that we are that which is eternal instead of this temporary personality-body-mind.

Today's reading gives us a thought to accept. That thought uses a stepped process to step away from misperception. One who believes she is a person in a world accepts

that she is within the Spirit of God and not separate from it. Once this is realized, she takes the next step to realize she is the Spirit of God.

The same idea can be contemplated this way:

Existence is one.
Nothing exists that is outside of existence.
I exist, and so I must be within existence.
I exist, and so I must be one with existence.
I exist, and so I must be existence.

Instead of just saying these words, you can look and see if this is true. Are you existence?

Here is another way to contemplate that idea:

Consciousness is one.
There is only one consciousness.
Minds differ, but consciousness is always the same.
Every conscious being experiences the same consciousness.
I am conscious, and so I experience the one consciousness.
One who experiences the one consciousness is the one consciousness.
I am consciousness.

Again, you can look to see if that is true. Are you consciousness? Isn't it true that consciousness is more intimately you than the body or the mind?

Thoughts of Awakening # 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

Tips from Regina ~ Day 80, NTI Luke 16 (v1-15) – (v16-18)

Today, let's look at the difference between discernment and judgment.

Discernment

Discernment is a type of judgment. We have already said that judgment is comparing, and then favoring or rejecting. That's what discernment does too. The difference between discernment and judgment is the purpose. The purpose of discernment is to reject ego (with willingness instead of resistance) and favor truth (or ideas that point toward truth).

Today's reading says that you will often experience confusion about what's right to do and what's wrong to do. When 'right' means good and 'wrong' means bad, right and wrong are judgments, not discernment.

In order to simplify the decision making process for us, today's reading teaches us how to discern using two ideas: willingness and resistance. When we practice discernment, we favor willingness and reject (decide against) resistance.

Let's look at an example:

Let's imagine there is someone I don't like. He is loud, he always thinks he's right, and he often speaks with a sarcastic tone of voice that puts others down. I feel very uncomfortable around him. I never know what to say or how to be. It seems like no matter how hard I try, I always end up feeling stupid and awkward when I am around him.

A dear friend is having a dinner party. When she calls to invite me, I am very excited about getting together with her and friends, so I eagerly accept the invitation. However, as we continue to chat on the phone, she mentions she has invited this man I don't like. I immediately realize that I do not want to go to this party.

After hanging up the phone, my mind spins with all kinds of confusing thoughts. I don't want to suffer through a dinner party with this man, but I've already accepted the invitation. I don't want to disappoint my friend. I start thinking about excuses that might allow me to cancel without her feeling offended. I select an excuse that might work, and I begin planning the best time to call and tell her. I can't call too quickly, or she'll know that I am lying.

When that last thought crosses my mind, I begin to feel guilty. I am lying to a good friend. She doesn't deserve that. But I really don't want to be around this man, especially when alcohol is being served. No telling what he will say!

So far, every thought in this imaginary scenario has been judgment. Discernment isn't being used at all. So let's imagine that in my confusion and pain, I open NTI randomly and open to NTI Luke 16. After reading it, I journal with inner spiritual intuition. Here's what's written:

Notice how afraid you are right now. You are afraid of being in the same room with this man. You are afraid of offending your friend. You are afraid of the guilt of lying. What do these three fears have in common?

Can you see that you are afraid that you are bad?

You are afraid to be around this man because you believe you are unworthy. That belief comes up when you are around him. When it comes up, you believe it again. You don't like how you feel when you believe you are bad, so you want to avoid him.

You do not want to offend your friend, because you believe that means you are a bad friend.

You do not want to lie to your friend, because you believe the act of lying is proof that you are bad.

You are lost in confusion, because you are trying to avoid the belief that you are bad, but as you try to avoid it, the belief remains intact. Instead of trying to avoid the belief, which reinforces it, why not make the decision that will help you heal the belief?

After reading what was written with inner wisdom, my perspective changes from judgment to discernment. With discernment, I want to favor the choice that will help me heal. So, I decide to go to the party and use it for my healing. This is what happens at the party:

I notice I am afraid to join in the conversation, because I am afraid he will make a sarcastic comment about anything I say. I notice that avoiding talking is avoiding the 'I am bad' belief. I decide to be willing to talk if something arises to say.

Since I am tuned in to intuition, I am quieter than usual. I am not expressing opinions about politics or debating spiritual concepts. However, a story is told that prompts a memory of a similar story from my life. I feel the inner prodding to tell the story. I do.

After I tell my story, there is a pause in the conversation. The man that I have feared looks at me, and then busts out laughing. I notice the idea, “He thinks I’m stupid.” Then I notice my dear friend is laughing too. I realize that if I was alone with her and told her this story and she laughed, I wouldn’t interpret it the way I did when he laughed. I realize it is my own judgment that leads me to think I’m bad. This realization feels like an important insight. Grateful to have seen this, I laugh too.

Judgment

I mentioned that the difference between discernment and judgment is the purpose. When I practice discernment, I favor choices that point toward truth or help me purify or awaken. Judgment is different. Judgment makes choices that emphasize ‘me’ as this body-personality-mind in a world that is separate from me.

For example:

- I don’t want to go to the party if he will be there.
- I’m bad if I offend my friend.
- I can avoid offending her if I make up a good excuse she will believe.
- Even if she believes me and isn’t offended, I am bad if I lie to a friend.

Contemplate the difference between discernment and judgment, and then start using discernment to make decisions instead of using judgment.

Thoughts of Awakening # 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

Tips from Regina ~ Day 81, NTI Luke 16 (v19-31) – end

Here is a story that Jesus told about a rich man and a beggar named Lazarus:

“There was a rich man who was dressed in purple and fine linen and lived in luxury every day. At his gate was laid a beggar named Lazarus, covered with sores and longing to eat what fell from the rich man’s table. Even the dogs came and licked his sores.

“The time came when the beggar died and the angels carried him to Abraham’s side. The rich man also died and was buried. In Hades, where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side. So he called to him, ‘Father Abraham, have pity on me and send Lazarus to dip the tip of his finger in water and cool my tongue, because I am in agony in this fire.’

“But Abraham replied, ‘Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted here and you are in agony. And besides all this, between us and you a great chasm has been set in place, so that those who want to go from here to you cannot, nor can anyone cross over from there to us.’

“He answered, ‘Then I beg you, father, send Lazarus to my family, for I have five brothers. Let him warn them, so that they will not also come to this place of torment.’

“Abraham replied, ‘They have Moses and the Prophets; let them listen to them.’

“‘No, father Abraham,’ he said, ‘but if someone from the dead goes to them, they will repent.’

“He said to him, ‘If they do not listen to Moses and the Prophets, they will not be convinced even if someone rises from the dead.’”

Did you notice any judgments in your mind as you read this story? Do you know what the root cause of those judgments are?

For example, imagine that you judged Jesus for telling a confusing story. Here’s what that root cause inquiry might look like:

Why am I upset? I am upset at Jesus for telling a story that seems to imply there is a heaven and a hell, eternal reward and eternal punishment.

Why does that upset me? Because I don’t believe in heaven and hell.

Why does it bother me that Jesus would tell a story about something I don’t believe in? I want all of Jesus’ teachings to agree with the way I think about truth.

Why? Because I am afraid that if Jesus' teachings do not agree with what I think, my beliefs about the truth are not true.

So why am I upset? Because I am afraid the truth is not true, and this story triggered that fear.

You see, the way we perceive, all of the judgments we make and each of our upsets are about thoughts in our mind—typically about repressed thoughts in our mind.

Two days ago I recommended an audio in which I taught from *I Am That: Talks with Sri Nisargadatta Maharaj*. In that audio, I taught from conversation #9, which is titled "Responses from Memory." In that conversation, Nisargadatta says:

Something entirely unfamiliar can be sensed, but cannot be perceived. Perception involves memory. ... Perception, imagination, expectation, anticipation, illusion—all are based on memory. There are hardly any border lines between them. They just merge into each other. All are responses of memory.

In this quote, Nisargadatta is making a difference between what we sense (see, hear, feel, smell or taste) and perception. In this case, perception is "a way of regarding, understanding, or interpreting something; a mental impression." Nisargadatta's quote says the way of perceiving is memory. In other words, we view new circumstances through our prior judgments (memory).

That is what today's reading teaches too. As the reading says:

All perception is thought within the mind of the thinker. The thought has no meaning of itself, but it is given meaning by the thinker. If the thought seems to have effects, it is the thinker that gives that thought any effects it seems to have.

What do I do if this story triggered my fear that the truth is not true?

Realize that idea is in my mind, and if that idea wasn't in my mind, the story could not have affected me the way it did. Be grateful this false idea has risen out of the subconscious so that it can be healed, and give willingness for it to be healed. I need to avoid blaming others for my upset. I don't want to blame Luke (the one who wrote down this story), Biblical translators, the Catholic Church or anyone else. If I try to rationalize my fear away by projecting blame onto someone else, I bypass my opportunity for healing, and the idea goes back into the subconscious, still a part of my psyche.

After doing enough forgiveness work to return to a relative state of peace, it is helpful to practice awareness-watching-awareness (AWA) meditation. In AWA, I have a direct

experience of truth without mental interpretation. Following forgiveness work (like rest-accept-trust and journaling) with AWA is very effective, because nothing reminds one of truth like a direct taste of truth itself.

If the mind were healed, how would it see this story?

A healed mind sees this story as meaningless.

In *I Am That*, Conversation #9, Nisargadatta is talking to a seeker who wants to know what the truth is about the world. Nisargadatta says:

Take it to be a dream and be done with it. ... My world is just like yours. I see, I hear, I feel, I think, I speak and act in a world I perceive, just like you. But with you it is all; with me it is almost nothing.

Why don't we let the experiences of our day come and go as if they were almost nothing? Because of the judgments we believe, hold onto and reapply to new circumstances. In this way, we relive an imaginary past over and over again.

Note: If you did not listen to the *I Am That* teaching two days ago, but you would like to listen to it, you can [listen at this link](#).

Thoughts of Awakening # 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

Tips from Regina ~ Day 82, NTI Luke 17

Yesterday we learned that our perception comes from past judgments that are reapplied as meaning. As Nisargadatta told the questioner in *I Am That*, Conversation #9:

The world you can perceive is a very small world indeed. And it is entirely private.

That's because the world we each perceive is based on the filter of our individual mind.

Today's reading says:

Now let's talk about forgiveness. ... Of themselves, the thoughts [in your mind] have no meaning. But based on past learning, learned through judgment, the thoughts *seem* to have meaning. And so you feel offended or hurt based on what you *think* you know.

Can you see how your brother has done nothing? Can you see how all meaning that has seemed to result in hurt has come from the filter of your mind?

Let's look at an example:

Imagine that I am a modern day "super mom." I am a professional woman with a son. After working all day, I come home and cook dinner, help my son with homework, bathe him and read him a bedtime story. He's in bed by 8pm. That's when I pull out my laptop computer and catch up on email. I typically work until my bedtime at 11pm.

On weekends, I buy groceries, clean house, do laundry and take my son to soccer games and piano lessons.

One day, a friend asks me to go to dinner and a movie with her on a Wednesday night. I explain that I can't, and I tell her everything I have to do each night. She says, "Who are you trying to impress?" I notice a flash of anger, and I snap back, "No one! It just is as it is!"

Fortunately, I notice my upset. That night, after my son is in bed, I skip email, and I journal about my upset with my friend.

Why did I get angry at Jill? Because she implied that my whole life is a farce set up to impress someone.

Did she really say that or is that how I interpreted it? I don't know for sure why she said what she said. She might have felt rejected and was acting out. My interpretation of her comment is my interpretation of her comment.

Why does the idea that my life 'is a farce set up to impress someone' upset me? Because I think there's a truth there. I think I am trying to impress someone.

Who are you trying to impress? Everyone? No, not really everyone. I am trying to impress everyone, but the real reason I want to impress them is to impress me. If I believe they are impressed, then I can feel good about myself.

So, why is your life so busy? Because I am trying to deny my own belief that I am unworthy by hiding that belief under all of the great things I do.

When this journaling is complete, I see that Jill didn't hurt me. I was hurt, because of ideas in my mind.

As NTI says:

And then, forgiveness is taking this realization one step further by acknowledging you do not want to be hurt anymore. You acknowledge that the meaning that has hurt you is within the mind. You are the owner *or believer* in that meaning, and so you are also the one that can let go of any meaning you have applied.

Thoughts of Awakening # 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

Tips from Regina ~ Day 83, NTI Luke 18

Today's reading is about how our thoughts create a false self-concept. False ideas about who I am are core to the ego. Do you remember this image?



The sense of self-existence comes from mental chatter and how it defines 'me.'

Today's reading says:

But these concepts do not tell you who you are. Each and every one of them tells you who you are *not*. ... So if you are to discover the truth of who you are, you must be willing to lay your perception of yourself aside. You must be willing to stop believing that you know who you are."

Have you ever paid attention to the thoughts in your mind that tell you who you are? There are the usual thoughts, which tell you that you are a man or woman, possibly a parent, a spouse, the child of so-and-so with a particular nationality, etcetera. None of these thoughts are true about you. However, they also aren't the heart of the self-defining messages that run through your mind throughout the day.

The ideas of self-concept that cement your perception of yourself to the ego are much more subtle than those usual ideas of self-identity, and they whisper into your mind with incredible frequency. Maybe it's time for you to become aware of those thoughts.

Here are just a few examples:

- I am too busy.
- I can't do all of this!
- They're going to see that I'm not as good as they thought I was.
- I never feel well.
- I'm lazy.
- I'm not as dedicated as I should be.
- That worked out well. I'm pretty smart.
- I'm really organized.
- I'm such a good cook.
- I'm so fat.
- I love to help people.
- Why is everyone always bothering me?

- How come no one ever helps me?
- They should be as generous as I am.
- I really know how to handle this car.
- I am so good at finding bargains.
- I waste money.
- I'm so patient.
- I can't take this from him anymore!
- And etcetera.

Today, consider carrying a small notebook around with you, or use your smart phone to capture as many thoughts of self-concept as you can. Make a game out of it. Find out who the mind says you are when you aren't looking.

Thoughts of Awakening # 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

Tips from Regina ~ Day 84, NTI Luke 19

If you remembered to pay attention yesterday for thoughts of self-concept, it's possible that you captured a long list of ideas. That list would be incredibly long if we also included everything your mind had to say about other people, about circumstances and about the things in your environment. The mind has a lot to say about everything, and it's through these thoughts that you derive your concept of yourself, others and the world.

As Nisargadatta Maharaj said:

The world you can perceive is a very small world indeed. And it is entirely private. Take it to be a dream and be done with it.

That teaching is the heart of today's reading. In fact, today's reading says:

This is great news for you, if you will accept it. This is the truth that will set you free.

When we take the meaning that our thoughts give to everything seriously, we imprison ourselves. By realizing that those thoughts are valueless and have no meaning, we set ourselves free. It is as simple as that!

The problem is that most people value their thoughts over everything else they think they value. Although their thoughts are the cause of all of their problems and all of their suffering, they prefer their thoughts to the freedom that would be present if thought was disregarded.

Today's reading interprets a parable called The Parable of the Ten Minas.

[Link to the parable](#)

After reading the interpretation of the parable in today's reading, consider giving willingness to see that your thinking is mostly upside-down and therefore, not useful. After you give willingness to see this, stay in the space of that willingness. If you stay in the space of that willingness throughout the day, you will become aware of some of the useless thinking that goes on in your mind. Write down what you see, so it isn't quickly forgotten. At the end of the day, review your list of meaningless thoughts, and then ask, "Am I willing to release the value I've placed on my thinking?"

Thoughts of Awakening # 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

Tips from Regina ~ Day 85, NTI Luke 20 (v1-8) – (v9-19)

There are two questions that are really the same question:

What is truth?
What am I?

When these two questions burn in us to the point that nothing else is important, we are getting ready for truth realization.

Today's reading interprets the parable of [The Vineyard and the Tenants](#). When we read this parable in NTI Mark on [Day 50](#), the vineyard was interpreted as the teaching, and stealing the vineyard was interpreted as identifying with the teaching (also known as fundamentalism). Today's reading interprets the story differently.

Today's reading interprets the vineyard as:

... a mind that is shared among God and His creations.

Like consciousness, awareness and soul, "mind" is an elusive term. If you look it up using a few different dictionaries, you will find out that it has many meanings. Although there may be a temptation to try and define exactly what "mind" means in the context of today's reading, it might be better to let it remain an open question.

Why?

We've already seen that one type of resistance is seeking answers to metaphysical questions or questions about enlightenment. The mind resists truth by seeking to understand truth mentally. If you or I are satisfied with mental understanding, the desire to realize truth is quenched. In this satisfaction, the ego wins.

The real purpose of today's reading is three-fold:

1. To help us realize that our sense of guilt and unworthiness stems from an unconscious knowing that our false sense of self is a lie.
2. To help us relax away from the belief in guilt by pointing out that we are free to maintain a false sense of self and world.

3. To lead us into a penetrating curiosity, where we want to find the answer to “What is the truth?” and “What am I?”

I love the line in today’s reading where the Holy Spirit says, “So whatever I am, you must also be.” Notice the word “whatever” in that sentence. I like to stare at “whatever.” As I look deeply at the word “whatever,” I want to find out what that is—“*whatever* I am, you must also be.”

Do you want to find out what that is, or are you satisfied with a lie and a dream?

Thoughts of Awakening # 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

Tips from Regina ~ Day 86, NTI Luke 20 (v20-26) – end

We have looked at this quote from Nisargadatta Maharaj:

The world you can perceive is a very small world indeed. And it is entirely private. Take it to be a dream and be done with it.

It’s important this quote isn’t misunderstood. It means that we shouldn’t take our life so seriously. We do well to let it come and let it go, as we maintain our true state of constancy.

However, it doesn’t mean that we should deny our experience or avoid our role in life. One who uses teachings such as this quote by Nisargadatta to deny their experience or

avoid their role in life is listening to the ego's interpretation of the teaching. A clear mind faces whatever is here now *fully*, and then it lets it go as that experience disappears into the past and a new experience comes into the present.

Today's reading reemphasizes a point made in yesterday's tip:

The mind resists truth by seeking to understand truth mentally. If you or I are satisfied with mental understanding, the desire to realize truth is quenched. In this satisfaction, the ego wins.

You could say that today's reading is a call to stop trying to understand truth.

How do we proceed if we let go of trying to understand?

We proceed by following current moment guidance and by practicing the new habits, which purify the mind.

Today's reading asks us to accept God's freedom by:

... extending your trust and innocence.

To extend means to spread forth or to enlarge the scope or effect of. It also means to exert oneself to full capacity. So, if we extend our trust and innocence, that means we are making these a bigger part of our way of being.

Trust is "assured reliance on." In this case, it is assured reliance on the benevolence of the universe and on the current moment's guidance. Assured means certain and reliance means to be dependent. So, we extend our trust by feeling certain that all is well while being fully dependent on guidance.

Innocence in this case is "lack of knowledge," which means we do not try to rely on our own thinking. We do not try to understand. We do not try to figure things out. Instead, we are certain that all is well without needing to understand, and we are fully dependent on guidance without trying to figure things out for our self.

Thoughts of Awakening # 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

Tips from Regina ~ Day 87, NTI Luke 21

Today's reading follows up on the interpretation of the parable about The Vineyard and the Tenants, which we read on [Day 85](#). Today's reading uses logic to encourage us to inquire about the validity of our belief in separation, our belief in guilt, and our sense of fear.

What is validity? An idea is valid if it has a sound or well-grounded basis in logic or fact. An idea that does not meet this criterion is not valid; it is fallacious, meaning false or mistaken.

We hold onto to our belief in separation, our belief in guilt and unworthiness, and our sense of fear, because we believe they are all valid. If the Holy Spirit can lead us to inquire deeply into these ideas, we will discover they are not valid; they are fallacious. When we see for ourselves that these ideas are fallacious, we can let them go. As long as we believe they are valid, we will hold onto them. This is why inquiry is so important.

Enlightened inquiry alone leads to liberation.
~ Ramana Maharshi

Thoughts of Awakening # 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

Tips from Regina ~ Day 88, NTI Luke 22 (v1-6) – (v7-38)

Confusion

People often experience confusion during the awakening process, especially during the purification phase. One way to explain confusion is to say it is the ego's defense against truth. However, let's look more specifically at what's really going on when we experience confusion.

Our old way of understanding things is mental. We think about something, and then we understand it.

With truth, it's different. We can't understand truth by thinking about it. Understanding comes from seeing, which is different than thinking.

When we begin to live by the new habits of the spiritual path, we begin to have moments of seeing. In those moments, clarity comes, and we feel clear. However, when we step back into the old habit of thinking, what was clear becomes muddled again, because we are no longer seeing, we are thinking.

As we learn to think about truth less and rely on seeing more, we experience less confusion and more clarity.

What is Seeing?

Seeing is the result of being in the right-mind, just like thinking is the result of being in the wrong-mind. You cannot see with the wrong-mind. The wrong-mind is blind and cannot see.

In order to see more consistently:

1. Discern between the wrong-mind and the right-mind.
2. Let go of the wrong-mind simply because it is the wrong-mind.
3. Maintain a way of being that is in harmony with the right-mind.

When we maintain a way of being that is in harmony with the right-mind, we see naturally.

How to Recognize the Wrong-Mind

The wrong-mind can be recognized by specific characteristics, including:

- Ideas of less than and better than, desired and undesired
- Ideas of good and bad, should be and shouldn't be
- Perceptions of guilt, victimhood and blame
- Spinning, struggling or habitual thinking
- Conflicted feelings or perceiving conflict
- Anger, hatred, attacking thoughts
- Feeling or perceiving rejection
- Fear, worry, uneasiness
- Defensiveness
- Confusion

Whenever you inquire into an upset and find any of these characteristics at the core of your thinking or at the root of your perception, it means you are in the wrong-mind. That alone is a good reason to drop your way of thinking. Move into rest-accept-trust and the willingness to be healed.

You can see these mistaken ideas very quickly. A long drawn out inquiry process isn't necessary.

For example:

Imagine some friends are coming to stay with me for a couple of days. Although I am excited to see them, my mind is thrown into a frenzy thinking about the house cleaning I need to do, worrying about the meals I will prepare, and deciding and then doubting my decisions about what we will do while they are here.

Is this the wrong-mind or the right-mind?

If I look, I see that thinking is spinning constantly. That is a characteristic of the wrong-mind.

I see worry about the meals. Worry is a characteristic of the wrong-mind.

I see confusion about what to do while they are here. Confusion is a characteristic of the wrong-mind.

I can journal into my thinking to get more clarity, but if I am willing to let go of the wrong-mind simply because it is the wrong-mind, I already have the clarity I need. Now, I can move into rest-accept-trust. Once I feel more settled into a sense of peace, trust or well

being, I can tune into intuition and let it guide me moment-by-moment. If needed, I will maintain a more peaceful way of being by reminding myself to follow intuition one step at a time and trust that all is well.

Note: It may be helpful to print this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 89, NTI Luke 22 (v39-46) – end

Before sharing a tip about today's reading, I would like to review the following definitions:

Judgment– Comparing, and then favoring or rejecting. An example of ego judgment is comparing two possible solutions to a problem, and then choosing one solution over another.

Discernment– Comparing, and then favoring or rejecting. The difference between judgment and discernment is its purpose. The purpose of discernment is to reject ego and favor truth or ideas that point toward truth. An example of discernment is noticing that your mind is filled with worry about a particular situation, choosing to let go of (reject) worry and trust (favor) all is well even though you are facing the unknown.

Intuition– A feeling or sense that guides one to make sensible decisions without using judgment. The hallmark of intuition is the feeling to do or not do something without

having mental reasons. An example of intuition is having the feeling to stop what you are doing and call a friend on the phone.

Guidance – Following the highest vibrational choice that is currently available. An example of guidance is the prompt to stop thinking and give your full attention to a friend who is speaking.

Resistance– Habitual or willful avoidance of change. Specifically, ego resistance avoids a rise in vibrational level, and it avoids awakening, which is the end of ego. An example of resistance is choosing to defend one's way of thinking.

Willingness– Open to change. Specifically, spiritual willingness is open to change in order to achieve one's spiritual aspiration. An example of willingness is being open to letting go of problem-solution thinking, because you realize that thinking is ego.

Today's reading is about fear. From time-to-time, great fear can come over us as we move forward on the spiritual path. As today's reading says:

Great fear is nothing more than great resistance.
And so the means for overcoming great fear is great willingness.
Great willingness comes from remembering what you want.

I have had several experiences of great fear that were directly related to my decision to awaken in this lifetime. In hindsight, I can see that fear was a loud cry from the ego-mind to avoid a change that would result in less ego control over me. If I had listened to fear, I would have remained an ego-controlled being. By choosing not to listen to fear, I took a step towards freedom.

Again, I can see that now, *in hindsight*. However, when I was in a situation of fear, that wasn't so easy to see. The ego-mind screamed that I was heading for impending disaster. It shouted ever-so-convincingly that I needed to listen to it in order to be safe.

What did I do?

I used discernment to see ego as ego. I remembered that I wanted my spiritual aspiration above anything else, including safety, and then I focused on my willingness to follow-through with guidance and avoid falling prey to resistance. Rest-accept-trust was a key practice until the fear subsided.

Today's reading says:

[When fear is strong,] this is a time for accepting that the world is not real.

I found that to be very important whenever great fear hit, because fear tempts us with everything that we've believed up until that point in our lives. In order to withstand fear, we need the willingness to trust that everything we have believed is mistaken. Without that faith, it might not be possible to resist the incredibly sly arguments thrown at us by the ego-mind.

There is one more thing that I found very helpful whenever I was faced with great fear:

Be okay with feeling fear.

Fear is one of the most unpleasant emotions that can arise in the human experience. Most humans will do almost anything to avoid feeling fear. That's why the ego-mind uses fear to try and control us when we are on the verge of breaking free. It knows how much we dislike fear, and it knows that when all else fails, it can control us with fear. If we remain like most humans, who will do anything to avoid fear, the ego will control us with fear. If our goal is to avoid fear, as soon as fear arises, the ego-mind will provide a suggestion about how we can get out of fear, and we will listen. Again, we will listen *if our goal is to avoid fear*.

That's why it's important to be okay with fear. If I am willing to tolerate the feeling of fear when it's with me, and if I maintain my spiritual aspiration as my goal, the ego cannot use fear to control me.

Fear is just a feeling. It's an energy running through the body. It is entirely possible to watch the feeling of fear with awareness and notice that fear is nothing to be afraid of. When we learn to be with fear without fearing it, we take a giant step towards freedom, because one of the ego's greatest weapons against our freedom is now ineffective.

Note: It may be useful to print this tip so it can be accessed easily when it's needed.

Thoughts of Awakening # 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

Tips from Regina ~ Day 90, NTI Luke 23 (v1-25) – (v26-43)

Yesterday, we looked at fear. We learned that fear is resistance, which means the way to overcome fear is willingness.

Resistance avoids change.
Willingness is open to change.

What is the change that we fear?

Ultimately, we fear losing our self. However, as today's reading points out, the self we are afraid of losing is not our true Self. It is an imagined self. It is a collection of ideas about who we are. It's thought, and nothing more than thought.

Our true Self is much more than thought.

In today's reading, Holy Spirit says:

If I am to help you release your fear, I must teach you there is nothing to fear.

Holy Spirit does this in two primary ways:

1. Holy Spirit helps us become aware of thought. We notice that thought comes and goes. We notice that thought changes constantly, sometimes quite dramatically. We notice thought isn't consistent. For example, thought takes a side and then changes sides. We notice that thought pretends to represent our best interests, but when we inquire more deeply, we see that isn't true.
2. Holy Spirit helps us become aware of our true Self. We notice our true Self is always present. It is peaceful, naturally clear and wise. It is constant, changeless and consistent. When we focus on our true Self deeply, we realize inherent joy.

As we become more aware of both the false self and the true Self, we see more clearly which one we want and which one we don't want. That strengthens our willingness, which simultaneously weakens resistance. In other words, increased awareness is the path of gentle healing.

Note: Today's reading interprets the story about Jesus being sentenced to crucifixion. If you'd like to read that story in the Bible, [click here](#).

Thoughts of Awakening # 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

Tips from Regina ~ Day 91, NTI Luke 23 (v44-49) – end

The ego resists truth.

Why does the ego resist truth?

It's because the ego is mental identification with a specific body-mind-personality as what I am.

I say that again:

The ego is mental identification with a specific body-mind-personality as what I am.

The truth is:

The body-mind-personality is not what I am. The body-mind-personality is a temporary manifestation that has come about through the Third Principle of God, the creative principal. Like all temporary manifestations, it had a beginning, and it will have an end.

The ego, being mental identification with the body-mind-personality, does not like the truth. It wants to believe that some part of what it is identified with—the body, the mind, or the personality—will in some way continue forever. The idea of an eternal soul is the ego's wish, a hope for something that is 'me' that continues beyond the body's physical death.

But that's not the truth.

That's why the ego resists truth. It doesn't like the truth. When the ego looks at the truth, it can't find itself. It doesn't like that at all.

What is the truth?

The truth is we are life itself.

Temporary manifestations come and go. They always have, and they always will. However, as everything else comes and goes, there is one thing that always remains—life. As today's reading says:

... all that can be final is that which lasts when all else has ended ...

Let's imagine being at a funeral. There is a body in the casket. It is a friend that you've known for several years. Your friend died unexpectedly of a heart attack.

If you focus your eyes and thoughts on the body in the casket, death seems very real. However, in order for death to appear real, you have to narrow your focus to the casket. You have to ignore the life that you are as you look at the casket. You have to ignore the life that is present in all of the other people at the funeral. You have to ignore the life in the plants that fill the room and in the birds singing outside the window. In order to believe in death, which is the end of life, you have to ignore so much!

The truth is that you are not the body-mind-personality that your thoughts currently identify with. You are life—that which was before this body, that which is while this body is present, and that which continues when this body ends.

Look with open eyes. See that life never ends!

Look at nature. Specific plants and animals come and go, but nature itself remains.

Consider Ramana Maharshi's statement to his devotees, as they gathered around him mourning his impending death:

I am not going anywhere. Where would I go?

Look. Does life die, or does it recycle, reorder and rearrange into new and different forms? Can you find the end of life, or do you find only ongoingness?

Mental identification fears the end of a specific form that it is identified with. It wishes for a “truth” that will give it eternal life. Many people believe different religious stories about continuation of the ‘me’ in one way or another. Do you know why there are so many different religious beliefs about continuation? Because those beliefs are stories; they are not truth.

The truth is beyond any specific form and beyond mental identification with it.

Awakening is the end of mental identification with a specific form. When that identification ends, one sees one’s Self as life itself. In that realization, fear is impossible, because ‘end’ is impossible.

Thoughts of Awakening # 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

Tips from Regina ~ Day 92, NTI Luke 24

Today’s reading is the last chapter in NTI Luke. The “voice” of this book leaves us with a summary of Luke’s teaching before it drifts off so that another “voice” can come and teach us from another point-of-view.

NTI Luke has been primarily about purification, and so the summary leaves us with a reminder to practice the new habits we’ve been taught *with our every breath* until purification is complete. The next book that we go into will have a different emphasis, so

let's vow now that we will not forget Luke's teachings as we move forward into a different reading.

Even though NTI Luke was primarily about purification of that which isn't true, Luke ended its teaching with truth. Since the ego does not like truth, and those who have not yet completed purification are typically still identified with ego, Luke encourages us to continue to seek truth. Today's reading says:

Bow your head and check your heart's desire. Do you wish to be deceived? Do you wish to see what you have wished to see, or do you wish to see the truth?

The ego, being mental identification with a specific form, sees life *in* form. It sees life in people, life in animals and life in plants. To the ego, which is mental identification with form, form is primary and life is secondary. That's why there appears to be death. If form is primary and life is secondary, when form ends, life ends.

However, this is ego's distorted view based on ego's wish—the wish to be something. Today's reading promises that when we are free of this wish, we will also be free of ego's distorted way of seeing. Instead of seeing form as primary and life as secondary, we will see life as primary and form as secondary. With this shift in the way we see, everything changes.

Thoughts of Awakening # 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

Tips from Regina ~ Day 93, NTI John 1

Yesterday's tip pointed this out:

The wish to be something leads to identification with a specific body-mind-personality as 'me,' which leads to a distorted way of seeing—seeing form as primary and life as secondary. When the wish to be something dissolves, the distorted way of seeing dissolves too, and then we see life as primary and form as secondary. With this shift in the way we see, everything changes.

NTI John opens with a focus on light as primary. "Light" is the symbol for eternal, non-changing life, the essence. "Darkness" is the symbol of the ego's distorted way of seeing form as primary.

The light is truth, so the light is always present. If we see with darkness instead of light, it is because we think we are something. Of course, that is how most humans see. One might wonder why any human ever awakens to the light. Why does anyone desire to know the light when the perspective of darkness is accepted as truth in the world?

The best answer to that question is simply that light is our truth—eternal life is what we are—and a belief that we are something cannot fully block truth. At some point, the truth begins to tug at our heart. If we follow its promptings, that tug grows stronger until we find ourselves driven to rediscover truth. That search is never futile, because everything is that which we seek, and it responds to our desire to see it (and ourselves) as it is.

It is as Michael Langford wrote in *The Most Direct Means to Eternal Bliss*:

- When your desire for freedom becomes very intense, your desire for freedom demands that you take no detours.
- When the desire for freedom becomes even stronger, the desire for freedom itself will bring you everything you need to succeed in your quest for liberation including the answer to all your questions, finding the Direct Path teachings, the solution to all obstacles, etc.
- The extremely intense desire for the Direct Experience of the absolute Truth will guide you to your inner Teacher.

- The extremely intense desire for Truth will guide you to the practice that gives the Direct Experience of eternal life.

In other words, the way to truth realization is to follow our desire for truth realization. If we follow our desire, and keep it foremost in our minds, everything else will happen naturally to bring us to awakening.

Thoughts of Awakening # 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

Tips from Regina ~ Day 94, NTI John 2 & 3

Today's reading teaches that there is a direct correlation between how we see now and how we want to see. For some, this may be hard to read. Often people want to believe that their desire for truth is stronger than it is. However, we can see how strong our desire for truth is by looking at exactly how we see (and experience) now.

Why do we want to believe that our desire for truth is stronger than it is?

As we learned in NTI Luke, we believe that we are inherently guilty for seeing ourselves as separate individuals. We feel guilty for seeing ourselves as some thing, because that

isn't truth; life is what we are. Interestingly, seeing ourselves as guilty is an ego preservation strategy.

How is it an ego preservation strategy?

Seeing ourselves as guilty is seeing ourselves as something. In order to see ourselves (and everything else) as it is, we need to let go of all beliefs that we have about what we are. We also need to let go of all beliefs about what others are, what the world is and what the world is supposed to be.

Today's reading says:

When a man welcomes the Light fully, he ceases to be a man, and he becomes the Light. For the Light is a presence that denies the existence of man. It knows only the Light. ... To know the Light is to know eternity.

It is as Floyd Henderson wrote in his book, *The Blissful Abidance Series*:

The entire contents [of the mind] must be discarded if you would "fill the cup" with that which can bring you something with a taste that can be enjoyed. There is no other way than the way of emptiness first, fullness second...

When all learned ignorance is tossed, then everything that also accompanies ignorance will go. ... You will have returned to Your original nature ... You will have tasted the sweet taste of the nectar of immortality.

Michael Langford teaches that the most important first step you can take toward awakening in this lifetime is to increase your desire for awakening.

Michael Langford teaches, "another great key is self-honesty." He writes:

Self-honesty will help in all aspects of the quest for liberation. Self-honesty will help you to increase your desire for liberation.

That means that in spite of the ego's tendency to pretend that our desire for awakening is greater than it is, it is actually most helpful to be honest about our level of desire. When we pretend that our desire is greater than it is, we hold onto the repressed belief that we are guilty. When we are honest without guilt, we let go of the belief that we are guilty. That is letting go of one of the ego's core preservation strategies.

Thoughts of Awakening # 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 Spi

Tips from Regina ~ Day 95, NTI John 4

When we look at the world, we often see people doing things that we think they shouldn't do. We see people in situations and places that we think they shouldn't be in. Interestingly, that is not how knowledge sees.

Knowledge sees the light in everyone and it sees everyone in the light, because knowledge knows only the light. When the light is all that is seen, there isn't a judgment that someone is doing something they shouldn't do or that they are in a situation or place they shouldn't be in.

The only "mistake" that knowledge knows of is the mistake of not welcoming the light. In this case, mistake means "to misunderstand or misinterpret." It can also mean "to identify wrongly," but it doesn't mean to do something one shouldn't be doing or to be in a place or circumstance one shouldn't be in.

Since knowledge sees the light in everyone and sees everyone in the light, the only "mistake" is misunderstanding reality, and the only "correction" is accepting reality as it is. Since one can accept this correction at any time, everyone is always in the right place. No one needs to go anywhere else or do anything differently.

I remember when I first became aware of [John Sherman](#). His awakening came while he was in prison. During the interview that I was listening to, he explained that being in prison was the perfect place for him to be in order to realize truth. And then he looked at the interviewer and said, "And your life is the perfect life for you to realize truth."

That's how knowledge sees.

Thoughts of Awakening # 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

Tips from Regina ~ Day 96, NTI John 5

On [Day 74](#), we saw that Love is life-awareness. The light is also life-awareness. Love, light and life-awareness are synonymous.

On Day 74, our tip said:

When NTI says that our Father is the extension of Love, it means that life-awareness is the only present reality. We are asked to see anything that isn't love (life-awareness) as meaningless and valueless.

Since everything is life-awareness in reality, what isn't life-awareness?

Mental interpretation isn't life-awareness. We are to see mental interpretation as meaningless and valueless.

That is the essence of today's reading too. Today's reading teaches that everything is light. If we do not see only light, it is because we choose not to see it.

Some of us may think that we do want to see everything as life-awareness, but NTI is clear that if that were true, we would see that way. Since we don't see that way, it means we don't want it as much as we think we do.

This points to a core problem:

*We may think we value truth,
but what we really value is our thinking.*

Every time I believe a judgment in my mind about anyone or anything, I choose my thinking over truth.

Every time I think thinking is the answer to a problem I perceive, I choose my thinking over truth.

Every time I think I know or understand something based on my thinking and my past experience, I choose my thinking over truth.

This has been pointed out to us before. On [Day 79](#), our tip said:

It's important to be clear that if it were not for the mind, our truth would be obvious to us. This is important, because humans tend to value their mind above everything else that they value. That means that we put the obstacle to truth above everything else in our list of 'What Is Important to Me'.

The false self is made up of thought. If we value our thinking, we value our false self.

What we truly are is freedom. If freedom chooses to value a false idea about itself, freedom sees falsely. That is the essence of freedom.

In order to see truly, we must value truth over falsehood. That means we must value the presence of life-awareness *as everything* over thinking, which defines everything differently.

Thoughts of Awakening # 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

Tips from Regina ~ Day 97, NTI John 6

Today's reading says:

To have faith in anything at all is to have faith in everything you see. For without faith in all things, you are faithless, because all things are God and you are all things.

Let's review the definition of faith. Faith is:

- Trusting the healing process & having confidence awakening is certain
- Having confidence in a benevolent power beyond what your senses or mind can know
- Accepting that all is well, regardless of the appearance

Today's reading points out that faith is total or it isn't faith at all.

Do you have faith in some circumstances, but not in others?

Do you have faith regarding some people's lives, but not regarding others?

Do you have faith regarding others, but not regarding yourself?

Do you have faith regarding your personal life, but not regarding the universal scene?

Today, contemplate the definition of faith and the fact that true faith is total. Where are the gaps in your faith?

Thoughts of Awakening # 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

Tips from Regina ~ Day 98, NTI John 7

Yesterday's reading was about faith. Today's reading is about trust.

Again, faith is:

- Trusting the healing process & having confidence awakening is certain
- Having confidence in a benevolent power beyond what your senses or mind can know
- Accepting that all is well, regardless of the appearance

Trust is:

Assured reliance on the benevolence of the universe and the current moment's guidance.

In other words, faith is a general attitude through which we view our life circumstances and the world. Trust is living from faith by being totally dependent on intuition and universal spontaneity.

One who trusts is not reliant on thinking. To rely on thinking is *not to trust*. Not to trust is to fear. Therefore, one who relies on thinking comes from a state of fear.

Most people live from fear unconsciously. They have not contemplated the difference between trust and living from thinking.

Today, let's contemplate the difference between trust and living from thinking. Which do you want to rely on?

Thoughts of Awakening # 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

Tips from Regina ~ Day 99, NTI John 8 & 9

Today's reading says that we define ourselves by mind-made laws and by our relationship to mind-made laws.

What are these mind-made laws?

The "laws" cannot be listed, because they vary by individual. They make up the filter of the individual mind.

A few examples might be:

- People should be honest.
- I shouldn't eat so much.
- She shouldn't talk so much.
- Telemarketers should respect my privacy and quit calling on the phone.
- My neighbor's dog shouldn't bark.
- It shouldn't snow in April.
- People shouldn't cut in and out of traffic.
- People shouldn't be racist.
- I should keep my house cleaner than I do.
- Children should respect their parents.
- Etcetera, etcetera, and etcetera.

Laws like these serve the ego in two ways:

1. They give us a sense of identity.
2. They provide a basis for judgment and separation.

As long as we believe mind-made laws, we are limited to a self and a world that is seen through the filter of these laws, which means we remain unaware of reality.

Today's reading suggests that we let the Heart lead ahead of the mind. It suggests we follow intuitive guidance instead of living by mind-made laws. This is another way of asking us to live by trust (reliance on intuition and universal spontaneity) instead of thinking, since thinking is the obstacle that blocks our awareness of reality.

What mind-made laws do you notice in your mind? Are you willing to let them go? Are there any you feel compelled to hold onto? If so, why? What do you think you lose by giving up those laws?

Thoughts of Awakening # 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

Tips from Regina ~ Day 100, NTI John 10 & 11

Today's reading says:

Step into the Light fully without fear of death, and see how clearly your path is lit.

What is the "fear of death" that today's reading speaks of?

It isn't fear of bodily death. It is the fear of losing one's self—one's *sense of self*.

Yesterday's tip was about the mind-made laws we live by. Again, these mind-made laws vary by individual, and they make up the filter of the individual mind. Since they make up the filter of the individual mind, that means we see and understand the world and ourselves the way we do *because of* these mind-made laws.

The mind likes to understand. It feels comfortable understanding. That means our individual mind-made laws are like a security blanket for the mind. That's true, even if we suffer because of the laws we believe in.

Since the mind gets its sense of comfort from the laws, it identifies with the laws, just as a small child identifies with its security blanket or security toy.

Have you ever seen how upset a child gets if you take its security item away?

It is as if you are removing the child's orientation to the world.

That's how it is with the ego too. The mind feels threatened to the point of death when you start removing the laws it is oriented to.

As you get serious about letting go of mind-made laws, the ego may rebel, just like a small child rebels when you take away its security item. If you want to "step into the light fully," you must learn to relax through ego rebellion. To step into the light fully, you need to let go of living and seeing through individual mind-made laws, even though that makes the ego extremely uncomfortable.

Prior to realization, service is seeking the light, seeking the light's point-of-view and surrendering to the light's guidance.

The opposite of service is "conflict." Conflict is seeking one's individual will, clinging to one's individual point-of-view, and doing things "my way."

One reason that individual will is conflict is because, as we have already seen, no two individual minds are exactly alike. Therefore, whenever we cling to our individual will, we eventually conflict with any other individual will that we come into contact with.

Another reason that individual will is conflict is because it conflicts with our own true heart. That is, it conflicts with our spiritual aspiration, which is what we want most of all.

Today's reading says that service is joy. That's because there is no conflict in service. When we are in service to the light, we are in harmony with ourselves and with the truth of all beings. We are in-tune with the natural benevolence of the universe. We are the presence of love by being in harmony with love through service.

As you read today's reading, contemplate your desire for service over self-centered living. As you do, you may notice the part of your mind that clings to self-centered living. That is the part of your mind that is afraid of full and total service. It believes it loses something in service. It believes it loses itself in service. It holds onto itself through self-centeredness.

As you notice the part of your mind that resists service and clings to self-centeredness, you are noticing the part of your self that prefers conflict to love. Look at it as it shows up in your contemplation today. See it, acknowledge its presence, and then ask, "What do I truly want?" There are two wills in you now, but which one is your true heart's desire?

Thoughts of Awakening # 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

Tips from Regina ~ Day 101, NTI John 12

Today's reading is about a wish, a fog, and a shadow.

The Wish

The wish isn't fully conscious in most humans, although it drives their behavior and decision-making processes. It is the wish to be something, commonly felt as the wish to be somebody. It is the wish for distinctness. It is the wish for identity. It is the wish for separation.

This wish is core to the human psyche. From the time that a child is a toddler, it begins seeking identity. At first, the child looks to its parents or caregivers for its identity. Whatever they tell the child it is, it believes. Later, the search for identity broadens. Identity comes from a wide range of "sources" including other people, media influences and most especially, one's own developing mental chatter.

The Fog and the Shadow

Driven by the wish to be something, we each develop a view of the world and a sense of self. The fog is one's view of the world. The shadow is one's sense of self. They are completely illusory, decided upon solely by the individual mind. It is as Nisargadatta said:

The world you can perceive is a very small world indeed. And it is entirely private.

Since our world and individual sense of self is completely private and not shared with anyone else, they can't be truth. They are individual made-up illusions.

As we learned on [Day 85](#), we are free to maintain a false sense of self and a false sense of the world. We are not guilty for doing so. However, "the fog and the shadow" block truth as long as we cling to them. Even more, we typically suffer because of the fog and shadow we've made.

The Antidote

Since the wish to be something is the reason we made up an individual view of the world and self, a different wish (or different desire) is the antidote. That different wish is one's spiritual aspiration.

Thoughts of Awakening # 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

Tips from Regina ~ Day 102, NTI John 13 & 14

Today's reading defines "service" as being in harmony with one's Self. It is aligned with the definition of "service" as Ramana Maharshi used it when he said:

"Your own Self-Realization is the greatest service you can render the world."

Prior to realization, service is seeking the light, seeking the light's point-of-view and surrendering to the light's guidance.

The opposite of service is "conflict." Conflict is seeking one's individual will, clinging to one's individual point-of-view, and doing things "my way."

One reason that individual will is conflict is because, as we have already seen, no two individual minds are exactly alike. Therefore, whenever we cling to our individual will, we eventually conflict with any other individual will that we come into contact with.

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As you notice the part of your mind that resists service and clings to self-centeredness, you are noticing the part of your self that prefers conflict to love. Look at it as it shows up in your contemplation today. See it, acknowledge its presence, and then ask, "What do I truly want?" There are two wills in you now, but which one is your true heart's desire?

Thoughts of Awakening # 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

Tips from Regina ~ Day 103, NTI John 15 & 16

Yesterday we noticed our desire for service and our desire for self-centered living. We acknowledged the presence of both, and we looked within to see which one represents our true desire.

If you realized that service is your true heart's desire, and then you notice yourself making choices from self-centeredness, you may be tempted to judge yourself for going against your true desire. Today's reading addresses this temptation. The reading says:

You are not separate, and so you can do nothing alone. All that you do, you do of Me.

What does that mean? Does it mean that I can indulge my self-centered tendencies and be in harmony with my Self?

No, it doesn't mean that.

It means that everything is consciousness. To knowledge, which sees only consciousness, whether you are being kind or selfish, whether you are taking care of the body or hurting it, etcetera, you are still consciousness within consciousness, so consciousness is present in everything you do.

Think of the exercises we did with children's molding clay. Whether you mold a little girl smelling a flower, a man killing a woman, one person helping another person or one person stealing from another person, they are all made out of clay, so clay is always present. From the point-of-view of clay, the only thing that ever actually exists is clay.

Consciousness is more than molding clay. Consciousness is intelligence. Since all things are consciousness, the intelligence of consciousness is always present. That means no matter what choices you have made, you have not left the realm of guidance. At any moment, whenever you are ready and regardless of what you have done, you can always ask for the highest vibrational choice and it will be available for you. You can't go so deep into darkness that you leave consciousness or its benevolent intelligence behind.

If you cannot ever step outside of consciousness or its benevolent intelligence, is there a reason one should choose service over self-centered living?

Yes. The reason for choosing service over self-centered living is joy.

Although you cannot ever exit consciousness, you can go further and further out of harmony with your true heart. Joy comes from being in harmony with your true heart, so the further you are from being in harmony with it, the more you suffer.

As you read today's reading, consider this quote from Ramana Maharshi:

Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.

Thoughts of Awakening # 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

Tips from Regina ~ Day 104, NTI John 17

In yesterday's tip, we saw that we cannot go so deep into darkness that we exit consciousness or its benevolent intelligence. This is true for us, and this is true for everyone. When you look at the world and see people doing things that seem dark, confused or out of harmony with truth, those people and what they are doing *are within the light*—within consciousness and the realm of its benevolent intelligence.

For that reason, there is no cause for concern about the world or the choices of others. Everyone and everything is within the light and made up of the light. This is important to realize, because as long as we become concerned about the world and others—as long as we judge the world and others by our self-centered ideas of what should or should not be—we miss seeing the light.

The best advice for one who seeks Self-realization is:

Leave the world alone.
Let others be as they are.
Watch out for yourself.
See that you are seeking within.
Be of service by being tuned inward.
Everything else will take care of itself.

If you feel there is a world issue or family issue that needs your participation in order to resolve itself, look at the idea of that issue for a moment. Think about what is wrong now. Think about what needs to be done to make it right. Think about the current obstacles to change. Think about the others who will not do what you want them to do so that the issue can be resolved the way you think it needs to be resolved.

The longer you look at the issue that you think needs to be fixed, the more conflict you will find in yourself. That conflicted state is the state of separation. You cannot abide in the state of separation and know the truth. That's why you need to leave the world alone. Only by letting everything else be—only by letting it be as it is and only by leaving it alone—can you see that everything is the light.

As you read today's reading, contemplate this quote from Ramana Maharshi:

Take care of yourself. Let the world take care of itself. See your Self. If you are the body, there is the gross world also. If you are Spirit, all is Spirit alone.

Thoughts of Awakening # 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

Tips from Regina ~ Day 105, NTI John 18

On [Day 96](#), our tip pointed to a core problem:

We may think we value truth,
but what we really value is our thinking.

This is why we confuse our true Self with a false self. The false self is thinking, and we value thinking to the point that we are willing to see it as what we are.

Of course, Gentle Healing is a process of undoing this core problem. However, as we undo the core problem, we can't ignore the fact that we are undoing something we have willingly valued above everything else, including truth. The value we have placed on thinking is the source of our resistance to undoing. We experience resistance to the degree that we still value thinking.

In other words, resistance is lighter if I don't place much value on thinking anymore. It is greater if I still place great value on thinking.

The interesting thing about the level of truth that we are attempting to realize now is:

It is simple, obvious and there is nothing to fear in it.

The level of truth that we are attempting to realize now is the Second Principle of God, consciousness. Today's reading calls it "I Am."

If you take a break from thinking and simply look at the I Am presence that you are, you will see there is nothing to fear in it. You will see it is a simple, obvious fact. You will see it is naturally peaceful. You may even see that it is comforting to recognize yourself as "I Am."

So, why is there resistance to simply claiming yourself as you are?

It is because of the value that is put on thinking. "I Am" is not thinking. Thinking is what today's reading calls your illusions and your imagination.

Today's reading provides guidance that helps us be with resistance so that resistance can be healed. Read today's reading slowly and contemplatively. Learning to be with resistance in a way that heals it is important. As resistance heals, the value we put on thinking naturally weakens. As the value we put on thinking weakens, the awakening process gets easier, because there is less resistance as we value our thinking less.

Thoughts of Awakening # 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

Tips from Regina ~ Day 106, NTI John 19

Yesterday's reading ended with this:

You stand before two voices, both witnessing to you and both claiming to be the voice of truth. Each voice has something to say, but what they say is different. And you must make a choice. ... Which voice will you believe? ... Which voice will you listen to?

Today's reading points out that until we resolve to live by the voice for truth, we live by the ego. The ego is the default voice in the world. As long as we believe that we serve our best interests by thinking through options and making decisions based on thinking, we live in accordance with ego.

Most people will read today's reading, feel the desire to live by the voice for truth, and then follow the ego predominantly anyway.

Why?

Because of the value put on one's thinking.

The reading points out that you will suffer because of the choice to live by ego. This is important to see. If we notice how much suffering our thinking causes us, we will begin to value it less. The less we value our thinking, the more likely we are to follow our heart and live by the voice for truth instead of the ego.

It is helpful to notice how you feel when thinking is spinning in the mind. Notice that thinking is the cause of suffering. Grow tired of thinking as your guide.

It's important to remember that the voice for truth is intuition, and intuition guides in the moment. That means that as we resolve to live by the voice for truth instead of thinking, we need to become comfortable with not knowing and with waiting until intuition makes known whatever it is that we need to know.

Watch your thinking. When something is not yet known, but the mind is trying to figure it out, put the thinking aside. Be willing to abide in unknowing presence until it is time to know. Through this decision, you wait for intuition instead of running off with thinking.

Thoughts of Awakening # 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

Tips from Regina ~ Day 107, NTI John 20 & 21

NTI John ends with a lovely description of the awakening process from identification with the false self to realization of unity consciousness. It describes the experience as a "merging" process. At first, we listen for guidance as if it is coming from outside of us. Then, we begin to recognize it is not coming from outside of us. Instead, it seems to move in us and through us naturally. Eventually we see ourselves as That, which we used to reach for or resist.

NTI John points out that until the merging process is complete, there will be resistance and doubt. There will also seem to be "tests," which are situations when we are severely tempted to fall back on our old habits in order to feel safe. These "tests" do not come from truth. There aren't any "tests" we have to pass to realize truth. The "tests" are times when the ego is screaming for us to turn away from truth. The "tests" come from our remaining resistance.

Today's reading says:

But if you open to Me, even within your moments of doubt, the miracles that you experience will convince you that your faith is well placed, and you will continue to follow the guidance of the Light.

In other words, we are awakening to benevolence. By not returning to the ego during the “tests” of resistance, we discover the benevolence that is natural to truth, and we learn to trust it more. This positive reinforcement, which comes naturally when we do not return to our old habits, encourages us to let go of ego and merge with the light.

Thoughts of Awakening # 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

Tips from Regina ~ Day 108, NTI Acts 1

Note: Before reading today’s tip, read [Acts 1:1-11](#) from the Bible or watch all of Acts 1 from the [Visual Bible movie, Acts](#). (Here is a link to the [Acts movie on YouTube](#).)

Yesterday’s reading described the awakening process from identification with the false self to the awake-realization of unity consciousness. It described the experience as a “merging” process.

Today’s reading points to the first step in the merging process, which is opening to guidance that seems to come from beyond yourself.

In the initial stage, guidance seems to come from beyond yourself, because you are identified with the false self. Guidance does not come from the false self. Resistance comes from the false self.

Let's look again at what guidance is and what resistance is.

Resistance resists change. Specifically, it will cling to your identification with thought, body and personality as you.

Guidance is the highest vibrational choice available to you now. As you choose the highest vibration, you also rise in vibration. In that way, guidance is like a ladder, and by climbing that ladder you climb beyond identification with the false self to realization of unity consciousness (the I Am presence). That's why the false self resists guidance, and that's why guidance does not come from the false self.

Necessarily then, you must put your personal will aside and seek guidance that comes from beyond the personal self, which resists truth. Today's reading teaches us how to do that.

Today's reading makes another important point too. Many spiritual seekers become too attached to outer teachers and teachings. Although outer teachers and teachings can be helpful for a time, we all must become Self-reliant with our own inner spiritual wisdom. In fact, the mission of The Foundation for the Holy Spirit, which is Awakening Together's parent organization, is:

To help individuals become Self-reliant with inner spiritual wisdom. We do this by providing resources and services beneficial to that mission.

Awakening Together is the primary resource through which this mission is accomplished. Gentle Healing is one m

Thoughts of Awakening # 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

Tips from Regina ~ Day 109, NTI Acts 2

Note: If desired, watch all of Acts 2 from the Visual Bible movie, Acts.

Today's reading shares several tips about following guidance, including some of the blocks to guidance. I recommend taking notes as you read today. Write down each bit of clarity that comes to you regarding the tips and obstacles shared in NTI Acts, Chapter 2.

Thoughts of Awakening # 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

Tips from Regina ~ Day 110, NTI Acts 3

Note: If desired, watch all of Acts 3 from the Visual Bible movie, Acts.

In America there is a saying:

Everyone has skeletons in their closet.

What the saying means is that we have all done things we are ashamed of—things we feel guilty for. When I look at my memory to see when I first tried to hide something I did because I felt guilty for it, I remember two events from when I was 4 and 5 years old. I guess that means we start putting skeletons in our closet at a pretty early age.

Are we guilty for the things we've done that were clearly wrong?

For example, one of my early skeletons was lying to my kindergarten teacher and blaming someone else for something I did. If the teacher hadn't seen through my lie, a little boy could have been punished for something he didn't do. Lying to the teacher and blaming an innocent child for something I did was clearly wrong. It wasn't the right thing to do. But am I guilty?

What about the extra-marital affairs we've had? What about the hurtful things we've said out of anger? What about the times we've hit someone or thrown dishes at someone? What about the things we've stolen? What about all of the lies we've told? What about the other skeletons in our closets? Are we guilty for what we've done?

Today's reading is very clear. We are not guilty regardless of what those skeletons are.

Every time we've done something wrong, it is because we listened to ego instead of conscience. Listening to ego was the first mistake. If we hadn't listened to ego first, whatever came next would not have happened. For example, when I blamed that little boy for what I did in kindergarten, the quick ego thought in my mind was something like, "Oh no, I'm going to get in trouble. Quick! Blame someone else!"

Today's reading points out that the ego is ignorance. It is ignorance, because it is an entire thought system based on one false premise: separation. It is an entire thought system based on the idea that I am this body-mind-personality, and I am not anything but this body-mind-personality. Everything else is separate from me.

However, that premise is not true. I am not this body-mind-personality. I am life-awareness. Wherever I see life-awareness, there I am too. The life-awareness that

seems to be in this body-mind and the life-awareness that seems to be in your body-mind are the same life-awareness, and we are That.

Of course, the ego doesn't see it that way, and all ego chatter is based on the false idea that the truth is not true. So, the ego is ignorance. It is ignorant about the true nature of things.

Every time we have done something wrong—and we've all done something wrong, usually starting at a very young age—it was because we listened to ignorance. If we listened to ignorance and followed it up with action, our action is ignorant action.

NTI makes a clear distinction between ignorant action and guilt. It says:

Ignorance is not guilt. It is a call for knowledge.

In other words, every time a human does something wrong, it is an indication that one has listened to ignorance. The correction for ignorance isn't guilt. The correction for ignorance is knowledge.

We have all done things that had intended or unintended negative impact in the world. NTI doesn't deny the impact our mistakes have had in the world. However, life-awareness (reality) has not been affected at all by our mistakes, and guilt is not the correction for our mistakes. Knowledge is the correction.

Without knowledge, mistakes continue, because we continue to listen to ignorance. With knowledge, we put ignorance aside and listen to intuitive conscience and spiritual intuition instead. Harmlessness (ahimsa) comes from the guidance found in intuition. Therefore, acknowledging that our mistakes and the harm we've done are ignorance, and then choosing to put ignorance aside to follow intuition is cause for celebration.

Thoughts of Awakening # 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

Tips from Regina ~ Day 111, NTI Acts 4

Note: Before reading today's tip, read [Acts 4:1-22](#) from the Bible or watch all of Acts 4 from the Visual Bible movie, Acts.

More About Guilt

Yesterday we saw that guilt is not the correction for ignorance; knowledge is the correction for ignorance. Today, let's look a little more closely at why guilt is not a proper correction.

Let's imagine a woman with a sweet tooth. This woman loves to end each day by eating a bowl of cookie dough ice cream and some Oreo cookies. Over time, the woman begins to gain weight because of this habit. Whenever she looks in the mirror, she begins to believe thoughts like, "You fat cow. You're ugly. No man will ever want you." Since she believes these thoughts, she begins to feel very bad about herself. Feeling bad leads to seeking pleasure, which leads to bigger bowls of ice cream and more cookies. Of course, that leads to more weight gain, more self-hatred thoughts, and the cycle grows unto itself.

Notice that when the woman started hating herself for gaining weight, the self-hatred did not lead to a positive correction. Instead, it led to additional ice cream and cookies, which compounded the problem.

Self-hatred, unworthiness, shame, guilt, and similar self-debasing feelings all work in the same way. When we cling to these ideas about our self, we listen to ego more instead of less. The problem is compounded, instead of corrected. So, you aren't guilty for the mistakes you've made, *and* believing you are guilty will lead to additional mistakes. Believing you are guilty (or unworthy, shameful, etcetera) keeps you stuck in the cycle of listening to ignorance.

Therefore, if we want to be free of ignorance and its effects, it's important to trust that we are innocent, worthy and even beloved by the benevolence of the universe. By trusting our worth, we are able to step outside of the cycle of guilt and begin choosing the highest vibration available. In that way, we begin climbing the ladder of knowledge.

Contemplating One Will

Today's reading points out that belief in separate wills is ignorance, since the belief in separation is ignorance. It says:

If you knew there was only one Will, you could not be confused.

It is easy to see many different individual wills in the world. Politics is a great example of this. People vary greatly about the policies they'd like to see as law in their country. So what is this "one Will" that NTI refers to?

The one Will is life-awareness-freedom (which is also called love).

When the world is seen through the right-mind, it appears as life-awareness-freedom. The right-mind sees one Will that is never blocked or interfered with. Life-awareness-freedom is present in everything that can be seen. It is also known in the unseen.

When we look out on the world and see many different wills, we are seeing through the filter of separation. We are seeing with ignorance, which means we need knowledge, since knowledge is the proper correction for ignorance.

Thoughts of Awakening # 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

Tips from Regina ~ Day 112, NTI Acts 5

Note: Before reading today's tip, read [Acts 5:1-11](#) from the Bible or watch all of Acts 5 from the Visual Bible movie, Acts.

Today, we will continue to look at the belief that we are guilty (or unworthy, shameful, etcetera.) NTI uses the story of Ananias and his wife to help us look at our belief in guilt.

In my experience as a spiritual teacher, guilt and its sister-feelings, like unworthiness and shame, are at the core of each person. Some people are very aware of their feelings of guilt, unworthiness or shame. Other people aren't aware of those feelings. Those who aren't aware tend to see themselves as better than others in one way or another. They see others as guilty or unworthy, just as Peter saw Ananias and his wife as guilty, and just as the leaders of the Jewish faith saw Peter and the apostles as guilty. This is a classic example of projection. When the belief in guilt is healed, we do not see *anyone* as guilty, unworthy or shameful.

If you feel this discussion about guilt does not apply to you, pause and look at how you see others. If you see guilt, unworthiness or shamefulness anywhere in the world, the belief is deeply repressed in you. You need this healing too.

The Truth

The belief that we are guilty is not true. In order to see that it's not true, we need to take our eyes off of the lie and focus them on the truth.

Yesterday we learned that there is only one Will, and that is life-awareness-freedom. That is the truth. For the purpose of simplification, let's shorten that to life. Life is what God is, life is what God created you as, and life is God's Will for you. The only thing God wants for you and from you is life. Nothing else is asked or expected.

With that said, if you have an extra-marital affair, have you gone against God's Will or are you still life?

If you hurt someone with something you say in anger, have you gone against God's one Will or are you still life?

What if you hit someone, throw dishes at someone or steal? What if you lie or fail to respect your parents? Have you gone against God's Will or are you still life?

It is true that mistakes like these can cause unnecessary suffering, but as we have already seen, these mistakes are caused by ignorance and are a call for knowledge. Although you may believe they go against God's Will, they don't, because God's Will is life, and life is unaffected by these mistakes.

Some people may ask, "What if I kill someone?" The answer is, are you still life? Look at the life that you are. It is uninterrupted and unaffected in you. That is the answer to your question.

Others may ask, "What about suicide? Am I guilty if I commit suicide?"

Well, if suicide actually results in death, then you are dead. Can something that no longer exists be guilty or does it simply no longer exist? And if suicide does not actually result in death, but results in a transition from one type of life to another, there is still life, isn't there?

As some people read this, their minds may try to prove that guilt is true in some circumstances. If so, why? Why try to prove that guilt is true instead of accepting this teaching?

On Day 99, our Thought of Awakening said:

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?

That's a great question to contemplate today. Are your ideas about guilt *your life*, or is your life present and unaffected by your ideas about guilt? Which is your foundational truth, and which is added by the mind?

As you contemplate this, you might consider these questions:

Does everyone see guilt in the same way? For example, in some cultures a woman is guilty for letting a man she is not married to see her hair. Does everyone agree that is a crime, or are our ideas about guilt merely ideas?

What if there is no such thing as guilt? What if guilt is only a mind-made idea and there's no truth to it at all?

That is what is being taught now. Guilt is only an idea. There is no truth to it at all. And that is why you cannot be guilty (or unworthy or shameful. They are also mind-made ideas.)

Thoughts of Awakening # 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

Tips from Regina ~ Day 113, NTI Acts 6

Note: If desired, watch all of Acts 6 from the Visual Bible movie, Acts.

In today's reading, the Holy Spirit invites us to ask it any questions we have as we move through the awakening process. Many of you are already journaling with inner spiritual wisdom and asking it your questions. If you haven't started this process, now is a good time to begin. If you are afraid, realize that fear comes from guilt or unworthiness, and by listening to fear you continue to believe you are guilty or unworthy.

Place fear aside and ask your questions through journaling. If nothing comes, leave the question open in your mind and go on with your day. You may be surprised to find that the answer will come to you later in the day or the next day. The answer may pop into your mind when you aren't looking for it. It may come through a song, a teaching that you hear, a book that you read, something a friend says or in any other way. If you ask your question and remain open for the answer, it will come.

Today's reading also addresses what I used to call "ego attacks." As we move forward with purification, which is letting go of ideas and beliefs that the ego is attached to, the ego rebels. Although the ego can get quite loud, ego attacks are nothing to be afraid of.

An ego attack is like a child throwing a temper tantrum. When my daughter was about two years old and started throwing temper tantrums, I decided to ignore them. She would lie in the floor screaming, crying, kicking her legs and flailing her arms. I simply continued with my chores, stepping right over her if I needed to. Temper-tantrums didn't last long with Jasmine, because I didn't give them energy. She didn't get anything from me by throwing a temper-tantrum, so she gave up on that tactic.

The same strategy works with the ego. Let it throw its tempter tantrums, but don't give them any attention. Don't fear them. Don't fight them. Don't believe them. Just go on

with your day or get into a resting position and practice rest-accept-trust. The less power you give the ego attack, the less power it has to rebel with.

Note: It may be helpful to review the tip from [Day 100](#).

Thoughts of Awakening # 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

Tips from Regina ~ Day 114, NTI Acts 7

Note: If desired, watch all of Acts 7 from the Visual Bible movie, Acts.

Today's reading is really wonderful. I recommend reading it at least twice, maybe this morning and again this evening before going to bed. The reading gives a high-level overview of the process of awakening through following guidance. It is an overview of what happens during the merging process.

I have already walked ahead of you on this path, so I have the hindsight to say that everything written in today's reading is true. You can trust it. I don't know what surprises and miracles are in store for you as you trust inner spiritual intuition, follow it and let go of your personal sense of self and self-will, but I know there will be surprises and miracles along the way. I know how this works, because I am not different from you, and I have already given my trust and followed the guidance that came to me.

Enjoy today's reading. Pay attention for the tips that will be most helpful to you as you take this journey. Write those tips down in your journal. Writing them down will help you absorb them, so they will be easy to recall whenever you need to remember them.

Note: Reference the related tips from [Day 36](#) and [Day 107](#).

Thoughts of Awakening # 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

Tips from Regina ~ Day 115, NTI Acts 8

Note: Before reading today's tip, read [Acts 8:9-25](#) from the Bible or watch all of Acts 8 from the Visual Bible movie, Acts.

On [Day 113](#), we learned how to be with an ego attack. Today's reading reemphasizes the technique of not giving energy to an ego attack when it arises. There may be a temptation to see ego resistance as a battle—possibly a battle between you and the ego or a battle between you and Spirit. It is not helpful to see resistance as a battle, because then you are tempted to fight the battle or fear the battle. If you fight or fear the ego attack, you feed it with energy. Today's reading encourages us to see it as a storm, and realize that the storm is passing.

Today's reading also reinterprets a story about Peter and a man called Simon the Sorcerer. In the Bible story, Peter sees Simon as wicked, bitter and captive to sin. NTI points out that this way of seeing is not how the Holy Spirit sees. Peter's way of seeing comes from the wrong-mind, not the right-mind. NTI says:

When the Holy Spirit looks at the world, it does not see holy men and men of darkness. It does not see men at all. It does not see men who are right in what they do and men who are wrong. It does not see men at all.

“Holy Spirit” is a symbolic term for spiritual wisdom. Spiritual wisdom is an aspect of the Second Principle of God, consciousness. Consciousness does not see separate people, some good and some bad, some righteous and some ignorant. Consciousness sees consciousness. Consciousness is aware of an awakening within consciousness—NTI calls it “the spreading of Light within an awakening mind”—but consciousness is not aware of separate parts.



To illustrate, imagine a bowl of white cake batter. Now, imagine that we want the cake to be blue, so we add blue food coloring to the batter. As we begin to stir in the food coloring, some of the cake batter is white and some is blue. As we continue to stir, more of the batter becomes blue. We see swirls of blue batter within the white batter. We do not see separate batter—it is all one batter—but we do see the spreading of blue within the batter. That is how consciousness sees awakening.

Just like the white batter will become completely blue, all aspects of consciousness will awaken to itself.

We allow ourselves to be awakened by the light that is spreading through consciousness by surrendering and willingly following intuition. That is how we are stirred. That is how the merging occurs.

Thoughts of Awakening # 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

Tips from Regina ~ Day 116, NTI Acts 9

Note: Before reading today's tip, read [Acts 9:1-31](#) from the Bible or watch all of Acts 9 from the Visual Bible movie, Acts.

Most people have heard of the Apostle Paul, but many do not know that Paul, previously called Saul, was a leader in the persecution against the Christian sect. When people read the story of Saul's conversion in the Bible, they may not understand why someone like Saul would be called to become a leading teacher and apostle. If we have trouble understanding, it's because we are focused on humans instead of consciousness, and we judge some humans as worthy and some humans as not worthy.

As we saw yesterday, consciousness sees only consciousness. Consciousness is not concerned about human stories and what one human has done or has not done. Consciousness is awakening, and the light is spreading within consciousness. That is all that is happening from consciousness' perspective.

From the human perspective, the way the light moves may not always make sense. For example, we may not understand why some people have spontaneous awakenings and others don't.

From consciousness' perspective, the spreading of light is natural within awakening consciousness. It's just like blue food coloring spreading through white cake batter as it is stirred into the batter.

Some people may ask, "If awakening is random, like blue food coloring mixing with white cake batter, why should I engage in spiritual practice?"

Here's the answer:

It's our spiritual practice that stirs up the light. As we engage in sincere spiritual practice, the light extends through consciousness awakening consciousness. We are the batter (consciousness), the food coloring (awakening light) and the spoon (the energy that spreads the light). The spiritual practice that we do benefits all of consciousness. All awakenings come from the spiritual practice of those who are called into spiritual practice.

NTI guides us to trust that the light is spreading within consciousness. Our role is to remain focused on awakening, and let everything else take care of everything else. When we adopt this attitude toward the world and other humans, we are living in trust that everything is consciousness, and consciousness is in the process of awakening to itself.

Thoughts of Awakening # 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

Tips from Regina ~ Day 117, NTI Acts 10 (v1-8) – (v24-26)

Note: Before reading today's tip, read [Acts 10:9-22](#) from the Bible or watch all of Acts 10 from the Visual Bible movie, Acts.

Today's reading is about the undoing that occurs through guidance. Our personal self-identity—our attachment to who we think we are, to the mind-made laws we believe, and to other personal beliefs and values—is undone through guidance. It is important to realize that, or else we may expect guidance to be something it isn't.

Guidance is not God's way of meeting our expectations and giving us what we want.

For example, imagine that you work as a professional computer programmer, but your dream is to be an off-the-grid hippie-like farmer. You may hope that God's guidance will give you the money you need to become financially self-sufficient, so you can buy some land, build a farm and live your dream without worrying about money. However, what you want from guidance comes from your ego—from your idea of who you are, what you want and how you want it done. Guidance will not reinforce your ego.

Peter was raised as a Jew. He was taught to follow Jewish law. He identified with being Jewish. Yet, guidance came to Peter asking him to break Jewish law by eating animals that Jewish law prohibits. He was also guided to associate as an equal with gentiles. All of this guidance was part of undoing Peter's identification as a Jew.

If you have always dreamed of being an off-the-grid farmer, it is possible you will one day be guided to off-the-grid farming. Sometimes our dreams and our callings are one. However, the way it comes about through guidance will be a path of undoing, not the dream exactly as your envisions it.

For example, all my life I dreamed of being a writer and a teacher, but I did not imagine it the way it has worked out through guidance. I thought I would write best-selling novels and teach elementary school children.

I also dreamed of living in Colorado. I gave up that dream years ago, because I realized it was a personal attachment. I settled in North Carolina in a town that I swore I'd never live in. I moved there when guidance took me there. I lived there four years and was prepared to stay in that town happily for the rest of my life when a dream came unexpectedly with guidance to move to Pueblo.

We cannot predict guidance, but we can expect it to be an undoing of who we think we are. It's best if we take all of our hopes, dreams, desires, values and attachments, and toss them to the wind. If something blows back as the gift of guidance, it is meant to be a part of this unfolding; if it doesn't, it was merely ego.

It reminds me of a saying that was on a poster that hung in my room when I was a teenager:

If you love something, set it free.
If it comes back, it's yours.
If it doesn't, it never was.

Don't play the game of imagining what guidance might be for you. That imagining will come from ego. Instead, focus on letting go of ego. Let guidance be a surprise, and follow it even if it seems to be different from what you want, just as I followed it to a little town in North Carolina where I had sworn, more than once, I would never live.

Thoughts of Awakening # 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

Tips from Regina ~ Day 118, NTI Acts 10 (v27-29) – end

Today's reading says:

Each of your brothers is one with you. And so each of your brothers has one purpose, and that is the purpose given him within the mind.

In this sentence, "mind" is synonymous with consciousness. This sentence is another way of saying that light is spreading within one mind (consciousness). If we use the cake batter analogy, the moment the blue food coloring was put in the cake batter, it became one purpose for all of the cake batter to become blue. In that same way, it is one purpose for all of consciousness to awaken to itself.

Since all of consciousness has the purpose of awakening, awakening is the true purpose of every heart. Of course, it is easy to look at the world and see that not everyone lives by this purpose. In fact, most people don't. However, our hearts communicate with us all of the time. When a person is, in the moment, in harmony with the true purpose of the heart, that person experiences joy. When a person is not, in the

moment, in harmony with the true purpose of the heart, that person experiences some type of suffering.

Let's look at an example:

Let's imagine a man who lives in a self-centered way. He is a businessman. His primary objectives in life are to make money and enjoy himself. However, he experiences stress and anger at work regularly. Stress and anger indicate that he is out of harmony with consciousness' purpose, which is a purpose he hasn't consciously discovered yet.

One day a friend recommends a book called *Busting Loose From the Business Game: Mind-Blowing Strategies for Recreating Yourself, Your Team, Your Business, and Everything in Between*, by Robert Scheinfeld. He is motivated to read this book, because of his desire to make money. As he reads the book, he recognizes some of his self-limiting beliefs. Since he sees them as obstacles to success, he uses the process in the book to let them go. As he does, he begins to experience more joy at work.

Why has stress and anger been replaced with joy?

Even though he doesn't have a conscious goal of awakening, he is beginning to live by the principles of awakening. Through these principles, he is falling into harmony with the true heart, and the effect is joy.

Everyone is joined in one purpose, because it is consciousness' purpose, and everyone is consciousness. When one is in harmony with the purpose of the heart, one experiences joy. When one isn't in harmony with it, one suffers.

What about your suffering? You have chosen awakening as your purpose. Doesn't that mean you are in harmony with consciousness? Shouldn't you experience joy?

Let's look at another example:

Let's imagine a woman who is committed to awakening. She is in Gentle Healing. She contemplates the Thought of Awakening each day, and she reads the daily tip, reads from NTI and meditates for 30 minutes. She feels at peace each morning as she does this. However, when the woman moves away from her morning contemplation and meditation time, and into her day, the peace fades. She begins to experience other emotions, especially worry and annoyance.

The woman experiences peace during contemplation and meditation, because in those moments she is in harmony with the true heart. As she moves into her day, she lets other ideas enter the mind, and she begins listening to them. She worries about her

children. She unconsciously believes ideas that indicate she is unworthy if her children's lives do not look a certain way. She also listens to ideas of blame. She believes the reason she isn't happy is because of her husband, and so she finds herself annoyed with him frequently.

In other words, the woman experiences worry and annoyance during the *exact moments* that she is not in harmony with the true heart.

This can change for her, if she learns to look immediately whenever she is not happy. If she learns to look immediately to see what she believes in that moment, and then learns to let it go because it isn't joy, she will learn to remain in harmony with the true heart throughout the day, and she will begin to experience joy in her daily life.

Peace, joy, and contentment are the signs that you are *presently* in harmony with the purpose of consciousness. All forms of suffering indicate that you are not currently in harmony with consciousness.

How can anyone be out of harmony with consciousness if everyone is consciousness?

Consciousness is life-awareness-freedom. The freedom aspect can never be removed from consciousness, because that is what it is. Therefore, even though awakening is the purpose of consciousness, aspects of consciousness can choose to be *mentally* out of harmony with that purpose. This is the hallmark of freedom. Freedom can choose to experience itself any way it chooses, even if that choice is different than its truth.

Thoughts of Awakening # 119

Practice is the heart of this teaching.

~From our Holy Spirit

Tips from Regina ~ Day 119, NTI Acts 11

Note: If desired, watch all of Acts 11 from the Visual Bible movie, Acts.

Today's reading is about authority. It is a simple reading, clear and easy to understand, unless you have an "authority problem." If you do, today's reading might bring up resistance in you.

It's interesting that the word "authority" has "author" as its basis. One who feels resistance to authority might be able to see today's reading differently by focusing on

“author” in the word “authority.” Ask, “Which do I want to be the author of my script, ego or Spirit?”

As we learned when we studied The Code, everything is part of a script. Every thought that comes into your mind comes from the script (the code). The only real choice that you have as awareness is the choice regarding what you will give your attention to. Through this choice and the creative principle, more script (code) is written.

If you give attention to the ego thoughts that come into the mind, ego and its script are emphasized and reprocessed by the creative principle. If you give attention to intuitive wisdom, wisdom and its script are emphasized and reprocessed.

What do you want emphasized and reprocessed in your experience?

Choose that as your *author*-ity. By choosing that as your authority, and by allowing it to be your authority, you will discover where that script leads.

Thoughts of Awakening # 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

Tips from Regina ~ Day 120, NTI Acts 12

Note: If desired, watch all of Acts 12 from the Visual Bible movie, Acts.

Yesterday's reading said:

The words of the Holy Spirit are final. ... They are the only authority in a world that seems absent of Authority, and so it is this authority that is given.

Today's reading says:

The authority of the world is confusion and illusion, which is no authority at all. ... This is why you have the Holy Spirit.

The "authority of the world" is thinking. The "Holy Spirit" is intuitive wisdom.

The world values thinking as its guide, but as today's reading points out, and as it's been pointed out to us many times before, thinking is the problem, not the answer.

Have you observed your own thinking processes enough to realize that thinking is the cause of your suffering, or do you still think that thinking will resolve your problems and lead you to freedom?

If you think that thinking will resolve your problems and lead you to freedom, intuitive wisdom rests silently within you, so silently that you may not know it is there. It doesn't interfere with your attraction to thinking as long as thinking is what you value.

However, if you are beginning to see that thinking is the problem, wisdom is ready to replace thinking. It is ready to be your guide.

You have to make the decision.

Do you still value your mind above everything else?

Do you want your spiritual aspiration or do you want to protect your mind's image of itself?

What do you choose as your authority?

Thoughts of Awakening # 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

Tips from Regina ~ Day 121, NTI Acts 13

Note: If desired, watch all of Acts 13 from the Visual Bible movie, Acts.

Today's reading tells us what to expect when we genuinely choose intuitive wisdom as our guide. Some of the things to expect include:

A unique path to follow. No two people follow the exact same path to awakening. One of the greatest mistakes people make is trying to copy another person's way instead of tuning within to discern the guidance that is given specifically for him or her to follow.

Resistance. When you decide to let intuitive wisdom be your guide, an important decision has been made. However, it is unlikely that all value you've placed on thinking will immediately fall away. It will more likely fall away over time as your trust in intuitive wisdom increases. You will experience resistance to the degree that you still value thinking. As your trust and dependence on intuitive wisdom increases, resistance weakens.

To need a strong spiritual aspiration. As we have learned before, our spiritual aspiration is the most important factor on our path of awakening. As we go further along the path, this doesn't become less true; it becomes truer.

To need trust and patience. The mind has its own expectations about how the spiritual path and guidance should unfold for you, but if the spiritual path and guidance unfolded in the way the mind expected, it would only reinforce the mind. Therefore, you can expect it to be different than what you expect. Because it will not be what you imagine, you will need trust and patience in order to let it unfold in its own way.

To let go of how you see. As you follow guidance, you will at first see things as you have always seen them. For example, you may see other people at fault for something that troubles you. All wrong-minded seeing comes from the wrong-mind, so you will need to learn to turn to guidance when you see with the wrong-mind. Ask guidance to help you see where you still believe the wrong-mind. Ask guidance to help you see with the right-mind. Be willing to journal and practice inquiry on your wrong-minded perceptions.

To let others be as they are. Just as you were free to value thinking as your guide until you changed your mind, others are free to value thinking as their guide. Others are free to believe their wrong-minded perceptions. Others are free to act from ignorance. When you respect their freedom, you respect truth, because our truth is life-awareness-freedom.

This list tells us what we can expect when we choose intuitive wisdom as our authority in the world.

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 122, NTI Acts 14

Note: If desired, watch all of Acts 14 from the Visual Bible movie, Acts.

Command and Control

Today's reading begins:

Your mind is split. ... And this split will seem to persist after you have made the decision to follow this path with Me. Do not let the split distress you, but do not forget to be aware of it. *You must notice when the part of your mind that is not with Me seeks to regain command and control* by giving you ideas that seem appealing and useful to it. ...

I have italicized part of the excerpt above. That phrase is not italicized in NTI. I added the italics, because that phrase has shown up in my mind many times over the years to help me see ego as it tried to "regain command and control" in my mind. It was really helpful to notice ego in this way, because I am well aware that I do not want it to regain command and control, so when I saw the thoughts in my mind from that perspective, it gave me the ability to remove attention from the mind and place it with intuition instead.

For example:

Let's imagine there is a problem that needs resolution. My mind is thinking about the problem, and I am engrossed in it until this thought crosses the mind:

"The mind is seeking to regain command and control."

"Ah, I see," I say to myself.

A moment before, I was listening to thinking, because I thought the way to resolve the problem was through thinking, but once the reminder showed up, I saw that it is ego trying to command my obedience and control my attention.

Since I know I don't want ego to have command and control, I shift into trust and patience. I decide to be okay with things as they are now, and wait until something is made clear through intuition or the unfolding of the universe.

Choice of Illusion

Today's reading says:

You are the expression of freedom, and as the expression of freedom you are endowed with the choice to choose the illusion you choose to see.

What does that mean?

In [Tip 77](#), we learned:

Everything that you see and experience, you see and experience through the filter of your mind, meaning your mind *at your current vibrational level*. As you rise in vibration, you still see through the filter of the mind, but how you see changes because the mind is different at a higher vibration. The mind is simply thought, so as thoughts change, perception changes too.

True perception is the highest vibrational level of perception. However, all perception is illusory. Truth is beyond perception entirely.

NTI 1 Corinthians, Chapter 15, refers to the mind that sees at the highest vibrational level as a mind in the "fourth stage" of awakening. It says:

The one that seems to be in the fourth stage is but a symbol of the truth that is. So this one must pass away also. But in its passing, you pass from a final illusion of beauty to Beauty that cannot be contained in illusion. You pass from form, which reflects Light, to Light, which shines into form.

Since perception is seen through the filter of the mind, we "choose the illusion you choose to see" by practicing discernment.

Thoughts of Awakening # 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

Tips from Regina ~ Day 123, NTI Acts 15

Note: If desired, watch all of Acts 15 from the Visual Bible movie, Acts.

On Days [99](#) & [100](#), we looked at mind-made laws and how they are obstacles to truth. We learned that mind-made laws vary by individual and serve the ego in two ways:

1. They give us a sense of identity.
2. They provide a basis for judgment and separation.

Although mind-made laws vary by individual, many of the laws we adopt are learned, which means they are part of our culture. Some mind-made laws are religious rules of behavior, some are cultural ethics, and some are the law of the land.

Today's reading points out that as long as the ego mind's lower vibrations rule people, laws are needed. Laws are needed, because people are not living by conscience. If people lived by conscience, laws would be unnecessary.

The reading also says something that may be shocking to some people:

When you have opened yourself to the guidance of the Holy Spirit and given your willingness that you should be led by Him, it is also time to lay the laws and rules aside as laws and rules that govern you.

This is true, because mind-made laws were created for the ego. To transcend the ego, you must transcend its vibrational level. Instead of abiding by laws that are intended to keep those at a lower vibration within some semblance of order, you are to follow inner guidance to a higher vibration.

Does that mean you are free to ignore traffic laws, stop paying taxes, steal whatever you want, etcetera?

If you are attracted to unruly living, you are listening to the lower vibration. If you are listening to the lower vibration, laws still apply to you, because you still need them.

It is interesting to note, however, that guidance could lead you to do things that are not in accordance with the law or human morals. For example, let's look at a story about Ramana Maharshi:

Ramana says of his awakening, which occurred when he was a teenage boy:

It was quite sudden. I was sitting in a room on the first floor of my uncle's house. I seldom had any sickness and on that day there was nothing wrong with my health, but a sudden, violent fear of death overtook me. ...

The shock of the fear of death drove my mind inwards and I said to myself mentally, without actually framing the words: 'Now death has come; what does it mean? What is it that is dying? ... The body dies but the Spirit that transcends it cannot be touched by death. This means I am the deathless Spirit.'

All this was not dull thought; it flashed through me vividly as living truth which I perceived directly, almost without thought-process. 'I' was something very real, the only real thing about my present state, and all the conscious activity connected with my body was centred on that 'I'. From that moment onwards the 'I' or Self focused attention on itself by a powerful fascination. Fear of death had vanished once and for all. Absorption in the Self continued unbroken from that time on. ...

Previous to that crisis I had no clear perception of my Self and was not consciously attracted to it. I felt no perceptible or direct interest in it, much less any inclination to dwell permanently in it."

A few weeks after that, he suddenly realized the futility of his schoolwork. He pushed the papers away, sat cross-legged and entered into deep meditation. His brother, who was observing him, remarked sarcastically, "What use is all this to such a one?" Recognizing the truth in his brother's criticism, Ramana decided to follow an inner calling and go to the holy hill, Arunachala.

He got up and left, making the excuse that he had to return to school. His brother gave him five rupees and asked him to pay his college fees on the way to school. However, Ramana did not pay his brother's fees. Instead, he kept three rupees for his journey to Aruncacha and left the remaining two rupees with the following note:

In search of my Father and in obedience to him, I have started from here. This is only embarking on a virtuous enterprise. Therefore, none need grieve over this affair. To trace this out, no money need be spent.

Your college fee has not been paid. Rupees two are enclosed herewith.

Thus,

The note was not signed, because his separate identity had been lost when he discovered his true identity a few weeks prior.

As you read today's reading, pay close attention to the guidelines NTI gives about following guidance instead of mind-made laws. I recommend taking notes. When we take notes, it helps us absorb the information. Also, if you take notes you will be able to keep them for easy future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 124, NTI Acts 16

Note: Before reading today's tip, read [Acts 16:16-36](#) from the Bible or watch all of Acts 16 from the Visual Bible movie, Acts.

Many people resist surrendering and following guidance, because they believe freedom is “doing what I want,” and surrender is giving up that freedom.

Today's reading says:

If you leave all things to Me, I will guide you in all things. You will not need to give thought or care to anything you are to do or not do. ... All that you are left to do is to willingly do as I ask and enjoy the freedom that is expressed through you.

If you pay attention to the thinking mind, you will notice it isn't freedom. It worries. It spins and spins as it tries to figure out solutions to problems. It finds more problems in its solutions to other problems. When things do not go as it expects, it gets angry and blames others, or it decides that you are guilty and unworthy. Thinking is not freedom. It is “the prison you are in.”

When we surrender and follow guidance, we do have to give up “my way,” but what we discover is the freedom of being an empty vessel. Love moves through and around that vessel, so that what we witness and experience is love.

Knowing love as the benevolent nature of the universe gives us a sense of freedom that we could never know with the thinking mind. It isn't the mind's idea of freedom, which is “doing what I want and doing it my way.” That only leads to conflict. True freedom is witnessing love, knowing the universe as love, and realizing, “I am that.”

When Paul and Silas were in prison in Macedonia, a great earthquake came, which opened the prison doors and set them free from the chains that bound them. It appeared that the earthquake set them free, because now they could go their way. Yet, that was not freedom. Their freedom was following the guidance to stay in prison—which freed the jailer from his sense of guilt and unworthiness—and welcoming their jailer into their hearts as a friend.

The freedom of befriending the jailer was greater than escaping and going their own way.

The point of the story is this:

If you go your own way, you may think you know freedom, but if you follow the guidance of the Holy Spirit, you will discover what freedom really is.

Freedom is being an empty vessel, because an empty vessel is free to know the benevolent heart of consciousness through:

1. Witnessing how the universe cares for us.
2. Directly experiencing free-flowing love for all things.

Thoughts of Awakening # 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

Tips from Regina ~ Day 125, NTI Acts 17

Note: If desired, watch all of Acts 17 from the Visual Bible movie, Acts.

Like *A Course in Miracles*, NTI is a step in the awakening process. It is not the final destination. The primary goals of NTI are:

1. Purification, which is freeing one's self from believing the mind.
2. Service, which is living by following guidance.
3. Merging, which is awakening to consciousness.

Let's review the Four Principles of God:

First Principle of God— Pure, unmanifest, life-awareness; abstract, unlimited potentiality.

Second Principle of God— Consciousness; the unaffected, still witness. All things manifest are made of this principle; therefore, all things are consciousness.

Third Principle of God— The ongoing activity of creation, which occurs naturally through the interaction of the witnessing principle with that which is witnessed. It is how consciousness forms itself into the many temporary forms that make up the manifest universe.

Fourth Principle of God— Manifestation. Everything in this realm is temporary, and so it is often referred to as a dream. It is consciousness appearing as something other than consciousness, and so it is called illusion.

If you compare the goals of NTI with the Four Principles of God, you see that the goal of NTI is to awaken to the Second Principle of God.

I bring this to your attention, because today's reading says:

You are the one Son of God. You have always been the one Son, and you shall always be God's only Son, for that is what you were created to be.

In creating you, God gave everything to you. He extended Himself, which is all that He had, and He named this extension *you*. The you that He made was the same as I Am, so there was no difference between them.

In this context, "God" is the Second Principle of God and "you" refers to everyone and everything manifest as the Fourth Principle of God. That's why the reading refers to "you" as "the one Son of God." The many things in manifestation are not many things, as they appear to be. The many things are one thing, consciousness appearing as something other than consciousness.

The reading says:

There is no difference between you and I Am, ... You are the Son. I Am is the Father. You are the extension of I Am. In the extension, you are I Am also.

When reading this, it is important to remember that "you" refers to everyone and everything manifest as the Fourth Principle of God. If your name is Sally, "you" does not refer to Sally alone, because there is no Sally alone. "You" refers to everyone and everything manifest.

It may be helpful to think of children's molding clay again. The children's molding clay represents consciousness. Now, imagine that an elaborate city is created from the clay. It includes many types of people, the birds, animals and plants that are found in a city, the buildings and automobiles that are found in a city, and so on. "You" is not one specific image of a person in the clay city. "You" is everything in the city. It is as if the clay is speaking to the clay city and saying, "You are created from me, and you are the same as I am."

The reading also says:

And yet, there is a difference that cannot be called a difference at all. You are not the same as I Am, because you did not create you. I Am did. And that which He created is exactly as it is, and that is you exactly as you *are*.”

That means you are not what you think you are; you are consciousness. That’s true regardless of how the mind defines you. It doesn’t matter if the mind sees you as smart, stupid, talented, dull, athletic, clumsy, beautiful, ugly, admired, unloved, and etcetera. None of that is true about you. You are consciousness. You are not Sally or Harry (or whatever your name is.) You are the whole.

Since we are one whole—one creation of consciousness—we cannot be separated or divided. It’s impossible for some of us to be on one side wanting one thing while others are on another side wanting something different. We can’t have different or independent goals. We are consciousness, and its purpose is our purpose.

To illustrate, think of the cake batter analogy again. Is the blue cake batter on one side of a color issue—the “We want to be blue” side—while the white batter is on the other side of the color issue?

No. It is all one batter. The blue food coloring is simply spreading naturally through the batter as the batter is stirred.

In the same way, “we” are one consciousness, and consciousness is awakening to itself as consciousness. That is all that is occurring throughout the Fourth Principle of God, regardless of what appears to be occurring.

How is this helpful?

If you realize that everyone and everything in manifestation is consciousness, and its goal is awakening to consciousness, then you can see that everything has one purpose, and you can use it for that purpose. For example:

Imagine you are with a group of friends who are making plans for the day. You aren’t quite sure what has been decided, so you ask, “What are we doing?” Someone close to you gets frustrated, turns to you and says:

“You are an idiot. I am sick and tired of trying to explain everything to you all of the time. Get your head out of your ass!”

When this happens, you feel deep feelings of embarrassment, shame and unworthiness.

Why has this happened?

The person who said that to you is consciousness, and you are consciousness, but you subconsciously believe you are an idiot, shameful and unworthy. Consciousness played its role in awakening by being the accuser in order to bring up beliefs that need to be healed. Now your role as consciousness is to practice rest-accept-trust and heal those beliefs.

It's consciousness interacting with consciousness so that consciousness, as one whole, can heal and awaken to itself as consciousness.

That is all that is occurring in the Fourth Principle now. Nothing else is happening, because consciousness, as one, only has one purpose.

Thoughts of Awakening # 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

Tips from Regina ~ Day 126, NTI Acts 18

Note: If desired, watch all of Acts 18 from the Visual Bible movie, Acts.

Yesterday we learned that there are no sides in consciousness. Regardless of appearances, everything in the Fourth Principle is:

Consciousness interacting with consciousness so that consciousness can heal and awaken to itself as consciousness.

Your function as an aspect of consciousness that has been guided to this point in NTI is *to be a healing/awakening point of consciousness*.

Instead of thinking of yourself as a person, as “Sally,” “Harry,” or whatever your name is, think of yourself as a healing/awakening point of consciousness.

Here’s an image to help explain your function:

Imagine consciousness as light. Within this light, there is movement—light moving within light. There are also dark clouds within the light.

You are like a mini-cyclone of light within this bigger movement of light. You are a healing/awakening point within the light.

Other aspects of light are darkness catchers. These other aspects of light move around within the light, catch the darkness within consciousness, and then toss it to you.

When darkness is tossed to you, it magnetically connects with any belief in darkness within you. When darkness connects with belief in darkness, you feel it. When the feeling occurs, it means that it is time to get to work.



As a healing/awakening point in consciousness, you do not react to darkness as if you are a person. You remember that you are a healing/awakening point in consciousness. You rest-accept-trust, and let the feelings be. As you do nothing, your natural light cyclone cleanses the light of darkness, just like the agitation and spin in a washer cleans clothes.



As you rest-accept-trust, imagine yourself as the outer frame of a washing machine, which stands still as the cleansing action occurs inside of it.

When the light is perfectly clean, the cleansed light moves out into the light, mixing with and spreading within the entire light.

In other words, as you appear to heal and awaken as an individual, all of consciousness is healing and awakening with you. You are a point in consciousness that helps the whole to awaken by performing your function as a point of healing/awakening.

Some of the other people that you meet, hear about or see on the news are working with you in awakening by gathering darkness and tossing it to you.

For example, when you feel upset by something you see on the news, those characters in the news story are gathering darkness and tossing it to you, the viewer. It's all one function of scooping up darkness and cleansing it. All you have to do is remember your part in this process. The way to remember your part is to stay internally focused on spiritual intuition. Spiritual intuition is the guide for all healing/awakening points in consciousness.

How do you know that you are a healing/awakening point in consciousness?

You know, because you have been guided to the teachings that train you to do your job.

Thoughts of Awakening # 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

Tips from Regina ~ Day 127, NTI Acts 19 (v1-7) – (v11-22)

Note: If desired, watch all of Acts 19 from the Visual Bible movie, Acts.

NTI teaches that there are four phases to the human journey known as the spiritual path. Those four phases are:

1. The Search (NTI Acts 19)
2. Purification (NTI Acts 20-21)
3. Service & Merging (NTI Acts 22)
4. True Perception/Enlightenment (NTI 1 Corinthians 15-16)

The fifth phase is not designated as a phase in NTI. That's because a phase is something one passes through as part of a process. The fifth phase, which is not a phase at all, is awakening to the First Principle of God.

Today's reading introduces the first phase in the awakening process, which is the search. Most of you (if not all of you) have already passed through this phase. However, you can experience some lingering phase one residue, like believing some people have clarity that you do not have within yourself. For that reason, it is helpful to read about the first phase carefully to find what's helpful in the reading for you.

I would like to share a brief story about how I crossed over from phase one to phase two.

Like nearly everyone in phase one, I thought a teacher outside of me would be able to give me everything I needed to become enlightened myself. I came across a teacher that I believed was enlightened, and I became a part of his inner circle. From within the inner circle, I saw that things were not as they appeared from the outside.

As it turns out, he was a controlling and manipulative person. He appeared to have three primary desires: he wanted followers, property and money. He talked about these three often. He also pressured the people within the inner circle in order to achieve these goals. For example, he expected his followers to sell their personal property and donate all of the money to his foundation. If a follower chose not to do so, he told stories about that follower to others, making it appear that one was clinging to ego. It was all very manipulative. I watched as people gave everything they had to him, not because they felt guided to, but because they finally gave in to the pressure and manipulation.

During my time with this teacher, I did not give in to the pressure that he put upon me. I always followed my intuition. However, that meant that he and I came face-to-face more than once regarding a command that I would not give in to. In the end, he made it clear that he wanted me to forgo my inner guidance and follow his directions without questioning them. I knew I had to part ways with him, and I did.

It was right for me to stick with my inner guidance instead of giving in to pressure. It wasn't easy to do, because the ego whispered, "What if he is right, and you are just clinging to ego?" Those whispers came from my sense of unworthiness and from the idea that he had something I did not have. Fortunately, I did not listen to those ideas.

The mistake I made was holding a grievance against this teacher for a few years after leaving his organization. That's the reason I am telling this story. Today's reading says:

Do not make the mistake of judging messages or teachers that are not for you. ... Trust in Me and remember all things work together for God.

"All things work together for God" means that all things are for the healing of the Son of God, including a spiritual teacher with impure motives.

How is a manipulative and impure teacher part of our awakening to consciousness?

For me, he was a darkness catcher. I am a healing/awakening point in consciousness. My job is to purify the light of any darkness that comes my way by letting it purify in me. If I choose to hold a grievance against him, I am not doing my job.

It is as *A Course in Miracles* says:

The sole responsibility of the miracle worker is to accept the atonement for himself.

It was difficult for me to let go of my grievance against the teacher in my story, because I had a belief that leaders should demonstrate the highest ethical standards. That was one of my mind-made laws. However, as we learned on [Day 99](#), mind-made laws are ego devices that:

1. Give us a sense of identity.
2. Provide a basis for judgment and separation.

Mind-made laws *are* darkness. I *needed* someone to catch that darkness and toss it to me so I could heal it. This teacher did that perfectly, and I did finally heal it completely, so I am grateful to him.

NTI Matthew 18 says:

You will know that your forgiveness is complete when you love your brother with your whole heart and soul and mind, just as the angels do.

I still see that teacher every now and then. Our paths cross, usually when we are speaking at the same spiritual conference or retreat. When I do see him, I find that my heart is completely open towards him. I love him in the same way that I love my biological brother. It's nice to see him from time-to-time. We don't have much in common, so there isn't much to say, but we can embrace each other, and the embrace is genuine.

Has he changed? Not that I know of, but I don't follow him closely enough to know for sure. However, it's important to know that my love for him has nothing to do with whether he has "cleaned up his act" or not. If it did, it wouldn't be true forgiveness.

He is allowed to be exactly as he is. His choices do not affect my love. That's how I know my love is pure.

The reality is consciousness. The destination for everyone is awakening, and everything along the way is perfect as it is. It is all a part of the healing/awakening process.

Thoughts of Awakening # 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

Tips from Regina ~ Day 128, NTI Acts 19 (v23-41) – end

One key difference between phase one of the spiritual path (the search) and phase two (purification) is that in phase one, although you are guided by spiritual intuition, you may not recognize it yet. In phase one, you are typically identified with the ego as yourself, and you may not recognize it as the ego at all. It is simply “me” and “my thoughts.”

In order to move from phase one to phase two, you need to recognize the difference between ego and spiritual intuition. You also need the clarity to decide that you don’t want ego as your authority anymore. (Reference Days [119](#) & [120](#).)

Why is that necessary?

Because phase two is purifying one’s self of ego (the false), and that can’t happen without recognizing ego as ego and choosing to let it go.

Today’s reading does a good job of teaching the difference between ego’s authority and authority that comes from spiritual intuition. Here are a few examples based on the reading:

Examples of reasoning that comes from ego as authority:

You feel stress at work as you attempt to complete a project with an impending deadline. You are afraid of your boss’ reaction if the project isn’t completed on time. (Fear of attack, driven by a sense of unworthiness)

You want to be alone, and a friend asks you out to lunch. You do not want to go, but you are afraid your friend will get upset or think badly of you, so you accept the invitation anyway. (Fear, driven by a sense of guilt)

You are invited to speak at a gathering of a local organization that shares an interest with you. You are terrified that if you get up in front of the group, they will discover you do not know as much about the topic of interest as they do. You turn down the invitation to speak. (Fear of attack, driven by a sense of unworthiness)

Examples of reasoning that comes from spiritual intuition as authority:

You are working on a project at work, and there are some challenges with it that you do not know how to resolve. You aren't sure the project will be completed on time. You work with others to try to resolve the obstacles while feeling curious about what will happen. (Peace, acceptance, purpose of One)

You want to be alone, and a friend asks you out to lunch. You notice there is no attraction to going to lunch, and there is a strong attraction to being alone. You politely turn down your friend's invitation. (An action of now taken in faith and trust)

You are invited to speak at a gathering of a local organization that shares an interest with you. You have no idea what you will say when the time comes, but you feel the invitation must be in the best interest of the whole. You accept the invitation and trust that what to say will be given. (Purpose of One, trusting your worth and the Hands you are in)

As you read the characteristics of the ego and the characteristics of the Holy Spirit in today's reading, pause and look at specific examples from your own experience. It might be helpful to write the characteristics along with some examples in your journal.

Today's reading also encourages us to discover what drives us by asking *why*. In other words, it asks us to practice root cause inquiry. Through root cause inquiry, we discover the underlying motivation and authority.

Previously, you learned to use root cause inquiry to uncover the cause of an upset. A different form of root cause inquiry can be used to discover underlying motivations. For example:

Why am I still attending AA meetings?

Am I afraid that I will drink again if I quit going?

Am I afraid of what others in the group will think of me if I quit going?

Am I afraid of what they will say behind my back?

Do I enjoy the meetings?

Do I enjoy being a sponsor?

Do I feel guilty about letting go of sponsoring others?

Etcetera.

By taking the time to look at why we do (or don't do) things, we can discover when we are driven by ego and when we are guided by intuition. Once that discovery is made, as today's reading says:

Then you can make your choice as you choose, knowing what it is that you do.

In other words, then we have clarity regarding the underlying motivation and authority, and we can choose what we want *knowing which authority we are choosing*.

Thoughts of Awakening # 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

Tips from Regina ~ Day 129, NTI Acts 20

Note: If desired, watch all of Acts 20 from the Visual Bible movie, Acts.

Today, we will begin reading about the second phase of the spiritual path, which is purification. NTI calls it “letting go.” During phase two, we let go of the ego as our authority. We do that by embracing spiritual intuition as our authority.

It’s important to remember that the human always follows an authority. *The human is authored*, and it has an *author-ity*. The human believes it is an independent being, but that isn’t true. The sense that ideas are “my thoughts” is ego. Ego is the sense of an independent and separate self.

When we look at thoughts to determine their authority, we are already following the authority of spiritual intuition. Spiritual intuition guides us to *discern authority and make a conscious choice*. Ego simply believes “I am me” and “I am my own authority.”

Discernment is a key aspect of phase two. You cannot let go of ego without recognizing ego as ego first.

The greatest challenge in phase two is that our beliefs and the beliefs of most other humans come from living under ego’s authority. Because most humans are under ego’s authority, the world appears to live by ego’s laws. However, the world does not live by ego’s laws. The world is a reflection of how we use attention.

This is very, very important to remember in phase two, so I will repeat it again:

The world appears to operate according to specific rules, *because people believe those rules*. The world does not exist, meaning it has no power or authority of its own. It is a reflection of what we believe and give attention to.

For this reason, we are perfectly safe when we receive intuitive guidance that goes against the rules of the world. By trusting intuition, and by letting go of any obstacles that stand in the way of that trust, we learn that our experience in the world can be written by another *author-ity*. That’s how we learn that the world is not real. That’s how we awaken to consciousness as what we are and what everything is.

In order to intuit guidance, it is important that you are not attached to any desire or specific outcome. For example, one who hates to work may imagine guidance to quit her job. However, if she pauses to do root cause inquiry before quitting, she will discover the underlying motivation and realize that ego is the author of that idea and will be the author of the script that follows, if she takes that step.

That shows why pausing and asking 'why' is very important in phase two. It also shows why it's important to let go of all of your individual desires. If you let go of everything except your spiritual aspiration, you can trust that your guidance is pure. If you have mixed desires, your guidance will have mixed authorities. However, a commitment to root cause inquiry to discover underlying motivations will help you to sort that out.

Thoughts of Awakening # 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

Tips from Regina ~ Day 130, NTI Acts 21

Note: If desired, watch all of Acts 21 from the Visual Bible movie, Acts.

Today's reading says:

Whenever you are tempted to do anything, question whether it is temptation or prompt. Temptation comes from fear, the ego, and the desire for self-will. A prompt is given by the Holy Spirit through your willingness to listen to Him.

As mentioned yesterday, you are already following spiritual intuition when you use inquiry to discover the author of your thoughts. That is discernment.

On [Day 127](#), I told a story about an experience I had with a specific spiritual teacher. In that experience, I made the decision to leave that teacher, because he wanted me to follow him instead of following my own intuition.

Let's look at two possible scenarios regarding that story in order to see how root cause inquiry can help us determine the authority of an idea.

Possibility #1:

Let's imagine I am in relationship with a teacher. He has told me that what I think is my intuition is actually ego, and he wants me to disregard my intuition and follow him without questioning him. When I hear that, I think, "I need to leave."

I take that thought into root cause inquiry to discover the motivation. I ask:

Why do I want to leave this teacher?

Am I afraid of what will happen if I stay? – Yes.

What am I afraid of? – I am afraid of having to give up everything that is important to me.

Does that mean I am trying to protect myself? – Yes, I feel I have to protect myself. I feel at risk.

Is the desire to protect myself ego or Spirit? – It is ego.

So, who is the author of this idea? – Ego.

So, what am I going to do? – For now, I will stay. I will stay and continue to inquire into my thoughts and motivations so I can get clarity on my authority from moment-to-moment.

Possibility #2:

Again, let's imagine I am in relationship with a teacher. He has told me that what I think is my intuition is actually ego, and he wants me to disregard my intuition and follow him without questioning him. When I hear that, I think, "I need to leave."

I take that thought into root cause inquiry to discover the motivation. I ask:

Why do I want to leave this teacher?

Am I afraid of what will happen if I stay? – No.

Do I feel I need to leave to protect myself from something? – No.

Do I feel that I need to trust this feeling to leave? – Yes.

Do I know what will happen if I leave? – No, it is totally unknown.

Am I trying to avoid or escape anything? – No, I don't feel like that is the case. It just doesn't feel right for me to stay anymore. It is time to go.

Do I feel that I need to take this step and trust the unknown. – Yes, I need to take this step and trust the unknown.

Does this willingness to trust come from ego or spiritual intuition? – The ego is fear, guilt and defense. This willingness to trust the unknown feels like spiritual intuition.

So, what am I going to do? – I will take this step, leave this teacher, and stay carefully tuned in to guidance.

In phase two, it isn't the action that's important. It is the motivation. In Possibility #1, the motivation to leave was ego. In Possibility #2, leaving was the guidance that came from spiritual intuition.

We can't look at the action and determine if it's ego or intuition. We have to look deeper and discover the motivation.

Important note: This form of root cause inquiry is always about my motivation. It is never about the storyline in the world. For example, in the possibilities above, there aren't any questions about whether the teacher is genuine or not. To try and determine that as the basis of my decision would be looking out instead of in. If I look out instead of in, ego (judgment and thinking) will be the authority that guides me.

If you'd like to review the reasoning of ego and the right-reason of Holy Spirit, read NTI Acts 19 from (v23-41) through the end.

Thoughts of Awakening # 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

Tips from Regina ~ Day 131, NTI Acts 22

Note: If desired, watch all of Acts 22 from the Visual Bible movie, Acts.

Today's reading points toward the third stage on the spiritual path, which is service. It is through service that merging occurs.

Earlier this year, we read NTI Mark. It was a story about the third stage of the spiritual path. As a reminder, here is an excerpt from the tip for NTI Mark 1:

NTI Mark, Chapter 1 is the beginning of the story. Like any beginning, it lays out the details needed to begin the story. Some of the details regarding our role model, Jesus, are:

- Jesus has decided on the purpose for his mortal existence. It is truth realization. This purpose is the leading factor in his life.
- Jesus knows that God is found within, so his focus is within, which includes focus on spontaneous guidance. Jesus lives a surrendered life. He is led. He does not make decisions for himself. ...
- Jesus lives from kindness and love. He is the servant of everyone he meets and the servant of Spirit within. Through service, which is not self-will, Jesus of NTI will follow spontaneous guidance to the end of the sense of self.

We enter the third stage of the spiritual path when enough purification has occurred that we are able to *more easily* intuit and trust guidance. As we move through the third stage, our ability to intuit and trust guidance is perfected to the point that we no longer feel surrendered. Instead, we feel in tune with our natural Self, which is the invisible power of all things.

Many people want to jump to service without completing phase two, purification. Purification is absolutely necessary in order to clear out enough ego to discern guidance clearly. Without purification, one is less likely to know the difference between ego and spiritual intuition.

However, it's also true that the first three phases overlap to some degree. When I was in my five year purification phase, I was also in service. During the service phase, some purification continues.

The difference between phase two and phase three is the emphasis. In phase two, the emphasis, and necessarily *your primary focus*, is purification. Service occurs naturally as you focus on purification. Here is a quote from Nisargadatta about service during phase two:

The right use of mind is in the service of love, of life, of Truth, of beauty. ... You must begin in yourself, with yourself – this is the inexorable law. Attend to yourself, set yourself right – mentally and emotionally.

In phase three, enough purification has occurred that the *emphasis* can move to intu

Thoughts of Awakening # 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

Tips from Regina ~ Day 132, NTI Acts 23

Note: If desired, watch all of Acts 23 from the Visual Bible movie, Acts.

Yesterday's reading was about the third phase of the spiritual path, which is service and merging. As mentioned, the third phase is a very attractive phase, and many people want to jump to the third phase without completing purification. However, purification is necessary in order to intuit spiritual intuition without confusing it with ego.

Since purification is vitally important, today's reading returns our attention to purification. Today's reading is a serious reading. It points out that the purification stage can, at times, get "very, very tough."

That was my experience, and it will most likely be your experience too.

The seriousness of today's reading isn't meant to scare anyone. It's meant to prepare you. To "prepare" is to make someone ready to do or deal with something.

How does today's reading help prepare you for purification?

If you know there are tough times ahead, when the tough times arrive you can see them as a normal part of the process. Knowing tough times are normal can help you move through them more easily.

Today's reading also explains why the purification phase gets tough. Resistance makes it tough. We are afraid that the darkness in the mind is the truth about us, and so we resist looking at it. Yet, the darkness needs to be seen so it can be healed.

The reading says:

... cruelty lives in you as a wish. It is important to note that the cruelty *is a wish*, for a wish is not what you are. A wish is what you are not, but what you may pretend to be.

When we are cruel, we get pleasure from causing pain and suffering in others. That isn't very pretty to look at, but in one way or another, we've all been cruel.

Why do we wish to be cruel?

Cruelty is the ultimate divorce from oneness. When we are cruel, we feel powerfully separate. Cruelty inflates the ego.

Today's reading encourages us to look at the darkest aspects of the mind. It acknowledges that we may be afraid to look, but it encourages us to overcome that fear with a strong desire for our spiritual aspiration. It is as NTI Luke 22 said:

*Great fear is nothing more than great resistance.
And so the means for overcoming great fear is great willingness.
Great willingness comes from remembering what you want.*

Thoughts of Awakening # 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

Tips from Regina ~ Day 133, NTI Acts 24

Note: If desired, watch all of Acts 24 from the Visual Bible movie, Acts.

Yesterday, we saw that cruelty resides in us as a wish. Cruelty is the ultimate divorce from oneness, because it powerfully inflates the sense of separation. We were asked to face the cruelty in the mind so that it can be healed.

There are three ways we can face the cruelty in the mind:

1. **We can look at our cruel thoughts, cruel desires and cruel actions.** For example, during my purification stage, I noticed that when I put my daughter on timeout, I sent her to her room without her security blanket. As a young child, she loved her security blanket. The reason I sent her to her room without it was because I wanted to make her suffer.
2. **We can be defenseless when others are cruel to us.** I don't mean that we should allow someone to physically hurt us. In every situation, we should follow intuition, and so I will not presuppose what you should do if physically attacked. When I say that we can be defenseless when others are cruel to us, I am referring to mental or emotional cruelty. For example, when NTI was first published, there was a group of people who wrote cruel things about me on the internet. My guidance was to read what they wrote and rest-accept-trust with any feelings I had without responding or defending myself in any way.
3. **We can look at the cruelty in the world.** For example, I experienced a huge healing around cruelty by watching a news story. I was shocked by the display of cruelty in that story. I couldn't believe that one human could be that cruel to another human. My heart broke, and I cried for two hours. Interestingly, the spiritual ego told me that I shouldn't feel the way I felt. I recognized that as ego and let the feelings rise. After two hours, a decision was made in me. The decision was, "I will only love now." I haven't seen a shred of cruelty

in me since then. I also find that my love is not blocked by the cruelty demonstrated by others.

Today's reading says:

When you face that which you fear, there is one thing you must remember.

*What you look on is not at all real,
and you face it to deny it.*

In that excerpt, "deny" means to declare untrue.

What do we declare untrue?

Declare whatever you are *feeling* in the moment untrue.

When we face cruelty, we can feel any number of feelings including guilt, unworthiness, defensiveness, anger, hatred, victimization, victimizer, rejection, abandonment, betrayal, self-righteousness, fear, sadness and etcetera. Those feelings are what you declare untrue. Rest-accept-trust with them; realize they are misperceptions; remember that the experience is untrue, and so it will pass; declare the truth by noticing constant, changeless awareness.

That's purification. That's how darkness is healed. That's how you perform your function as a healing/awakening point in consciousness.

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 134, NTI Acts 25 & 26

Note: Before reading today's tip, read [Acts 25:1-12](#) from the Bible or watch all of Acts 25 & 26 from the Visual Bible movie, Acts.

Today's reading recommends the following perspective of the world:

The world is not real. It is like a play, with actors playing their roles. Only in the play of the world, the script has been forgotten, so that the play seems very real.

Why does the reading say that the world isn't real?

Something is real when it actually exists and has fixed properties. For the world to qualify as real, it would have to have *its own unchanging existence*. The world does not meet this criterion. It does not have its own existence, because it is continuously created by consciousness through the third principle of God. The world is dependent on consciousness for its appearance. Also, it is very easy to see that the world isn't changeless. It is constantly changing. As the Greek philosopher, Heraclitus, observed, "Change is the only constant in life."

Why is it important to remember that the world isn't real?

When you think the world is real, you subconsciously believe it has fixed properties and will not change. For example, if you believe you are headed for disaster, possibly financial ruin or a failed relationship, you subconsciously believe the situation is fixed and will not change. If you believe you are worthless or guilty, you subconsciously believe worthlessness or guilt is a fixed fact about who you are. If you believe the world is fearful, you accept that as a fact, and you are subconsciously waiting for the next terrible thing to happen.

If you look very carefully at your belief that the world is real, as well as the other beliefs that stem from that belief, you will see that there are certain things you think are fixed and will not change. However, it's your belief that they are fixed and will not change that causes them to appear real. You are consciousness, and you continually recreate those things through your belief in them.

Therefore, it is very important to accept that the world is not real. The world is like a play. Each actor plays his/her part in the play of the world based on the script that is received as thoughts in the mind. The actors do not know their thoughts are only a script, because they do not understand the code and how the creative principle works.

Today's reading says:

This play has many endings, like slits cut in the script, where one can choose to step out of the play. But if one believes the play and is focused on playing his role, he will miss his opportunities to step out.

In other words, if we believe our thoughts and react to situations in the world as our thinking leads us to react, we engage with the world as if it is real and miss the opportunity to realize truth.

Today's reading recommends a detached way of being with the world. When we are detached from the world, we still play a part in the world, but our script comes from a different director. Instead of thought, intuition is our guide, and intuition leads us through the play of the world to the point of awakening.

Thoughts of Awakening # 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

Tips from Regina ~ Day 135, NTI Acts 27

Note: If desired, watch all of Acts 27 from the Visual Bible movie, Acts.

Yesterday, we learned the world is like a play. Each actor (or player) receives a script that guides how the actor plays his/her part in the world. This play has two directors, and the scripts are different depending on which director you listen to.

One script comes from the ego. It is received as thinking. This script presupposes that the world is real. It leads its actors to be highly engaged with the world and the current situation.

The other script comes from awakened consciousness. It is received as intuition. This script knows the world is not real. It knows all things are consciousness and all appearances are created by consciousness through the creative principle. It guides the actors who listen to it to let go of false beliefs and awaken to truth.

Today's reading teaches us how to follow the script that comes from awakened consciousness. I recommend taking notes as you read from NTI today. Taking notes will help you absorb the guidance in today's reading. You'll also be able to keep your notes for easy future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 136, NTI Acts 28

Note: If desired, watch all of Acts 28 from the Visual Bible movie, Acts.

Today, we read the last chapter in NTI Acts. NTI Acts taught us to follow guidance. Through NTI Acts, you've learned everything you need to know in order to follow guidance through both the purification and service stages.

Today's reading says:

Everything is up to you.

In the human experience, everything that you experience and how you experience it depends on the script you choose to follow. Both scripts, the ego's script and the script that comes from awakened consciousness, are generated in the same way. As we, consciousness, cast attention and make decisions, the energy we choose to believe (or trust) is reprocessed in consciousness and additional script develops based on that same energy.

As we cast attention on ego's script, ego's script is reprocessed, developed and delivered as thought to the players. As we cast attention on the script that comes from awakened consciousness, that script is reprocessed, developed and delivered as intuition to the players. Each player always has the choice to follow thinking or intuition.

Through the choices we make, scripts continue to be written. Both the ego script and the script that comes from awakened consciousness are *responsive* to the choices we make. The scripts shift and adapt as we learn to make different choices. That's why, "Everything is up to you."

The famous "law of attraction" as it is usually understood is a distortion of this spiritual truth. When people study the law of attraction, the mind thinks it can decide what it wants and attract that specific thing or circumstance. Sometimes that appears to work. Sometimes it doesn't. That's because *the law of love is higher than the law of attraction*.

The law of attraction and whether it works or doesn't work *is part of the script*. The law of love is the author of the script. Both the ego script and the script that comes from awakened consciousness *are authored through the law of love*.

People who put faith in the law of attraction think they can decide what they want and bring that into manifestation. However, the mind they are deciding with *is itself a part of the script* and has no real power since it isn't real.

The power behind the script is consciousness (also known as love). You are consciousness, but consciousness is not limited to you. Consciousness is the whole.

As consciousness makes choices from the energies available through script, energies are reprocessed, developed and delivered as script through the creative principal. No one individual can manipulate the script. The individual itself is a product of the script.

When this is understood, we see why surrender to the script that comes from awakened consciousness is the highest choice a human can make. By making that choice, the human experience is surrendered to the highest and most benevolent energies available.

The human cannot control the script. The freedom in the human experience lies in the choice to give attention to the highest or lowest energies that are delivered through script. *All experience comes from that choice.*

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 137, NTI Romans 1

Today's reading says:

All are invited into the Awareness of God,
and none are to be left out.

And then, it introduces the obstacle to the Awareness of God. It calls the obstacle, "a wish."

NTI Acts 23 said, "...cruelty lives in you as a wish." However, that isn't the wish that today's reading is about. The wish that today's reading is about is the source of the wish for cruelty. It is also the source of unworthiness, guilt, fear, and etcetera.

What is the wish?

We'll find out tomorrow. Today, it's important that we contemplate six teachings regarding the wish first:

1. The wish is inside of your mind, not someone else's.
2. The wish is subconscious, and so it may not immediately be seen as your wish.
3. The wish is only a thought, and so it is nothing at all.
4. The wish hasn't had any actual effects.
5. The fact that you could explore your wish is cause for joy and gratitude.
6. Now that the wish has been explored, it can be let go.

I'd like to comment on the first teaching in that list, and then I will leave it to you to contemplate the remaining teachings with inner spiritual intuition.

The wish is inside of my mind, not someone else's:

On Day 125, we learned that 'you' refers to everyone and everything manifest. If your name is Sally or Harry, 'you' does not refer to Sally or Harry alone. 'You' refers to everything manifest. 'You' refers to consciousness appearing as something—as many things—other than consciousness. So, when NTI Romans says the wish is inside of your mind, it is referring to the one 'you' that we all are.

At the same time, we cannot heal this wish if we see it in other people's minds instead of in our own. That's why NTI says, "This wish is not within anyone else, although you would rather see it there."

If we see others as responsible, we deny our own responsibility. When we deny our own responsibility, the wish continues subconsciously.

If we are to heal the obstacle to the Awareness of God—which is healing the obstacle to unity consciousness—we need to see the wish as “in my mind.” Everyone else is permitted to be exactly as they are. In fact, it is helpful to see everyone as perfect just as they are. If anything is upsetting to me, I look in my mind for the root cause of the upset. By *always taking responsibility* whenever I am upset, the wish is healed in me.

Likewise, we avoid healing when we blame others for our upset.

After reading today’s reading, please contemplate the remaining teachings in the list above as you journal with inner spiritual wisdom. You might try asking questions like:

What do I need to know about the wish being subconscious?

What is meant by, “The wish is only a thought, and so it is nothing at all?”

Etcetera.

Feel free to form your own questions. Inner wisdom will help you ask the questions that are most helpful for you to ask.

Thoughts of Awakening # 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

Tips from Regina ~ Day 138, NTI Romans 2

Today's reading tells the story of how the Second Principle of God, Consciousness, created the Third Principle of God, which is the creative principle, and how through the creative principle, the Fourth Principle of God is made manifest. It says the entire process started with a wish, which was something like:

What if nothing was as it is?
What if I could make something completely different,
and make it whatever I want?
What would that be like?

In effect, the wish was consciousness wishing it could make something other than consciousness, which the reading calls "an impossible hypothesis" that could never be true.

As an analogy, imagine that children's molding clay decides to make something different from children's molding clay, and so it forms a city out of children's molding clay. Did it actually make something different than children's molding clay?

No. Regardless of what is formed from the clay, children's molding clay is still all there is.

To continue, consciousness wished for the experience of something different from consciousness and it "needed a tool to create this experience." The tool it created is the Third Principle of God, the creative principle. But what is that actually?

NTI calls it judgment or decision. Another word that could have been used is declaration. The creative principle—the tool that creates everything in manifestation—is the judgment, decision or declaration that something is real.

Let's pause and look at this for just a moment.

The story about the wish and the creative principle is not a "once upon a time" story. We are consciousness now. If we are not awakened to consciousness, the wish is a part of our subconscious now, and we make manifestation appear real now. This is a story about what we are doing now.

How do we make things appear real?

By deciding they are real.

Let me give you an example:

Let's imagine that you are married. You are somewhat content in your marriage, even though your marriage has its challenges. One day your partner comes to you and says, "I want a divorce."

You are shocked. You didn't see this coming. You feel flattened by a blow from a fist as big as the universe. It feels as if everything has come crashing down on you. You carry this feeling with you for years after your partner leaves.

Actually, you are okay. Although property was divided during the divorce process, you have a roof over your head, you eat food everyday, you drive a car, and etcetera. However, you decided that you were "flattened by a blow from a fist as big as the universe" and "everything has come crashing down on you," so that is how you see it. You cannot see that you are okay. If someone points out that you are okay and there is no reason to be upset, you think that person is cruel and insensitive.

When we judge something as real, we make it real for us. Each time we judge anything, we subconsciously declare it to be real. Judgment is divine decision. It is the Third Principle of God.

Today's reading also explains how truth became repressed and forgotten as appearance became primary. In this same process, spiritual intuition became repressed and thinking, which is a type of appearance, became our primary agent for decision-making.

As soon as appearance became our primary agent for decision-making, we led our self deeper into appearance and believed it was reality. In this way, belief became an unconscious form of judgment. Belief unconsciously judges something as real.

As we know, the appearance has become quite complicated. It is filled with appearances to believe and judge, all of which keeps the creative principle active, and innumerable appearances continue to appear, appearing real.

Thoughts of Awakening # 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

Tips from Regina ~ Day 139, NTI Romans 3

Yesterday's reading presented the problem, which is judgment and belief. Through judgment and belief, consciousness appears as something—*many things*—other than consciousness. Judgment and belief, which is unconscious judgment, are the obstacles to the awareness of unity consciousness.

Today's reading presents the solution:

... all you need do is *unweave* your way out of fantasy. You reverse the "laws" that made it by ceasing to play the game.

How do we do that?

1. Realize we do not know anything.
2. Seek within for guidance regarding all things.

You see, when we think we know, we make judgments and decisions, and we continue to believe our beliefs, all of which *is* the creative principle that makes consciousness appear as many things.

If we accept that we do not know anything—we do not know what we are, what's true and not true, what's in our best interest, how to awaken, and etcetera—and then we ask for guidance every step of the way, then we are not exercising the judgment that creates appearance. In this way, appearance fades and reality is revealed.

It couldn't be simpler!

We simply keep reminding ourselves, over and over, "I do not know. I must ask."

Forget everything you've ever learned, and just keep asking, "What am I to do now?" In this way, your script is delivered as intuition by awakened consciousness, and you can follow it to your point of awakening.

Thoughts of Awakening # 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

Tips from Regina ~ Day 140, NTI Romans 4

Some people get the idea that manifestation, the Fourth Principle of God, is a mistake, a creative error of hellish proportions. In yesterday's tip, I used the terms "problem" and "solution," which are terms that might help propagate that idea. However, today's reading points out that from Consciousness' point-of-view, manifestation is not a mistake. It is a beloved joy.

A “problem” is a question raised for inquiry, consideration or solution. It could be a benign curiosity. The idea that a problem is bad or that it is something that should not have happened is a mental interpretation. As an example, think of a math problem, a riddle or a puzzle. There is nothing wrong with these problems. For those who enjoy solving them, they are the source of great joy.

The idea that manifestation is bad, that it shouldn’t have happened, or that it must be escaped or eradicated through awakening are all ego distortions. Manifestation is a source of joy for consciousness. When one awakens to consciousness, one enjoys—*even loves*—manifestation. In fact, the purpose of manifestation is joy. Today’s reading shares that perspective.

In today’s reading, “you” is manifestation. “Every part of you” refers to every aspect of manifestation—every person, every animal, every plant, every invention, and every situation.

Today’s reading is like a love letter from consciousness to manifestation. I recommend reading it slowly, like a letter from God to its creation. As you read, keep the Loving All Method in mind. Realize that it is a practice that emulates the natural love already present in awake consciousness.

If you have trouble understanding that consciousness loves everything in manifestation, realize that consciousness does not focus on what manifestation does. It focuses on *manifestation is*. It is the *is* itself that consciousness loves.

Thoughts of Awakening # 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

Tips from Regina ~ Day 141, NTI Romans 5

On [Day 110](#), we learned:

Ignorance is not guilt. It is a call for knowledge.

In other words, every time a human does something wrong, it is an indication that one has listened to ignorance. The correction for ignorance isn't guilt. The correction for ignorance is knowledge.

"Ignorant" means lacking knowledge or awareness in general. Its root is "ignore."

Spiritual ignorance is not being aware of truth or now knowing what you are. It comes about because we ignore truth as we pay attention to thought and the world. Outward focus is the cause of ignorance. Inward focus removes ignorance.

Today's reading is about truth, guilt and sin. In short, it says that only the truth is true, so sin and guilt are imagined. Sometimes this is hard for people to accept, because people believe heavily in the world, in mind-made laws and in action as something real—something that has real effects. The way to see that "guilt" and "sin" are not meaningful is to focus on truth (inward focus) over thought and the world (outward focus).

Let's try an exercise:

1. Imagine yourself as perfectly innocent as the world defines perfect innocence. Imagine that you were born with a perfectly innocent human mind and perfectly loving human heart. Imagine that all of your life, you have only been caring, helpful and happy. You have never hurt yourself or anyone else in any way.
2. Close your eyes and imagine what it feels like to be innocence in this way. Feel the experience of being this innocent person.
3. Now, as this perfectly innocent person, move into awareness-watching-awareness meditation. As always, let go of all thoughts, emotions, etcetera, and focus attention fully on awareness. Stay there a few minutes.
4. Next, imagine yourself as a sinful or guilty person as the world defines sin and guilt. Imagine that ever since you were young, you have been selfish and mean to others. You have committed crimes that cause anguish for others, and you delight in the fact that you

continue to get away with your crimes. There is no one you care about as much as yourself.

5. Close your eyes and imagine what it feels like to be malevolent. Feel the experience of being this malicious person who thrives on cruelty and taking from others.
6. Now, as this malicious person, close your eyes to practice awareness-watching-awareness meditation. As always, let go of all thoughts, emotions, etcetera, and focus attention fully on awareness. Stay there a few minutes.
7. Was the life-awareness of the malicious person different from the life-awareness of the innocent person?

If you were able to practice the previous exercise without holding onto judgment, you found there was no difference between the life-awareness of the innocent person and the life-awareness of the malicious person.

Today's reading says:

God's Truth has no end, and so it has not ended in you. You are the truth of God *in your existence*.

I have italicized "in your existence" in the previous excerpt, because existence is truth and existence is truth's focus. Inward focus is focusing on existence, which is life-awareness. It is through inward focus that we realize truth, and it is through inward focus that we see nothing has ever changed or affected truth in any way. Every action in the world is completely meaningless and fully harmless from the perspective of truth.

Today's reading also says:

No sin shall cross your mind, because there is no sin in you.

Some people may think, "But sinful thoughts cross my mind all of the time!"

If this is your perspective, you are still focused outwardly. Focus inwardly on awareness-watching-awareness. Thoughts are outward. Only life-awareness is inward. Illusion is outward. That is not you. Truth is inward. That is what you are.

When you focus inward on what you are, you will see that no sin crosses your mind and nothing that occurs outwardly touches you at all.

Thoughts of Awakening # 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

Tips from Regina ~ Day 142, NTI Romans 6

On [Day 125](#), we learned that “you” refers to everyone and everything in the Fourth Principle of God, not as many things, but as one thing—consciousness.

Consciousness is what you are now. Today’s reading speaks to you, consciousness, as you are. It is not speaking to the body-mind, because that’s not what you are.

Since you are consciousness, and you are not limited to the body-mind, you can feel the truth in today’s reading even if you cannot intellectually understand it. The feeling that knows today’s reading is true is an intuitive feeling, not an emotional one.

Today's reading speaks of Jesus as a symbol "of all that is true with you." It says:

"... all that he accomplished, he accomplished *within you*."

You might think of enlightenment as something you will accomplish some day. You might think of it as something you are working towards. However, this excerpt from today's reading means that enlightenment is already within you now. You are consciousness now, and you know your Self as consciousness now.

This might be hard to understand, especially if you have experiences that seem to prove otherwise, but those experiences are temporary manifestations. They are like waves on the ocean. You are like the ocean itself.

Imagine the ocean. See it in your mind. Allow yourself to see all of an ocean. It spans thousands of miles, and it is thousands of feet deep.

When you look at the entire ocean, which has the most mass, the waves on top of the ocean or the still depth?

Which is more permanent, a wave or the still depth?

Imagine the ocean as a sentient, experiencing being. If the ocean can feel, does it experience the waves on its surface?

Which is its substantial reality, the waves or the still depth?

If you answered these questions the same way I did, you see that the waves are less significant than the still depth, the waves are temporary and the depth is permanent, the waves are experienced, but the depth is the ongoing reality.

This is how it is with you, consciousness. Everything in manifestation comes and goes and changes. They are like the waves on the ocean. You experience manifestation, because that is a part of you just like the waves are part of the ocean, but your substantial reality is the still depth. The still depth is present now, within you, even as the waves continue on the surface of consciousness.

In other words, you are enlightenment, but you may not realize it, because you are focused on the temporary waves instead of the substantial still depth.

The reading also says:

You are eternal, as all of eternity is within you.

Let's imagine the ocean again. You are the ocean. Somewhere in the middle of you, a small wave is born as it rises up out of you. The wave is moved along the surface by currents and winds. On quiet, clear days, the wave moves along the surface as a gentle roll, barely noticeable as a wave. On stormy days, it rises up and topples small fishing boats. One day, it comes upon a beach, crashes and ends.

From the perspective of the wave, time existed. There was its birth, still days and stormy days, and then its death. However, from the perspective of the still depth, there is only continuous stillness as I am. Time does not exist.

Enjoy today's reading.

Thoughts of Awakening # 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

Tips from Regina ~ Day 143, NTI Romans 7

Yesterday's reading said that Jesus is a symbol of our truth. Today's reading says the same thing. However, it points out that Jesus isn't the only symbol of our truth. It says:

To call you back to your truth, through the forest of your conscious awareness, the Holy Spirit sends symbols of Light. These symbols come in many forms and many manners, of which Jesus is one. But they are all symbols leading you back to your truth, which is beyond your belief and conscious awareness.

A few of the symbols of light are Krishna, Buddha, Ramana Maharshi, Nisargadatta Maharaj, *The Tao Te Ching*, *A Course in Miracles*, NTI and etcetera. There are many, many symbols of light in the world.

Today's reading also says:

Remain alert to the symbols that are sent into your conscious awareness to follow. Lock onto them, and be led Home. Let everything else pass as you see it.

That is a very important instruction. Please take time to let that instruction sink into your heart and conscious mind today.

Interestingly, today's reading says that the Holy Spirit is *not* a symbol. To be clear, the words, "Holy Spirit," are a symbol. Those specific words are a cultural symbol based on Jewish and Christian scripture. However, *the spiritual intuition that those words point to* is not a symbol in the way that Jesus, Ramana Maharshi and NTI are symbols. Spiritual intuition is wisdom that resides within consciousness and rises into conscious awareness when you are willing for it. The reading says it is:

"the pure reflection of truth within the memory of your mind."

In this case, "memory" has nothing to do with the past. It is like the memory in a computer. Just as data is retrieved from the hard drive and stored in a computer's memory so you can read it and work with it, spiritual wisdom rises into conscious awareness so you can be aware of it and follow it. That means that although Jesus, Ramana Maharshi, NTI and etcetera are symbols, the clarity you receive while contemplating them is not a symbol. It is truth realization.

Thoughts of Awakening # 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

Tips from Regina ~ Day 144, NTI Romans 8 (v1-4) – (v12-17)

The tip on [Day 134](#) said:

Something is real when it actually exists and has fixed properties. ... The world does not meet this [criteria]. ...

Why is it important to remember that the world isn't real?

When you think the world is real, you subconsciously believe it has fixed properties and will not change. For example, if you believe you are headed for disaster, possibly financial ruin or a failed relationship, you subconsciously believe the situation is fixed and will not change. If you believe you are worthless or guilty, you subconsciously believe worthlessness or guilt is a fixed fact about who you are. If you believe the world is fearful, you accept that as a fact, and you are subconsciously waiting for the next terrible thing to happen.

Today's reading reemphasizes that. It says:

The mind that believes in the world believes what it experiences to be true. And so it lives the experience as if it is true, and it suffers heartache.

Even though we experience the world as real if we believe it is real, the reading reminds us that is not the truth. It says:

Life is not in the world. Life is beyond the world. ...

You are Life, and you are truth also, so you must not be in the world.

I was never one who could *believe* that I am not in the world. By that, I mean that I could not turn that teaching into a belief in the way that one might believe Jesus was resurrected from the dead or there is an afterlife in a place called Heaven. I could not turn the idea, "You are not in the world," into a belief, because my daily experience is that I am in the world. Turning that teaching into a belief felt like too big of a lie to me.

However, as I practiced awareness-watching-awareness, I began to experience myself as awareness instead of as a body-mind. As awareness, I can see that I am not in the world. I can see that the world is in me.

David Fishman has often pointed out that the word "belief" has "lie" in the center of it:

be~lie~f

That's a nice symbol to keep in mind, since we typically confuse our beliefs with what we know to be true. For example, one who believes that Jesus was resurrected typically does not realize he doesn't *know* that Jesus was resurrected.

Instead of *believing* that you are not in the world, I recommend practicing awareness-watching-awareness. Through watching awareness, you come to *know* yourself as awareness (consciousness), and then you see that the mind, body and world are in you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 145, NTI Romans 8 (v18-25) – end

Yesterday's tip pointed out that the word "lie" is in the center of the word "belief."
Today's reading seems to echo that point when it says:

All that you experience and believe to be true is not true.

When something is true, it is in accordance with fact or reality. Today's reading points out that everything we experience and believe is not true, because it is not in accordance with reality.

Instead of *believing* that statement, let's use inquiry to find out for ourselves.

For example, I can ask, "Is it true that I am a woman?" It appears that I am a woman, but is that a fact that is in accord with reality? There was a time when I would have said, "Yes," but after practicing awareness-watching-awareness, I realize woman is not my essential nature. It is an appearance and an experience, but it is not the essence of my reality.

Also, if I look at awareness as what I am, I find that it is not an experience or a belief. I do not experience awareness. Awareness is that which is aware of every experience. Also, I do not hold a belief that I am awareness. Awareness is a direct knowing. In fact, it is the most intimate known about me.

The reason today's reading points out that everything we experience and believe is not true is to help us return our focus to reality.

The reading says:

Let's pass through your dream, see it is not real, and return in glee to all that is real and has not changed.

As NTI Acts 25 pointed out, we have a choice about how to “play” our role in the world. We can believe our experiences and suffer with them, or we can use each experience for awakening.

Today’s reading gives us another opportunity to consider how we want to play our role. Here are some questions to consider as you contemplate today’s reading:

What is your purpose for this lifetime?

How do you choose to focus your attention as everything happens?

Are you ready to look at thoughts you’ve held dear until now and realize you don’t want them anymore?

Are you willing to relinquish judgment and self-will?

The reading says that creation/Heaven does not suffer over your experiences in the world. In this context, both “creation” and “Heaven” are symbols for consciousness. Consciousness doesn’t suffer over your experiences in the world, because consciousness knows reality, and when it sees you, all it sees is changeless, unaffected reality.

Thoughts of Awakening # 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

Tips from Regina ~ Day 146, NTI Romans 9

Let's review what we have learned through NTI Romans so far:

- Consciousness made a wish to experience itself as different. You are consciousness. This wish is in you and can only be healed in you.
- The creative principle was made through this wish as a tool to create the experience of something different from consciousness. The creative principal creates temporary manifestation through divine declaration, also known as judgment or decision. Each time we judge something, we subconsciously declare it to be real.
- The way to realize everything as consciousness again is to stop declaring manifestation to be real. This is accomplished by realizing you know nothing and by surrendering unconditionally to intuition.
- The creative principal and manifestation are not mistakes. Awakened consciousness loves and enjoys manifestation.
- One obstacle to realizing consciousness as what you are and what everything is, is thinking you are something different. To realize you are consciousness, practice awareness-watching-awareness.
- Enlightenment, or awake consciousness, exists in you now. You are not aware of it, because of the attention you place on manifestation.

- Both external symbols and internal spiritual wisdom are provided by your awake consciousness to help turn attention back toward it.
- Another obstacle to realizing consciousness as what you are and what everything is, is thinking the world is real. When you think the world is real, you keep attention with the world.
- The purpose of the world during the awakening phase is to reverse the declaration that made it seem real. Instead of declaring manifestation real, you declare it unreal as it happens. You also declare consciousness as its only reality.

Today's reading teaches how to declare manifestation unreal. It asks us to remember that everything we see and experience is thought. Said another way, it is a product of thought, which was previously declared real, and is now made temporarily manifest.

Again, everything we see and experience is thought. We learned this last year when we studied the Code. As that message said:

The code is ideas, just as all things within illusion are ideas. The code can be seen as specific manifestations in form, can be felt as feelings or can be heard as thoughts. The best way to look at the code is as the *potential driver of experience*. I say it is the potential driver of experience, because code will only drive your experience if you fully believe the code. Even if you let go of your belief in the code partially, it no longer has full influence over you. The code can only drive your experience to the degree that you believe the code.

Today's reading shares tips about how not to believe the world is real. I recommend taking notes as you read today's reading. Taking notes will help you remember what you read so you can practice it. Your notes will also be available for easy future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 147, NTI Romans 10

Today's reading reemphasizes what we learned on [Day 135](#). There are two scripts to choose from, one provided by ego and one provided by awake consciousness. It also points out that as we awaken, we tend to waiver between these two scripts. In one moment, we follow the script provided through intuition. In the next moment, we revert to believing thought again. However, the reading points out that this is progress. After all, wasn't there a time when we listened almost exclusively to ego's script?

We have made progress, and we will continue to make progress, especially as we trust intuition over thought more and more (and trust intuition over the world, which is also thought).

As we learned on [Day 121](#), one of the things we can expect when we start following intuitive guidance instead of thought is resistance. Today's reading reminds us how to be with resistance in order to heal it. It says:

When you find resistance in your heart and your mind, put not your trust there. When you find resistance, remember what you truly want. Rest, so that resistance will pass over you.

In other words, when you experience resistance, remember your spiritual aspiration and practice rest-accept-trust until you feel reconnected to your willingness.

Thoughts of Awakening # 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

Tips from Regina ~ Day 148, NTI Romans 11

NTI Romans 2 is the story of a wish, "What if nothing is as it was?" It tells the story of how the wish was focused on to the point that truth was forgotten. It says:

Struck with [the idea that your wish came true], you became engrossed by it. And you tossed [the truth] aside. Faced with reality and the option of fantasy, you chose to step into fantasy.

Does that mean we rejected truth?

Today's reading says we did not reject truth. When we "tossed [the truth] aside," we merely repressed it, and what we repress we keep. That means the truth is always with us, whether it is acknowledged or not.

When our eyes are open to truth, the idea that we could reject truth is laughable. It is seen clearly that rejecting truth is impossible. It is the one thing that can never be done. However, before our eyes have opened, we can be-lie-ve we have rejected truth. We can even be-lie-ve that we continue to do so. This untrue idea can be the source of guilt and self-condemnation. Therefore, it is important to see that it isn't true.

Today's reading teaches that you have never rejected truth. It has always been with you. After reading today's reading, consider spending some time in awareness-watching-awareness. Find out for yourself if you've rejected truth, or if you ever could.

Thoughts of Awakening # 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

Tips from Regina ~ Day 149, NTI Romans 12

Let's review what we have learned through NTI Romans for a second time:

- Consciousness made a wish to experience itself as different. You are consciousness. This wish is in you and can only be healed in you.
- The creative principle was made through this wish. It creates temporary manifestation through divine declaration, also known as judgment or decision. Each time we judge something, we subconsciously declare it to be real.
- The way to realize everything as consciousness again is to stop declaring manifestation to be real. This is accomplished by realizing you know nothing and by surrendering unconditionally to intuition.

- The creative principal and manifestation are not mistakes. Awakened consciousness loves and enjoys manifestation.
- One obstacle to realizing consciousness as what you are and what everything is, is thinking you are something different. To realize you are consciousness, practice awareness-watching-awareness.
- Enlightenment, or awake consciousness, exists in you now. You are not aware of it because of the attention you place on manifestation.
- Both external symbols and internal spiritual wisdom are provided by your awake consciousness to help turn attention back toward it.
- Another obstacle to realizing consciousness as what you are and what everything is, is thinking the world is real. When you think the world is real, you keep attention with the world.
- The purpose of the world during the awakening phase is to reverse the declaration that made it seem real. Instead of declaring manifestation real, you declare it unreal as it happens. You also declare consciousness as its only reality.

NTI Romans 9 shared tips about how to declare the world unreal. It may be helpful to review the notes you took that day.

Today's reading shares tips about how to declare consciousness as the only reality. I recommend taking notes as you read today's reading. Taking notes will help you remember what you read so you can practice it. Your notes will also be available for easy future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 150, NTI Romans 13

Today's reading says:

The world is an image in the mind, or better said, a picture-thought within the thought of spirit.

Let's review the Four Principles of God and see how it compares to this excerpt from today's reading:

First Principle of God– Pure, unmanifest, life-awareness; abstract, unlimited potentiality.

Second Principle of God– Consciousness, also known as I Am or *Spirit*. It can be called “the thought of spirit” since it is a thought born out of the unlimited potentiality of the First Principle.

Third Principle of God– The ongoing activity of creation, which occurs naturally through the *declarative* interaction of consciousness with that which is witnessed.

Fourth Principle of God– Manifestation, which is the *realm of appearance (experience and images)*. In other words, “a picture-thought within the thought of spirit.”

Today’s reading points out that although the Fourth Principle isn’t real, it is experienced. It doesn’t take much self-honesty at all to notice that you experience the world. If you don’t believe me, pinch yourself. You will experience the pinch.

One reason the world seems real is because we confuse experience with reality. We think that if we experience it, that means it is real. However, you have experienced many nighttime dreams. Were they real?

No, your nighttime dreams were not real.

Therefore, it is easy to see that experience is not the criterion for determining reality.

As we saw on [Day 134](#), the criterion for determining reality is unchanging existence. The world does not meet that criterion, nor does experience, because experience is always changing. (For example, you no longer feel your pinch, do you? That experience has already disappeared.)

Since experience does not meet the criterion for reality, experience is not real. Clearly, the unreal is not a criterion for reality. Therefore, we cannot determine reality by experience.

But, with all of that said, we still experience experience, which is why you felt your pinch.

Because we confuse experience with reality, when experience isn’t reality, we need another way to perceive or interpret our experience. Today’s reading provides that new interpretation.

Thoughts of Awakening # 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

Tips from Regina ~ Day 151, Commentary on the Inner Guiding Force

For the next several days, we will take a break from NTI to read and contemplate commentaries that support the current day's Thought of Awakening. The commentaries are from *Thoughts of Awakening: 365 Thoughts for Contemplation*.

Please read and contemplate each commentary deeply, in the same way that you read and contemplate the Thought of Awakening. Each commentary is a gem in the treasure chest of spiritual wisdom.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 152, Commentary on Surrender

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening each day. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Note from Regina: Sometimes in writings such as this one, people have a strong negative reaction to the word “slave.” In this case, “slave” is a devotional term. As you contemplate today’s commentary, consider this dictionary definition of *slave*:

A device that is directly responsive to another, such as a printer to a computer.

Thoughts of Awakening # 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

Tips from Regina ~ Day 153, Commentary on Self-Love

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 154, Commentary on Calm

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 155, Commentary on Fear

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 156, Commentary on Discernment

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 157, NTI Romans 14

Today, we return to NTI Romans. To me, today's reading is very exciting, because it very clearly lays out one simple thing we can do to reverse the declaration that makes illusion seem real.

On [Day 138](#), we learned about a wish, which created the creative principle, which in turn makes everything in manifestation. We also learned that the creative principle is the judgment, decision or declaration that something is real.

Today's reading says:

Remember that everything you experience, every person, every place and circumstance, is a thought within the mind of you. And each judgment keeps the veil of illusion alive, which hides You from you.

"You" is not the person that you think you are. "You" is consciousness, which is what you actually are. When you judge someone or something, you are not a person thinking meaningless judgmental thoughts. You are consciousness utilizing the creative principle to generate another appearance based on the very same energy that is embedded within your judgment. That's why your judgment "keeps the veil of illusion alive." And within that veil, you appear to be a person in a world instead of the consciousness that you are.

The world is referred to as an illusion, because it is consciousness appearing as something other than consciousness. Since it is consciousness appearing as many different things, "nothing is at it seems."

Why does consciousness appear as many different things, some of which cause extreme suffering in the world?

As we learned on Day 138, it is because you had a wish:

What if nothing was as it is?
What if I could make something completely different,
and make it whatever I want?
What would that be like?

If you look very carefully at judgment, you will notice that judgment, which is the creative principal, is actually an extension of that wish. For example, if I judge someone as too slow, I am wishing that one was faster, which is “something completely different” and not “as it is.” If I judge someone as rude, I am wishing that one acted “completely different” and that the situation was not “as it is.”

In other words, just as consciousness extends itself to create the many appearances of manifestation, the wish extends itself to create the creative principle. Each time we judge something, we are literally keeping the illusion that we judge alive.

It's clear that we do not want the illusion, because we are judging it, but our judgment keeps it going. So, what are we to do?

Our reading says:

In that way, the only judgment that can be applied is that *it is what it is*.

“It is what it is,” also known as acceptance, is the only judgment, decision or declaration that undoes illusion.

If the waitress is moving slowly, it is what it is.

If the cashier is impolite, it is what it is.

“It is what it is” is a decision to accept the experience exactly as it is, including how you feel about it, without wishing it to be different.

If you examine “it is what it is” very carefully, you will notice it is The Loving All Method. In other words, the practice that reverses the declaration that makes consciousness appear as many things is a practice that we've been practicing for more than a year now:

[The Loving All Method](#)

Thoughts of Awakening # 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

Tips from Regina ~ Day 158, NTI Romans 15

Yesterday we learned that the Loving All Method, or the declaration, “It is what it is,” is the way to undo the illusion of many things. On [Day 139](#), we learned that surrender is the way to “unweave your way out of fantasy.”

Let’s pause for a moment and look at how these two practices work.

At its most basic level, illusion is the appearance of two things, the subject (you) and the object (everything else). You are the “I” that experiences everything else, which is “not I.”

The “not I” or object appears as many things, some that are judged as good or desired and others that are judged as bad or not desired. The Loving All Method undoes the judgment that creates the many things and collapses them into one object, which is consciousness.

Once the apparent many things collapse into one object, consciousness, there is still the feeling of “I,” the consciousness that sees, and “it,” the consciousness that is seen. In other words, the complicated many things collapse into the simplistic two things.

Surrender is the practice that removes the “I”. In NTI Acts, removing the “I” through surrender is called merging. When merging is complete, “I” no longer exists, so there

can't be a feeling of "I" and "it." There is only consciousness. Without the "I," non-dual (not two) being is realized.

Today's reading focuses on the process of merging through surrender in order to collapse the "I."

Thoughts of Awakening # 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

Tips from Regina ~ Day 159, NTI Romans 16

On [Day 157](#), we learned that the Loving All Method is the way to collapse the apparent many things into one thing, consciousness.

[Yesterday](#), we learned that surrender is the way to end the apparent false "I," which is the final obstacle to non-dual realization.

Today's reading provides guidance on how to be until the previous two goals are accomplished.

Please take notes as you read today's reading. Taking notes will help you remember what you read.

If there is something in the reading that you do not understand, ask inner wisdom for clarity.

As you read, remember how Jesus was in NTI Mark. Jesus of NTI Mark is the role model that demonstrates the way of being that is described in today's reading. Imagine yourself being the same way in your daily life. Prepare yourself to follow the lead of our role model, Jesus, by envisioning yourself being that way.

Thoughts of Awakening # 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

Tips from Regina ~ Day 160, NTI 1 Corinthians 1

In NTI Acts, we learned about the first three phases of the spiritual path:

1. The Search (NTI Acts 19)
2. Purification (NTI Acts 20 & 21)
3. Service and Merging (NTI Acts 22)

NTI 1 Corinthians focuses on the third phase. It teaches us how to be the servant of inner spiritual wisdom. As the servant, we are in service to unity consciousness as we merge with unity consciousness. As we pass through the third phase, we experience less and less "me" or

false self. Through the third phase, the one that 'I think I am' is gradually laid aside until it cannot be said to exist anymore.

As we learned on [Day 131](#), the second and third phases of the spiritual path overlap. You may be in service as you go through the purification phase, and purification will continue to one degree or another in the service phase. You may not be able to find a distinct point in time when you cross from one phase to the other. Therefore, it is okay to see yourself as in service and in purification simultaneously, if that is how it feels to you. You don't have to complete purification to begin service.

At the same time, one mistake that many people make is being overly eager to enter the service phase. The symptom of this mistake is *seeking* service. Said another way, the hallmark of this mistake is when *your self-will* wants to serve.

The purpose of the service phase is to *relinquish* both self-will and the false self. Therefore, if the self-will and false self are boosted through service or the idea of service, it is the antithesis of the purpose of the third phase.

Instead of wanting to serve, which may be ego driven, it is better to want to be empty of self. The desire to be empty of self is never ego driven. The ego can want to help others; it can want to be a spiritual teacher; it can want to be wise; etcetera, but it does not ever want to be empty of itself. If you focus on the desire to be empty of self—to *have no self-will*—any service that is to occur will occur naturally.

In NTI 1 Corinthians, "empty of self" and "empty of self will" are called "the empty shell."

As already mentioned, the purification and service phases overlap to some degree. That's why today's reading says:

The ego is still within your mind, and it may seem to persist for some time. ...you are to remain aware. For if you do not remain aware and alert to the ego in your mind, you may forget to question your thinking and believe you are listening to Me when you are not. If you remember and remain aware of the ego in your mind, you can continuously question your thinking and seek for the reason you hold. As My servant, you will desire to hold to right-reason...

Both forms of Root Cause Inquiry will help you "question your thinking." The two forms are:

1. [Questioning to discover the true cause of an upset](#)
2. Questioning to discover your motivation, which was taught on [Day 128](#) & [Day 130](#)

You can review the characteristics of the ego's reasoning and the characteristics of right-reason by reading NTI Acts 19 (v23-41) – end.

Thoughts of Awakening # 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

Tips from Regina ~ Day 161, NTI 1 Corinthians 2

Yesterday's tip defined the "empty shell" as being empty of self and empty of self-will. The willingness to be empty is never an ego desire. Therefore, it is a safe desire. It is also a goal or focus that is helpful in both the purification and service phases. Therefore, it is a worthy goal for the individual who wants to awaken and realize truth.

In addition to being a worthy goal for the individual, the desire to be empty is the one individual goal that serves the whole.

Most individual goals create conflict, because most individual goals come from self-will, which is highly personal and conflicts with other persons. It is extremely fair and honest to say that all conflict comes from self-will.

The desire to be empty of self-will, however, is different. It is the only individual goal that does not create conflict, because there is no self-will in it.

As today's reading says:

As an empty shell, you are filled by Me.

The "Me" in that sentence is the natural wisdom and love of awake consciousness. There is no selfishness in awake consciousness, because awake consciousness knows all things as its Self

and loves all things as its Self. Therefore, a human vessel that is moved by awake consciousness is a vessel that serves the greatest benefit of the whole.

A human vessel that is empty serves the whole in two ways:

1. It can serve at the level of dream to reduce suffering and to point toward truth.
2. It serves at the metaphysical level to communicate truth throughout consciousness.

Today's reading refers to "mind." For example, it says:

That which has opened itself to the Spirit of God by becoming as an empty shell has made a statement unto the mind that is its own.

In this context, "mind" is the intelligent faculty in consciousness.

Everything is consciousness, but as you know, consciousness does not recognize itself as consciousness when it is focused outward on thoughts, body and world. Yet, consciousness that does not know itself as consciousness *is* consciousness, and its truth is communicated to itself through its intelligent or comprehension faculty whenever a part of itself realizes itself.

Today's reading is short, but its meaning is far-reaching, since it provides an opportunity to help awaken the entire universe by choosing to become empty at the individual level.

Thoughts of Awakening # 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

Tips from Regina ~ Day 162, NTI 1 Corinthians 3

An “empty shell” is empty of self and empty of self-will. Today’s reading points out that we will not immediately become the permanent empty shell. We need practice in order to learn that we prefer emptiness to self-will. That is the same as saying we need practice in order to learn that we prefer harmony to conflict. You might think you prefer harmony to conflict now, when you don’t, at least not yet. You see, the ego mind likes harmony as long as it gets harmony “my way.” The ego is attached to self-will, which means that when it comes right down to it, it prefers conflict to no self-will.

We need to learn that we want harmony over conflict to the point that we are willing to relinquish self and self-will in order to realize harmony.

If we are willing to let go of self-will, we will be given opportunities to practice. Conflict will arise in our lives, so we can see that the cause of conflict is self-will, and then we can decide if we are ready to lay aside self-will *in that moment* in order to experience harmony.

It reminds me of the opening to Lesson 185 in *A Course in Miracles*:

I want the peace of God.

To say these words is nothing. But to mean these words is everything. If you could but mean them for just an instant, there would be no further sorrow possible for you in any form; in any place or time.

It’s important to note that harmony is experienced within, not on the outside. If I let go of my self-will in a conflict with another person, but the other person doesn’t let go of her self-will, she may still experience conflict. If I want her to experience harmony, that is simply *my* self-will. (i.e., **I want** her to experience harmony.) I can release additional self-will by letting go of my desire regarding her experience.

Today’s reading says:

Your willingness to practice will match with your brother’s willingness to learn, so he may be brought to you, and you will be given your opportunity to practice.

In NTI Romans 13, we learned that the world is “set up for your learning.” It is set up so we can learn the answer to these questions:

What if nothing was as it is?
What if I could make something completely different,
and make it whatever I want?
What would that be like?

Regardless of whether a person is on the spiritual path or not, he is learning the answer to these questions. When his readiness to learn more about, “What would that be like?” matches with your desire to let go of self-will, you are matched in what may appear to be a conflictual relationship, so he can learn more about the experience of self-will while you let go of self-will.

Today’s reading says:

You are eternal and beyond limits of any kind.

The ego has an interpretation of “limitless,” which is a distortion and not related to truth realization. The ego’s idea of limitless is:

I am not limited. I get my way all of the time.

It is better to see limitless as:

I am not affected by anything. Everything can be exactly as it is.

You know yourself as “limitless and beyond all fear” when you have no self-will and you *are absolute*, unqualified love.

Thoughts of Awakening # 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

Tips from Regina ~ Day 163, NTI 1 Corinthians 4

People often resist surrender, because they believe that in surrender they sacrifice something. As today's reading points out, that resistance "comes from the delusion that you are what you are not."

In NTI 1 Corinthians 1, we were told that the "ego is still within your mind, and it may seem to persist for some time." The ego is the idea and feeling of 'me.' As long as the idea and feeling of 'me' persists, surrender will be resisted to one degree or another. If we expect perfect surrender from ourselves before we are fully ready, we create another opportunity for self-judgment. The 'I am bad' belief endures through self-judgment.

It is best to see ourselves as *learning* surrender. It is natural to make mistakes in the process of learning. Children fall when learning to walk. Pianists hit the wrong keys when learning to play piano. Etcetera.

We do not need to judge ourselves for our mistakes, but we can use them to enhance our learning.

In a recent contemplation with inner spiritual wisdom, Teresa from Northern Ireland wrote:

When I worked as a teacher, I would demonstrate a new mathematical process to the children on the blackboard. They appeared to understand, but it was only when they started making mistakes, when asked to complete some exercises by themselves, that they realised where they were going wrong. That's like me. I think I understand while I am reading, etc. but the rubber only hits the road when I'm in my daily living.

Inner wisdom responded:

You can view your life in the world as those little children doing their mathematics. Learning from their mistakes is the only way they are going to have success. Then they have to practise, practise, practise in order to become unconsciously competent.

Just like children who are learning math turn to their teacher for help when they make mistakes, we can turn to the inner teacher for help when we make mistakes. The inner teacher will help us see the mistake with clarity and help us see the correction *without judgment*. That is how children learn math, and that is how we learn to be the empty shell. Today's reading says:

Therefore, when you believe you have made a mistake, turn to Me. Ask Me to use your perception for your learning. In this way, you open yourself for another thought of Mine to be revealed.

Every time we turn to inner spiritual wisdom, we receive spiritual wisdom, and that is how we learn.

You are becoming skilled at going within and receiving wisdom. Be willing to use that skill to look at your mistakes. If you do, you will receive insight that is specifically and directly helpful to you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 164, NTI 1 Corinthians 5

In NTI 1 Corinthians 1, we were told, "The ego is still within your mind." Since the ego is still in the mind, discernment is an important factor for one who is learning to be an empty shell.

On Day 156, we contemplated the Commentary on Discernment from *Thoughts of Awakening*. That commentary said:

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

That means that discernment isn't confused by the words or story in a thought. Discernment senses the vibrational signature of the thought's source. It knows if the thought is ego or intuition, because it is familiar with the characteristics of ego and spiritual wisdom.

Today's reading expands on that message. It points out that thoughts that lead you to believe in illusion are ego, and thoughts that lead you from illusion are spiritual wisdom. This is a simple message that can help identify the vibrational signature or pitch of both ego and spiritual wisdom, if you are genuinely interested in letting go of ego and awakening to truth. However, if you are more interested in securing peace, happiness or a sense of safety in the world, you will continue to be attracted to ego, which chatters about how to get peace, happiness and safety in the world.

I recommend reviewing the Commentary on Discernment before reading today's reading in NTI. That way, you can contemplate the commentary and today's reading together.

The last paragraph in today's reading is a very important tip that will help you avoid a common mistake. People frequently be~lie~ve they know other people's thoughts, when they are simply believing ego in their own mind. For example, if John's mind thinks, "Gerty thinks I'm lazy and irresponsible," John presumes that is what Gerty thinks. John doesn't realize that idea is self-judgment *in his own mind*.

People often tell me what they think I am thinking, and their thoughts are very far from the truth. Usually, I am thinking nothing at all. I am simply watching the moment unfold. Their thoughts about my thinking are classic projection.

Your thought, which is projected as 's/he thinks' is a sly trick of the ego. It can mislead you, and then you miss an opportunity for discernment. You can avoid being misled by noticing:

1. The thought is in your mind.
2. It is an ego thought, so it is a thought you want to let go of.

Thoughts of Awakening # 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

Tips from Regina ~ Day 165, NTI 1 Corinthians 6

Today's reading asks, "Do you disagree with your brother?"

Whenever you find that you disagree with anyone, it is a good time to practice inquiry. Look to see if you are attached to self-will. Look to see if you need to practice root cause inquiry to discover a hidden motive or belief.

Inner harmony is the sign of an empty shell. Disagreement doesn't arise out of pure emptiness. That doesn't mean that emptiness agrees with everyone. Agreement is just another position. Instead of agreeing or disagreeing, emptiness accepts everyone, allows them to be as they are, trusts all things as they unfold and acts intuitively.

Today's reading also asks, "Do you have thoughts of temptation in your mind?"

A temptation is a desire, craving or impulse to do something wrong or unwise. For our purposes, we can say that a temptation is a desire, craving or impulse that arises from ego conditioning.

It's helpful to notice how each of us is a slave to ego conditioning. I used to parent by yelling. That's the first adverse conditioning I chose to transcend. Other examples of conditioning that I actively chose to transcend are the desire for control, poor eating habits and too much TV.

How does one transcend adverse ego conditioning?

1. Recognize that the habit is contrary to your spiritual aspiration.
2. Inquire to see if there are false ideas driving the habit. For example, I yelled at Jasmine because of a mind-made law that daughters are supposed to respect (always happily obey) their mothers.
3. Notice when the temptation arises, and practice rest-accept-trust instead of giving in to it.
4. Do not judge yourself when you do give in to the temptation, but continue to gently realize your desire to transcend that conditioning. If you do judge yourself, rest-accept-trust with the feelings that arise from judgment.
5. Be patient and remain lovingly motivated to transcend the ego conditioning you've identified.

Thoughts of Awakening # 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

Tips from Regina ~ Day 166, NTI 1 Corinthians 7

Here are answers to some questions that might come up as you read today's reading.

When NTI asks us to empty the shell, what is the shell?

The shell is the person—the apparent human being that is regarded as an individual. When the person is empty, it is a vessel for truth. It is moved by truth, and truth speaks through it. An enlightened one is an empty shell, empty of self and self-will.

What is the difference between letting go and repression?

When a person lets go of a thought, there is a realization that the thought isn't what is wanted. Since the thought isn't wanted, it's let go, just like you might let go of something that is taking up space in your house when you realize you no longer want it. If an idea has been believed to the point that an emotion was created, you'll also need to rest-accept-trust as the accompanying emotion moves through and out of the body-mind.

When a person represses a thought, there is a fear that s/he is bad for having that thought in the mind. Repression is more like hiding something in a dark corner in the basement of your house, because you don't want it to be seen. Whatever is stored in the basement is still in the house, taking up space.

By learning to *feel the difference* between realization and fear, you can discern if you are letting go of thought or repressing it. If you find you are repressing it, you can realize you don't want that, and then relax into letting go.

What are points of experience?

As we learned in NTI Romans, ignorance began because we wanted to experience something different than truth. "Points of experience" are illusory thoughts that fulfill that wish by creating emotion.

Let's look at how points of experience create illusory experience.

Imagine that you are standing with a conveyor belt in front of you. Hundreds of needles are passing by on the conveyor belt. There are several different color needles. There are pink needles, blue ones, gray ones, yellow ones, etcetera. Each needle is standing on end, with the sharp end of the needle pointing up. As the needles pass by, you feel compelled toward some of the needles. When you reach out and touch a needle, it pricks your finger, and you experience the emotion that is associated with that color needle. Eventually, you become addicted to some of the emotions. Even though you don't like the emotion, you continually touch needles of that same color and continually experience that emotion.

That is how points of experience create illusory experience, except instead of a conveyor belt with different colored needles, we experience illusions that are different from truth by giving attention to thoughts. Thoughts float by, just like needles on a conveyor belt, and we feel compelled to give our attention to some of them, and then we experience the emotions associated with those thoughts.

In order to empty the shell of illusory experiences, we need to see that although we feel compelled to give attention to some thoughts, we aren't compelled to give them attention. We are free to give attention to a thought or let it go on by, as if on a conveyor belt, regardless of what the thought is. If we've already picked a thought up from the conveyor belt, we are free to lay it back down, and it will move on as the conveyor belt moves on.

As previously mentioned, we let go of a thought by realizing we don't want it, and the best way to realize what you don't want is to remember what you do want—your spiritual aspiration.

Thoughts of Awakening # 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

Tip from Regina ~ Day 167, NTI 1 Corinthians 8

Yesterday's tip ended with this statement:

As previously mentioned, we let go of a thought by realizing we don't want it, and the best way to realize what you don't want is to remember what you do want—your spiritual aspiration.

Today's reading is about the importance of remembering what you want by focusing on the heart instead of on thinking.

One advantage of Gentle Healing is that we take time each day to focus on the heart through reading, contemplation and meditation. Without this daily focus, we would most likely be slaves of the head instead of servants of the heart.

It is just as Jesus taught when he walked on the shores of Galilee:

Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

Dependence on the mind is like building a house on sand. Dependence on the heart is like building a house on a foundation of rock.

Thoughts of Awakening # 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

Tips from Regina ~ Day 168, NTI1 Corinthians 9

Today's reading is about our identification with thought. It's about how thought thinks it is what we are, and we also think thought is what we are. The reading says:

The voice that thinks it is you has convinced you that it is you also, and so you listen to this voice as if it is you.

What is the "you" that thinks it is thought?

We can answer with labels like, "I am consciousness," "attention," or "awareness," but instead of doing that, let's look.

Can you see what you are?

Can you see how you give yourself to thought as if thought is what you are when thought is not what you are?

Can you see how you can hold back from giving yourself to thought?

Can you see how you can relax into a general openness that is the empty shell instead of being concentrated on thought?

Can you see how in this moment, you actually *are* general openness, even when some part of you is concentrated on thought?

Nisargadatta Maharaj once said:

I am that which knows I am.

Can you see (be aware of) that?

I recommend practicing a few minutes of awareness-watching-awareness with Self-inquiry before reading today's reading. If you are clear on yourself when you read, the reading will be clear.

Thoughts of Awakening # 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

Tips from Regina ~ Day 169, NTI 1 Corinthians 10

Today's reading is very powerful and should be read slowly and contemplatively. I also recommend reading it more than once today, possibly once in the morning and once in the evening.

Humans are addicted to self-judgment. Today's reading points out that if we judge our self as good or bad or simply mistaken, we are not empty. Just as emptiness does not believe the mind's stories, emptiness does not judge. Emptiness is silent watchfulness, including silently watching the body-mind that seems to be 'me.'

Focus on the idea of emptiness as silent watching. Can you be empty by silently watching everything, including what your body-mind does or doesn't do?

The reading says:

Everything is permissible, but not everything is beneficial.

That sentence is not an opening to judge one's self. There is a balance that only emptiness knows how to maintain. That balance is silent watching combined with discernment and acting based on intuitive guidance. However, silent watching is the over-arching beingness. In other words, silent watching watches the body-mind discern and act based on guidance, or not.

As an example, let's imagine that someone says something. In my forgetfulness, I get annoyed and say something from annoyance, and then I see that. Immediately, I choose to shift into silent watching—*not judgment*. As I become empty, a realization that an apology would be beneficial comes from intuition. Abiding in silent watching and without any expectations, I apologize. I remain in silent watching and let whatever happens happen. I am also tuned-inward to intuition for my role in the play. I play my role and silently watch the play, including my role in it, simultaneously.

The simultaneous balance maintained by emptiness is silent watching, discernment and acting based on intuition.

In my example above, I spoke from annoyance, saw that, and then shifted into silent watching *without self-judgment*. I can do that now, but I admit there was a time when I couldn't do that. Back then, self-judgment fired so quickly that I couldn't stop it from happening. At that phase in my journey, I learned to shift into silent watching (or rest-accept-trust) and watch the automatic self-judgment, as well as any emotion that was created by self-judgment. Rest-accept-trust are the training wheels that teach silent watching.

In other words, shift into silent watching or rest-accept-trust whenever you can. If you can silently watch your body-mind without judgment, do that. If self-judgment seems automatic, watch that. If there is a lot of guilt or emotion that you feel nearly compelled to believe, practice rest-accept-trust. Whatever you can do to move out of full believing and toward silent watching is beneficial.

Thoughts of Awakening # 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

Tips from Regina ~ Day 170, NTI 1 Corinthians 11

Today's reading says:

I lead you where you want to go. Do not fear that I will ask you to do what you do not want to do. I cannot do that, because I know what you are.

It also says:

I can only want for you that which you do want. This is why you have the freedom to choose dreams of illusion, if that is the experience you desire. I will not take from you that which you desire.

If you ask a human what s/he wants, you might get a list of hopes and dreams. When awake consciousness says, "I lead you where you want to go," it does not mean that it will lead you to achieve all of those hopes and dreams. Awake consciousness has a

different point-of-view. From its point-of-view, there are only two things you could want: truth or illusion. And right now, you desire only one of those two. You desire truth or you desire illusion. If you think you desire both truth and illusion, you desire illusion, because there is no illusion in truth.

When awake consciousness says, “I lead you where you want to go,” it means that it leads us to truth. Yet, if we are not ready for truth, it waits *gratefully*. It sees us as we are—as *consciousness*—and it wants for us what we think we want. So if we want the experience of illusion, it is grateful that we experience illusion.

Of course, if we choose illusion, we choose duality. Duality will never be “all good,” because it includes the swings of change. Nothing is constant in illusion. Everything eventually ends. Illusion is never wholly pleasant to the mind that desires it.

Our reading says:

I will never make you suffer, because I know you cannot suffer.

This is not speaking to a person in a world, because a person can suffer. This speaks to our truth. Awake consciousness does not see us as persons. It sees us as we are. It does not arrange the universe to suit the person. It lets the universe unfold as it is created through the creative principle, and it continues to remind us that we are *before* the world and *before* the creative principle. We are unaffected, untouched consciousness. The world is meaningless to what we are—meaningless, because the world cannot affect or change what we are—just as a gnat on the back of an elephant is meaningless to the elephant.

Thoughts of Awakening # 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

Tips from Regina ~ Day 171, NTI 1 Corinthians 12

Today's reading reminds us that judgment is the tool that makes illusion. It says:

Judgment is the tool of illusion, so as long as you desire illusion, judgment is a tool you will hold dear.

This is a very important point. When we see ourselves as people living in a world that matters, we also feel that judgment is necessary. We feel we need to judge what we see as political injustices. We feel we need to judge crimes against humanity, crimes against animals, crimes against the environment, and etcetera. But what we don't see is that with each judgment, we engage the creative principle and continue making the illusion that we judge.

Verse 29 of the Tao Te Ching says:

Do you want to improve the world?
I don't think it can be done.
The world is sacred.
It can't be improved.
If you tamper with it, you'll ruin it.

The world is “sacred,” because it is consciousness. Even the circumstances of the world are “sacred,” because they are the decision of consciousness through the creative principle. One who sees this, sees the world as it is, and she does not judge what she sees. She accepts the appearance as it is and loves the power that is behind the appearance.

Not seeing the world as it is and judging that it should be different is “tampering” with it. Through tampering, new illusions arise from the same energies as previous illusions. In

this way, the world continues to go round and round and round, looking different as specific circumstances change, but caught in a loop, repeating itself, without any meaningful change at all.

It is as Jesus said 2,000 years ago:

When you hear of wars and rumors of wars, do not be alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be earthquakes in various places, and famines. These are the beginning of birth pains. (Mark 13:7,8)

When Jesus told the apostles, “do not be alarmed,” it was the same as saying, “do not judge; accept the situation as it is.”

When Jesus said, “but the end is still to come,” and “These are the beginning of birth pains,” he taught what today’s reading teaches:

When you look [at the world] with Me, there is nothing to judge. For everything works for the healing of one mind. There is no error, and there is no mistake. There isn’t one single flaw. There is only one mind listening to itself and recognizing which self is true. It is an awakening, a growing recognition, and it is perfect in every way.”

Or, as NTI Romans 14 said:

The experience is the experience it was made to be. It is the perfect reflection of a wish. It is everything you asked to see.

In this way, you may be grateful for everything you have made. You asked a question, and you have discovered the answer. ... You do not want Love different than it is, for as it is *is* Love, and Love is all you truly want.

Thoughts of Awakening # 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

Tips from Regina ~ Day 172, NTI 1 Corinthians 13

Yesterday's tip ended with:

You do not want Love different than it is, for as it is *is* Love, and Love is all you truly want.

What is Love?

There are 21 definitions of "love" on [dictionary.com](https://www.dictionary.com), and none of those definitions define "Love" as it is meant when it refers to reality.

The reason none of the definitions accurately define Love is because nearly all of the definitions in the dictionary are based on duality, the love of one for another, whether that is the love for another person or another thing. The only exception is the definition of "love" as it is used in tennis. In that case, love is "a score of zero; nothing." Interestingly, that definition comes closest to Love.

The best way to define Love is:

Openness or the all-inclusive nature of emptiness.

Its opposites are judgment and division.

People often ask, "Why does God allow...?" as if there are some circumstances that God should reject.

Today's reading says:

The reason for all things is Love.

Or said another way, God is the openness or the emptiness that enables and allows all things. As emptiness, it is incapable of rejection. It is as the Tao Te Ching says in verse 11:

We shape clay into a pot,
but it is the emptiness inside
that holds whatever we want.

We hammer wood for a house,
but it is the inner space
that makes it livable.

Emptiness does not reject or obstruct anything.

Emptiness enables and allows all things.

Love enables and allows all things.

The mind judges and divides. The mind cannot know Love.

Only emptiness can know Love. Only emptiness knows emptiness. If it is not empty, it is not Love.

The ego may suggest that emptiness is an uninteresting neutrality—a kind of “blah.” That is not true, which is why emptiness is called Love. However, to know Love you must become Love. Only through the direct experience of being it can you know it.

Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. ...

God is love. Whoever lives in love lives in God, and God in them. (From 1 John 4:7-16)

Love is as the Tao Te Ching describes the master in verse 12:

His heart is open as the sky.

Thoughts of Awakening # 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

Tips from Regina ~ Day 173, NTI 1 Corinthians 14

We are Love. We *are* the all inclusive nature of emptiness. That is our truth. Yet, we do not see ourselves as we are, because we attribute qualities to the emptiness, and we claim those qualities as what we are. In today's reading, those qualities are called "the mask." The reading says:

Surely the one under the mask is the creator of everything that makes up the mask.
Surely the one who made the mask is beyond the mask that he made.

Here is a message that I received from Inner Wisdom several years ago. It is related to today's reading:

To see that you are not who you think you are, remember first that all ideas are in the mind. Remember all ideas are the same, in that *they are* all ideas and they all exist within the one mind that is you.

When you have a grasp on the realization that ideas are only ideas and they live only in the mind that is you, try this exercise:

Take a piece of paper and draw a line down the center to make two columns. At the top of one column write, "What I think I am." At the top of the other column write, "Then I must also know."

Now look at the personality-body that you call you, which is actually only a filter of ideas. How would you describe that personality-body using one word adjectives? List those adjectives in the first column.

Each adjective that you have used to describe the personality-body has an opposite. Write its opposite in the second column next to the corresponding adjective.

When you've finished this, look at both columns. Remember that everything you look at exists only as ideas in the mind. Now, see that both sets of ideas *are* in the mind. Where there is beauty, there is ugly. Where there is smart, there is dumb. Where there is skilled, there is unskilled.

In order for you to know the experience of feeling beautiful, you must have at some time felt ugly. To know feeling smart, you must have felt dumb. To know skilled, you must have felt unskilled. Only by feeling both can you know both, and only by knowing both can you 'choose between' in order to identify yourself *as*.

In other words, both sets of opposites have been a part of your experience or you would not be aware of either. And if both are a part of your experience, can you truly be defined as only one?

If you are experiencing ugly, you have experienced beautiful, so which are you truly? If dumb, then smart also. And if unskilled, skilled.

As you look at these two columns, you will realize you know both experiences. This is the only way you can make comparisons, and only through comparisons can you 'choose between' in order to define. Accept that this is true. In this acceptance, definitions begin to fade.

If you are both, can you be either?

Think on this today, and be glad. In accepting this you release your hold on the false. In releasing your hold on the false, you open to only that which is true.

If you take the time to carefully complete the exercise suggested in the previous message, it will help you see through the mask that you carry around in your mind as you. I recommend creating the list and contemplating it to discover if you have felt/experienced the adjectives in both columns. Once you've done that, consider this:

If you are (or have been) both, can you be defined as either, or are all definitions false?

Here is an example of the list requested in the exercise, except your list should be modeled after how you define yourself:

<u>What I think I am</u>	<u>Then I must also know</u>
smart	stupid
intuitive	thinker
flexible	rigid
caring	inconsiderate
responsible	irresponsible
self-centered	compassionate
scared	fearless
foolish	wise
air-head	aware
untalented	talented
outdoorsy	indoorsy
busy	free
victim	in control
healthy	sick
loner	extrovert
generous	miser
trusting	distrustful
self-conscious	self-confident
yielding	stubborn
industrious	lazy

Thoughts of Awakening # 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

Tips from Regina ~ Day 174, NTI 1 Corinthians 15

On [Day 172](#), we saw that emptiness is Love.

[Yesterday](#), we saw that the qualities we attribute to ourselves are the masks we wear that hide our emptiness.

Today, we get a glimpse of the experience of emptiness, which is being awake to Love. It is being awake to consciousness, which is the second principle of God.

Today's reading says:

As you walk the earth, you know where you walk, so that the earth is merely a symbol within the mind. You shall not know brothers, but you shall talk to them.”

When one is awake to consciousness, one knows everything as consciousness. This is not an intellectual, learned knowing. It is the seeing that occurs when we are empty. It is as Nisargadatta described:

Love says ‘I am everything.’ Wisdom says ‘I am nothing.’ Between the two, my life flows.

It is through not-knowing, not-defining, and not-judging (not-declaring) that all wisdom arises spontaneously, including the wisdom of being with life as it is joyously.

Today’s reading also says:

What is received when all that is false has been let go is only that which reflects truth. ... It is upon this recognition, which is the completeness of recognition within time, that you enter the fourth and final earthly phase of the path of truth with me. ...

The purpose of your life in the fourth phase of living on earth shall not be different than the purpose at any other time. Only now, in the fourth phase, the distractions have been erased. ... Now, in the fourth stage, your focus is complete.

In NTI Acts, we learned about the first three phases of the spiritual path:

1. The Search (NTI Acts 19)
2. Purification (NTI Acts 20 & 21)
3. Service and Merging (NTI Acts 22)

Up until this point, NTI 1 Corinthians has focused on the third phase by teaching us how to be the servant of inner wisdom. Through service, merging occurs. The fourth phase of the spiritual path occurs when merging is complete. It is the state of true perception. It is the stage of unity consciousness. It is being awake to the ‘I am,’ the second principle of God. However, it is still a “phase” or “stage,” both of which are a period one *passes through* in a process or development.

What comes next?

Awakening to the first principle of God.

That’s why the reading says:

The purpose of your life in the fourth phase of living on earth shall not be different than the purpose at any other time.

The purpose of the fourth phase is to complete the awakening process by awakening from 'I am' consciousness to the absolute.

As the reading says:

The one that seems to be in the fourth stage is but a symbol of the truth that is. So this one must pass away also. But in its passing, you pass from a final illusion of beauty to Beauty that cannot be contained in illusion.

What's most important for us to know is that we awaken to the second principle of God, which is the bridge to the first principle of God, by becoming empty. Being empty is being egoless. Emptiness is the prerequisite to awakening, so emptiness, which includes empty of self and empty of self-will, is our focus now.

Thoughts of Awakening # 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

Tips from Regina ~ Day 175, NTI 1 Corinthians 16

Does it matter how we *be* prior to awakening?

NTI does recommend specific ways of being as we walk this path of awakening.

Why does how we *be* matter?

Because our way of being either supports and reinforces ego or it ignores ego. The way of being that ignores ego is most helpful in the process of awakening. The way of being that ignores ego abides by conscience and inner spiritual wisdom.

We were first introduced to the importance of our way of being on [Day 2](#) when kindness was emphasized as a way of being. Recently, NTI Romans 16 highlighted ways of being including patience, trust, humility, honoring others and being discerning within our own minds. Today's reading also focuses on ways of being.

Just as you did on [Day 159](#), takes notes on the ways of being presented in today's reading. As you do, contemplate the importance of being in a way that emulates the true Self instead of bolstering ideas of division, self-will and self-centeredness. If it feels right for you, review your notes from Day 159 as part of this contemplation.

Thoughts of Awakening # 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

Tips from Regina ~ Day 176, NTI 2 Corinthians 1

On [Day 166](#), we learned about “points of experience.” We learned that points of experience are thoughts that give us an emotional experience, so we can have an experience that is different from truth. These thoughts typically enter the mind as stories, which we are enticed by. When we believe these stories, we experience the emotion(s) derived from the story's thought-energy. We can also become addicted to some emotions—such as anger, jealousy, guilt and worry, to name a few—and then we tend to feel strongly compelled to believe stories with those energies as their base.

When we feel compelled to believe stories with particular energies as their base, we feel as if we are at the mercy of situations in the world. For example, if I am addicted to worry, I find many situations in the world that I believe cause me to worry. I think worry is necessary, because of everything that is going on in the world. I don't realize that I experience worry because of the thoughts I listen to in the mind. I also don't realize that I could have a different experience if I made different choices *in the mind*.

Today's reading emphasizes that our experience comes from the choices we make in the mind, not from the world as it appears.

Every situation in the world can be interpreted through inner spiritual wisdom or it can be interpreted by the ego. The ego is the projection of the wish for experience that is different from truth, so when a situation is interpreted by ego, it will give an experience that is different from truth. However, inner spiritual wisdom's interpretation points toward truth.

We will experience ourselves as subject to the world's circumstances or we will see ourselves on a path of awakening, depending on the interpretation we choose in the mind.

Again, it's not what is happening in the world that affects our experience. It is the interpretation that we listen to that affects our experience.

The empty shell listens to the silent message of truth, and so it experiences the bliss of truth realization. Before we have become the empty shell, inner spiritual wisdom interprets every event in a way that moves us towards emptiness. It interprets every event for the healing of the mind. The mind heals by letting go of what isn't true while accepting the truth as it is.

Thoughts of Awakening # 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

Tips from Regina ~ Day 177, NTI 2 Corinthians 2

Yesterday's reading pointed out that our experience comes from the thoughts we listen to in the mind instead of from the outer appearance. It recommended that we listen to a “true interpretation” instead of a false one. Allowing attention to shift from one interpretation to another is called “changing your mind.”

Today's reading points out that it isn't just the act of changing our mind that affects our experience. Our motive, or *the reason* that we change our mind, is also important.

Today's reading begins:

Do not change your mind out of fear, but out of love, for Love is the only power that is real.

When you change your mind out of fear, you attempt to change your experience, because you believe your experience is lord.

There are three definitions of fear below this paragraph. Please read the first definition of fear, and then read the sentences above from today's reading with that definition in mind. Next, read the second definition of fear, and then read the sentences above with that definition in mind. Do the same with the third definition. As you do this exercise, let clarity arise regarding how you change your mind out of fear. If it feels helpful, take time to journal about it. You can ask

spiritual intuition, “How do I change my mind out of fear?” After you’ve practiced this exercise, continue reading the tip.

Definitions of fear:

1. A strong, distressing emotion that arises when we anticipate danger, regardless of whether the threat is real or imagined.
2. Anxious concern or anticipation that something unpleasant is going to occur.
3. The desire to escape something unpleasant.

~ ~ ~

Love is emptiness. Emptiness does not have an ulterior motive. While in the process of purification, we can say that love has no motive except for your spiritual aspiration.

When we change our mind out of love, we aren’t trying to change any external or internal experience. We change our mind simply because we want truth. There is no attempt to manipulate experience.

When we change our mind in order to manipulate experience, our motive is fear. If our motive is fear, fear is fed into the creative principle, and fear will continue to be experienced.

Do you remember this loop of experience?

What I think, I see (perceive).
What I see, I experience.
What I experience, I think.

(And the loop continues.)

Ulterior motives are “What I think, ...” Ulterior motives feed into the creative principle and the loop of experience.

That means that in addition to watching the overt thoughts in the mind, we need to be alert to covert motives. You can discover hidden motives through root cause inquiry. You can do root cause inquiry through journaling, or you can do root cause inquiry through looking. You can simply look and ask yourself questions like, “What is my motive?” or “Am I trying to avoid anything?”

Today’s reading says:

Choose instead to be independent of your experience.

Independent means “free from outside control.” We typically call that “unaffected.”

One who is independent of outer circumstances has no need to change those circumstances. She can let outer circumstances be as they are.

Likewise, one who is independent of emotional experiences has no need to change or get rid of emotions. He can let them be as they are.

It's also true that one who is independent is not engrossed in mind's stories. One who is independent desires only truth, and if that one finds himself listening to stories, he will change his mind simply because he seeks truth. That is changing one's mind "out of love."

Thoughts of Awakening # 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

Tips from Regina ~ Day 178, NTI 2 Corinthians 3

Yesterday's reading said:

Choose ... to be independent of your experience.

Independent means free and unaffected.

Awakeness is free from the world and unaffected by it. That is why Jesus, as *awakeness*, said:

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world. (John 16:33)

In NTI Romans, we learned about the curiosity that created the creative principle, and via the creative principle, create the world and the ego. That curiosity is:

What if nothing was as it is?

The ego and the world, which are created through and *for* this curiosity, are *necessarily* not truth. They are appearances created through the creative principle, and their appearance appears as anything but truth. That's why they are called "illusion."

To look at something that is created specifically for the purpose of appearing different from truth and to hope to find evidence of truth in it is foolishness. Yet, that is a mistake that spiritual seekers make all of the time.

For example, one democratic-minded spiritual seeker was thrilled when Barack Obama was elected president of the United States in 2008. She saw his election as evidence that the world was awakening. Of course, since then Donald Trump has been elected president and has undone many of the policies Barack Obama put in place. Does that mean the world has fallen asleep again?

What about when a war ends, such as World War II? Is that a victory for awakening? What about the wars and crimes against humanity that have occurred since then?

What about when a personal problem is resolved? Don't new problems arise to replace it?

The world is an appearance that is made to appear different from truth. One of those differences is change. If you watch the world carefully, you will notice that change is the world's greatest constant. (Admittedly, it is change within a limited buffet of reoccurring problems.) Sometimes the world changes so that specific situations are temporarily "good" by the mind's standards, but "good" will always eventually be replaced by "bad."

Look carefully at the world, regardless of whether your mind judges it as "good" or "bad," and realize that it's not truth. It's not truth, and truth can't be found in the world.

Let the world be as it is. Don't seek truth by seeking permanent good in the world. You will eventually be disappointed.

Seek truth by looking within. Find that which is absolutely changeless. See that is what you are, and abide as that. You are the only truth that can be found in the world—and actually, the world is an appearance in you.

Know your Self, and be your Self. Truth is known by being it.

Thoughts of Awakening # 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

Tips from Regina ~ Day 179, NTI 2 Corinthians 4

On [Day 170](#), we saw that although people think they have many desires, awake consciousness sees only two possible desires: truth or illusion. Today's reading asks us to consider carefully which of these two we want. It also points out how we express the desire for illusion and how we express the desire for truth. The reading says:

Are you thinking of the illusion of the world as if it is real? If so, you are expressing your desire to accept the veil of darkness. Is this your true desire? If not, why do you permit yourself to express it through the activity of your thoughts?

Watch your thoughts. Ask them to express your true desire.

How can our thoughts express true desire?

Here are some suggestions:

1. Repeatedly contemplate the Thought of Awakening and what you received from spiritual wisdom regarding the Thought of Awakening throughout the day.
2. Review the day's tip, possibly a few sentences at a time, throughout the day. Mull over that small portion and let related thoughts come into your mind.
3. Use the mind to ask questions of surrender like:
"What am I to do now?"
"How am I to see this?"
"How am I to respond?"
4. Use the mind to practice s/Self-inquiry with questions like:
"What sees this thought?"
"What is here now that is constant?"
"What am I?"
5. Pay attention to awareness.

6. Practice a [Name of God mantra](#).

Today's reading says:

Your thoughts must do as you ask, because you are the thinker of your thoughts.

A thinker is one who has an intention regarding thought, so when NTI says "you are the thinker" it means that you get to choose the intention in the mind. You can decide if attention will wander with any thought that arises, or if it has an intention to focus on truth and let other thoughts go.

Thoughts of Awakening # 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

Tips from Regina ~ Day 180, NTI 2 Corinthians 5

On [Day 178](#), we were reminded that the world comes from the wish, "What if nothing was as it is?," and so the world is *necessarily* not truth.

Consider this quote by Ramana Maharshi:

Happiness is your nature.

If happiness is our true nature, but we asked to experience something different from truth, doesn't that mean that we asked for experiences that are different from happiness?

We can each list a number of experiences that we have in the world that are different from happiness. For example: stress, worry, jealousy, unworthiness, guilt, anger, frustration, confusion, embarrassment, regret, grievance, insulted, stereotyped, imposed upon, and the list continues.

The Ramana Maharshi quote says:

Happiness is your nature.
It is not wrong to desire it.
What is wrong is seeking it outside when it is inside.

It isn't a question of whether we want happiness or not. Since happiness is our true nature, it is our nature to want happiness. The question is merely this:

Do we think we will find happiness through "right" circumstances in the world, which is created to give us an experience different from happiness, or do we realize that happiness is found by knowing and being our Self?

If our thoughts are focused on the world, the underlying motive is an experience that is different from truth, which is different from our true nature—*different from happiness*.

In the loop of experience, motive is "what I think." And "what I think, I see; what I see, I experience." So if our motive is "different from truth," we experience "different from truth." In other words, when our attention is focused on thoughts about the world, we currently desire "different from truth," and we will experience it.

Or, as today's reading says:

Your thoughts form your experience. This is a literal statement, and it is to be taken literally.

Through intention, our thoughts can be used to let go of illusion and remember truth. For a list of ways our thoughts can be helpful, review [yesterday's tip](#).

Thoughts of Awakening # 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

Tips from Regina ~ Day 181, NTI 2 Corinthians 6

Today's reading opens with this paragraph:

Now is the day of salvation, for now is the day that you can choose to think apart from the world. You can choose to think apart from your experience. As you do this earnestly, your experience will change, and you will find yourself willing to let go of the world.

Interestingly, the previous paragraph does *not* end with:

As you do this earnestly, your experience will change, and you will have everything you want the way you want it.

Instead it says:

As you do this earnestly, your experience will change, *and you will find yourself willing to let go of the world.*

Yesterday, we saw that Ramana Maharshi said:

Happiness is your nature.
It is not wrong to desire it.
What is wrong is seeking it outside when it is inside.

Everyone wants happiness. Since happiness is our true nature and we feel lost from our true nature, it is natural to seek happiness. However, it is a mistake to seek happiness in the world, because the world was created to be different from truth, which means different from our true nature. Happiness cannot be found in the world. Happiness can only be found in our true nature.

Some people may argue against this point by saying that although they aren't always happy in the world, they do experience some happiness in the world. They might argue that they are happy when they are with their children, grandchildren, lover, pets or favorite hobbies.

Let's look at that more carefully and see if these things truly bring us happiness.

Has there ever been a time when you were with your children, grandchildren, lover, pet or favorite hobby and you felt something other than happiness? Have you ever felt

distracted, worried, frustrated, annoyed, disappointed or any other way that was not happiness when you were with your children, grandchildren, lover, pet or favorite hobby?

If so, then we can say that your children, grandchildren, lover, pet or favorite hobbies don't bring you happiness consistently, since you don't *always* feel happiness with your children, grandchildren, lover, pet or favorite hobbies.

Next, let's see if these things ever bring you happiness or if happiness has a different cause.

First, let's examine what your true nature is. We have called your true nature "consciousness," "awareness," "life," "emptiness" "openness" and "Love." Another term that we can use is "being." Whenever you are simply being open awareness, accepting the current moment as it is without a wish for it to be different, you are abiding as your true nature. Since your true nature is happiness, you experience happiness when you are being your Self.

Recall a moment when you were *not* happy with your children, grandchildren, lover, pet or favorite hobby. Look at what was in your mind in that moment. Notice that you were judging something. You thought something should be different than it was. The cause of your unhappiness wasn't your children, grandchildren, lover, pet or favorite hobby. The cause of your unhappiness was your judgment.

Now, recall a moment when you were happy with your children, grandchildren, lover, pet or favorite hobby. Notice you were not judging in that moment. You were not wishing things were different. You were simply being with the moment. You were open and aware without judgment. You were abiding as your true nature, and *that* is why you were happy. Happiness is your true nature. Since you weren't blocking your true nature with judgment, you were naturally happy.

This is important, because if we think certain things or certain circumstances in the world make us happy, there will always be other things and other circumstances in the world that we believe make us unhappy. This leaves us seeking those things we think make us happy and trying to avoid those things that we think make us unhappy. We start trying to control the world around us, which we can never do, and we become completely lost from our Self and our joy.

"Think apart from the world" is another way of asking us to abide as our Self regardless of the current circumstances. It is another way of asking us to be open awareness without asking things to be different. When we learn to be with every circumstance in this way, we abide as our Self, and we are happy *because our Self is happiness*.

The opening paragraph from today's reading says:

Now is the day of salvation, for now is the day that you can choose to think apart from the world. You can choose to think apart from your experience. As you do this earnestly, your experience will change, and you will find yourself willing to let go of the world.

The reason thinking apart from the world prepares us to let go of the world is because we learn that happiness isn't found in the world. It is found in our true nature. At that point, abiding as our true nature becomes our only real goal.

Thoughts of Awakening # 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

Tips from Regina ~ Day 182, NTI 2 Corinthians 7

When we learn that we are the unaffected Self, but we still feel affected by things that happen in the world, we often think we are guilty for feeling affected. Today's reading says that is not true. We are not guilty.

The idea that we are guilty for not being fully awake to Self is simply another false ego idea. Since it is a false idea, it is an idea we can let go of.

Instead of believing you are guilty when you feel affected by something in the world, simply watch your emotional reaction. Practice rest-accept-trust. When you watch an

emotional reaction or practice rest-accept-trust, you are abiding as the true Self. When you feel guilty, you are falling for another ego shenanigan.

Thoughts of Awakening # 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

Tips from Regina ~ Day 183, NTI 2 Corinthians 8

Today's reading says:

You give through thought.
There is literally no other way to give.

In that statement, "thought" is broadly defined to include general attitudes and ways of being. "All is well" is one example of an attitude that gives. Seeing all experiences as having the purpose of helping you awaken is another attitude that gives.

One definition of "give" is to cause or allow someone or something to have something, especially something abstract. That definition comes close to the meaning of "give" as it is used in today's reading.

To give is to allow truth into the creative principle by not clogging the creative principle with untruth. Of course, we clog the creative principle with untruth by giving our attention and belief to ideas of illusion.

For example:

When we judge the world and others, we clog the creative principle with untruth.

When we accept all things as they are, we allow truth into the creative principle.

When we believe that we are defined by specific qualities, we clog the creative principle with untruth. (Reference [Day 173](#).)

When we see ourselves as open-silent-watching and when we practice awareness-watching-awareness, we allow truth into the creative principle.

Today's reading says:

What you give is what is experienced,
so your experience is a measure of what you give.

The more we give the general attitudes of truth, the more we experience those attitudes. The more we give thoughts of falsehood, the more we experience falsehood. In other words:

What I think, I see.
What I see, I experience.

Because this is true, we can discern what we are giving by noticing how we feel. If we do not feel free, open, relaxed, happy and trusting, we can look at our minds to see where our focus is. If we are not giving in the way we want to give, we can use thought differently in order to give in harmony with our spiritual aspiration. (Reference [Day 179](#).)

Thoughts of Awakening # 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

Tips from Regina ~ Day 184, NTI 2 Corinthians 9

Yesterday's reading said:

You give through thought.
There is literally no other way to give.

Today's reading asks us to take discernment beyond thought. It asks us to practice discernment regarding the actions we take in the world.

That brings up a question:

If we give through thought and there is no other way to give, do actions matter?

Today's reading teaches that our actions do matter, because *all action is an expression of thought*.

For example:

On [Day 165](#), I mentioned that I used to parent through yelling. When I practiced inquiry, I found that I yelled because of a mind-made law that said, "Daughters are supposed to always happily obey their mothers." Yelling was an expression of that untrue idea. If I had said, "I see that idea, and I don't believe it anymore," but continued to yell, that would not have been honest. I yelled, *because I believed the thought*. My action demonstrated the belief.

When we practice discernment regarding the actions we take, we are practicing discernment regarding thought, because action is an expression of thought.

For example:

Imagine a woman wants her son to accept one job offer over another job offer. She notices she feels a lot of anxiety about her son's decision, so she practices root cause inquiry to discover the cause of the anxiety. She discovers that she is embarrassed when she thinks about telling people her son is a trash man, and she feels better when she thinks about telling people he works for the state highway authority. As she inquires further, she realizes her anxiety is caused by her own sense of unworthiness.

The next day, her son calls to let her know what he's decided. As he explains why he is going to accept the job as trash collector, she notices a strong desire to change his mind. She wants to point out the disadvantages of that job and emphasize the advantages of the job with the highway authority. If she follows that temptation, *she will*

enliven the idea of her own unworthiness, since the belief in her unworthiness is at the root of the temptation. If she chooses to stay quiet, listen to her son and practice rest-accept-trust with her feelings, she permits a false idea to weaken in her mind.

It is important to note that changing what we do because we want truth and changing what we do because we think we are guilty for doing it are *not* the same motive. The first is genuinely helpful. The second continues to clog the creative principle with untruth, since guilt is an untrue idea.

Thoughts of Awakening # 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

Tips from Regina ~ Day 185, NTI 2 Corinthians 10

Today's reading begins by saying:

The question that you always ask is: How are you to live in the world without being a part of the world? ... When you are thinking this way, you are listening to the voice of confusion. ... You are looking at the world as if it is real, and you are looking at actions as if they are actions.

If awakening to truth is our goal, it is important that we remember truth and live by truth to the best of our ability. If we continue to live by falsehood, falsehood is strengthened in us. When we live by truth, falsehood weakens until it passes away.

Truth is represented by the four principles of God. Everything in the fourth principle is illusion; it is consciousness appearing as something other than consciousness. The appearances are created by declaration. When we declare something meaningful by believing it and giving it attention, that value is reprocessed by the creative principle, and the energy from the appearance creates more appearances with the same energy.

The energy that I am speaking of is also called “thought.” As mentioned on [Day 183](#), “thought” is broadly defined to include general attitudes and ways of being. Action is an expression of thought. That means that every part of how we *be* in the world is fed into the creative principle and creates the world, including its characters and their thoughts.

Most people are completely unaware of the four principles of God. They do not know truth, and they do not know that we are all a part of the creative process. They live from ignorance. That’s why Jesus said:

Father, forgive them, for they know not what they are doing.
(Luke 23:34)

Most people are completely unaware of truth, but we are not completely unaware. That’s why yesterday’s reading said:

This service that you perform of not believing the world and of not acting as if the word is real, is a service you provide for yourself and for the entirety of the one mind that you are.

Those of us who are not entirely ignorant serve everyone by living from the wisdom we’ve realized.

How do we do that?

- Actively remember your spiritual aspiration.
- Actively remember the wisdom you’ve realized.
- Act based on your spiritual aspiration and the wisdom you’ve realized instead of acting from ignorance.

The best way to act based on wisdom is to stay focused within. Ask inner wisdom, “What am I to do now?” and let it guide your perception and your actions.

Thoughts of Awakening # 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

Tips from Regina ~ Day 186, NTI 2 Corinthians 11

Yesterday's reading began:

The question that you always ask is: How are you to live in the world without being a part of the world?

Today's reading continues to answer that question. Today's reading emphasizes that the way we are to live in the world without being a part of it is to live with a rested mind. It says:

Resting is the realization that confusion rules the world. And it is also the decision not to be ruled by confusion anymore.

One who lives with a rested mind is also the empty shell. They are synonymous.

How do you rest the mind?

You rest the mind by:

- Letting your spiritual aspiration be the guiding principle in your life.
- Staying focused within; instead of relying on thinking, let inner wisdom be the author and director of your role in the world.

As we learned on [Day 122](#), the mind will try to regain command and control. Thinking will become loud. You will feel the emotional energy associated with the points of experience in

thought. That doesn't mean you've failed. It simply means that the mind doesn't want to be dethroned. When the mind acts up, rest as deeply as you can. Rest-accept-trust *is* healing. You set yourself free and serve the greater good by choosing to live with a rested mind.

Thoughts of Awakening # 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

Tips from Regina ~ Day 187, NTI 2 Corinthians 12

Today's reading represents inner spiritual wisdom's first attempt at leading me through Self-inquiry. When I scribed NTI 2 Corinthians 12, I had never heard of Self-inquiry or asking the question, "Who am I?" This is the first time that arose for me, and to be honest, I wasn't an open student. I let inner wisdom guide me through the first few questions, but when I hit the threshold of the unknown, I became afraid. I quit looking. I ran to my mind and concepts I had learned through *A Course in Miracles*. I abandoned genuine scribing and wrote down words that made me feel comfortable. Those words are still a part of NTI.

When you read NTI 2 Corinthians 12 today, you will come to this sentence:

You are an aspect of thought within the Mind of God.

That sentence and everything that follows for the remainder of the chapter was written out of fear. You can tell that's true if you look carefully. It defines "you" as an "aspect of thought." NTI has never defined you as an "aspect of thought" before. That would equate you to the body-mind-personality as if that is what you are. That is not what you

are. That was written because I was too afraid to look beyond my identification with the body-mind-personality.

Feel free to skip today's reading. Instead, let me lead you through Self-inquiry as it could have happened if I wasn't afraid that day.

Thoughts of Awakening # 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

Tips from Regina ~ Day 188, NTI 2 Corinthians 13

As the scribe of NTI, I became afraid when I wrote NTI 2 Corinthians 12. I was afraid to see that I was beyond the body-mind-personality. Beyond the mind meant "God" to me, and attempting to see that I am "God" felt like blasphemy. Therefore, I was not ready to discover that I am beyond the mind.

Some of that fear lingered the following day when I sat down to scribe NTI 2 Corinthians 13, so inner wisdom met me where I was and brought me forward from there. It's as if I was standing in a realm surrounded by the unknown (beyond mind), and I was clinging to a pole that represented the known (concepts). Inner wisdom was able to get me to let go of that pole with one hand and show some willingness to move away from the pole.

When today's reading starts, the scribing is more closely related to the fear I experienced the day before. However, the scribing begins to move away from the pole with this phrase:

I have told you that your mind is tricky, ...

Upon hearing that, I opened up again. I loosened my grip on familiar concepts, I became willing to listen to inner wisdom, and I became willing to follow it again.

The scribing in NTI 2 Corinthians 12 and 13 do not go where inner wisdom wanted to take me at the time. I was not ready for beyond mind. If I had followed inner wisdom and went where it wanted to take me, I would have had a direct experience of the non-affected Self. I would have realized I am not in the world; the world is in me. I would have seen everything that NTI 2 Corinthians attempted to teach.

I did not become willing to look in that direction until *The Teachings of Inner Ramana* were scribed three years later. However, inner wisdom did not abandon me just because I was not ready. It did not scold me. It continued to work with me by leading me toward truth in a way I was willing for. It gave me whatever wisdom I would accept, and it continued walking with me in the direction of truth.

Inner wisdom will do the same with you. You can trust it to walk with you towards truth at a pace that you will accept. It will not go faster or slower. You are the pacesetter.

Thoughts of Awakening # 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

Tips from Regina ~ Day 189, NTI Galatians 1

Speaking of those who have awakened to the First Principle of God, NTI 1 Corinthians 16 said:

One who knows wholeness after experiencing the lack of wholeness knows illusion is no substitute for truth. He shall not choose illusion again.

But, being one mind with all that he thought was separate, he shall remain as a memory to call the mind that sleeps into wakefulness, that all that is whole may know Itself as one and whole again.

When I received NTI Galatians, inner wisdom came to me as the voice of Jesus.

As A Course in Miracles Clarification of Terms says:

The name of Jesus is the name of one who was a man but saw the face of Christ in all his brothers and remembered God. So he became identified with Christ, a man no longer, but at one with God. The man was an illusion, for he seemed to be a separate being, walking by himself, within a body that appeared to hold his self from Self, as all illusions do. Yet who can save unless he sees illusions and then identifies them as what they are? Jesus remains a Savior because he saw the false without accepting it as true. And Christ needed his form that He might appear to men and save them from their own illusions.

Through the Creative Principle, consciousness can appear as the re-enlivened form of a master who no longer exists. It's as if the breeze of wisdom blows through a memory and temporarily re-envokes a familiar form.

Why?

As the Clarification of Terms explains:

... time needs symbols, being itself unreal.

Jesus no longer exists, since Jesus was a temporary manifestation in time. However, because awakening occurred through that form, the form continues to be used by consciousness. A personification of reality is helpful for as long as we see ourselves as persons.

NTI Galatians came in Jesus' voice. When NTI Galatians says "I" or "Me," it refers us to the memory of Jesus. It directs our attention to one who experienced humanness as

fully as we experience it now, and then transcended the beliefs and perceptions that we experience to realize truth without compromise. This memory is helpful, because if one human can awaken to reality, another human can do it too. The human is not limited, because identification with a human is a temporary cloak, and the consciousness that shines through the human is altogether unlimited.

A Course in Miracles Clarification of Terms says:

There is no need for help to enter Heaven for you have never left. But there is need for help beyond yourself as you are circumscribed by false beliefs of your Identity, which God alone established in reality. Helpers are given you in many forms, although upon the altar they are one. ...

Is [Jesus] God's only Helper? No, indeed. For Christ takes many forms with different names until their oneness can be recognized.

Thoughts of Awakening # 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

Tips from Regina ~ Day 190, NTI Galatians 2

NTI Galatians comes to us from awake consciousness as the voice of Jesus. It harnesses the essence of his experience as a human who awakened to truth and shares the simplicity of awakening from his point of view. As NTI Galatians 1 said:

I am the Way and the Life. I come to you on this day to clear up your confusion, for there have been many thoughts that have confused you until now. Do not fret over your confusion. It is nothing and can be easily laid aside when you see the simplicity of love as I offer it to you.

Yesterday's reading spoke of a belief. It said:

I know well of this belief, for I experienced it once myself. But I have been made free by My own choice to release the belief that isn't true.

Today's reading tells us what that belief is:

You believe in separation.

It also points out the way to let go of that belief and awaken to truth:

Through acceptance, not judgment, the Light of Heaven is yours.

This isn't the first time that we've been told judgment (or declaration) is the cause of illusion and acceptance (or Loving All) is a means to awaken.

As you contemplate today's reading:

1. Reference [Day 138](#) and [Day 157](#), and then realize that we are being told that letting go of judgment and accepting what is as it is *is the simple way to awaken*.
2. Consider how you fall for the deceit that judgment is sometimes justified, a deceit that declares illusion real.
3. Ask yourself if you'd rather feel righteous in a world that is made to be different from truth, or if you prefer to awaken and realize truth as it is.

Thoughts of Awakening # 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

Tips from Regina ~ Day 191, NTI Galatians 3

Today's reading references the story of Abraham. Abraham is believed to be the father of both the Arab and Jewish nations.

According to the Bible, God made a covenant with Abraham. He told Abraham in a vision, "Do not be afraid, Abram. I am your shield, your very great reward." Abraham was worried because he was childless and did not have an heir. His wife, Sarah, was barren, and both Abraham and Sarah were old. According to Genesis 15, God said to Abraham:

Look up at the heavens and count the stars—if indeed you can count them. So shall your offspring be.

NTI Galatians interprets that story by saying that Abraham represents birth. One definition of "birth" is "the beginning or coming into existence of something."

According to NTI Galatians, Abraham represents the birth of Light. Light is the symbol for truth realization, so Abraham represents the birth of truth realization.

Comparing Abraham's offspring to the stars, which cannot be counted, signifies an infinite awakening—a total awakening to truth, with no part of consciousness left out of it.

The total awakening of consciousness is an interesting promise, but the promise becomes more interesting when you realize that Abraham represents willingness.

You see, Abraham was a man who heard the Voice for God and followed it where it led, even though it meant uprooting his family and servants from the place where they lived and leading them into the desert toward an unknown promised land.

Abraham is just like willingness. It is our willingness that listens to inner spiritual wisdom and follows it, even though that means letting go of familiar beliefs and attachments and walking through purification toward an unknown experience called "awakening."

Willingness is the state of wanting to do something and being mentally, emotionally and/or spiritually ready to do it, even if learning must occur in the process. Our willingness is the birth of awakening.

Thoughts of Awakening # 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

Tips from Regina ~ Day 192, NTI Galatians 4 (v1-7) – (v8-20)

Today's reading begins by reminding us not to judge ourselves. It says:

You can misunderstand My message when you listen through the ears of judgment.
You can take my message of freedom and make of it a slave. In this way, My message
is lost to you.

I ask you to lay down your judgment and listen to Me with clarity.

A good coach must show us what we are doing wrong so we can improve. Without that
helpful guidance, we can't make progress.

Imagine how useless a golf coach would be if he didn't point out the error in your golf
swing!

The same applies to the spiritual path. In order for a coach or teacher to be truly helpful,
that coach must point out our errors. When we see that our mistakes are pointed out to

help us improve, we listen with clarity. When we judge ourselves for the mistakes we make, the teacher's helpfulness is lost to us.

Today's reading points out that the world is a false god that we make and worship. The purpose of this false god is to tell us that we are separate. It could also be said that the world is made to give us a sense of self or a distinct feeling of "me." The world does this through people, places and experiences, and through the differences found in each.

The world is an effective false god because it tempers its own message. If the experience of separation were overpowering without any sense of community or communion, we would reject the world entirely and awaken immediately. The reason we linger within illusion is because there is enough community and communion to keep us interested.

In other words, the sense of communion in the world isn't a sign of an awakening world. The sense of communion is a trick to keep us mesmerized by a world that is made to be different from truth.

Thoughts of Awakening # 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

Tips from Regina ~ Day 193, NTI Galatians 4 (v21-31) – end

Today we return to the story of Abraham and his wife, Sarah. As you know, Abraham represents willingness. Sarah represents belief in the world. It's important to realize that both Abraham (willingness) and Sarah (belief in the world) are in your mind now. The story about Abraham and Sarah is a story about you.

In the story, God promised Abraham that he would have offspring as numerous as the stars. However, years past without a child being borne, so Sarah took matters into her own hands. She asked Abraham to sleep with her slave, Hagar, and she adopted the child when it was born.

That didn't work out like Sarah expected. Since Sarah was unable to nurse the child, the boy bonded with his natural mother, Hagar. Also, Abraham loved his son, Ishmael. Sarah became jealous.

And then one day a miracle happened. Sarah, an old and previously barren woman, gave birth to a son, Isaac. Isaac's birth was different than Ishmael's birth, because it occurred in spite of the physical laws of the world—laws that would have made a birth impossible if the world and its laws were constant and real.

This story indicates that truth is supreme. When we believe the world is supreme, like Sarah did when she asked Abraham to sleep with Hagar, we make a mistake. By believing the world is supreme, we reinforce our belief in it. However, if we are willing to see that the world is illusion and only truth is supreme, evidence of this fact will come into our experience. We will learn this truth directly for ourselves, just as Abraham learned it through Isaac's birth.

One word of caution: It isn't for us to decide how we will learn that the world isn't real. Our role is to surrender and follow intuition in faith. As we do that, the evidence that is most helpful will come. We will see for ourselves that the world is not real and truth reigns supreme.

As we learned on [Day 66](#), faith is:

- trusting the healing process
- having confidence in a benevolent power beyond what your senses or mind can know
- accepting that all is well under all circumstances, regardless of the appearance

Side comment: Muslims and Jews remain divided today over differences of opinion regarding which son was the son promised by God in his covenant with Abraham. Muslims say that the first-born son, Ishmael, was the promised son. Ishmael is believed to be the beginning of the Arab lineage. Jews say that Sarah's son, Isaac, was the promised son. Isaac is believed to be the beginning of the Jewish lineage.

Careful consideration of the Bible shows that Abraham loved both sons equally, and God looked over and cared for both sons equally. To use the story to support division is listening "through the ears of judgment," taking the "message of freedom" and making "of it a slave."

God promised offspring as numerous as the stars. That offspring represents awakening. God's promise is still being fulfilled through the Muslims, Jews and all of mankind. For example, Rumi was a Muslim. Jesus was a Jew. And then there was Buddha, Lao Tzu, and others who were neither.

The story of Abraham, Sarah, Hagar, Ishmael and Isaac is to be taken figuratively, as are all stories. Figurative interpretations are used by inner wisdom to point toward truth. Interpretations laid upon the literal almost always point to belief in the world and further entrapment in separation.

Thoughts of Awakening # 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

Tips from Regina ~ Day 194, NTI Galatians 5 (v1) – (v7-12)

In NTI Galatians 1, Jesus said:

I am the Way and the Life. I come to you on this day to clear up your confusion, ... It is nothing and can be easily laid aside when you see the simplicity of love as I offer it to you.

Today's reading tells us:

... the simple way to know love and extend love within the world is to:

Focus on your willingness ...

Willingness is the state of wanting to awaken to truth and being mentally, emotionally, and spiritually ready to do it, even if learning must occur in the process.

Willingness is the birth (the beginning) of awakening.

The opposite of willingness is resistance. Therefore, resistance can be defined as *not* wanting to awaken to truth. Another way to say that is:

Resistance is attachment to the world.

NTI Galatians 4 pointed out that the world is a false god. Therefore, the question that we need to ask ourselves is this:

Which do I prefer, a false god or the supreme and ultimate reality?

NTI Galatians comes to us as the voice of Jesus. It harnesses the essence of his experience as a human who awakened to truth. Based on his experience, belief in the world is a primary obstacle to truth. Willingness to transcend the world is the key to awakening.

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. ~ John 16:33 (NIV)

Thoughts of Awakening # 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

Tips from Regina ~ Day 195, NTI Galatians 5 (v13-15) – end

Willingness is the state of wanting to awaken to truth and being mentally, emotionally, and spiritually ready to do it, even if learning must occur in the process. Willingness is the birth (the beginning) of awakening.

Let's look more carefully at what willingness is. Let's begin with the First Principle of God, which is pure, absolute truth. Somehow a motion evolved in the First Principle of God, which created the Second Principle of God. There are stories that try to explain this motion. NTI Romans 2 says it was an idea asking, "What if nothing was as it is?" Kabbalah teaches that the First Principle wanted to create a vessel to receive its love. That vessel is the Second Principle. *A Course in Miracles* simply calls it "a tiny mad idea."

All stories are for the mind. They help it to imagine that it understands. I think we are more enlightened when we realize we do not understand, and we are perfectly okay with that. So, I think it is more truthful to say:

Somehow, a motion evolved in the First Principle of God, which created the Second Principle of God. The Second Principle of God is 'I am' consciousness, the first sense of self. For that reason, it is often called the Self. It is a subject without an object—the ability for 'awareness of' without anything to be aware of.

Therefore, the next motion that occurred was the creation of the Third Principle of God, which is a process through which objects can be created. Through the interaction of 'I am' consciousness with the creative principle, the Fourth Principle of God is created.

The Fourth Principle of God is consciousness appearing as something (many things) other than consciousness. In Kabbalah, there is a story about how the vessel ('I am' consciousness) exploded into many tiny pieces. That story points to the ego, which appears as many individual aspects of "I am," each one seeing itself as separate and independent.

Willingness—the state of wanting to awaken to truth and being mentally, emotionally, and spiritually ready to do it—is the next motion in this process. It is a natural occurrence through which the "many" aspects of consciousness begin their return to one unity consciousness. From unity consciousness, an even stronger pull coming directly from the source calls 'I am' back into the First Principle of God.

If you examine this process carefully, you will see that willingness is not something that belongs to you, an individual. Willingness is a call coming from the nature of God. In

that way, willingness *is* God, and it calls to you, because it is your time to return to the realization of Self.

What about the billions of others who do not feel the call to awaken?

Willingness lives in them too, like a dormant alarm. The gravity of the return force will eventually activate the willingness in every aspect of consciousness.

When you realize that a return is happening—it is in motion—and all will be pulled into it in their time, you realize the nature of your own call to awaken as a powerful, natural force.

Today's reading teaches us how to cooperate with this call—with the natural return action—instead of resisting it. It likens learning to cooperate to a dance. Sometimes we step in one direction, and sometimes we step in another direction, but through the total motion of the dance, we twirl and sway our way into unity consciousness.

Thoughts of Awakening # 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

Tips from Regina ~ Day 196, NTI Galatians 6

Willingness is the state of wanting to awaken to truth and being mentally, emotionally, and spiritually ready to do it. It is a call from awake consciousness and a direct link to awake consciousness. When we focus on our willingness, we are in direct communion with awake

consciousness. By communing with awake consciousness, we merge with awake consciousness. Focusing on our willingness is the simple way to awaken.

When we focus on willingness, we are consumed with one purpose. When we focus on the mind, our attention is scattered among many purposes. These many purposes are called distractions, because they all have one thing in common: they distract our attention away from our call to awaken.

When we focus on the mind and become distracted by its thoughts, we get lost in points of experience. We experience emotions that are different from truth. Forgiveness is the process of removing attention from points of experience and returning our focus to truth.

Today's reading teaches a process for forgiveness. It is a simple process that can be used over and over. It can be used each time we find ourselves lost or stuck in an experience that is different from truth. Here's how the process works:

1. Recognize you are experiencing an emotion that is different from truth and this is an opportunity for forgiveness.
2. Put the story aside temporarily in order to quiet the mind. I do this by writing the main points about the story in a journal. Writing the main points on paper helps me empty the mind—to get the story outside of me—so I can relax into a quiet mind.
3. Once the mind is quiet, or relatively quieter than before, turn your attention to your willingness or to your spiritual aspiration. I do this by asking myself, "What do I truly want?"
4. Focus on your willingness. Let attention linger there. Notice what your willingness feels like. Relax into it. Let yourself go deeper into it by being with it—by communing with it.
5. When you feel deeply in touch with willingness, describe the obstacle that you are ready to transcend. For example:

"I am experiencing worry and fear. I am worried that I will have to fight in order to get this project completed on time, and I don't want to fight. I am worried that I will offend people as I do what I have to do. I am worried we will not complete the project on time. I am worried that if we do complete the project on time, they will put me in charge of the process permanently and that will just create new things to worry about."

At this step, it's important to stay in touch with your willingness. Emotions may arise in the body as you recount the obstacle. Allow whatever arises to be there. Do not judge yourself or the emotional experience; do not attempt to manipulate it or change it. You are in a healing space now, and whatever arises is coming up for healing. Let it be, and stay with your willingness.

6. Once you are in the healing space, any number of experiences may occur. I cannot tell you exactly how healing will happen. Trust whatever happens. Don't think it is supposed to look a certain way or be different than it is. If you find yourself seeing the obstacle more clearly, look at it. Your clarity regarding the obstacle is a part of the healing process. If you begin to see the situation differently, accept the new point-of-view. If your feelings begin to morph into other feelings, allow them to shift and change. If you begin to realize guidance, trust the guidance. If you feel to grab a pen and journal, do that. If there is a prompt to practice inquiry, follow that prompt.
7. Do not try to force forgiveness, and do not try to rush through the forgiveness process. Be willing to stay with the process until you feel intuitively that it is complete for now.
8. *Optional:* I like to conclude a forgiveness process with, "Thank you."

I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 197, NTI Ephesians 1 & 2

On [Day 187](#) and [Day 188](#), I shared how, as the scribe of NTI, I became afraid when inner wisdom tried to take me beyond mind through Self-inquiry. Since I was not ready to see myself as That which is beyond mind, inner wisdom shifted and took a different approach with me.

The Self-inquiry in NTI 2 Corinthians 12 went well up until this point:

What is my mind?

The answer to that is God. For only God can be Mind, which is the origin of thoughts, with thoughts being the maker or definer of you.

I would not go beyond this point, because I was identified with the body-mind-personality as me. Since I would not go beyond this point, this is where inner wisdom recalculated (like a GPS) and began leading me toward the same destination in a different way.

NTI Ephesians 2 says:

Your mind is of God. This we have already established.

That was something I was willing to accept during the Self-inquiry process—that my thoughts came from my mind, and my mind came from God. So, since I accepted this idea, inner wisdom recalculated and began leading from here. It continues by saying:

Being of God, [your mind] is the same as God.

I was not willing to accept that I am beyond mind, because to me, 'beyond mind' meant 'God', and it felt blasphemous to say, "I am God." However, I was willing to accept that if my mind comes from God, it must be the same as God. So, inner wisdom began with what I would accept, and began leading me to see that I am the Third Principle of God.

To see one's self as the body-mind-personality and to see one's self as the creative process itself is a completely different perspective.

One who sees herself as the body-mind-personality lives in ignorance. She believes the world, her thoughts and her emotions. She is a puppet to the ego script while believing she is an independent person.

One who sees herself *as the creative process* is no longer tethered to the world, thought and emotion. She is free of the world, instead of subject to the world. She is liberated. Instead of being a puppet, she can choose her way of being, knowing that her way of being is creative spirit.

Since I was attached to concepts, inner wisdom decided to attach a concept that was higher than 'person,' but less than 'God,' to the creative process. It called the creative principle, "Christ." That's because, although I wasn't willing to accept that I am God, I was willing to accept that I am Christ, so by using that term along with my willingness to see that I am the same as God, inner spiritual wisdom began moving me away from the belief that I am a body-mind-personality by showing me that I am Christ—an ongoing creative process.

NTI Ephesians 2 says:

*All that you are, you are through creation.
All that you be, you be through creation also.*

That means that every body, every thought and every emotion is created through the creative principle. If you believe that you are a body, that the thoughts are your thoughts and that emotions are real, you are a puppet. You are not liberated. You are the ignorant slave of a script.

It also says:

In truth, you ask of your brother through your mind, and your brother answers you exactly as you have asked.

That means you aren't what you appear to be. You are the creative process, and your brothers, whether they know it or not, are connected to you through the creative process, because they are the creative process too.

Regardless of whether one is liberated or a puppet to the script, one is the creative process, and creation is happening through him as it happens through all.

When we acknowledge that we are the Third Principle of God, we've taken a step in the direction of realizing we are the First Principle of God.

Thoughts of Awakening # 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

Tips from Regina ~ Day 198, NTI Ephesians 3

NTI Ephesians 2 said:

In truth, you ask of your brother through your mind, and your brother answers you exactly as you have asked.

Today's reading goes further into that idea.

It says:

When you think you are thinking alone, you are not. Your thoughts, which are heard by your brothers, are answered through them.

In that statement, "brothers" is a symbol. It would be more accurate to say that consciousness knows the energy of every image, thought or emotion that we give believing attention to, and it creates more images, thoughts and emotions from that same energy. Through our believing attention—which is declaration—we show interest in a particular energy, so consciousness delivers more of that energy. In that way, it gives us exactly what we show interest in.

This is why all things are Love. Only Love exists. Every experience that is given you is unequivocally the gift of Love given in answer to your request for Love.

Or, as inner spiritual wisdom one shared with me:

Love is giving through spirit to spirit that which spirit requests.

The question becomes:

What energy am I asking for through my believing attention?

Followed by:

What do I truly want to experience?

I used to perceive attack in the world, whether it was physical attack, verbal attack or emotional attack. One day, when I was seeing attack everywhere, I asked inner spiritual wisdom for guidance. I was taught that what I perceived as attack was actually love.

You can read the message I received from inner wisdom that day and listen to a 30-minute teaching about that message. It may help you contemplate today's reading more deeply.

[Message and Audio](#)

Note: "Conscious" and "consciousness" as it is referred to in this message and audio refers to human conscious awareness; that is, being aware of me and others. It is the realm of duality. "Spirit" is used to refer to Consciousness as oneness.

Thoughts of Awakening # 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

Tips from Regina ~ Day 199, NTI Ephesians 4

Jesus once said:

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. ~ Matthew 7:12

Today's reading explains the deeper meaning of that teaching. It says:

Therefore, give as you would receive. Give to the mind that which you would receive of spirit, for they are one. That which you give you must receive, because the mind is the spirit. The mind is the great receiver and spirit, the great deliverer. But spirit receives as mind receives, and mind delivers as does spirit.

"Spirit" is synonymous with consciousness. The "mind" is synonymous with manifestation, which includes thought, emotion, and perception.

The reading says, "mind is the great receiver." That means that manifestation is an effect. The thoughts that come into the mind are the effect of a cause. The emotions that you feel are the effect of a cause. Everything that is perceived through the senses is the effect of a cause.

Spirit is "the great deliverer." That means that spirit (consciousness) is the cause. To fully understand this, it's helpful to look at yourself and your experience.

When you are worried about something, annoyed by something, frustrated by something, etcetera, what are you actually doing?

If you look very carefully, you will notice that whenever you are upset, you are giving believing attention to a thought, emotion, or perception.

What is attention?

Attention is made of consciousness. That means attention *is* consciousness. Therefore, it is spirit.

When you give believing attention to a thought, emotion or perception, you enliven it with consciousness. In that way, you deliver that particular energy through the creative

principle to consciousness as manifestation. The energy is reprocessed and manifests as thought, emotion, and/or perception.

Believing attention is declaration. It *is* judgment. It is the mechanism that creates experience.

Believing attention comes through the combination of mind (believing) and spirit (attention), which means the two are equally part of the process and cannot actually be divided. Any apparent division in the explanation is for simplification purposes only.

One who sees himself as a person who is subject to the world and his experience reacts to thought, emotion and perception as if it is real, which *is* judgment and continues the manifestation of illusory energies.

One who sees himself as the creative process *chooses his way of being* (discernment) by remembering that his way of being is creative spirit.

On [Day 183](#), we learned:

To give is to allow truth into the creative principle by not clogging the creative principle with untruth.

The purpose of consciousness now is awakening to itself as consciousness. That is the current evolutionary motion. (Reference [Day 195](#).) One who realizes this and also realizes that he is the creative principle will be at peace in all circumstances—be empty awareness or be with a rested mind—so that the fog of illusory experience can clear, and consciousness can see itself as itself.

When one is at peace or actively resting away from believing (rest-accept-trust), one isn't clogging the creative principle with illusory energies. That reduces distraction, which helps that one and the whole to receive insight, guidance, and to see with true perception. True perception is realizing consciousness as consciousness instead of thinking it is the many things that are perceived through the senses.

Thoughts of Awakening # 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

Tips from Regina ~ Day 200, NTI Ephesians 5

Today's reading makes two primary points:

1. Past choices appear in the present, which provides the opportunity to choose differently now.
2. Through love, you shall know only love.

On [Day 198](#), I provided a link to a message and audio called, "Is Attack Real?" When I received that message, I posted it to an online discussion group where I posted regularly at the time. A spiritual teacher had started the group, although he rarely posted there himself. The group was moderated, and every post was approved before others saw it. That day, the moderators approved my post. However, after the post was approved, the spiritual teacher who owned the group wrote a strongly worded email to the moderators and Cc'd me. He told them not to allow any more of my posts in the group. He called me a fake who made up everything I wrote because I wanted to be a famous spiritual teacher.

When I first saw his email, I felt attacked. I saw his face in my mind's eye. It was red and all scrunched up with anger. And then I remembered the definition of love that came from the very message I had posted that day:

Love is giving through spirit to spirit that which spirit requests.

I realized that this situation appeared before me now because of past thoughts I had believed. I realized I had believed in attack in the past, so it made perfect sense that I should appear attacked now. I realized that I was simply witnessing the creative principle in process, and it was working in exactly the way it works.

What I think, I see.
What I see, I experience.

As I looked at the situation with this clarity, the image in my mind's eye changed. Instead of seeing this spiritual teacher with an angry red face, his face softened into a smile. He stood before me in a waiter's tuxedo holding a silver tray. He offered me a gift on a silver platter!

This teacher, through his current apparent attack, offered me the opportunity to see the creative process in motion. I had believed attack in the past, and so now attack came back to me through the creative process. Since the creative process is love, that means that I looked upon love *appearing as* attack.

As I chose to see love through my understanding of the creative process, I realized this teacher offered me the opportunity to let go of the belief in attack. I chose to accept his gift. When I did, my heart filled with joy!

Through choosing to see the creative process and *all of its effects* as love, I injected love into the process instead of the belief in attack, and love is what I experienced.

What I think, I see. [Attack]

What I see, I experience. [Attack]

Discernment : Take out attack; replace it with love.

Free redo : What I see, I experience. [Love]

Note: The spiritual teacher didn't offer me this opportunity on purpose. He actually felt threatened by my post, believed his thoughts and issued an order to block all of my future posts. However, all of his thoughts came from the creative process, which included my prior belief in attack. The creative process delivered what I had asked for through my prior believing attention.

The choice to see love instead of appearance is always available to us. All we have to do is remember that any and every appearance is created through a perfectly allowing creative process, and perfect allowance *is* love. Therefore, every appearance appears through love, which means *it is love*.

Note: If you are interested in the full story about *Is Attack Possible?*, listen to parts 1, 2 & 3, which are archived on [this page](#) starting at 2/28/10. You may want to listen over the next few days, since each part is 1 hour and 15 minutes long.

Thoughts of Awakening # 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

Tips from Regina ~ Day 201, NTI Ephesians 6

One who sees herself as a person subject to the world and to her experience in the world reacts to thought, emotion and perception as if it is real, which *is* judgment and continues the manifestation of illusory energies.

One who sees herself as the creative process *chooses her way of being* (discernment) by remembering that her way of being *is* creative spirit.

Today's reading recommends that we remember we are the creative process by choosing our way of being. It says:

Awakening comes from the Heart, so let the Heart lead in all things. The mind is the great receiver. But with the Heart, sort through that which is received. Let the Heart and mind together give to spirit, so that the deliverer receives, always, through the Heart.

What does the previous excerpt mean when it says, "Let the Heart and mind together give to spirit"?

When NTI Ephesians refers to “mind” and “spirit,” spirit is synonymous with consciousness and mind is synonymous with manifestation, which includes thought, emotion, and perception. When NTI Ephesians refers to Heart, it refers to spiritual intuition. So, when NTI Ephesians asks us to let the “Heart and mind together give to spirit,” it asks us to practice discernment regarding every thought, emotion and perception.

As we learned on [Day 36](#), discernment is determining the difference between:

- personal thought and self-will, which is ego
- thought and will that arise from beyond the personal self

Both options *are mind*, or manifestations. *A Course in Miracles* differentiates between them by calling them “wrong mind” and “right mind.” The Code differentiates between them by calling them “lower vibration” and “higher vibration,” yet they are both code.

Spiritual intuition (Heart) is the part of us that knows the difference between wrong-minded lower vibrations and right-minded higher vibrations. When we look at the thoughts, emotions and perceptions that are received from consciousness with spiritual intuition, we discern the higher vibrational options so we can make those choices. If we do not look at the options received from consciousness with spiritual intuition, we are likely to choose the lower vibrational options because they appeal to the personal self.

Again:

One who sees himself as a person who is subject to the world and his experience *reacts* to thought, emotion and perception as if it is real.

One who sees himself as the creative process *chooses his way of being* (discernment) by remembering that his way of being *is* creative spirit.

It's beneficial to drop the idea that you are a person, adopt the idea that you are the creative process, and then use discernment to live from the right-minded higher vibrations. If you forget, and you react to conditions as if you are a person, simply return to the higher vibrational choices as soon as you remember. Don't judge yourself for forgetting, because judgment is just another low vibrational choice.

As today's reading says:

If you are not joyous because of what you see, ask of God (consciousness) differently by remembering who you are and how you ask.

You 'ask' with your believing attention. In other words, whatever you *accept as true* is the experience you ask for from the creative principle, and the creative principle always gives you what you ask for.

Note: When NTI says, “You may decide what you want, ask for what you want, and you will receive in kind,” it means you will receive truth (or an experience that points toward truth) or illusion.

Remember what we learned on [Day 170](#). From consciousness’ point of view, there are only two things you can want: truth or illusion. Therefore, in every moment you are asking for one or the other, and “you will receive in kind.”

Thoughts of Awakening # 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

Tips from Regina ~ Day 202, NTI Philippians 1

Today’s reading is about prayer, how we pray, and how prayers are answered.

Prayer is defined as an earnest request or wish. As we have already seen, since consciousness is not aware of many things, from consciousness’ point of view you can only pray for two things: truth or illusion. In order to have genuine clarity, one must be clear on this point.

The law of attraction is not the law of Love. The law of attraction is an ego-distorted version of the law of Love.

According to the law of attraction, there are many things, and you can attract the things you want through intention and faith.

Here are the distortions in the law of attraction:

1. There are *many things* – This is a distortion that comes from the ego point of view. From enlightened point of view, there are not many things. Enlightened point of view is unity

consciousness, and unity consciousness sees clearly that all there is *is* consciousness. There is one thing, not many. All is the Self.

2. *You* can attract – The “you” in the law of attraction is the personality—the false self. It is the personality that wants a new relationship, a new car, lots of money, a big house, world travel, and etcetera. Therefore, the law of attraction reinforces the idea that you are the false self.
3. You can attract *the things you want* – The many things (distortion #1) and you (distortion #2) are put together with judgment, so that some things are perceived as good/desired and other things are perceived as bad/undesired. Judgment solidifies the perception of duality, and the ego remains very secure, even if the law of attraction works and you get the intended thing or circumstance.

The law of attraction is a distortion. Even if you “win” by attracting the thing or circumstance you intend to attract, you lose. Why? You still perceive a world of many things; you still perceive yourself as a “you” who has personality-based preferences; judgment rules in your mind, and your perception is duality.

As I already mentioned, today’s reading is about prayer, how we pray, and how prayers are answered. Prayer is defined as an earnest request or wish. One who practices the law of attraction *prays for illusion and receives illusion*.

Today’s reading says:

“I pray for you” is a statement of faith that all you see and sense and experience is not all there is. It is a statement of realization that effect is the result of intent, and intent can be affected by you.

There are only two intentions (motives): truth or illusion. And you can decide which intention you choose as your purpose.

Today’s reading also says:

Faith is by no means dead. You put faith in whatever you believe. ...

Motive without faith is dead.

In this context, faith is synonymous with believing attention.

When NTI says, “Motive without faith is dead,” it means:

To say you want truth, but to live with believing attention on the world, your thoughts about the world and your emotions, is to live from the motive that wishes for something different than truth.

To receive truth, you must live f Thoughts of Awakening # 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

rom the motive of truth. Your believing attention must abide with awareness and spiritual intuition, not the world, thought and emotion.

We do not pray with words or thoughts. We pray with believing attention and with action, since action is an expression of believing attention. If we put faith in illusion—if that is what we believe, think about and react to—we get illusion. If we want truth, we must learn to live from the intention for truth realization.

We experience illusion or truth, whichever we genuinely intend. That is the law of Love.

Thoughts of Awakening # 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

Tips from Regina ~ Day 203, NTI Philippians 2

Today, we are taught to investigate so we can discover if we are praying for truth or illusion through our daily living.

If you are reading NTI, then you have been called to awaken. Your purpose now is truth. If truth wasn't your purpose, NTI could not hold your interest. However, your prior purpose was illusion. That isn't a judgment. Consciousness as a whole chose illusion when it created the creative principle and made manifestation. But now, there is a return motion—returning to truth realization—and you have been called into that motion. Truth realization is the purpose you have been called to accept, and you have accepted it, which is why you read NTI.

Since illusion was your prior purpose, you are in the habit of praying for illusion. That is the same as saying that you are attached to the world. It is also the same as saying you are in the habit of believing the world, your thoughts and your emotions.

It's time now to begin living from a new motive. So, starting today, you will observe yourself to find where you are in the habit of living from the wish for illusion, and you will *shift your way of being* so that you live from the desire for truth. Living from the desire for truth is being in the world but not of it.

Since action is the expression of thought, NTI asks us to watch the body to learn which motive we live from, truth or illusion. We can tell which motive we live from if we watch the body without judgment, because the body's action is the physical representation of a motive.

For example:

If you find yourself getting upset, believing your upset and acting out from your upset, you live from the wish for illusion.

If you find yourself getting upset, taking a break from the situation, practicing rest-accept-trust and possibly journaling to learn more about your upset, you live from the desire for truth.

Here's another example:

If you are worried that the stock market will crash, you lose lots of sleep worrying about it, you call the stockbroker and move all of your investments to cash accounts, and then

you find yourself laying awake all night worrying that you made a mistake, you live from the wish for illusion.

If you notice a thought that the stock market will crash, ask within if you are to do anything, do or not do based on what you feel intuitively, and then forget about it, you live from the desire for truth.

I could write examples all day, because there are many. However, you don't need me to describe every possible scenario. As today's reading says:

When you observe the body with the purpose of learning, you do not observe alone. The One who knows you and teaches you observes with you so you may learn. Call on this One and ask Him your questions. He will lead you to find answers, for His purpose is the same as yours.

What do you do if you observe the body and find that you are living from the wish for illusion? Make a correction. Bring more spiritual practice into your daily living. You know the purpose you've accepted. There isn't really a question about that anymore, so now do your best to live from that motive instead of from old habits.

Thoughts of Awakening # 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

Tips from Regina ~ Day 204, NTI Philipians 3

Today's reading is a guided meditation. It is another attempt at Self-inquiry, this time coming at Self-inquiry from a different angle than NTI 2 Corinthians 12.

Today's Self-inquiry focuses on feelings. As you read and practice today's Self-inquiry, you will be led through five steps:

1. Take time to get quiet.
2. Ask to see the feelings that are within you. Notice the different feelings that arise.
3. Go deeper, still noticing feelings. In this step, you are looking for the feeling of 'me.' It has a *distinctness* about it.
4. After you notice the feeling of 'me,' ask to see what is beyond that.
5. Allow yourself to experience that which is beyond 'me.'

When you go through this meditation, you may notice a lot of different feelings at Step 2. Don't rush through Step 2. When a feeling arises to be seen, notice it, acknowledge it, and then ask, "Is there something else here to be seen?" Stay with Step 2 until you feel you have fully experienced the feelings at this level.

The feeling of 'me' is a very interesting feeling. I have come to recognize it easily as an object—not as 'me' at all—but in the beginning that wasn't the case. It was a feeling I lived with everyday and *took for 'me'* without ever looking at it directly. The first time I ever noticed it was during this meditation, and there was a strong pull to stop there. There was a strong idea that nothing was beyond it. That's why the reading says:

You may seem to come to a very personal feeling. It may seem strong, like a wall. This feeling tells you that you are what you are not, so do not pause to listen to it.

I was guided *not to listen* to the idea that there was nothing beyond the feeling of 'me.' I was guided to continue and discover what was beyond that "wall."

This meditation taught me that the wall—the personal feeling of 'me'—and all of the feelings I found before the wall *were not me*. The lighter, non-attached Self that I found beyond 'me' is what I am. You could say this meditation was my first successful Self-inquiry.

When you go through the reading today, read slowly. Pause and practice the steps as you go through them. Look at the feelings before the wall, notice the wall itself, and then go beyond it.

What is beyond that feeling of 'me'?

If you can know that which is beyond the feeling of 'me,' can you be that 'me'?

Thoughts of Awakening # 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

Tips from Regina ~ Day 205, NTI Philippians 4

Today's reading is brief, but it is filled with wisdom that inspires us to make a firm commitment to the motive we have chosen. A firm commitment to our motive is a firm commitment to truth. It is a firm commitment to Self. It is a firm commitment to peace and to joy.

I recommend reading today's reading slowly and contemplatively, preferably multiple times throughout the day. It's a short reading, so it isn't difficult to read it more than once. You could also write down some of your favorite sentences from today's reading, carry them with you, and review them throughout the day.

Today is also a good day to review Chapter 15 from *The Untethered Soul* by Michael Singer.

Immerse yourself in today's message in whatever way feels most guided for you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 206, Commentary on Obedience

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 207, Commentary on the World

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 208, Commentary on the Wish to be Independent

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 209, Commentary on Peace

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 210, Commentary on Listening

Please read and contemplate the following commentary in the same way that you read
and contemplate the Thought of Awakening. The commentaries are designed to enrich
your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 211, Commentary on Desire

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~ 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

Thoughts of Awakening # 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

Tips from Regina ~ Day 212, NTI Colossians 1 & 2

NTI Colossians combines the teaching of NTI Ephesians and NTI Philipians, while bringing more clarity to both.

NTI Ephesians taught that you are the process of creation, and your way of being is creative spirit. Whatever you accept as true is given through spirit to all of

consciousness and is experienced by consciousness in the Fourth Principle of God, the realm of manifestation.

NTI Philippians taught that your creative spirit isn't the result of your purpose alone. Your purpose (motive) combined with believing attention (faith) creates the way of being that is creative spirit. NTI Philippians recommended you watch the body to see if the motive and faith it follows is the motive and faith that you want as your creative spirit. It also recommended that you stand firm with the purpose of the Heart.

NTI Colossians points to what we are beyond the creative principle, which is life-awareness. It reminds us that our truth is the truth of everything. It's not just that I am life-awareness and an insect is life-awareness too. The insect and I are the *same* life-awareness.

In other words, NTI Ephesians pointed to the Third Principle of God as what we are. NTI Colossians begins there, and then points directly at the First Principle of God as our actual reality.

To say we are merely the Fourth Principle of God, manifestation, is a mistake. To say we are the Third Principle of God, the creative principle, is more correct. To say we are the Second Principle of God, consciousness, is closer to truth. To say we are the First Principle of God, life-awareness, is truth. To say we are all four principles simultaneously is the essence of truth, since all four principles are made up of the First Principle of God.

In NTI, the First Principle of God is called Life. The Second Principle of God is called spirit. The Third Principle of God is called creation. The Fourth Principle of God is called form. You are all of them, because you are Life, which is the source and the essence of them all.

Wisdom is knowing I am nothing, Love is knowing I am everything, and between the two my life moves. ~ Nisargadatta Maharaj

Thoughts of Awakening # 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

Tips from Regina ~ Day 213, Commentary on Gratitude

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 214, NTI Colossians 3 & 4

NTI Colossians combines the teaching of NTI Ephesians and NTI Philippians, while bringing more clarity to both. You will recognize teachings from both NTI Ephesians and NTI Philippians in today's reading. This review is really important, because the mind attempts to distract you from the realization that your way of being is creative spirit. It attempts to pull attention back toward thought, emotion and world, so that thought, emotion and world continue to be enlivened through you.

The evolutionary motion within consciousness now is a motion toward truth realization. In NTI, this motion is described as the desire to:

Know thy Self

One who accepts this motive as his/her motive is *consciously and actively shifting attention* so that it isn't used to enliven illusion, but to recognize Life. Shifting attention in this way is called changing your mind. Today's reading is full of guidance that helps us change our mind so that we support the motive of truth realization instead of mindlessly resisting it with old conditioning.

Today's reading says:

Praise your mistakes, that they may be corrected. For it is only in praise and acceptance that truth may be known.

According to Merriam-Webster's dictionary, to praise is to "express a favorable judgment of."

Why are we asked to judge our mistakes favorably?

It's our habit to judge our mistakes negatively. Sometimes, in order to change a habit, one needs to be extreme in the other direction. However, even more important than that:

A key awakening practice is the Loving All Method.

Aren't mistakes a part of "all" in Loving All?

Therefore, aren't they to be loved just like everything else?

You may wonder how you can praise a mistake, especially if it created a problem or hurt someone?

Here's what works for me:

1. Shift from the head to the heart. Genuine praise comes from the heart, not from intellectual thinking or rationale, even if it's spiritual thinking or rationale.
2. With the heart, remember that the entire creative process including every thought, emotion, perception and action comes from consciousness' brilliant ability to want something different from truth and experience that, even though truth itself can never change. Feel gratitude for that brilliance and for the perfect freedom that allows it. (Don't rush through this step.)
3. Realize that the mistake you made is part of that brilliance and freedom. This is the positive judgment. It is praise for consciousness *as consciousness*, since consciousness *is* brilliance and freedom.
4. Remain with the feeling of gratitude for brilliance and freedom. Remember that you have accepted the purpose of awakening now. Choose to see your mistake clearly so that you can learn from it. Feel gratitude for this opportunity to learn a lesson that further supports awakening. Realize old habits are dying through clarity and your willingness to look at mistakes.

As we learned in NTI Galatians:

You will be tempted to think with the world. In times of unknowing, you will think and act with the world. But your willingness is in action, and so you will see what you have done. Each moment of noticing is an opportunity for immediate repentance. Repentance is nothing more than remembering what you truly want and returning joyfully to the focus of your willingness. This is the dance of love. And the dance of love is the spreading of Light within a welcome mind. ...

Do not worry about your errors. They are nothing but opportunity for learning. Return to your willingness in joy. In your truth, you are Spirit.

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 215, Commentary on Happiness

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 216, Commentary on Experience

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 217, NTI 1 Thessalonians 1 & 2

In NTI Ephesians, we learned that we are the creative process and our way of being is creative spirit. In NTI Philippians, we learned the importance of living from our spiritual aspiration, which is also called our motive, purpose, intention and true desire. In NTI Colossians, both NTI Ephesians and NTI Philippians were reviewed and emphasized, plus we saw that our absolute truth is Life, the First Principle of God. Since we are Life, the source of all things, we are also all things that come from Life, including the Second Principle of God (spirit, consciousness), the Third Principle of God (the creative process), and the Fourth Principle of God (form, manifestation.) In fact, we could rename the Four Principles of God as *the Four Principles of You*.

NTI 1 Thessalonians uses another word to describe what you are: Peace.

It also says that peace is the way to know your Self and your guidance.

NTI 1 Thessalonians describes peace as “gentle gratitude.” It also describes it as “love for all that is.” It’s interesting to contemplate that you *are* gentle gratitude, and gentle gratitude is the way to know your Self. Likewise, you *are* love for all that is and love for all that is is the way to know your Self.

To know is to be. ~ Nisargadatta Maharaj

It’s also true that lack of peace is not what you are and lack of peace is not the way to know your Self. When we give believing attention to lack of peace, which is any degree of upset, we choose illusion; we choose not to know our Self.

NTI 1 Thessalonians recommends using every upset as an opportunity to heal the belief that we are what we are not. It also warns us that the ‘I am bad’ belief stimulates denial and repression instead of healing, so we must be willing to transcend the belief ‘I am bad’ each time an upset occurs. By choosing *not to believe*, “I am bad,” we can look at the upset *with peace* and achieve “consistent and steady healing.”

Thoughts of Awakening # 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

Tips from Regina ~ Day 218, NTI 1 Thessalonians 3

NTI 1 Thessalonians 3 opens by saying:

Lack of peace in any measure is an opportunity to be healed.

It recommends that we not judge ourselves for our upsets, but instead *rejoice*, because another opportunity for healing has been brought to our attention. Certainly, the more we see and accept our mistakes with gratitude, the more consistent we heal and come to know ourselves as peace. (Reference [Day 214](#).)

Interestingly, after recommending that we rejoice when we find ourselves upset, NTI 1 Thessalonians also recommends rejoicing whenever we are not upset. It says:

Rejoice in each moment that peace is known within your heart. Do not judge from whence the peace has come or whether it is for the “right” or the “wrong” reason. Celebrate its glory regardless of the reason, and be glad.

Could it be that we have a habit of not being happy—a habit of constantly judging our self, others and circumstances in the world—and that the habit of not being happy *is* the obstacle to knowing the Self?

Yep, that’s it. That is the problem. And as Buddha indicated, when you recognize the problem, you also realize the solution.

The way to awaken is to *be your Self now*. In other words:

Make a commitment to peace.
Make a commitment to happiness.
Make a commitment to gratitude.
Make a commitment to acceptance.
Make a commitment to love.

Choose any of the five options above, whichever one you feel you can genuinely commit to now, and then choose to *live that commitment unconditionally*, and you will find your Self, because you have committed to your Self.

Note: I recommend printing this tip for repeated reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 219, NTI 1 Thessalonians 4

One of the definitions of “sin” in Merriam-Webster’s dictionary is “a vitiated state of human nature in which the self is estranged from God.” Today’s reading says:

Sin is only forgetfulness.

Sin is the belief that you are a separate, individual being, apart and different from all that is. It is the belief that spawns the “I am bad” belief, which is the source of guilt and unworthiness. Sin is the belief that causes fear and the perception of death.

Since sin is forgetfulness, the answer to all problems caused by sin is remembrance. In other words, the answer to all problems is truth realization. (Reference [Day 110](#).)

Today’s reading says:

Make it your ambition to lead a quiet life, because a quiet life is a godly life in which you hold, within your mind, that the process of life *is* God.

If you investigate stories of awakening, you will find that many who have awakened have spent long periods of time alone in nature. When one is alone in nature with a contemplative spirit, one may realize that life is supreme and manifestation is temporary. Seeing that life is supreme and life is one's true nature is truth realization.

Awareness-watching-awareness is another well-known way to reach truth realization, since life and awareness are one.

A busy or distracted life, where attention is constantly focused outward, does not support truth realization. It's helpful to find time for deep reflection and meditation. There are a number of ways to do this. You can:

- Set aside time in your schedule that is specifically dedicated to reflective contemplation and meditation.
- Take retreats away from your daily routine. Go someplace for the sole purpose of reflective contemplation and meditation.
- Use practices that keep your mind turned inward as you go about daily activity. (For example, the practices taught in *The Teachings of Inner Ramana*.)

Also, commit to being the Self instead acting like the false self. *Live as your Self*.

Make a commitment to peace, and live from peace.

Or make a commitment to happiness, and live from happiness.

Or make a commitment to gratitude, and live from gratitude.

Or make a commitment to acceptance, and live in acceptance.

Thoughts of Awakening # 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

Tips from Regina ~ Day 220, NTI 1 Thessalonians 5

The primary message in NTI 1 Thessalonians is:

Be it to know it.

Be peace to know peace.
Be happiness to know happiness.
Be gratitude to know gratitude.
Be acceptance to know acceptance.
Be love to know love.

Today's reading says that fear is the primary obstacle to being that which you desire to know.

On [Day 177](#), we looked at three definitions of fear:

1. A strong, distressing emotion that arises when we anticipate danger, regardless of whether the threat is real or imagined.
2. Anxious concern or anticipation that something unpleasant is going to occur.
3. The desire to escape something unpleasant.

Contemplate each of the previous definitions of fear. As you do, look at your own experience. Do you agree that fear is an obstacle to being that which you desire to know?

For example, if you have decided to be and know acceptance, when you are caught up in fearful thinking, are you in acceptance or are you resisting something?

Please contemplate this before continuing to read the tip.

~ ~ ~

You cannot fully believe fear and be that which you desire to know simultaneously, but you can *feel* fear and be that which you desire to know.

How?

Be at peace with feeling fear.
Or be happy to explore the feeling of fear.

Or be grateful for the opportunity to heal fear.
Or accept of the feeling of fear exactly as it is.
Or love the feeling of fear exactly as it is.

Each of the previous suggestions will help you practice rest-accept-trust. When you practice rest-accept-trust, fear heals. When you believe fear and act from fear, you are lost and do not know the Self.

Fear can be subtle. If you look carefully, even the tiniest upset can be attributed to fear. For example, frustration in a business meeting could be attributed to the fear that you are less than others, the fear that you might lose something, the fear that something outside of you can affect you, or the fear that you are losing control.

Fear is the greatest obstacle to truth realization.

Fear is the greatest obstacle to peace.
Fear is the greatest obstacle to happiness.
Fear is the greatest obstacle to gratitude.
Fear is the greatest obstacle to acceptance.
Fear is the greatest obstacle to love.

Pay careful attention to yourself. Whenever you are upset, pause and look to discover the fear that is present. If necessary, take a break and practice root cause inquiry.

Each time you bring restful awareness to fear, you come one step closer to abiding as your true Self consistently. In the early stages of awakening, this practice is called purification. In the later stages of awakening, it is called stabilization, because you are learning to stabilize as the Self.

Thoughts of Awakening # 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

Tips from Regina ~ Day 221, Commentary on Awareness

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding of the Thoughts of Awakening.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 222, NTI 2 Thessalonians 1

On [Day 217](#), we saw that the ‘I am bad’ belief incites denial and repression instead of healing. The goal of NTI 2 Thessalonians is to help us transcend the ‘I am bad’ belief so we can heal (let go of the false and realize the true) more quickly and more effectively. When this stumbling block is out of the way, the road is clear to find our way to awakening more easily (assuming our desire for truth remains strong).

Thoughts of Awakening # 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

Tips from Regina ~ Day 223, NTI 2 Thessalonians 2

Today, we are taught exactly how to heal the 'I am bad' belief.

1. Ask to see it.
2. Look at it while being aware that it is a belief (not a fact).
3. Rest (rest-accept-trust).

You can practice these steps repeatedly until every shred of the 'I am bad' belief has been healed.

To help support today's reading, here is guidance I received about letting go of the 'I am bad' belief:

Question: In order to feel my feelings (e.g., guilt, unworthiness) instead of repressing them, I cannot fear them. The problem is that I fear them because I still think they define me. I think they are true about who I am. How can I let go of this perception?

Answer: Letting go of this perception comes from the mind, since the belief that holds to the perception is in the mind. This is why I have been teaching you that the cause of guilt and unworthiness is not in the world or in anything that you experience. The only cause is belief in the mind. It's important to remember that belief in nothing is nothing but belief.

To change your perception, look at this belief and say, "This is only belief."

Call it by its name:

Not true, only belief

Be consistent and repetitive in this. That which isn't true is coming into your mind now to be seen. This is a good thing, *a great thing*. Look right at it in full confidence of who you are—full trust and knowing. Don't trust your eyes or your thinking mind. Trust only your Heart, which knows. With knowing, look at your beliefs and say, "Not true, only belief."

It is important to practice the previous guidance with clarity and not with fear. Your underlying motive for the practice is *essential* to its effect. Truth realization is a different motive than the desire to avoid or escape something unpleasant.

Note: I recommend printing this tip for future reference.

Thoughts of Awakening # 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

Tips from Regina ~ Day 224, NTI 2 Thessalonians 3

The guidance I shared in [yesterday's tip](#) said:

Letting go of [guilt and unworthiness] comes from the mind, since the belief that holds to the perception is in the mind. This is why I have been teaching you that the cause of guilt and unworthiness is not in the world or in anything that you experience. The only cause is belief in the mind. It's important to remember that belief in nothing is nothing but belief.

Today's reading reemphasizes that point.

Today's reading likens the 'I am bad' belief to the busy mind. If you watch the busy mind carefully, you will find it is constantly judging you as less than your reality. The idea that you are less than your reality is the root of the 'I am bad' belief. Therefore, your busy mind is the cause of your sense of guilt, unworthiness, inadequacy and the like.

Today's reading teaches a discernment practice. It asks us to "manage your mind" by using the practice it teaches. We can start by using the practice during meditation, during rest-accept-trust or anytime we want to sit quietly. However, once we are skilled at the practice, we can use it while we are active as well.

NTI 2 Thessalonians is a short section in NTI. However, what it teaches is powerful and incredibly useful. I recommend referring to NTI 2 Thessalonians frequently until you are free of the 'I am bad' belief completely.

Thoughts of Awakening # 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

Tips from Regina ~ Day 225, NTI 1 Timothy 1

The purpose of NTI 2 Thessalonians was to help us let go of the ‘I am bad’ belief. The purpose of NTI 1 Timothy is to help us let go of the belief in ‘me’ as an individual, separate person. This is also letting go of the belief in separation.

Today’s reading says:

The personhood of man, which is based on the belief in the world, is meaningless. It is meaningless because the world itself is not real, so all that is based on the world is also not real.

This is a very deep thought that you do well to sit back and soak in fully, for within this thought is another symbol that is key to your own salvation.

What is the “symbol that is key to your own salvation?”

It is Self-inquiry.

Who/What am I?

I was not ready for Self-inquiry when it was introduced in NTI 2 Corinthians 12, so like a GPS, inner wisdom recalculated to help me see that I am the Third Principle of God, the creative process. I accepted that teaching more easily. Through that teaching, I could see that I am not what I think I am and that the world is not real; it is made through attention on thought, perception and emotion.

In NTI 1 Timothy, inner wisdom asked me to contemplate that more deeply. If I go *deeply* into the realization that I am not what I think I am, that the world is made by attention on thought, emotion and perception, and that the body-personality is part of the world, I will eventually come to the question:

What am I?

And that question is key to salvation (awakening).

Some of you accept that you are not what you think you are. You accept that the world is not real; it is made by attention on thought, perception and emotion. Now, notice that the body and personality are part of the world. That means they are also *made* in the same way all manifestation is made. They can't be what you are, so what are you?

Don't make the mistake I made in NTI 2 Corinthians 12, when I went to concepts for the answer. Instead of answering with what you've learned, *look*.

Experience you *intimately*.

If not the body, if not the thoughts, if not the emotional-makeup, and if not the personality, what's left *as you*?

Subtract everything that you identify with that is a type of manifestation.

What's left as you that *is not* a manifestation?

Today's reading points out that individual personhood—me, you, us, them—supports judgment.

Can that which is left when body-thought-emotion-personality is subtracted be judged like a body can be judged? Like thoughts can be judged? Like emotion or personality can be judged?

Anything that can be judged is part of manifestation. It is not real, and it supports the continued making of illusion.

That which cannot be judged is beyond all of it—beyond world, beyond body and beyond mind. And yet it is you.

What is that?

Thoughts of Awakening # 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

Tips from Regina ~ Day 226, NTI 1 Timothy 2 & 3

As I write this, it is the day after euthanizing my dog, Jamie. Yesterday, after she was gone, I decided to go for a walk, which is what I would have done had she been alive and healthy. I went to one of her favorite places along the Arkansas River.

As I walked, I noticed lizards, grasshoppers, ants, birds, trees, the water, and the wind. I felt awed by the intensity of life. It was so full of itself—vibrantly present and immediate. I could not find death in life. I knew the dog, Jamie, had ended, but yet there was no loss or lack in life. There wasn't a hole in life where Jamie had been. Life was perfectly intact.

As NTI John taught, life and light are one. NTI John 1 said:

The Light is in all men and with all men. The Light does not fade or wither, but the darkness that fills the sight of man does not see the Light or choose to know it. And so, the Light waits on welcome, that it may be known.

What is the “darkness that fills the sight of man”?

It is the belief that manifestation is reality. It is the belief that I am the person, that Jamie was the dog, that an ant is just an ant, etcetera.

On [Day 212](#), we saw that it's a mistake to see ourselves as merely manifestation. It is more correct to say we are the creative principle than it is to say we are the person. To say we are consciousness is closer to truth. To say we are life is truth. To say we are all of it (life, consciousness, creation and manifestation) is the essence of truth, since consciousness, creation and manifestation are made of life. Life is the source and essence of all things.

Today's reading says:

Rest within the acceptance that the temporal being you seem to be is not the totality of your Beingness, and so it cannot be the truth of what you are.

The person that you appear to be is to be loved, just as Jamie was to be loved, but the person is a temporary expression occurring through the creative principle. You are much more than that.

Thoughts of Awakening # 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

Tips from Regina ~ Day 227, NTI 1 Timothy 4

This is one of my favorite Bible scriptures:

This is the day that the Lord has made;
we will rejoice and be glad in it.
~ Psalm 118:24

When my grandma died, I was asked to plan the funeral service with the minister. He asked if there was a Bible scripture that I wanted read during the service. I requested Psalm 118:24. He couldn't see how that scripture fit in with a funeral service, so I agreed to share it during my portion of the service.

I opened my eulogy with Psalm 118:24, and then went on to talk about what a joy it was to have this woman as my grandma. I talked about my experience with grandma in full. I remembered her homemade cinnamon rolls, butter and cheese, which everyone loved, and I remembered that she trusted no one and said some pretty outrageous untrue things about other people, which wasn't what everyone loved about her. I openly loved it all. I loved every aspect of the personality-body-mind that was my grandma. I said:

This is the Grandma that the Lord has made for me;
I rejoice, and I am glad she was my grandma.

Today's reading says:

To love thy Self is to love all things and all circumstances ...

If life is the source and essence of all things, we can only love life as it is by loving all things as they are. If we reject any part of life, we aren't loving it as it is, because life is not a part; it is whole.

This is why the Loving All Method is such an important practice. If we don't love all, we separate and divide life through judgment. Separation is illusion. Life is one.

What if you cannot love everything as it is?

Today's reading says:

To train yourself in godliness [loving all], be willing to rest the mind frequently. Be willing to step back and observe while remembering all that I have taught you. Remember that all circumstances come to you for your awakening, because you are the creative process that is God and awakening is the purpose you have chosen.

Here is a link to a 1-hour audio that is related to NTI 1 Timothy's teaching about the personhood and about loving every aspect of the personhood as it is:

[The Flow](#)

Thoughts of Awakening # 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

Tips from Regina ~ Day 228, NTI 1 Timothy 5

When we believe manifestation is reality, we are in darkness as opposed to light. (Ref: [Day 226](#).) That could also be called ignorance, as opposed to knowledge. However, that doesn't mean that manifestation should be disdained. In fact, the opposite is true. The purpose of manifestation is love (joy).

Yesterday, we saw that love loves the whole, not just selected parts or circumstances. Today's reading guides us to love all of humanity exactly as it is, without asking any part of humanity to be different. The reading is reminiscent of Jesus' last instructions to his disciples:

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.

~ John 13: 34,35

Love loves. That is its nature. It does not select what it will and will not love. Selection and rejection are aspects of judgment, and judgment is the tool that was born out of a desire for something different from truth. (Ref: NTI Romans 2.)

To return to the realization of truth, be truth. Truth is love (joy).

Today's reading offers a means by which you can genuinely love everyone just as they are. It asks you not to see people through the filter of personhood, which includes rules and expectations that define "good people" and "bad people," "attractive people" and "unattractive people," etcetera. Today's reading recommends that you see all people as expressions of freedom. To see everything as an expression of freedom is to focus on a quality of consciousness. Therefore, to focus on everything as an expression of freedom is letting go of the filter of personhood. (Ref: [Day 214](#).)

Thoughts of Awakening # 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

Tips from Regina ~ Day 229, NTI 1 Timothy 6

On [Day 179](#), we learned:

A thinker is one who has an intention regarding thought, so when NTI says "you are the thinker" it means that you get to choose the intention in the mind. You can decide if attention will wander with any thought that arises, or if it has an intention to focus on truth and let other thoughts go.

Today's reading says:

You are the Mind that Thinks...

And it encourages us to shift our attention—shift our vibration—so that we stay focused on truth.

I recommend contemplating today's reading in this way:

1. Read NTI 1 Timothy 6 slowly and contemplatively.
2. Listen to [this 30-minute audio](#), which is a review of NTI Philippians 4.
3. Review the tip from [Day 179](#).
4. Read NTI 1 Timothy 6 again.

If you do not have time to complete all 4 steps in the morning, use the entire day to complete the steps. For example, complete step 1 this morning, complete step 2 around lunchtime, and then complete steps 3 and 4 this evening. Or, complete the steps in a way that fits with your schedule.

Thoughts of Awakening # 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

Tips from Regina ~ Day 230, NTI 2 Timothy 1

Yesterday's reading asked us to:

Focus on the frequency that is God.

That is perfect guidance. According to Ramana Maharshi's disciple, Paul Brunton, focusing on the Self is the "short path" to Self-realization. However, the fearful mind can distort that guidance into a corrupted mental message that goes something like this:

If I feel anything but peace, joy and love, I am bad.

That's an untrue statement.

NTI 2 Timothy teaches us how to be with any feeling that is different than truth. It asks us to explore the feeling, see that it is just a feeling—*an experience*—and nothing more than that. In order to do that, we need to look at our feelings with pure awareness.

Thoughts are not pure awareness. Thoughts are judgments. Thoughts tell us what our feelings are, what they mean about us, others and the world, and what caused the feelings. Pure awareness doesn't have any of these stories in it.

As you know, my dog, Jamie, was recently euthanized. That experience came with feelings. There was acceptance, joy and a strong experience of life. There was also sadness and a feeling of missing Jamie. The latter feelings came in short waves, and then passed. Each time they came, I gave myself to the feelings.

In my case, there were no stories about how things should have been different, so I did not need to focus on letting go of untrue stories, but I did explore the feelings as 2 Timothy recommends. I noticed what "sadness" felt like, especially in the heart. I noticed it wasn't unpleasant (which is what the mind would have said about it). The sensation in the heart, which some people might call "a broken heart," wasn't there before Jamie's passing. It was certainly related to her passing, but it was just a feeling. As I looked at it, I realized I did not know what it was. The mind wanted to understand why the feeling was there, but awareness was able to simply be with the feeling in gratitude for a present experience.

The same thing was true of tears. Every now and then, tears came. A couple of times there were a few seconds of hard crying, but none of that felt "bad" when looked at with awareness. It was just part of the experience of loving a pet and then losing that pet. If I label the experience based on how it looked through the eyes of awareness, I would say it was *an intimate human experience*. I felt what it feels like to be human.

This is what today's reading teaches. We have the experience of being human because we want experience. Beauty and healing come when we allow the pure, unadulterated experience of experience. Stories, however, pollute experience with a particular spin or interpretation. When we are engrossed in stories, we still have experience, but our attention is more in the head than in the experience. In that way, intimacy with the experience is lost.

Love and intimacy are one.

By allowing ourselves to be intimate with an experience without becoming lost in stories, we love the experience. We are open to it and empty for it. When we love an experience, it moves through us. When it leaves us, we feel free. In the beginning, that freedom may be experienced as healing. However, openness, emptiness and freedom are our true nature. We come to know our Self by loving experience as it is.

Let me say that again.

We come to know our Self by intimately experiencing experience, because we intimately experience experience by *being open, empty and free*.

We be our Self, and so we know our Self.

Thoughts of Awakening # 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

Tips from Regina ~ Day 231, NTI 2 Timothy 2

The feeling that humans fear the most is fear itself. The way that humans fear fear is strange, if you look at it objectively. They will do almost anything to avoid the feeling of fear, and in their desire to avoid fear, they listen to fear and obey fear as if fear is their god.

For example, if a romantic partner tells the other, "I'm not happy in this relationship anymore," fear may arise in the one hearing the news. It could be fear of loneliness, fear of rejection, financial fear, or another type of fear. When fear arises, thoughts come into the mind with suggestions about how to escape fear or how to avoid the feared situation. The fearful one may begin to act differently as a result. A man accused of not showing affection may buy flowers in an effort to be perceived differently. A woman accused of wanting her way might give up something she felt called to do. These actions don't come from love. They are an effort to escape fear or avoid a fearful situation. Fear said, "Jump!" The fearful partner asked, "How high?" and then proceeded to do so.

Fear controls and restricts us. We think those limits keep us safe, but they actually keep us enslaved to fear. The next time fear rises, we will listen to its counsel again.

We cannot be limited by fear and know our free, unlimited nature too.

Yesterday's tip suggested that we experience experience intimately. Fear is an experience. If you put distressing stories aside, and simply look at the *feeling* of fear, you will notice it is only energy in the body.

Sit and watch fear next time it arises. Don't do anything to escape it. *Be with it.*

We think fear will destroy us, but it doesn't have that power regardless of how strong it gets. We can be with fear and remain perfectly unharmed. When we do that, we learn through direct experience that we are genuinely unaffected. That is coming to know our Self.

If we "jump" every time fear says, "Jump," we continue to believe we are vulnerable, and fear stays in the driver's seat as our god and as our advisor.

Thoughts of Awakening # 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

Tips from Regina ~ Day 232, NTI 2 Timothy 3 & 4

Let's review how the creative principle works. When we place believing attention (faith) on thought, emotion or perception, the energy of that thought, emotion or perception is reprocessed into a new experience with the same energy. We could say that we "pray" for a particular experience by putting faith (believing attention) in that energy. For most people, experience is a repeating loop, because each time a particular energy comes into experience, they believe it. This loop has been expressed this way:

What I think, I see.
What I see, I experience.
What I experience, I think.

You can free yourself from this loop. You can:

1. Use discernment to let go of untrue thought. (Ref: NTI Ephesians 4)
2. Remember that the current perception comes from past believing, and choose to experience it differently now. (Ref: NTI Ephesians 5)
3. Experience an emotion with pure awareness instead of believing a story about it.

Today's reading teaches the third option in the previous list.

Today's reading says:

Let's remember that the world is only a prop made by the mind in order to generate the experience the mind has already decided to have.

When did the mind decide to have a particular experience?

It decided to have a particular experience when it gave believing attention to a previous experience with the same energy. As today's reading says:

The world is a prop, but the mind (believing attention) wrote the play.

The prop is magnificent as a prop, because consciousness is brilliant and free to create any experience it desires. The world is extremely effective at bringing up emotional experiences for us to experience. However, if we want to be free of the loop of experience, the way to experience experience is to experience it fully with pure awareness instead of with believing attention.

Pure awareness is a prayer for pure awareness.

Believing attention is a prayer for experience that is different from truth.

This is true, because your *way of being* is creative spirit.

Beware of the temptation to blame someone or something else for your way of being. Blame can only come from believing the story or perception, and believing attention keeps one in the loop of experience.

To "heal" is to become free of the artificial loop of experience. "Healing the mind" returns one's attention to pure awareness instead of outward believing attention.

It's also true that pure awareness has no fear in it, so whenever we are afraid of our thoughts or feelings, we are looking at those thoughts or feelings with believing attention. Whenever we notice that we are afraid of our own experience, it's time to drop into the heart and shift into pure awareness.

How can you do that?

Remember your spiritual aspiration.

Your spiritual aspiration is like a compass that always points to the heart. By placing your mind with your spiritual aspiration, you move attention from belief in the world to the heart's motive. By placing attention with the heart's motive, you move into the heart. From the position of the heart, attention can be guided by the heart, which enables you to experience an experience with pure awareness instead of believing attention.

Thoughts of Awakening # 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

Tips from Regina ~ Day 233, NTI Titus 1-3

NTI Titus is a section filled with pithy statements that help us review NTI’s recent teachings. Here’s how I recommend reading NTI Titus:

1. As you read NTI Titus, write down any statements that stand out to you as especially important or meaningful.
2. After you have finished reading, go back and contemplate the statements you wrote down.
3. Write what comes to you as you contemplate those statements. If you are guided into deeper journaling, follow that prompt.

It’s likely you will have a very insightful experience with NTI Titus if you contemplate it as I’ve recommended. Don’t feel like you have to contemplate every sentence in NTI Titus. Ask inner wisdom to help you know which sentences/paragraphs are for you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 234, NTI Philemon

The false self is the idea that you are merely the person you appear to be in the Fourth Principle of God, manifestation. Believing that idea is a mistake. It's more correct to see you—especially *your way of being*—as the creative process, the Third Principle of God. Awakening to unity consciousness is realizing that you are the Second Principle of God, witness of both the creative principle and manifestation. Ultimate awakening is realizing that you are beyond consciousness; you are life-awareness, the source of everything, the First Principle of God.

One that is the source of everything is everything, including each and every temporary manifestation, because each and every temporary manifestation is made from the reality of that one.

In NTI, the First Principle of God is called Life. The Second Principle of God is called spirit. The Third Principle of God is called creation. The Fourth Principle of God is called form. You are all of them, because you are Life, which is the source and the essence of them all.

NTI Philemon is written to you *as spirit*, the Second Principle of God. Spirit is the first evolution that transpired out of source. The creative principle and manifestation emerge from spirit (consciousness).

Spirit is brilliance and freedom.

Life-awareness (love) is absolute openness and unlimited potentiality.

To see everything in manifestation as the effect of brilliance, created in freedom, manifest through and as love is truth realization.

Thoughts of Awakening # 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

Tips from Regina ~ Day 235, NTI Hebrews 1 & 2

NTI Hebrews opens by recognizing that you are beginning to accept yourself as consciousness. It says:

By this time, you recognize that the Son of which I speak is you. There were no prophets or angels of heaven. There is only you, ...

Consciousness is the source and essence of everything in manifestation just as life-awareness is the source and essence of consciousness.

NTI Hebrews also recognizes that awakening isn't complete in you. It says:

The mind is split, but this split is not to be mourned. ... Awaken the mind by being gentle to the split. Whisper quietly to it that which is your true desire, and it shall respond naturally by opening its eyes unto you.

In other words, continue to focus on your spiritual aspiration until awakening to unity consciousness is complete.

Today is a good day to review [Chapter 4](#), sentences 1-70, in the *The Most Direct Means to Eternal Bliss*.

Thoughts of Awakening # 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

Tips from Regina ~ Day 236, NTI Hebrews 3 & 4

NTI Hebrews is written to you, one who is awakened enough to step forward and take a leadership role in your own awakening. NTI Hebrews tells you how to lead yourself to full awakening:

1. Have gratitude for each moment of clarity.
2. Rest the ego mind.
3. Act based on clarity.
4. Let go of every impulse that does not come from clarity.
5. Live from your spiritual aspiration.

Today's reading says:

Today is now. The mistake you make is thinking that today is tomorrow, and so you see your true desire, but you put it off until another time.

That's something worth looking at to see if it's true.

Do you agree with the Thoughts of Awakening, the readings and the tips, but wait to begin living from them sometime in the future?

If so, why?

What do you want?

What is most important to you?

Thoughts of Awakening # 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

Tips from Regina ~ Day 237, NTI Hebrews 5

NTI Hebrews sees you as the leader of your own awakening, and it teaches you how to be a great leader as opposed to a weak leader or an overly forceful leader. It encourages you to be a great leader by:

- 1.

1. Having compassion when you fall short of your hopes or expectations for yourself.
2. Gently encouraging yourself to listen to clarity and let go of ego impulses.
3. Strengthening your spiritual aspiration with heartfelt, devotional prayer.
4. Living from clarity as much as you can.

Today is a good day to ask inner wisdom for specific guidance about how you can be an effective leader in your awakening process.

Thoughts of Awakening # 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

Tips from Regina ~ Day 238, NTI Hebrews 6

NTI Hebrews teaches that you have matured on the path of awakening, and it encourages you to live from that maturity now. It also acknowledges that your stage of awakening is a stage in which you will sometimes slip back into ego habits. It says:

When you notice that you have awakened again from another period of slumber and dozing, go back to your practice. Do that which is natural by the maturity of your faith. Practice the state of awakening with joy.

How can you practice the state of awakening?

Reference [Day 179](#) and [Day 218](#) for suggestions.

Today's reading mentions God's promise to Abraham. We first learned about God's promise to Abraham while reading NTI Galatians. Today is a good day to review that teaching. Reference [Day 191](#) for that review.

Today's reading also says:

Forgive the scenarios of your dreams. ... They are images of the past.

In NTI Ephesians, we learned to see our current circumstances as a manifestation of past believing attention, and we were asked to be with current circumstances differently now. Reference [Day 200](#) for a review of that teaching.

Thoughts of Awakening # 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

Tips from Regina ~ Day 239, NTI Hebrews 7

NTI Hebrews teaches that you have matured on the path of awakening. Yesterday's reading was a review of some of what you have learned as you have matured through your study and practice of NTI. Today's reading asks you to acknowledge your maturity by living your life from maturity instead of living as if you are a beginner on the path of awakening.

Melchizedek was a king and a priest during Abraham's lifetime. He is first mentioned in the Bible at Genesis 14. Abraham had just won a battle through which he rescued his nephew, Lot, from a group of kings who took him while attacking Sodom, which is where Lot lived. After Abraham won this battle, two kings came to visit Abraham. One was the king of Sodom, who came to retrieve what he had lost when the group of kings attacked his city. The other king was Melchizedek, who is described later in Psalm 110 as "a priest forever."

Melchizedek blessed Abraham. After receiving the blessing, Abraham was moved by the heart to give him one tenth of the possessions he had recovered in the battle.

The king of Sodom asked Abraham for the people he'd rescued, but offered to let him keep the remaining possessions recovered in the battle.

Abraham refused the remaining possessions, saying, "With raised hand I have sworn an oath to the Lord, God Most High, Creator of heaven and earth, that I will accept nothing belonging to you, not even a thread or the strap of a sandal, so that you will never be able to say, 'I made Abram rich.'"

The king of Sodom represents the ego. Abraham chose to accept nothing from him, which symbolizes the decision to stop giving belief and attention to the ego.

Melchizedek represents the Holy Spirit, which is the wisdom of awake consciousness. As the Bible says at Hebrews 7:1-3:

This Melchizedek was king of Salem and priest of God Most High. He met Abraham returning from the defeat of the kings and blessed him, and Abraham gave him a tenth of everything. First, the name Melchizedek means "king of righteousness"; then also, "king of Salem" means "king of peace." Without father or mother, without genealogy, without beginning of days or end of life, resembling the Son of God, he remains a priest forever.

Today's reading points out that we have given 1/10th of our attention to the Holy Spirit, which means we still live 90% from ego. Ego is our attachment to the body-mind-personality as "me."

Today's reading says:

But one tenth of your mind given to awakening is only one tenth of everything, which means everything is not focused on who you are. I ask you to be willing to accept the Holy Spirit as the Voice of your truth. Be willing to give everything to the Voice that represents all that you truly are.

We demonstrate what we think we are by what we listen to and follow. As we learned on [Day 135](#), there are two scripts that we can listen to and live from as we have this bodily experience. One is the ego script, which teaches that I am a body-mind-personality living in a very real world. The other is the script that comes from awake consciousness. It leads us to see temporary appearances as temporary appearances while embracing reality as truth and as what we are.

It's fair to say that NTI Hebrews 7 asks you to increase your commitment to truth while decreasing your attachment to manifestation as reality.

Please read today's reading slowly and contemplatively. The reading asks several questions. Take the time to consider those questions deeply as you read.

Thoughts of Awakening # 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

Tips from Regina ~ Day 240, NTI Hebrews 8

Yesterday's reading said:

Look within the mind at the thoughts that make you proud and make you happy at the thought of being you. Look at those thoughts, which you judge as good, which make you feel better or luckier than someone else you know. Look at those thoughts, and listen clearly to what I say:

Those thoughts have no value.
Those thoughts are nothing but the dust of dreams.

We have spent a lot of time letting go of negative self-judgment, but now, in our maturity, we are also asked to let go of positive self-judgment.

Why?

Because any judgment, negative or positive, says, "I am the body-mind-personality."

Today's reading continues in the same vein. It asks us to look at everything we like about our life-experience in the world, and envision letting go of it.

Again, this is significant, because if anything is important to "me," it reemphasizes "me."

But how do we let go of things like our children? Our pets? Our spouses?

In my experience, the easiest way to let go of them is to notice the fact that in every moment they are changing. The exact form of the one I love now is already changing and leaving. I can't hold onto it anyway, so why try to hold onto it?

Let me give you an example. I used to have this really cute little 6-year old daughter. She was happy and easy to be with. Her toothless smile was so cute. We spent weekends doing arts and crafts together, playing games and cooking foods from different countries. But that is gone now. My daughter naturally grew out of being 6-years old. She will never be that cute little 6-year old again. She's in college now, but she isn't going to be the college kid forever either. She will mature and change, and then she will mature and change again.

If you look at anyone (or anything) you love with clarity, you will see that it is here now, but it is already passing away. Everything in form is constantly being recreated by the creative principle. Nothing in manifestation lasts.

When we cling to anything in manifestation, all we really cling to is *an idea of that thing*. By clinging to an idea, we refuse to notice what the thing really is.

What is it?

It's life appearing temporarily as this appearance now.

We can embrace everything as a precious momentary appearance. We can love it fully now, while it is here. But as it passes—as it shifts and changes into a new appearance—wisdom lets it go, because it is gone. Wisdom lets go of what has passed and loves what is here.

Jasmine came home from college this past weekend, and we had a really lovely time together. We kayaked, went to the state fair, hiked, played board games, and cleaned my car together. Now the weekend is over. Jasmine has gone back to college. If I sat here longing for her—wishing she was still here or that it was still last weekend—I would be clinging to thought only, and through clinging to thought, I would also cling to my identity as 'mom' and the ideas I think 'mom' needs to be happy. Those ideas and that identity are “nothing but the dust of dreams.”

Thoughts of Awakening # 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

Tips from Regina ~ Day 241, NTI Hebrews 9

If you read [Hebrews 9:1-10](#) in the Bible, you will see that Jewish people once followed very strict rules regarding worship. In fact, the Jewish people were given very strict rules to follow about everything in their lives, including food, relationships, how to settle disputes and more. These rules are called “the covenant of the first order” because they represent a phase in maturity.

Without realizing it, every person follows a “covenant of the first order,” which I have referred to in the past as “mind-made laws.” (Ref: [Day 99](#))

We have rules about everything including food, how to worship (or how to be spiritual), relationships, clothing, and more. There’s a funny commercial on TV about a man who is being helpful by making the bed, and his wife responds by saying, “The big pillows go in the back.” ~ha ha~ That is one of her mind-made laws, a law he apparently did not have in his mind.

NTI points out that mind-made laws have their place at a certain stage in our maturity. For example, if we agree on how beds should be made, we feel a sense of sameness through that agreement. If you look around, you will notice we do have an agreement about how beds are made. We might not all agree that the big pillows go in back, but we do agree to put the pillows near the headboard instead of the footboard or under the bed during the day. These subtle “laws” that we all follow give us a sense of sameness, but that sense of sameness is very flimsy.

NTI says that a new covenant has come to replace the old covenant. The new covenant is the knowledge that we are one and all manifestations are created through the creative principle. That means mind-made laws are meaningless. If I believe that the big pillows go in back and you believe that the big pillows go in front, one is not more right than the other. Both are simply how the creative principle is manifesting as thought and action through a temporary body-mind-personality. Your way and my way are both story, and therefore equally meaningless. What we are beyond the story is one consciousness. Meaning lies in our reality.

Jasmine has a story about how she and a college roommate got in a tiff, because Jasmine started cooking ground beef without heating the pan first. Apparently the roommate felt that a pan should always be preheated before you put the ground beef in.

Have you ever paused to realize that if you hold onto your mind-made laws—your ideas about how food should be prepared, how friends should be treated or how houses should be decorated, and etcetera—you *are holding onto the body-personality-mind as you?*

By believing you are right about your mind-made laws, you cling to a temporary manifestation as you.

By seeing your mind-made laws as story, you see the body-personality-mind as story too.

Thoughts of Awakening # 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

Tips from Regina ~ Day 242, NTI Hebrews 10

For some people, NTI Hebrews may seem harsh, because it asks them to let go of people, things and circumstances that they love and enjoy. Others may feel guilty, because they aren't ready to let go of those things. If you judge NTI Hebrews as harsh or if you judge yourself as guilty, you are looking at a form of the "I am bad" thought. Whenever this thought is seen, whether it is projected onto someone or something else or felt as a "fact" about you, it is rising into consciousness *so that you can let go of it*.

If you experience judgment or guilt as you read and contemplate NTI Hebrews, consider reviewing NTI 2 Thessalonians.

Today's reading says:

The one sacrifice that ends sin and guilt forever is not a sacrifice at all. It is but the remembrance and acceptance of all that has always been true. It is the release of what isn't and the re-acceptance of what is. It is a return to the realization of the truth of what you are.

Many of us go through a phase when we feel like we are asked to sacrifice something (or many things) for truth realization. That's because the mind believes it gets happiness or love from the objects it is attached to in the world. However, as has already been pointed out, those things are passing—shifting and changing—anyway. Nothing in

manifestation stays the same or lasts. To believe that manifestation is the source of our happiness is the cause of suffering.

True happiness comes from Self-realization, because our true nature *is* happiness. In this realization there is no loss at all.

Why?

Because once you realize the Self, happiness is natural, *and* manifestation continues as it did before. Manifestation doesn't die away when you realize the Self. As long as the body lasts, it continues in manifestation and it experiences manifestation. Yet, you see with clarity. You know what everything really is, and you are able to appreciate its temporary appearance too. There is no sacrifice in that.

Today's reading says:

God is Love. ... Rest yourself within your Heart. Here your true desire is known, because here the truth of God is known. Then rise up and practice in joy.

If you feel that NTI Hebrews is asking you to sacrifice something you love or enjoy, take time to go within. Get in touch with your Heart. Let it reassure you about the truth, and then, *only when you feel genuinely revitalized toward your spiritual aspiration*, continue the practice of letting go of dreams.

Allow letting go to come from the heart, not from a sense of obligation. Remember, motive matters. (Ref: [Day 177](#))

Thoughts of Awakening # 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

Tips from Regina ~ Day 243, NTI Hebrews 11

Here is an excerpt from conversation #14 of *I Am That: Talks with Sri Nisargadatta Maharaj*:

Questioner: My own feeling is that my spiritual development is not in my hands. Making one's own plans and carrying them out leads no where. I just run in circles around myself. When God considers the fruit to be ripe, He will pluck it and eat it. Whichever fruit seems green to Him will remain on the world's tree for another day.

Nisargadatta Maharaj: You think God knows you? Even the world He does not know.

In this conversation, Nisargadatta points to the First Principle of God when he says, "Even the world He does not know." From the point of view of the First Principle of God, the First Principle is all that exists. The "everything" that we see in perception, is one thing—reality, life-awareness—from the perspective of the First Principle. From that perspective there is nothing different from truth, so there is nothing to fix, change or awaken.

The perspective from the Fourth Principle of God is different, since the Fourth Principle is the expression of the wish for something different from truth. From this perspective, awakening is the mission of consciousness.

To see from the perspective of the Fourth Principle, but to say, "There is nothing to do," which is the perspective of the First Principle, is what *A Course in Miracles* calls "level confusion." Rupert Spira says it is disingenuous to say, "There is nothing to do," when you still believe you are a person.

It is as NTI Hebrews teaches:

You are the leader of your own awakening.

So, how the heck do we awaken ourselves?

You know that the desire to awaken is very important.

You are aware of the practices, such as mind-watching, inquiry, discernment, rest-accept-trust, awareness-watching-awareness, loving all, and surrender.

Another important ingredient is faith.

Today's reading defines faith as "what you accept as true."

Faith is believing-attention and the action that comes from believing-attention. One who believes thought, emotion and perception place's attention and takes action based on that belief, while one who trusts truth teachings places attention and takes action in another way. Both have faith. Both live according to their faith.

Faith, or believing-attention, feeds into the creative process. Faith based on the world continues the experience of something different from truth. Faith based on truth *creates the experience of awakening*. Some call that grace. Grace is not a gift from a benevolent or discerning God-being. Grace is the *natural output of the creative principle when faith in truth was the input*.

In other words, you lead yourself to awakening by having faith in truth, which also means your attention and actions are guided by your faith in truth instead of by faith in the world.

Thoughts of Awakening # 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

Tips from Regina ~ Day 244, NTI Hebrews 12

NTI Hebrews asks you to be the leader of your own awakening. Yesterday we saw that you lead yourself to awakening through faith in truth, because whatever you have faith in is extended to you through the creative principle.

Today's reading is a summary of tips written to one who has decided to lead his/her way to awakening. I recommend taking notes as you read today. Taking notes will help you remember today's tips. You can also review your notes, which will further aid in remembering the tips.

There is one tip I would like to highlight from today's reading. It says:

*Have compassion for yourself,
and be firm in your [true] desire.*

The ego does not know how to be firm for something and have compassion when you "fail" in your intentions too. The ego either chooses not to be firm, because if it doesn't make the decision to be firm it doesn't have to worry about failing, or the ego makes a firm decision and then judges harshly each time you do not meet your own expectations.

The heart is naturally firm for truth and always compassionate regarding errors. In this context, the heart can be defined as "awareness with natural intention."

For example, when a baby is learning to walk, that baby is awareness with the natural intention to walk. It is firm in its intention to walk. It also does not harshly judge its falls as failures. Interestingly, the baby's heart is so perfectly set on the intention to walk, the baby doesn't need to have compassion when it falls. There is absolutely no judgment in the baby's pure intended-awareness, so there is no need for compassion. However, in your case there may be judgment when you slip or fall. When there is judgment, be compassionate (forgiving) with yourself.

Thoughts of Awakening # 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

Tips from Regina ~ Day 245, NTI Hebrews 13

The error that is the ego is attaching life to manifestation and identifying with that. It is attaching life to a body, a mind, and a personality, and then feeling that you are that. When you make the mistake of pinning life down to a specific form and identifying with that form, you also see form as alive, as if the form is primary and life is both secondary and temporary. That's why you believe in death.

In reality, life is primary and eternal. Every aspect of manifestation is temporary, shifting and changing. And *you are life*, not the temporary form that you experience now.

To let go of ego is to let go of identifying with a specific manifestation as you and to let go of seeing others as specific manifestations. It is to fully accept that manifestation comes and goes, and life is beyond all manifestations. Life is the source of all manifestations; it is the essence of all manifestations, and life is what you are, just as it is what everything is.

The purpose of today's reading is to help you accept this truth. Admittedly, it is not the truth the ego wants to hear. The ego (identification with a specific form) wants to believe it is eternal, but that simply isn't the truth, nor will it ever be the truth.

Read today's reading slowly and contemplatively. I recommend taking notes again today. Taking notes will help you absorb today's teaching. You can also review and

further contemplate your notes, which will further aid in absorbing this important teaching.

Thoughts of Awakening # 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

Tips from Regina ~ Day 246, Commentary on Awakening

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 247, NTI James 1

I love NTI James 1. There are several statements in this chapter that I remembered vigorously (with active mental strength) as I went through my awakening process. These statements helped when I felt tired, vulnerable, uncertain or afraid.

Here are the sentences and phrases that came up in my mind repeatedly for several years exactly when I needed them the most:

Trust in all things.

Whenever I noticed my mind spinning with a story of fear, I would whisper to it and say, "Trust in all things." Now, trusting all things has replaced fear as a habit. I still do not know what will happen in the future, but I trust it, whatever it is. Therefore, I am happy and at peace.

Trust the healing process.

Sometimes the healing process feels extreme. Situations that arise seem really difficult. Emotions are strong. The mind's stories are anything but helpful. Whenever this occurred, I remembered that everything is for my healing, and I chose to trust the healing process. That helped me to face everything with healing as my only purpose.

Trust your own mind; it will rest.

Sometimes the mind spins and spins and spins with a story, and it seems like it will never stop. When this happened to me, I remembered, "Trust your own mind; it will rest." I visualized it as an old fashioned wind-up toy that was currently all wound up, and I knew that if I didn't wind it up again by giving it my believing attention, it would eventually wind down and stop. I trusted that, and I waited in trust for the chatter to die down on its own.

Listen within, with true desire as your focus.

I knew that if I went within with any goal other than my spiritual aspiration as my focus, ego would advise me. It was not beneficial to go within while wanting people to respect me, while wanting my daughter to be nice to me, while wanting more money, and etcetera. Before going within to seek guidance, I always came into contact with my desire for awakening first. I made sure that was the *only thing* I wanted. With awakening as my only purpose, I asked for guidance, and I knew what I received was from inner wisdom and could be trusted as such.

Use all things to practice the true desire of the Heart.

For several years, every situation from simplistic to complicated had one purpose for me; its purpose was my awakening. I felt like I was under the surface of the ocean, and my only goal was to get to the top where I could live in the fresh air. Now, I feel like I live life in the fresh air. I breathe easily and naturally. Life is joyous. However, occasionally I slip, briefly, under the water again. Hence, my purpose now is stabilization. I still use all things to practice the true desire of the Heart, but my spiritual aspiration has been updated. Instead of awakening, my current spiritual aspiration is to *be awake now*. For me, all situations are an opportunity to be awake now. For you, all situations are an opportunity to practice your current spiritual aspiration. That's all anything is for.

To listen, but not to practice, is to be like a man who looks in the mirror, but then goes away and forgets what he saw.

Like many of you, I used to receive incredible guidance as I wrote with inner wisdom during contemplation, but then I would walk away from my notebook, forget about the guidance and live my day from the mind and from my conditioning. This sentence from NTI James 1 reminded me to stay with the guidance that I received. *Keep that mirror*

with me, and look at it throughout the day. By continually looking in the mirror—by reviewing guidance and actively practicing it—I knew I would come to know my Self.

Thoughts of Awakening # 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

Tips from Regina ~ Day 248, NTI James 2

Today's reading is about your current life situation, whatever it is. Whatever your health is like, whatever your financial situation is like, whatever your daily work is, whatever your personal relationships are, and etcetera—*every detail* of your current life is *absolutely perfect* for your awakening. There isn't one single detail about your life that is a mistake. Every bit of it is exactly as it is, because you are ready to awaken, and this is the life that will awaken you.

When we live our daily life with this attitude, we awaken more quickly. If we judge some aspect of our life as "wrong," and wish it were different than it is, we delay awakening. We misperceive the gift as a burden, so we do not accept the gift, and we do not use the gift for the purpose it was given.

I have come to see myself as still. I am still, and life circumstances are like a movie that plays in me. I enjoy the show, whatever it is. If, for a moment or two, I do not enjoy the show, I return my attention to my Self. When I do, peace returns, and then joy returns, and forgetfulness is forgotten.

When one sees herself as still, one does not see a reason for the movie as it is. It simply is as it is.

If you do not see yourself as still, you believe you are a character in the movie. You feel tossed about by the circumstances of the current scene. This is a misperception about what you are. This misperception is your only problem.

While you are susceptible to misperception, the movie has a reason or purpose. Its purpose is your awakening. Everything that happens in the movie (the world) is to help you see that you are not in the movie. You are still (unaffected), and the movie is in you. Accept the movie (especially your life circumstances) as having this purpose and this purpose only. Use the movie for your awakening, and you will awaken from the dream that you are a character in the movie.

Thoughts of Awakening # 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

Tips from Regina ~ Day 249, NTI James 3

The most important characteristic of awakening is the desire to awaken. Without a strong desire to awaken, one is drawn into the mind's desires, which means one continues to identify with the mind and remains subject to the mind's highs, lows, misperception and general agitation.

Today's reading asks you to be "a conscious-minded teacher of yourself."

What does NTI recommend that you consciously teach yourself?

It recommends that you consciously teach yourself what you want.

A conscious-minded teacher teaches intentionally and deliberately. The teaching doesn't happen by accident. You are actively involved in helping yourself realize that awakening (truth) is the only thing you really want.

It is as Michael Langford teaches in Chapter 4 of *The Most Direct Means to Eternal Bliss*:

70. Thus the key to bringing the ego to an end is the intensity of the desire for freedom.

71. Eagerness for liberation must be equal to the eagerness someone who is being held underwater has for trying to rise to the surface.

72. Reflect on #71 above.

73. Eagerness is another word for the desire for freedom.

74. How great, how intense is the desire of someone being held underwater trying to rise to the surface.

75. He would like to rise to the surface, but he is being held underwater.

76. See how intense his desire is to rise to the surface.

77. Every second his desire to rise to the surface is becoming more and more intense.

78. After one minute, how the intensity of his desire has increased.

79. After two minutes underwater, the desire for oxygen and therefore his desire to rise to the surface, is ten times greater.

80. After three minutes underwater, his desire to rise to the surface is one hundred times greater.

81. After four minutes underwater, his desire to rise to the surface is one thousand times greater.

82. How great, how intense is his desire?

83. That is how intense your desire for liberation must become.

As today's reading says:

Desire is the foundation from which all else springs forth.
Be true to your true desire, and it shall lead you truly.

As Nisargdatta Maharaj said:

The desire to find the Self will surely be fulfilled, provided you want nothing else. But you must be honest with yourself and really want nothing else. If in the meantime you want many other things and are engaged in their pursuit, your main purpose may be delayed until you grow wiser and cease being torn between contradictory urges.

Today is a good day to ask inner wisdom how you can most effectively teach yourself that awakening is all you truly want.

Thoughts of Awakening # 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

Tips from Regina ~ Day 250, NTI James 4

Yesterday, we looked at this quote by Nisargadatta Maharaj:

The desire to find the Self will surely be fulfilled, provided you want nothing else. But you must be honest with yourself and really want nothing else. If in the meantime you want many other things and are engaged in their pursuit, your main purpose may be delayed until you grow wiser and cease being torn between contradictory urges.

Sometimes we have strong worldly desires, and it feels like nothing short of sacrifice to let them go. We might want a loving relationship, financial security, a child or grandchild, a home of our own, a home in a dream location, retirement or something else that feels really strong for us.

What are we to do with these desires? Repress them?

Of course not. Repression is never helpful.

Today's reading recommends looking at desires with unrushed quiet clarity.

What do our worldly desires represent?

I've experienced very strong desires other than the desire to awaken. Sometimes, those other desires felt stronger than the desire to awaken. Sometimes, my mind whispered, "When I get that, I will be able to devote more time to awakening." That thought made a desire feel really strong, because it became a "necessary" prerequisite to awakening.

However, when I looked at any worldly desire clearly, this is what I found:

- My other desire put awakening off to someday, after I achieved this.
- I realized that if I achieved this desire, ego would replace it with another desire that had to be achieved as a prerequisite to awakening.
- I saw that all desires other than the desire to awaken are delays.
- I saw that no desire other than awakening is final. If one desire is achieved, the mind will replace it with another desire. It is a never-ending path of desire and delay.
- I realized that any worldly desire comes with new problems to think about and solve.
- I came to see that any desire but awakening keeps me tied to the world, and therefore tied to my self as this body-mind-personality.

By looking at desires clearly, I was able to let go of even the strongest desires. Interestingly, some of those desires became manifest anyway. They came about on their own without being distractions for me. My awakening did not wait on them. Most likely, they were able to manifest because they ceased to be a distraction. Once they were benign, there wasn't anything that blocked their manifestation.

(Sometimes when we desire something, we unconsciously desire it because we think we need things a certain way to feel safe, to be worthy, to fulfill lack or for some other wrong-minded reason. What we don't realize is that by focusing on the desire, we focus on the feeling, "I am unsafe," or the feeling, "I am unworthy" or the feeling of lack, etcetera. Those ideas can block manifestation of the desired object or circumstance, because unsafe manifests as more perceived unsafe; unworthy manifests as more perceived unworthiness; lack manifests as more perceived lack, and etcetera. When a desire based on a wrong-minded belief is let go, the associated focus on that belief is also let go, which can clear the way for a previous dream to become manifest.)

Of course, I've also had desires that haven't manifested. Since I let them go, they aren't missed. In fact, if they aren't totally forgotten, they are seen as unnecessary clutter that was never needed in the first place.

If you would like more help letting go of worldly desires, refer to these tips from Year 1:

[Lesson 133](#)

[Lesson 164](#)

[Lesson 185](#)

Thoughts of Awakening # 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

Tips from Regina ~ Day 251, NTI James 5

On [Day 219](#), we learned that sin is only forgetfulness. To “sin” is to forget what you are and to act as if you are something different. It is mistaken identity.

The Bible tells the story of a man named Job, who was “blameless and upright.” Job was a lover of truth. He was also a rich man. Everything in manifestation flowed easily for Job. ([Job 1, 2](#))

In the story, the wrong-mind and the right-mind have a figurative conversation as Satan and God. In the conversation, the wrong-mind, which is fixated on manifestation as the source of happiness, tells the right-mind that the only reason Job loves truth is because he has everything a man could want. The right-mind gives permission for the wrong-mind to manipulate the creative principle so that everything the wrong-mind sees as valuable is taken away from Job.

Job loses his wealth, his servants and his children. Although Job falls to his knees in grief when he hears about the death of his children, he cries out:

Naked I came from my mother's womb,
and naked I will depart.
The Lord gave and the Lord has taken away;
may the name of the Lord be praised.

The wrong-mind, continuing to believe that manifestation is supreme, points out that Job still has a healthy body. Thinking that all men are self-centered, the wrong-mind feels sure that if Job loses his health, he will curse truth.

The right-mind gives the wrong-mind permission to manipulate the creative principle so that Job loses his health. The Bible continues:

So Satan went out from the presence of the Lord and afflicted Job with painful sores from the soles of his feet to the crown of his head. Then Job took a piece of broken pottery and scraped himself with it as he sat among the ashes.

His wife said to him, “Are you still maintaining your integrity? Curse God and die!”

He replied, “You are talking like a foolish woman. Shall we accept good from God, and not trouble?”

In all this, Job did not sin (forget truth) in what he said.

Job's heart was centered on truth. One who is centered on truth does not forget truth in the play of manifestation. Truth is of supreme importance to such a one. Reality is his beloved.

As long as we believe, to any degree, that happiness comes from manifestation, we will experience suffering. When we choose to love truth as supreme, manifestation may appear favorable or unfavorable, but it will not affect our heart-centered love of truth.

Here is a story told by Peace Pilgrim. In this story, Peace Pilgrim demonstrates her unwavering love for reality:

I was walking in a very isolated section of the high mountains of Arizona where there was no human habitation for many miles. That afternoon there came a surprising snowstorm, out of season. I have never seen such a storm. If the snow had been rain you would have called it a cloudburst. Never had I seen snow dumped down like that!

All of a sudden I was walking in deep snow and was unable to see through what was falling.

Suddenly I realized that the cars had stopped running. I supposed they were getting stuck on the highway and unable to pass.

Then it got dark. There must have been a heavy cloud cover. I could not see my hand before my face and the snow was blowing into my face and closing my eyes. It was getting cold. It was the kind of cold that penetrates into the marrow of the bone.

If ever I were to lose faith and feel fear, this would have been the time, because I knew there was no human help at hand. Instead, the whole experience of the cold and the snow and the darkness seemed unreal. Only God seemed real – nothing else.

I made a complete identification—not with my body, the clay garment which is destructible—but with the reality which activates the body and is indestructible.

I felt so free. I felt that everything would be all right, whether I remained to serve in this Earth life or if I went on to serve in another freer life beyond.

I felt guided to keep on walking, and I did, even though I couldn't tell whether I was walking along the highway or out into some field. I couldn't see anything. My feet in my low canvas shoes were like lumps of ice. They felt so heavy as I plodded along. My body began to turn numb with cold.

After there was more numbness than pain, there came what some would call a hallucination and what some would call a vision.

It was as though I became aware, not only of the embodied side of life where everything was black darkness, bitter cold and swirling snow, but also so close it seemed I could step right into it, of the disembodied side of life where everything was warmth and light.

There was such great beauty. It began with familiar color, but transcended familiar color. It began with familiar music, but transcended familiar music.

Then I saw beings. They were very far away. One of them moved toward me very quickly. When she came close enough, I recognized her. She looked much younger than she had looked when she passed over.

I believe that at the time of the beginning of the change called death, those nearest and dearest come to welcome us. I have been with dying friends who have stepped over and I remember well how they talked to their loved ones on both sides, as though they were all right there in the room together.

So I thought my time had come to step over and I greeted her. I either said or thought, "You have come for me?" But she shook her head! She motioned for me to go back! And just at that exact moment, I ran into the railing of a bridge. The vision was gone.

Because I felt guided to do so, I groped my way down that snowy embankment and got under the bridge. There I found a large cardboard packing box with wrapping paper in it. Very slowly and clumsily in my numb condition, I managed to get myself into that packing box, and somehow with my numbed fingers managed to pull the wrapping paper around me.

There under the bridge, during the snowstorm, I slept. Even there shelter had been provided; but provided also was this experience.

Had you looked at me in the midst of the snowstorm, you might have said, "What a terrible experience that poor woman is going through."

But looking back on it I can only say, "What a wonderful experience in which I faced death, feeling no fear, but the constant awareness of the presence of God, which is what you take right over with you."

The stories about Job and Peace Pilgrim are presented for a reason. At some point on the spiritual path, we have to choose what we will be loyal to in our hearts—manifestation or truth. As long as we choose manifestation, Self-realization will remain

out-of-reach, because we *desire illusion*. The Son of God (consciousness) must experience what it wants to experience. That is the essence of freedom.

When we no longer see manifestation as supreme, but choose to align with truth in our hearts regardless of the appearances in manifestation, we are ready for truth realization. Truth realization will come swiftly at this point in your maturity, because you no longer desire anything else.

Thoughts of Awakening # 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

Tips from Regina ~ Day 252, NTI 1 Peter 1

Today's reading says:

The time has come to release misperception.

The primary misperception that needs to be released is the idea that you are a body-mind-personality, or even an individual soul-mind, that is separate or distinct from all-that-is. However, there are other misperceptions too, which all stem from that one primary misperception.

I recently went on vacation with my mom. Her religious affiliation is Christian. She feels at home in a Baptist or Methodist church. Over our vacation, a couple of situations arose that might have caused anxiety in many people, but it didn't cause anxiety for mom. She simply whispered to herself, "I am in God, and God is in me," and then shifted to a state of surrender, peace and joy. I thought it was beautiful.

I am in God.
God is in me.
God is all.
All is God.

That is the essence of truth. That is the essence of the truth that Job and Peace Pilgrim knew and lived. That is the essence of true perception.

Thoughts of Awakening # 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

Tips from Regina ~ Day 253, NTI 1 Peter 2

I am in God.
God is in me.
God is all.
All is God.

When you fully accept this truth, there is nothing you will not accept in peace.

Job accepted the sores that covered his body from head to toe, because he saw that even the sores are from God.

Peace Pilgrim accepted nearly freezing to death at night on a deserted road in Arizona, because physical death is merely a transition in God.

Job and Peace Pilgrim could not be separated from God. Nothing was a curse for them. Every situation was a reminder of their love for God (truth).

That is true perception.

If that is not how you see, then there are misperceptions in your mind that can be healed.

Today's reading says:

Everything that you see,
and the way in which you see it,
is a reflection of your feelings and your beliefs about you.

The "you" in this sentence is inclusive. It includes the body-mind-personality that you identify with as your self, and it also includes everyone and everything.

For example, if you see someone in politics as arrogant, that doesn't necessarily mean that you see your personality as arrogant. You may never have had that thought about yourself. However, it does mean that arrogance is a belief in your mind. You believe some people are better than others, and you believe that some people can see themselves as higher on that scale of better and lesser than they actually are. Without these ideas, you could never see anyone as arrogant. You can only see someone as arrogant if you believe in worthy and unworthy or better and less than.

Every false belief that you carry in your mind is reflected back to you through your way of seeing the world, which includes but is not limited to your way of seeing the body-mind-personality that you identify with.



The entire world, *including your body-mind-personality and everything else in the world*, is like *one* big mirror. You are consciousness looking in the mirror. By looking in the mirror and noticing how you feel about what you see, you discover the beliefs and misperceptions that are hidden in your mind.

Today's reading recommends that you use the mirror of manifestation to uncover every false belief, so it can be healed.

Again, let me emphasize that people often misunderstand this process of uncovering false beliefs. They think, for example, that if I see that person as one who takes advantage of others, that means I (this body-mind-personality) take advantage of others. That may not be true. Taking advantage of others may not be part of the script for the body-mind-personality that you identify with. It may be extremely shy and meek. However, if you feel that someone is taking advantage of others and have some sense of judgment about that, it means there are beliefs in your mind that allow you to see that perception in the way that you do. You believe in separation, autonomy, right, wrong and victimization. Without these core beliefs, you could never see one person taking advantage of another.

In order to discover what you believe, notice how you feel about everything that comes into your awareness in the world. Whenever you are not entirely at peace with what you see, practice inquiry to discover what you believe.

Thoughts of Awakening # 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

Tips from Regina ~ Day 254, NTI 1 Peter 3

Yesterday’s tip said:

Everything that you see,
and the way in which you see it,
is a reflection of your feelings and your beliefs about you.

The “you” in this sentence is inclusive. It includes the body-mind-personality that you identify with as your self, and it also includes everyone and everything.

Contemplate this:

I am in God.
God is in me.
God is all.
All is God.

You can also substitute “Self,” “Spirit” or “Consciousness” for God in the previous contemplation. For example:

I am in Consciousness.
Consciousness is in me.
Consciousness is all.
All is Consciousness.

There is no separation or differentiation in that. It is a contemplation that points to the essence of truth.

Today’s reading says:

Whatever you see that seems to separate you from others is a misperception, and it has arisen within your awareness, that it may be let go through your decision to be free of it.

Check with your heart. Are you ready to let go of every idea that points out differences among people as if those differences represent who people are?

Don't misunderstand me. There are differences among people, and to deny those differences would be foolish. For example, some people are very ambitious for their goals and other people don't seem to want to do anything except drink alcohol and watch TV, but do those differences actually mean anything about who the people are? Aren't both the ambitious one (rajasic) and the idle one (tamasic) life-awareness? Aren't they both simply believing the thoughts in their mind, thoughts that are given to them through the script generated by the creative principle? Are there any real differences at all?

Today's reading says:

There is no judgment in the world. There is only judgment within your mind.

Let's consider a tree for a moment. Does a tree judge the ambitious character and the idle character as different? As better? As less? As right? As wrong? As needing to change?

The enlightened human mind is more like the tree. Oh, it sees things that the tree cannot see. That's true. However, it's way of being with what it sees is the same as the tree. What the enlightened mind sees does not affect the enlightened one's way of being, and the enlightened one does not project judgments on what it sees.

Are you ready to let go of misperceptions that block the enlightened mind so you can see with freedom and be in joy? It is up to you, because when an unenlightened thought comes into the mind, you are the one who decides to give it value and attention. You can, just as easily, choose to see it as something you do not want.

If you are ready to be free, pay careful attention to today's reading. Choose to live life with the purpose of healing every misperception that arises for you.

What is healing?

To heal is to correct. In this case, to correct is to remove value (attention) from that which you've placed value on, but in reality it is valueless.

What has value?

Your truth has value.

Look to a tree as a representation of truth. The tree is like the enlightened mind. It does not judge the ones who gather under it, and the ones who gather under it do not affect the tree. For the tree, there are no differences at all.

Thoughts of Awakening # 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

Tips from Regina ~ Day 255, NTI 1 Peter 4

Today's reading is about two specific misperceptions: fear, and the belief that you are a person.

The Misperception of Fear

In order to let go of fear, it is helpful to notice what fear really is. Fear is nothing but imagination. It is negative fantasy. Whenever you are afraid, it is because you are imagining what might happen, and “you are imagining fearfully.”

Today's reading says:

To live without fear is to live without imagining. This is to stay in the now and in the heart of true desire.

Whenever you are in fear, pause and notice what is actually happening. Notice that *you are imagining*.

We can all imagine many fearful scenarios and live a life of anxiety and fear, but why? Why use our minds and attention that way? Is there a benefit to entertaining fearful imagination?

Look at fear. Question your fears. Are they something you choose to hold on to?

The Misperception that You are a Person

On [Day 245](#), we saw that the idea, “I am a person,” is the mistake of believing that manifestation is primary and life is secondary. Life is seen as belonging to a specific manifestation, so when the manifestation ends, life ends too. The mind believes that life is fragile and temporary. That is the root cause of fear.

Today’s reading says:

You are not a person now, and you have not been a person before. There is no person from this lifetime or any other that you must let go of, because there has never been a person. There has only been the thought of persons, and the thought of persons is not real.

What are you?

Ultimately, you are life-awareness, the First Principle of God, but before you realize that, you will realize that you are consciousness, the Second Principle of God.

Let’s review the four principles again:

First Principle of God— Pure, unmanifest, life-awareness; abstract, unlimited potentiality.

Second Principle of God— Consciousness, also known as I Am or Spirit. It can be called “the thought of spirit” since it is a thought born out of (evolved from) the unlimited potentiality of the First Principle.

Third Principle of God– The ongoing activity of creation, which occurs naturally through the *declarative* interaction of consciousness with that which is witnessed. (“Declarative” means that consciousness uses believing attention to maintain what it witnesses as true and meaningful.)

Fourth Principle of God– Manifestation, which is the realm of appearance (experience and images). NTI Romans called it “a picture-thought within the thought of spirit.” (Reference [Day 150](#).)

The Second Principle of God gives believing attention to persons, including the personal dramas (thought, emotion and perception), and believes it is person. However, it is consciousness.

As today’s reading says:

You are not a person now, and you have not been a person before. There is no person from this lifetime or any other..., because there has never been a person.

All there has ever been is the thought of persons combined with believing attention on the resulting appearances, experiences and story thoughts.

What I think, I see. (Persons)
What I see, I experience. (Lifetimes of people)

“I” is consciousness.

It might be helpful to listen to a short audio on reincarnation. This audio may help you see that people are ideas, which are temporarily manifest and experienced by consciousness. People are not actual. Consciousness is actual, and it experiences itself as people.

[16 ½-minute audio](#)

Today’s reading says:

What does this mean?

It means that you believe in illusion, but illusion is not the truth of you. It means that you look on misperception (the person), but you are the one that *declares* misperception is true.

If you declare that you are a person, you can also reverse that declaration.

How do you do that?

- ~ Let go of believing the stories that appear in the mind.
- ~ Live from your knowledge of truth.
- ~ Practice awareness-watching-awareness.

Thoughts of Awakening # 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

Tips from Regina ~ Day 256, NTI 1 Peter 5

Today’s reading is another collection of pithy statements for contemplation. Here’s how I recommend reading NTI 1 Peter 5:

1. As you read, write down any statements that stand out to you as especially important or meaningful.
2. After you have finished reading, go back and contemplate the statements you wrote down.
3. Write what comes to you as you contemplate those statements. If you are guided into deeper journaling, follow that prompt.

It's likely you will have a very insightful experience with today's reading if you contemplate it as I've recommended. Don't feel like you have to contemplate every sentence in the reading. Ask inner wisdom to help you know which sentences/paragraphs are for you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 257, NTI 2 Peter 1

NTI 2 Peter is about abundance. Take a few moments to write down what abundance means to you. If you were to live a life of abundance, what would that look like?

Please complete this exercise before reading the rest of this tip.

~ ~ ~

On [Day 136](#) and [Day 202](#), we learned that the law of attraction is a distortion of truth. Today, we will learn that the ego's ideas of abundance are a distortion of abundance.

Today's reading defines abundance as "full awareness of your divine nature." We often call that awakening or enlightenment. The reading also says, "Abundance cannot be defined in any other way."

Look at your list of abundance. Are there material ideas of abundance on that list? Are there experiential ideas of abundance on the list?

Whenever the mind tries to define abundance, it thinks about material or experiential ideas. For example, for one personality-type, the mind's list of abundance might look like this:

- Plenty of money so I am financially secure until my death
- A nice house to live in with beautiful furniture and art work
- A swimming pool, a well decorated meditation room, an art studio
- The time and the money to travel all over the world
- Physical health for me and my family

Today's reading says that abundance "cannot be defined within the limits of the world." That means the previous list, or any list of material and experiential ideas, is a distortion of abundance.

If you look at the dictionary definitions of abundance, you will see that none of the definitions use the term "unlimited." They may say, "a large quantity of" or they may say "ample quantity" or "a relative degree of plentifulness," but the dictionaries do not define abundance as unlimited.

Any material or experiential idea of abundance *is a limited idea* of abundance. Therefore, it is not full, complete or unrestricted abundance.

If you look deep within your heart, you will find that your heart is not interested in limited abundance. The mind is interested in limited abundance, because in the pursuit of or the attachment to limited abundance, you maintain identification with the mind.

The heart is only interested in true abundance, which is abundance beyond all limits and beyond all definitions. It is "full awareness of your divine nature." It is abundance that transcends the world entirely.

The reading says:

For this reason, quiet the mind whenever it seems to stretch to imagine abundance within the world. When the mind is stretching in this way it is stretching to limit itself even more.

Those who believe that material or experiential abundance will fulfill them are identified with the temporary body-personality-mind as who they are. That is the limit that mind's ideas of abundance put on you. The mind's ideas of abundance *limit you* to a temporary manifestation.

Do you want to be limited in that way, or do you prefer to know true abundance as *what you are*?

The reading also says:

It is through witness that you know. That which you taste as witness cannot be forgotten...

In other words, spend time noticing life-awareness. It is through the direct knowing of your Self that you know your Self. You cannot know your Self through the mind's concepts, no matter how lofty those concepts might be.

Thoughts of Awakening # 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

Tips from Regina ~ Day 258, NTI 2 Peter 2

On [Day 251](#), we read stories about Job and Peace Pilgrim. Job and Peace Pilgrim were not confused about what abundance is. In the story about Job, the wrong-mind (represented by Satan) was confused about what abundance is. Since the wrong-mind thought that abundance was found in manifestation, it thought Job would curse God when his manifested abundance was taken away, but Job did not curse God when manifested abundance was taken away. Job continued to praise God, because he knew true abundance.

Today's reading says:

Teach yourself only that your abundance is now,
without any separation from you,
and you teach yourself everything that is true about you.

Another way to say that is:

Teach yourself that you *are* abundance now,
and you teach yourself everything that is true about you.

If you were fully enlightened, there would be no confusion about this. Abundance is what the enlightened know, see and feel. However, the mind's concepts block one's awareness of abundance with ideas of lack. Ideas of lack can look like this:

- I am not good enough.
- To be good enough, I have to ...
- To feel fulfilled, I have to ...
- I will be happy when ...
- I don't have enough ...
- I can't be happy because ...
- You just don't understand the burden I live with.
- I need _____ (fill in the blank with a material or experiential idea)
- Things should be different than they are.
- Etcetera

Some spiritual teachers say that unhappiness is caused by our belief in lack (& then go on to teach how to attract what you want). It's true that unhappiness is caused by our belief in lack, but it isn't caused by our belief in material or experiential lack. Unhappiness occurs because we are unaware of our true nature. One who is Self-realized does not experience lack; that one is happy regardless of his/her material or experiential situation in form.

Today's reading says:

It is true that there also seems to be something else within you...something that does not seem to be light, but dark...

Whatever you find inside that feels different than divine abundance is an untrue concept about what you are. You know these ideas are untrue, because when you believe them they block natural happiness.

Remember this:

Whenever you are not happy
or content with what is,
you are touching a false concept.

You touch false concepts with attention. Attention feels and experiences, so when you touch a false concept with attention, you feel and experience that concept. It's like tasting food. When your tongue touches food, you taste it. In the same way, attention tastes the concepts it touches.

Today's reading says:

It is okay to stand within it for a moment and feel it. But then remember that I have taught you that the judgment comes *only from you*. Decide in that moment to choose to see your Self truly. Then reach within your mind, and turn on the Light.

Judgment is the decision or declaration that something is real or true.

If you are the one deciding a specific concept is true, you are the one who can choose to decide differently.

You choose to decide differently by removing attention from the concept and placing attention with your true Self—with awareness or existence.

Some people may wonder if today's teaching is different than rest-accept-trust. It isn't.

When today's reading says, "turn on the Light," it doesn't mean that you should stop feeling whatever is being felt. It means:

Notice awareness or existence
as you feel a temporary experience.

When you choose to focus attention on awareness or existence during an emotional experience, you make a decision regarding which is true and meaningful. That decision is made *by where you place attention*. When you place attention with awareness or existence, you "turn on the Light," because by placing attention there, you've decided that life-awareness is supreme.

Thoughts of Awakening # 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

Tips from Regina ~ Day 259, NTI 2 Peter 3

You are abundance now. This has always been true, regardless of your material or experiential situation.

Most people do not realize the power of their abundance. Your abundance brings every experience to you exactly as you experience it. Abundance produces illusory experiences and provides for truth-realization, *depending on where you focus attention*.

That means that your choice about where to focus attention is very important. Everything that is given in manifestation and the way in which it is experienced is an outcome of attention.

Although it can seem like there are many things to place attention on, there are really only two options. You can place attention with illusion or you can place attention with truth. Your experience comes from that decision.

The good news is that you can change your mind about where you place attention. You can change your mind anytime regardless of current circumstances.

Whenever you realize that you've placed attention with illusion, and you want to place attention with truth, simply shift attention now. Your experience will begin to change when you shift attention, because you've decided to use abundance differently.

Thoughts of Awakening # 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

Tips from Regina ~ Day 260, Commentary on True Practice

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 261, NTI 1 John 1

Today’s reading opens by saying:

We proclaim the Word of Life.

A word can be a declaration, so the essence of the statement above is this:

You are Life!
(said with great declaration and emphasis)

Today’s reading also says:

God is an awareness that is pure,
because it looks on only that which is wholly true.

This is God. And God, as an awareness, exists within you.

That means that when you see life and only life, you see with God-awareness.

Here’s an example:

Recently, while traveling in New Mexico, I stopped to go to the bathroom at a truck stop. When I went into the toilet stall, my heart leapt with great joy when I saw a fly resting on the toilet seat. It actually took the mind another second or two to realize it was looking at

a fly on a toilet seat in a truck stop. When that was realized, I laughed, because I knew most humans would not understand the great joy I felt.

The joy was natural and spontaneous, prior to thought. It was God-awareness leaping for joy when it recognized its Self. It didn't see a fly on a toilet seat in a truck stop. It saw life-awareness!

Life-awareness experienced life-awareness and felt great joy being aware of itself.

On [Day 254](#), I gave the example of a tree as a representation of the enlightened mind. I said that the tree does not judge the people who gather under it, and the people who gather under it do not affect the tree. Of course, the tree does not see people gathered under it. In order to see people, the tree would need a brain. However, the tree does see. Actually, it would be more correct to say that the tree knows. The tree knows the life-awareness that is gathered under it as people, and the tree experiences joy. That joy is the joy of life-awareness in the presence of life-awareness.

For more understanding, watch [this 3-minute video](#) about my experience as an apple.

Thoughts of Awakening # 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

Tips from Regina ~ Day 262, NTI 1 John 2

Today's reading is too good to read quickly. It begins with a reinterpretation of Jesus' crucifixion. Many of us were taught that Jesus died for our sins. Today's reading says that Jesus "released the sins of the world as illusion ... and returned himself to the Awareness of God," and then it asks us to make the same decision.

Are you ready to give no more meaning to illusion?

Are you ready to give all of your love and attention to truth?

Today's reading shares a couple of 'tests' we can give ourselves in order to be honest with ourselves regarding our own spiritual progress.

First, we are asked to notice how we feel about others. If there is anyone we "do not love truly," there are misperceptions in our mind that still need healing.

Next, we are asked to notice if some things in our lives have higher priority than other things. If some matters have more meaning to us than others, we do not yet see all things as God. The only exception to this test is when truth has more meaning than illusion.

I hope you decide to read today's reading slowly and contemplatively. I recommend taking notes as you read today.

Thoughts of Awakening # 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

Tips from Regina ~ Day 263, NTI 1 John 3

You cannot read today's reading from the idea, "I am a person," and understand it. "I" cannot mean "me and not others." "I" must mean consciousness, and it must include all things in manifestation as "I," or the meaning in today's reading will be lost.

For example, today's reading says:

The world that you see comes from the thoughts that you think.

That doesn't mean, "Hey, Regina. The world that you see comes from the thoughts you think."

Regina is a character. That sentence speaks to consciousness, and consciousness experiences itself as each character.

We are one consciousness, and the world appearance comes from us as one consciousness.

Before reading today, take a few minutes to contemplate one consciousness. Realize you are not the character you identify with. You are consciousness. Everyone and everything is one consciousness, and you are *that*.

Don't think about this idea. Just be with it. As today's reading says:

The thinking mind cannot follow this thought because the thinking mind believes in separation, ...

If any part of today's reading is not clear to you, ask inner wisdom for clarity.

Thoughts of Awakening # 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

Tips from Regina ~ Day 264, NTI 1 John 4

One key to effective discernment is knowing what to give attention to and what not to give attention to, because it isn't meaningful; because it isn't real, because it is temporary instead of eternal.

A second key to effective discernment is letting feeling guide the decision above.

Thinking can be extremely deceptive. You can't trust thinking to help you discern the wrong-mind from the right-mind, but you can trust *feeling*.

Whenever you feel content, open, and free, you are in the right-mind. Whenever there is an interruption of any kind to content-open-free, you are giving attention to the wrong-mind.

I chose the word "content" instead of happy or joyous, because sometimes humans are serious, such as when they are looking at a problem that needs to be resolved, and sometimes humans are sad, like when a loved one passes away, etcetera. However,

the right-mind is content with seriousness when seriousness is appropriate and content with sadness when sadness is appropriate, etcetera.

Contentment is an underlying permanent feeling. Sometimes other feelings are appropriately present too, but when one is with the right-mind, the other feelings do not *cover* contentment. They are present *with* contentment.

If contentment is lost (covered up), attention is with the wrong-mind.

A third key to effective discernment is self-honesty. You can lie to yourself about whether you were content or not while you were swearing at the driver in the car next to you, but lying to yourself will not help you reach the freedom that is called enlightenment. Self-honesty is a very important key.

Today's reading says:

When any thought does not feel like Love, you may put it aside as false.

That is another way of saying, whenever you do not feel content-open-free, attention is with the wrong-mind. You can disregard what you are giving attention to—because isn't meaningful; because it isn't real, because it is temporary instead of eternal—and return attention to the right-mind and to truth.

The reading also says:

Existence cannot be denied, because it is.

Sometimes, when believing-attention goes deeply into false ideas, we can have deep feelings that are not anything like content-open-free. Sometimes content-open-free can be so far from our current experience that we can't recall the feeling those words point to. However, there is one intuitive knowing-feeling that is never covered up. It is always present, and we can always turn our attention to it. That is existence.

In any moment, no matter how angry you are, ... no matter how guilty you feel, ... regardless of how ashamed you feel, and etcetera; in any moment you can notice that you exist. In fact, you couldn't be angry or feel guilty, etcetera, unless existence was there to feel it. So, in any moment you can turn attention from whatever has captured attention and focus on existence instead. Simply notice that *right now you exist*, and keep attention there.

Thoughts of Awakening # 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

Tips from Regina ~ Day 265, NTI 1 John 5

On [Day 261](#), I shared a story about the joy I felt when I recognized a fly on a toilet seat at a truck stop in New Mexico. I say "recognized," because the joy didn't come from what the eyes saw or what the mind defined those images as. Joy came from natural recognition—life-awareness recognizing life-awareness. It wasn't one recognizing another. It was one recognition—*Self-recognition*.

Today's reading refers to "the seeing that recognizes the Christ." That seeing is the recognition I'm referring to. It doesn't come from thinking metaphysical thoughts. It comes from a natural light in the mind that shines forth and sees only itself—only light...only life....only Self—and there is no thought in it.

I remember a conversation I had with some spiritual students around a dinner table one evening several years ago. Some felt that when we become enlightened, we suddenly know everything that can be intellectually known. They said the enlightened are Einstein-like in their knowledge, and they can tell the future, etcetera. It was a very grandiose idea of enlightenment.

Today's reading says:

We know only that the truth is true, but in knowing this is all Knowledge given, for there is nothing else to know.

In other words, the knowing that caused my heart to leap with joy when I saw the fly on the toilet seat *is* true knowledge. That recognition is the only knowledge that has any real value at all. That's why Ramana Maharshi used to ask people who had incredible book knowledge, "But do you know the Self?"

Today's reading also says:

Seek only the truth and the truth will find you.

That means that whenever you notice attention is not with truth, shift attention to truth. By keeping attention with reality—with life-awareness—you come to recognize life-awareness in all.

Thoughts of Awakening # 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

Tips from Regina ~ Day 266, NTI 2 John

Today’s reading encourages commitment to our true desire ... to our guiding intuition ... to inner spiritual wisdom to truth.

At some point, it comes down to this:

What am I committed to?

Most people don’t notice my commitment to truth. Oh, they see the time I put into contemplation, because of these daily tips. They hear my teachings and know there’s something serious going on there, but my real commitment to truth is much more subtle than daily tips and teachings. My real commitment to truth shows up in the opinions I drop rather than fight for. It shows up when I do things someone else’s way instead of “my way.” It shows up in how I happily accept things as they are without trying to make

everything please “me.” It shows up in how I have no grievances against anyone, and I let everyone be as they are without asking them to be different. It shows up in how I don’t expect anything from anyone, and how I respond to the moment as it is instead of thinking it should be different.

A real commitment to truth is subtle. It’s quiet. It appears passive, although it is actually a very active commitment.

Jesus said, “The meek shall inherit the earth.”

Meek is defined as “quiet, gentle and easily imposed upon; submissive.”

Someone who is genuinely meek in the way Jesus speaks of would agree with “quiet, gentle” and “submissive,” but would say she is never imposed upon. Only the ego can be imposed upon.

Genuine meekness is living from within—living from spiritual intuition and wisdom. It is not living from “I know.” It is not living from “I’m right.” It is not living from conditioning. And it certainly doesn’t seek recognition for itself. People who live from ego seldom notice meekness in another, and if they do notice it, they often interpret it as weakness. It takes meekness to notice, understand and appreciate meekness.

Genuine meekness is like a rare, overlooked jewel. It is those who live it that understand its value.

Thoughts of Awakening # 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

Tips from Regina ~ Day 267, NTI 3 John

In the Bible, Jesus said:

Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.

When a person is identified with the ego, his point-of-view is selfish. He sees himself as different from others, and he cares more about himself than anyone else. This is true even though he may deny it to himself.

That is why a mother can be annoyed with her children, even though she loves them more than anyone else on earth. You see, she loves herself even more, and when her children conflict with her present desire (e.g., They are noisy when she wants quiet), she becomes annoyed with them.

As we awaken to consciousness, we begin to love others in the same way we love our self. That means their needs (perceived or real) are just as important to us as our own. Even more, we put others *before* ourselves, because we notice that the only part of us that wouldn't put others before 'me' is the ego, and we have no more interest in ego.

These are signs that you are awakening to consciousness:

- You naturally care about others as much as you care about yourself, even if you've never met them before.
- You happily put yourself aside without any sense of sacrifice in order to accommodate someone else's needs (perceived or real).
- You prefer to take on a responsibility that you know you can manage yourself than pass it to another, if the other would perceive it as a burden.
- You are willing to do things someone else's way, as long as the effect of that decision is in harmony with intuition's guidance.
- You recognize others as yourself and greet them with great joy and familiarity. (Sometimes you have to tone it down a bit, because others are not accustomed to it.)
- Others often tell you they feel more at ease or happier when they are around you or after talking with you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 268, NTI Jude

On [Day 263](#), I wrote:

You cannot read today's reading from the idea, "I am a person," and understand it. "I" cannot mean "me and not others." "I" must mean consciousness, and it must include all things in manifestation as "I," or the meaning in today's reading will be lost.

That's true with today's reading too. Today's reading is not talking to Bill or Harry or Sally, or anyone else with an individual name. Today's reading talks to consciousness, which misperceives itself as Bill and Harry and Sally, and every other apparent individual. However, the point of the reading is this:

There are no individuals. It is one consciousness appearing as many, just as one heating system blows through many vents to heat several different rooms in a house. It is all *one heat*. In the same way, the consciousness that enlivens many different personality-minds is all *one consciousness*.

As Jesus said in the Book of John in the Bible:

In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going." ~ John 14:2-4, English Standard Version

Likewise, today's reading says:

I have come to help you remove your faith from the illusion, which you have believed in until now, and place it firmly with one mind (consciousness), which is not separate. With your faith placed in the one mind, you can look at the one mind, see the beliefs that have been accepted there, and then choose to use the one mind to peacefully see another way.

Choosing to look at the image of the world as the reflection of consciousness while abiding with attention on truth is how we “prepare a place” for consciousness, so that it may come and be “where I am.”

Thoughts of Awakening # 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

Tips from Regina ~ Day 269, NTI Revelation 1

NTI Revelation 1 is one of my favorite readings in NTI. It provides simple clarity to help us avoid common pitfalls on the spiritual path. If we remember its wisdom, we can walk the “narrow path” to enlightenment without detours or delays.

For example, consider how many people throughout history have idolized Buddha and Jesus, or how many people idolize Mooji or *A Course in Miracles* today.

Today’s reading says:

Do not idolize anything within the world or any symbol that is sent to lead you from the world. Hold to them as they are useful, but let them go when their usefulness has past. You are to keep moving *by letting go* until you find yourself with nothing left to hold onto.

Idolizing any figure, scripture or theology is a delay on the spiritual path. Identifying with the idea that you are a spiritual person is another delay. Using the Law of Attraction to get happiness in the world is a detour from the spiritual path. Believing that health is better than sickness, riches are better than poverty or that poverty is better than riches are also detours.

Pay attention to what St. Clare of Assisi said:

Never forget that the way which leads to heaven is narrow; that the gate leading to life is narrow and low; that there are but few who find it and enter by it; and if there be some who go in and tread the narrow path for some time, there are but very few who persevere therein.

Since today's reading provides guidance about how to walk the narrow path without delays or detours, I recommend taking notes as you read.

Thoughts of Awakening # 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

Tips from Regina ~ Day 270, NTI Revelation 2

Today's reading encourages us to disregard the ego voice in the mind and complete the purification process. The reading is thorough and clear. We all do well to read carefully, and then follow the advice given in today's reading.

First, it advises us about how to *be with* the ego voice in order to let go of it. We are advised:

- To see it as confusion.
- Not to hate it or fight it.
- Not to be afraid of noticing it or hearing it.
- To look right at it, and then disregard it.

Awareness is being (is'ing), so it *be's with* whatever is present. Awareness lets go of ego by being with it without believing it.

Next, the reading advises us to go through the darkest and toughest experiences of purification. You can only complete the purification process by going all the way through it. To stop and revert to your conditioning, because purification has become difficult and you are more comfortable with your conditioning, is not to purify.

Let's review St. Clare's quote from [Day 269](#) again:

Never forget that the way which leads to heaven is narrow; that the gate leading to life is narrow and low; that there are but few who find it and enter by it; and if there be some who go in and tread the narrow path for some time, *there are but very few who persevere therein*.

You can be one of the very few who persevere. You just have to want truth realization more than anything else, including more than feeling better sooner.

Here's a quote from St. Benedict that is also worth considering today:

Don't be addicted to your own self-image or to anything else that promises cheap fulfillment or an easy escape from problems.

Thoughts of Awakening # 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

Tips from Regina ~ Day 271, NTI Revelation 3

Like yesterday's reading, today's reading encourages us to see purification through to its completion regardless of how difficult it gets during the process. It says:

I have placed before you an open door that no one can shut. Keep your eyes fixed on the door as you go through your final temptations. Remember that no one can keep you from walking through that door but you.

The reading points out that as long as you believe your conditioning, the "world is your shepherd." That means that you are merely reactive, in the same way sheep fearfully react to a shepherd who shouts and swings his staff. You are herded about by your thoughts, perceptions and emotions. You may think you are independent, but you are like a dumb robot that performs according to programming without choice.

The reading also says:

But when you have left these beliefs behind as tiny wisps of air that are not noticed, you shall see the world differently. It shall not be your shepherd. It shall be your banquet table. And at this table, you shall feast daily, joyously with me.

Consider these two poems, one by St. Francis of Assisi and one by the Sufi saint, Rabia:

Wring Out My Clothes

By St. Francis

Such love
does the sky now pour,
that whenever I stand in a field,
I have to wring out the light
when I get home.

This Choir

By Rabia

So amazing this choir of
socks, shoes, shirt, skirt, undergarments,
earth, sky,
suns, and moons.
No wonder I too, now
sing all day.

Consider carefully what you really want; to be a slave to conditioning, or to experience the world with love and joy, like Francis and Rabia did.

Do you want to be one of the few who persevere?

Thoughts of Awakening # 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

Tips from Regina ~ Day 272, NTI Revelation 4

Today, we will begin reading from the Book of Revelation in the Bible. We will use Revelation to look at the wrong mind's interpretations—to see how it thinks and how it perceives—and to learn how to allow the right mind's interpretations, which may not come as quickly as the wrong mind's interpretations. Revelation is full of symbols, which came to John through visions and dreams. These symbols require interpretation if they are to have any meaning, and so it is the perfect text to use as we look at interpretation.

First, read Revelation 4:1-6 from the Bible. Imagine you are assigned to give a presentation on the meaning of these Bible verses. How would you go about finding the meaning? What would be your method of determining what these symbols mean? Consider those questions as you read these Bible verses:

[Revelation 4:1-6](#)

Have you determined what you would do in order to prepare for your presentation on the meaning of those verses?

When I was given that assignment while writing NTI, I wanted to break the scripture into parts, and analyze each part separately in order to determine what it meant. I wanted to figure out what the throne represented, what jasper and ruby represented, what the number 24 represented, etcetera and etcetera.

Some of you may think research into expert interpretations is the way to go, and then you can pick the one that is most suited to your liking.

Some of you may go quickly to blame in your mind, blaming John or those who compiled the New Testament for putting these ridiculous, wrong or unhelpful symbols in the Bible.

We all have ways of finding meaning—*ways of interpreting*—and whether we realize it or not, we use our conditioned ways of interpreting in order to apply meaning to everything we experience during our daily life.

In today's reading, a specific method of interpretation is recommended. We are told to:

Step back from the images. Take your eyes off of the details, which are separate parts. Look at the whole picture as it is given in the mind. Notice the feelings that the picture evokes.

This method of interpretation, done properly, allows the right-mind to interpret for us.

For example, if there is a problem that arises in life, some people will start taking things apart to figure out what is wrong; some will do research; some will quickly try to decide who to blame for the problem, and etcetera. However, the reading recommends:

1. Step back from the problem. – Pause, allow yourself to detach from your conditioning and any ego thoughts related to the problem.
2. Look at the whole picture (scene or circumstance) as it is given – Be with the situation. See it *as it is* instead of how you think it should be.
3. Notice the (intuitive) feeling the picture invokes. – What does intuition indicate? Is it even a problem from intuition's perspective?

This method of interpretation can be used with everything in life, not just challenging symbols or problems.

Step back.
Detach.
Look at the whole as it is.
Feel within for intuition.

Take a moment to read the following excerpt from Revelation, and then continue reading the tip:

Revelation 4:6-11

As the scribe of NTI, when I read this most recent excerpt, I practiced the method of interpretation that was taught after the first excerpt, and the interpretation of the four creatures as representations of eternal sight came to me. I began to see that awakened sight sees only God (reality), and it is deeply grateful and joyous about what it sees. I saw that the gratitude and joy that comes from awakened sight recycles and expands and recycles and expands endlessly.

What I think (God-Gratitude-Joy), I see.
What I see (God-Gratitude-Joy), I experience.
What I experience (God-Gratitude-Joy), I think.
And the cycle continues.

This interpretation would not have come if I had tried to break the symbols apart—if I had tried to figure out what the lion represented, the ox, the face of a man, the eagle, the six wings and etcetera—and then analyze them. This interpretation would not have come if I had researched the experts' opinions. And this interpretation would not have come if I had just blown off the symbols as hogwash and blamed someone for thinking they were inspired.

Notice your style of interpreting the events in your life today. If you find that you use a method different than the one recommended in today's reading, try practicing the method taught today instead. Maybe, if you allow a different method of interpretation, you will begin to see the world differently. Likely, if you continue to interpret events in the way you always have, there will be no change in how you see.

"The definition of insanity is doing the same thing over and over again, but expecting different results". ~ Commonly credited to Albert Einstein

Thoughts of Awakening # 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

Tips from Regina ~ Day 273, NTI Revelation 5

Revelation 5:1-5 says:

Then I saw in the right hand of him who sat on the throne a scroll with writing on both sides and sealed with seven seals. And I saw a mighty angel proclaiming in a loud voice, "Who is worthy to break the seals and open the scroll?" But no one in heaven or on earth or under the earth could open the scroll or even look inside it. I wept and wept because no one was found who was worthy to open the scroll or look inside. Then one of the elders said to me, "Do not weep! See, the Lion of the tribe of Judah, the Root of David, has triumphed. He is able to open the scroll and its seven seals."

The scroll represents absolute truth realization, which is awakening to the First Principle of God. When Revelation says, "But no one in heaven or on earth or under the earth could open the scroll or even look inside it," it simply means they are not prepared to open the scroll. Everyone is worthy, but not everyone is ready.

When Revelation says, "See, ... the Root of David, has triumphed. He is able to open the scroll and its seven seals," it means that Jesus has awakened to absolute truth realization.

As today's reading says:

... Jesus is not different from you.

All of consciousness is one and the same, so if Jesus or any other being can realize absolute truth, *you can too*. You are fully worthy and *fully capable*. All that is needed is an absolute decision and commitment-living-practice to back up that decision.

Do you want to be one of the few who persevere?

Thoughts of Awakening # 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

Tips from Regina ~ Day 274, Commentary on Love

Please read and contemplate the following commentary in the same way that you read and contemplate the Thought of Awakening. The commentaries are designed to enrich your understanding.

~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

Thoughts of Awakening # 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

Tips from Regina ~ Day 275, NTI Revelation, Chapter 6

Before reading today's tip, please read Revelation 6:1-14 in the Bible.

Revelation 6:1-14

On [Day 273](#), we saw that everyone is able to open the symbolic scroll, which means that everyone is able to awaken to absolute truth. The six seals mentioned in today's reading are six of seven steps that are part of the awakening process.

Step 1— Desiring awakening more than anything else. As we have seen repeatedly since Gentle Healing Year 1, the desire to awaken is the most important part of the awakening process.

Step 2— Seeing through the 'mask' of your own ferociousness. Ferociousness is being aggressive towards others (or towards circumstances), and it can show up in a number of ways. Some synonyms for ferocious include brutal, vicious, cruel, merciless, severe, raging, and murderous. Every unenlightened human is ferocious in some way, even if it only shows up as mental attack. Step 2 is acknowledging your own ferociousness and then looking beneath it to see what drives it. In this way, you see beyond it, and it loses its power. It no longer has any value when you see through it. (Root Cause Inquiry is a tool used in Step 2.)

Step 3— Tiring of judgment, which is tiring of wanting things to be different than they are. (The Loving All method is a tool used in Step 3.)

Step 4— Letting go of the belief that life is temporary. This belief comes about when you believe the body-mind-personality is primary and life is secondary to it. The ego, being mental identification with a specific form, sees life *in* form. It sees life in people, life in animals and life in plants. That's why there appears to be death. If form is primary and life is secondary, when form ends, life ends. (Awareness-watching-awareness is a tool used in Step 4. It helps us see that life-awareness is primary and form is secondary.)

Step 5— Learning to trust all that is as it is. (Living with an attitude of trust.)

Step 6— Letting go of perception, which is letting go of thought as me.

Today's reading does not address the seventh step. We will look at the seventh step in a couple of days. However, the seventh step is giving no meaning to anything the ego says or any experience you may have as the ego dies its final death.

It is helpful to contemplate today's reading in NTI carefully. How do you feel you are doing on the six steps that are discussed in today's reading? We aren't asking this question in order to condemn ourselves, but we do want to find out if there is a desire for and an opportunity for improvement. I recommend asking yourself if you would like to work on these steps more directly than you have been, just as you'd work directly towards any goal if achieving the goal is important to you.

Thoughts of Awakening # 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

Tips from Regina ~ Day 276, NTI Revelation, Chapter 7

Before reading today's tip, please read Revelation 7:1-8 in the Bible.

[Revelation 7:1-8](#)

The "seal" that is spoken about in this excerpt is readiness. One is not led to the point of letting go of ego until one is ready to let go of ego. Readiness includes preparation, and the teachings that we've contemplated in NTI up until this point have prepared us to be ready. When we have learned NTI's lessons fully, and we live from those lessons in our daily life, we are ready to let go of the ego.

Today's reading summarizes 12 primary lessons we've learned from NTI. Please read the 12 lessons slowly and contemplatively. You may want to journal a little about each lesson to make sure you have clarity regarding each lesson. Do you practice these lessons in your daily life? If not, how can you bring them into your daily living?

The more time you spend contemplating today's 12 lessons, the better prepared you are to live your life ready to let go of ego.

Thoughts of Awakening # 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

Tips from Regina ~ Day 277, NTI Revelation, Chapter 8

On [Day 272](#), we learned:

We all have ways of finding meaning—*ways of interpreting*—and whether we realize it or not, we use our conditioned ways of interpreting in order to apply meaning to everything we experience during our daily life.

Our “conditioned ways of interpreting” come from beliefs that we hold on to, because those beliefs are a part of who we think we are or they are a part of how we want to see the world. Conditioned beliefs are not all positive; in fact, the beliefs we treasure most are typically highly negative.

Today we will begin looking at the conditioned beliefs we carry in the mind, beliefs that color our interpretation of everything we perceive.

On [Day 275](#), we looked at six of the seven steps to awakening (as those steps are put forth in NTI). We didn't look at the seventh step that day. Today, we will begin looking at the seventh step.

The seventh step that one must pass through in order to awaken to truth is this:

Give no meaning to anything the ego says or to any experience you have as the ego dies its final death.

The only way to do this is to purify conditioned beliefs so you are no longer unconsciously subject to them.

The first step in purifying conditioned beliefs is becoming aware of those beliefs. You want to see them in action as part of your interpretation. When you see them, you can let go of them. If you do not see them, they control you.

Today, you will be asked to read a passage from Revelation. As you read, please take notes about the thoughts that flash across your mind. These thoughts will give you insight regarding conditioned beliefs that you still hold onto.

Complete today's reading this way:

1. Read today's reading in NTI.
2. After you finish today's NTI reading, read [Revelation 8 from the Bible](#). Write down the thoughts you see as you read Revelation 8.
3. After you finish reading Revelation 8, look at the notes you took and answer these questions:
 - What meaning did I give as I read Revelation 8?
 - What beliefs led to that interpretation?

For example, let's imagine you begin the reading with a peaceful feeling, and you think, "That's nice." Write that down. Let's imagine that as the reading continues, you see an anger thought arise. That thought is, "How could anyone think *that* is holy?"

You continue reading and continue writing down all of the thoughts you notice.

In this example, after you finish the reading, you look at everything you've written down. You notice that you liked the first part of the reading and didn't like something that came later in the reading. Ask yourself about those thoughts. Why did you think the first part was good and the second was bad? What did your mind see in the first part that it judged as good? What did it see in the second part that it judged as bad? What is underneath those judgments? Practice root cause inquiry to find out why you were upset about the second thing you read.

If you look at your thoughts carefully today, you will learn something about the filter through which you interpret everything you experience.

Thoughts of Awakening # 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

Tips from Regina ~ Day 278, NTI Revelation, Chapter 9

Today, we continue looking at the seventh step in the awakening process. That step is to give no meaning to anything the ego may say or anything you may experience as the ego dies its final death. The only way to pass through the seventh step is to purify the beliefs that are part of your conditioned thinking. If those beliefs are not purified, you will interpret the ego's death fearfully, and you will retreat from the ego's death, because retreating makes you feel more comfortable.

Yesterday, you may have learned something about your thinking. For example, you may have learned that you perceive some things as good and other things as bad. You may like peace and silence, but detest violence, especially in the name of righteousness.

When you go through the final death of the ego, it's important that you do not interpret anything you hear, feel or experience as meaningful. Instead, you want to simply be with it, whatever it is. As you be with the ego without giving it believing attention, it can pass away. However, when you give the ego believing attention, it has you (awareness) in its grip, and you will act reactively instead of from clarity.

That means that if you think peace and silence are good, and violence is bad or fearful, the ego can use that against you to extend its apparent existence.

It is much better if you see peace and silence as constant, and if you see violence as a temporary scene that will soon pass away. That is a completely different interpretation than "good" and "bad," and it is an interpretation that will allow you to pass through the seventh step.

Today's reading interprets Revelation with the right-mind. It encourages to you to seek out the conditioned beliefs that you are not aware of. It asks you to not be distracted by the "smoke that rises out of the abyss," but to look "past the smoke, deep into the abyss."

The "smoke" and "abyss" refer to symbols used in Revelation 9. The "smoke" is the smoke screen of the world, and the "abyss" is the mind. In other words:

Do not believe you are upset because of anyone or anything in the world.
Look in the mind for the cause of your upset.

Whenever you believe you are upset because of someone or something in the world, you are deceived by the smoke screen. Instead, look beyond the situation that appears to have upset you, and look in your mind to find the belief that caused your upset. This process of uncovering and letting go of conditioned beliefs is the purification that will enable you to pass through step seven to final awakening.

Today's reading points out that purification is not always easy. We have repressed false beliefs because they were uncomfortable to face. However, *they aren't true*. They are *false* beliefs. In order to purify, we need to face them, feel them and let them fade away. That's how we discover they were never real in the first place.

Sometimes people are afraid to look at their false beliefs. If you are afraid to look, you will not look, and you will remain a robot to your conditioning. However, there is nothing to fear, because you are looking at false beliefs. Looking is the way to freedom.

Please read Revelation 9:1-11, and then read today's reading in NTI:

Revelation 9:1-11

Thoughts of Awakening # 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

Tips from Regina ~ Day 279, NTI Revelation 10

Today, we continue looking at the seventh step in the awakening process. That step is to give no meaning to anything the ego may say or anything you may experience as the ego dies its final death.

When you go through the ego's final death, you do not go through it alone. The right-mind (awake consciousness) is present and able to help you through to awakening if you are open to its guidance. The way to be open to its guidance is to give no meaning to anything the ego may say or anything you may experience as the ego dies its final death.

Revelation 10 speaks of an angel "holding a little scroll, which lay open in his hand." This scroll represents the guidance of the right-mind.

Today, you will read Revelation 10 and let the right-mind interpret it for you. On [Day 272](#), we learned how to make room for the right-mind's interpretation. We were taught to:

Step back.
Detach from what your mind thinks.
Look at the whole as it is.
Feel within for intuition.

Practice these steps as you read Revelation 10 today. Let a right-minded interpretation come to you. Don't prejudge what that interpretation should be. Let the right-mind speak to you in whatever way it wants. Simply let it flow. Discover what guidance you are given when you open up to it.

Complete today's reading this way:

1. Read today's reading in NTI.
2. After you finish today's NTI reading, read [Revelation 10 from the Bible](#).
3. After you finish reading Revelation 10 or as you read Revelation 10, depending on how you are guided, write the right-minded interpretation that comes to you.
4. When the right-minded writing is complete, review it to see what guidance you are given.

For those of you who are interested, here is a video by Dr. David Hawkins about the final death of the ego. You can watch the video before or after doing today's assignment, as you feel guided:

Thoughts of Awakening # 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

Tips from Regina ~ Day 280, NTI Revelation 11

In some dramatic stories, it seems as if the seventh step of awakening is transcended all at once. For example, watch this scene from the movie, *Little Buddha*, and then continue reading the tip below:

Thoughts of Awakening # 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

Tips from Regina ~ Day 281, NTI Revelation 12

Yesterday we learned that the seventh step to awakening can occur over a long period of time and can look like everyday life. Today's reading provides guidance about how to transcend the temptations that occur during the seventh step. That guidance is to make choices carefully. That means we need to live reflectively, learning to always check in with inner intuition before making any choice in our daily life.

Before reading today's reading in NTI, please read [Revelation 12:1-6 in the Bible](#).

Thoughts of Awakening # 282

"What am I?"
is a question of discernment.

By asking it often,
one remembers what

I am.

~From our Holy Spirit

Tips from Regina ~ Day 282, NTI Revelation 13

Yesterday we learned that we transcend the temptations that occur during the seventh step to awakening by learning to make choices with inner intuition. This is hard for most humans, because most humans make decisions through judgment.

Today, we are going to learn more about judgment. By examining judgment carefully, we will learn to notice it more easily in ourselves. Then, when we notice we are making a decision by using judgment, we can drop our judgment, empty our mind, and ask within for intuitive guidance.

Today, you will use the tip differently. The tip will guide you through the reading and through a journaling experience. See today's tip as a teacher who is telling you what to do when. As you complete each step, return to the tip to find out what you are to do next.

1. Read [Revelation 13:1-4 in the Bible](#).
2. Read NTI Revelation, Chapter 13 (v1-4), and then return to the tip.

When NTI says, "The beast that comes out of the sea is your judgment against your Self," it means it is your judgment against consciousness. Whenever you judge anything, you judge consciousness, because all things are made of consciousness.

Most people can let go of judgment in some situations, but very few people are willing to let go of judgment in all situations. However, whenever we rely on judgment, we identify with the mind as "me," because we believe its thoughts are "my thoughts." That means whenever we judge anything, we believe we are a person and we do not see ourselves as consciousness.

Therefore, as we learned in NTI Romans 2, judgment is the "building block of illusion." Through judgment, we believe that we are what we are not.

3. Read NTI Revelation, Chapter 13 (v5-10), and then return to the tip.

You are about to do a journaling exercise. In this exercise, you will ask for a right-minded interpretation of the verses you are about to read from the Bible. As you read, realize that the beast is Self-judgment, which is judging anything since everything is consciousness. So, when the Bible says, "The beast was given a mouth to utter proud words and blasphemies," it means that Self-judgment is not limited. It is not limited regarding what it judges or how it judges.

If you look at the judgments in your mind, you will see this is true. Self-judgment is very active and very creative.

Before going to the journaling exercise, let's review how to open up to right-minded interpretation:

Step back.
Detach from what your mind thinks.
Look at the whole as it is.
Feel within for intuition.

4. Read [Revelation 13:5-10 in the Bible](#), and then ask to see what you need to see regarding Self-judgment. After you complete your journaling, return to the tip.
5. Read [Revelation 13:11,12 in the Bible](#).
6. Read NTI Revelation, Chapter 13 (v11,12).

NTI says that the second beast is guilt, and guilt supports judgment. In other words, as long as you believe in guilt (wrong), you believe you need judgment. You think judgment keeps you safe and provides guidance on how to be good and worthy.

In order to let go of judgment, you also have to let go of the belief in guilt. When this happens, right and wrong or good and bad are replaced with a way of seeing that is often described as, "Everything is just happening." Manifestation is seen as unfolding based on what consciousness believes, but it is not seen as good or bad, right or wrong. It's just a reflection of beliefs.

This is how Jesus saw when he said:

Father, forgive them; for they know not what they do.

It is as we learned through NTI Acts 3:

Ignorance is not guilt. It is a call for knowledge.

7. Read NTI Revelation, Chapter 13 (v13-18).
8. Read [Revelation 13:13-18 in the Bible](#), and then ask to see what you need to see regarding your belief in guilt (wrong).

Thoughts of Awakening # 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

Tips from Regina ~ Day 283, NTI Revelation 14

Yesterday we saw that our belief in guilt (wrong) supports our habit of judgment, and our habit of judgment keeps us locked in the idea that we are a person. Through judgment, we see ourselves as a person in a world. We do not see everything as consciousness. This is why judgment is called the “building block of illusion.”

Today’s reading refers to “God’s judgment.” In this context, “God’s judgment” is seeing consciousness as consciousness. It is seeing as God (as consciousness). That’s why today’s reading says:

The hour of God’s judgment is the hour of your release.

Near the end of St. Francis’ life, he went to the La Verna hermitage in Tuscany, north of Assisi. According to one biographer, he climbed Mt. Verna:

“as though he were pulled along by an inner voice that kept calling out to him. He knew that something out of the ordinary was beginning to take shape within him among these mountain boulders. ...

“Francis felt the need to be alone, not in order to avoid people, but in order to see and touch his God in an experience that he already knew from his premonition would be new and exceptional. ...

“Francis once again wanted to come in contact with the ‘judgment of God.’” ~ Gianmaria Polidoro

Was the event at La Verna, which is traditionally referred to as the physical stigmata, actually the final end of the ego? One can only wonder, although the possibility of it is inspirational.

Remember what we learned on [Day 273](#):

All of consciousness is one and the same, so if Jesus (or Siddhartha or Francis) or any other being can realize absolute truth, *you can too*. You are fully worthy and *fully*

capable. All that is needed is an absolute decision and commitment-living-practice to back up that decision.

Today's reading continues to interpret Revelation with the right-mind, and so you will read a little from Revelation in the Bible today. As you read from Revelation and from NTI today, keep in mind that you are being taught how to live your everyday life in a way that lets go of ego. By living your everyday life in the way NTI Revelation recommends, you can transcend the ego completely and come to see through the eyes of God.

Today's reading says:

When you fear death, realize the judge has been allowed to be resurrected.

That means you are thinking like a person again; you see yourself as a body-mind-personality, and so you think body-mind-personality is primary and life is secondary. To reverse this error, shift into awareness-watching-awareness. Through awareness-watching-awareness, you see for yourself that life-awareness is primary and body-mind-personality is secondary. You see that body-mind-personality is observed. Body, mind and personality are objects. You are beyond them.

Before reading from NTI, read [Revelation 14:8-12 from the Bible](#). *Note: Today's reading refers to the lessons that are represented by the 144,000. You can review those lessons in NTI Revelation, Chapter 7.*

Thoughts of Awakening # 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

Tips from Regina ~ Day 284, NTI Revelation 15

On [Day 275](#), we learned about the seven steps to awakening (as those steps are described in NTI). As a review, those steps are:

Step 1– An intense desire for awakening.

Step 2– Seeing through the ‘mask’ of ferociousness (attack, grievance, harshness) to the false beliefs that support and sustain it.

Step 3– Tiring of judgment.

Step 4– Letting go of the belief that life is temporary, which is also letting go of the belief that the body-mind-personality is your reality.

Step 5– Learning to trust all that is as it is.

Step 6– Letting go of perception, which is letting go of thought as me.

Step 7– Giving no meaning to anything the ego says or any experience you have as the ego dies its final death.



If you examine these steps carefully, you will see that they are not necessarily sequential.

The steps can be circular in nature, like a spiral of awakening.

Yesterday's reading said:

Do not make the mistake of seeing the harvest as an event in your future, *for always the harvest is now*. ... Always, it is now, so always, it is time to let go of judgment and look at the darkness hiding in the recesses of the mind.

The harvest and the spiral of awakening are one and the same. That means:

Now is the time to increase your desire for awakening.

Now is the time to look beneath upsets for false beliefs.

Now is the time to notice that judgment causes you pain.

Now is the time to practice awareness-watching-awareness.

Now is the time to nurture unconditional trust.

Now is the time to let go of identifying with thought.

Now is the time to give no meaning to the ego as it squirms about seeking believing-attention.

A spiral of awakening is a helpful symbol, because it helps us see that we may not be "done" with a particular step, but that we visit it over and over again as we spiral into awakening. It's a helpful symbol for another reason too. Humans are not necessarily comfortable with a spiral. They tend to be more comfortable with a sense of control. So, the spiral of awakening helps us understand the feeling of resistance that arises as we go through the awakening process.

Remember that the spiral of awakening awakens us to joy, clarity, love and reality. When you feel the urge to cling to something and fight against the spiral, remember that the spiral carries you into awakening. Rest, release and allow.

Here is a song that may help you remember this advice:

Read [Revelation 15:5-8 in the Bible](#) before reading today's reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 285, NTI Revelation 16

Today's reading tells us how to use meditation to awaken.

First, let's look at how we keep the illusion alive. We keep the illusion alive with believing-attention. We keep the illusion alive by believing thoughts, emotions and perceptions and giving them our attention.

Since giving believing-attention keeps the illusion alive, *not giving* believing-attention allows the illusion to fade away. And that is the purpose of meditation.

During meditation, you close your eyes and ignore thoughts, emotions and perception. You keep attention still, focused on awareness, without chasing after movement. This stillness doesn't stop movement; it just doesn't give movement any attention. In this way, movement is allowed to move through, out and away, until only stillness remains.

Today's reading shares a few tips to help you keep attention still, focused on awareness, instead of being caught up in thought or emotion during meditation. It says:

When you notice a belief in illusions, ask where your faith is now. Faith comes from desire. ... In questioning your faith, you remember your desire. In remembering desire, you loosen your grip on belief.

In other words, when thoughts arise and your attention goes to them, ask yourself, "What do I really want?" or "What is my purpose?" or "Why am I here?" or any other question that reminds you how much you want to remain focused on awareness and awaken. When you remember how much you want to remain focused on awareness and awaken, you naturally recall attention from thought, and place it with awareness again.

Fear sometimes occurs during meditation, especially as you progress from a familiar stage of meditation to a new stage or new level. When fear arises, notice that the mind is judging the experience. Again, remind yourself how much you want to remain focused on awareness and awaken. Let the movement of fear be—do not interfere with it; gently place attention on awareness, and remain there.

The scene from *Little Buddha* that we watched on [Day 280](#) is a good symbol of remaining still in meditation, regardless of what arises, in order to awaken.

You do not need to read from Revelation in the Bible today. Go directly to the reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 286, NTI Revelation 17

Today's reading is about the obstacle to truth. It refers to the obstacle as the belief in separation. *The Teachings of Inner Ramana* refers to it as the "I-thought." It is also commonly called the ego.

What is the belief in separation, which is the I-thought and the ego? It is mental chatter.

What is the belief in separation?
It is mental chatter

What is the I-thought?
It is mental chatter.

What is the ego?
It is mental chatter.

You can see this for yourself if you pay close attention to the mental chatter in your mind. Mental chatter is all about “me” and “you” or “us” and “them.” It’s about what “I” think, what “I” want, and what “I” don’t want. Mental chatter *is* the belief in separation. Mental chatter *is* the I-thought. Mental chatter *is* the ego.

In other words, the belief in separation isn’t one belief buried somewhere in mental chatter. Mental chatter *itself* is the belief in separation.

The I-thought isn’t merely the words “I” or “me” in the mind. All mental chatter is the I-thought.

The ego isn’t some aspect of mental chatter, while part of mental chatter is benign or “my real thoughts.” The ego and mental chatter are synonymous. They are the same thing.

One reason the ego is able to deceive people so easily is because most spiritual aspirants define the ego as some thoughts or some qualities of thought, and they continue listening to other thoughts or other qualities of thought as if they aren’t ego.

All mental chatter is ego. There’s no such thing as truth in mental chatter. When you give believing-attention to mental chatter, you give believing-attention to ego.

Very few people have awakened to absolute truth, because very few people have disregarded mental chatter completely. The seventh step to awakening is disregarding mental chatter completely, regardless of what it says now.

One idea that keeps people listening to mental chatter, even when they want to let go of ego, is:

Something or someone will suffer if I do not listen to the ideas in my mind.

For example:

My children will suffer.

My work will suffer.

My finances will suffer.

My health will suffer.

My relationships will suffer.

My safety will suffer.

Underneath all of those ideas is the idea, “I will suffer.” That is the ego’s primary deception, which is also its primary defense.

When mental chatter chatters about how you need mental chatter to get by or survive, mental chatter gets your believing-attention. In this way, mental chatter maintains its apparent existence *as you*.

Whenever anyone says that you need the ego somewhat, and so you cannot let go of it completely, they have fallen for this trick. They have let go of some thoughts or some qualities of thought, but they have not let go of mental chatter entirely.

Mental chatter is not needed, not even in the world. Awareness is absolute intelligence. One who abides as awareness knows what to say and what to do in every circumstance. The intelligence of awareness is far superior to the feigned “intelligence” of mental chatter.

Let’s look at the difference between mental chatter and using the brain to think.

Compared to other animals, humans have large brains. The purpose of the human brain is survival. Awareness programs the brain so it can be used as an effective survival instrument. This programming is commonly called “learning.” For example, you learned language, math, computer skills, how to drive, how to ride a bike and much, much more. All of this is programmed into your brain.

Some of what is programmed into your brain is so deeply programmed that you no longer have to “think” about it. For example, you seldom have to think about words. You just use them. You don’t have to think about how to ride a bike. You simply get on a bike and ride.

However, when you are presented with a new situation, you have to “think” about it. If you pay close attention to the “thinking” that is necessary, it is awareness. Awareness pays attention to what is being learned, and it programs the learning into the brain. Awareness also sorts through previous programming to see if something is useful in the current situation. If so, it forms a relationship in the brain between the new programming and the prior programming.

What I have just described is not mental chatter. Mental chatter is different than the brainwork I just described. For example, when a new situation is present, mental chatter may say any of the following:

I'm never going to figure this out.

Why did Jane put that there? Now I have to undo everything she did!

I'm right. John's wrong. I've got to convince him to do this my way.

Everything is always going wrong. How am I ever going to get ahead?

When I get this done, I will be able to do that. Then things will open up, and I can

Once I get this figured out, everyone will see how smart I am, and then they will listen to me more.

I didn't expect this. I thought that since we did that, this would work out the way we planned.

I'm not going to blame Sally for this. I'm going to forgive her. I'll be really nice next time I see her, and then she'll see that I am spirit-guided.

I have to do everything around here. No one else is as committed as I am.

And Etcetera.

Mental chatter is the belief in separation. It is the I-thought. It is the ego.

Look at the previous examples of mental chatter and notice the belief in separation, the I-thought and the ego in those ideas.

Mental chatter is not thinking. Mental chatter serves no useful purpose at all. It can be let go completely.

If you paid attention to your thoughts on [Day 277](#), you probably saw several comments that came from mental chatter as you read Revelation 8. (If you didn't see any chatter, it's likely you believed chatter without noticing it.)

Step 7 in the awakening process is seeing mental chatter without giving it believing-attention. Seeing it without believing it is disregarding it. (When it is not seen, it is believed by default.)

Please read [NTI Revelation 17:1-6 in the Bible](#) before reading today's reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 287, NTI Revelation 18

The world is a reflection of the mind. That statement is true in two ways:

1. The scenes of the world are created through the creative principle based on the believing-attention that consciousness gives to thought.
2. The scenes of the world are interpreted through the filter of the individual mind.

The world is seen and experienced with clarity when there isn't mental chatter. Inspiration shines through the mind that is not blocked by mental chatter, and it looks out on a world of miraculous beauty. The things that were important to the mind blocked by chatter, aren't important to the clear mind. Although the person may still work in the same way and face the same daily challenges, she is happy, because she lives and works amid the spontaneous magnificence of consciousness.

Here's a story that illustrates this:

St. Francis traveled from Assisi to Rome to get the Pope's approval, so that his order of friars would be legitimized in the eyes of the church. This could have been seen as an important journey, one that could end in success or failure. In fact, it could have gone very wrong. Francis could have been arrested as a heretic and thrown into the Vatican's dungeon.

One who listened to mental chatter would have had quite a bit to worry about on this trip. And once the approval was given, one focused on mental chatter might have big plans to focus on and talk about with his fellow travelers. You may be able to imagine what this journey could have been like if mental chatter was active in Francis' mind.

Here's a poem by St. Francis, which illuminates his experience of that journey to and from Rome:



A bird took flight.
And a flower in a field whistled at me
as I passed.

I drank from a stream of clear water.
And at night, the sky untied her hair
and I fell asleep clutching a tress of God's.

When I returned from Rome, all said,
"Tell us the great news,"
and with great excitement I did:

"A flower in a field whistled,
and at night the sky untied her hair and

I fell asleep clutching
a sacred tress ...”

Francis lived in the moment—*in the miracle*.

The world is seen and experienced with clarity when there isn't mental chatter. Inspiration shines through the mind that is not blocked by mental chatter, and it looks out on a world of magnificence and beauty.

Please read [Revelation 18:1-3 in the Bible](#) before reading today's reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 288, NTI Revelation 19, (v1,2) – (v10)

Here is a review of the seven steps to awakening (as put forth in NTI):

Step 1– An intense desire for awakening.

Step 2– Seeing through the ‘mask’ of ferociousness (attack, grievance, harshness) to the false beliefs that support and sustain it.

Step 3– Tiring of judgment.

Step 4– Letting go of the belief that life is temporary, which is also letting go of the belief that the body-mind-personality is your reality.

Step 5– Learning to trust all that is as it is.

Step 6– Letting go of perception, which is letting go of thought as me.

Step 7– Giving no meaning to anything the ego says or any experience you have as the ego dies its final death.

Each of the first six steps leads to the seventh step. Ego death is a step in itself, because that is the ego's last chance to reclaim your attention, and it will likely use *anything it can* to manipulate you into returning attention to it.

If you can withstand the ego's final temptations, a change will occur. The habitual connection between attention and mental chatter will collapse, and you will be free to see without seeing through the filter of mental chatter.

The physical world doesn't change when you are liberated from the mind. It's your way of seeing that changes. Instead of seeing through judgment and interpretation, you see naturally, which means you see consciousness as consciousness. Without mental chatter directing your actions and reactions, you live through spontaneous inspiration.

Here's how Jesus described awakened inspired living in the Bible:

The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit. ~ John 3:8

Using the symbols from Revelation, today's reading says:

The Sight of Spirit is a choice that you make.
It is the choice to marry the lamb.
For with this choice is innocence known,
and glory is seen through the land.

In this context, innocence isn't the opposite of guilt. Innocence is the freedom of living through spontaneous inspiration. It is freedom from mental chatter.

Today's reading recommends that we observe the thinking mind and see how it works. If we do not see our judgments and interpretation clearly, we remain enslaved to mental chatter. We let go of mental chatter when we see that it *deceives us*.

When we see that chatter deceives us, we can lose interest in it. As long as we believe it protects us, we give it our full attention.

Without the desire to be free of mental chatter, you cannot free yourself from mental chatter. The addiction to mental chatter is strongest of all human addictions. Therefore, the greatest of all desires is necessary to free yourself from mental chatter.

It is as Michael Langford describes in *The Most Direct Means to Eternal Bliss*:

Eagerness for liberation must be equal to the eagerness someone who is being held underwater has for trying to rise to the surface. ...

Eagerness is another word for the desire for freedom.

How great, how intense is the desire of someone being held underwater trying to rise to the surface. ...

Every second his desire to rise to the surface is becoming more and more intense.

Michael Langford also writes:

Another great key is self-honesty. ...

Self-honesty means to be 100% honest with your self, all of the time.

Catch your ego using preservation strategies.

Today's reading makes the same recommendation.

Please read [Revelation 19:6-9 in the Bible](#) before reading today's reading from NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 289, NTI Revelation 19, (v11-16) – end

Yesterday we saw that mental chatter is the greatest of all human addictions, and so the greatest of all desires is necessary to set yourself free from mental chatter.

As your desire for awakening increases, mental chatter catches on to your desire for awakening. It uses that, too, to try and save itself.

If you give mental chatter your attention, it will distort your desire for awakening into another desire that is similar, but not the same. It might distort it into the desire to attract people or circumstances. It might distort it into the desire to get approving attention from others. It might distort it into the desire to be a spiritual teacher. It might distort it into the desire to be part of a spiritual community. It might distort it into the desire to write and sell spiritual books, to sing spiritual songs, to be seen as spiritual by others, to buy spiritual objects, to go to spiritual places, to have a close relationship with an enlightened person or to feel spiritually special in some other way.

Today's reading says:

True desire is known by its desire for *only one thing*.

True desire desires truth. It is immune to deception. If you remain *fully focused* on the desire for truth, you will not be sidetracked by the myriad of distortions that the ego can come up with. Because mental chatter is highly deceiving, you need to remain fully aware of what you desire in every moment.

Today's reading says:

The only way to pass through the tests of the thinking mind, without being led astray by false desire, is to remain fully focused on true desire now. *There is no other way*.

You do not need to read from Revelation in the Bible today. You can go directly to the reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 290, NTI Revelation 20

On [Day 286](#), we saw that mental chatter is the belief in separation. It is the I-thought. It is the ego. We've also seen that paying attention to mental chatter is the greatest of all human addictions.

Today's reading opens by saying:

You must be willing to rest the thinking mind at every opportunity given.

Just as the only way to stop smoking is to stop smoking, the only way to let go of mental chatter is to let go of mental chatter. That's why we need to be willing to rest the thinking mind at every opportunity given, and today's reading highlights some of the opportunities that are given in everyday life.

When we finish NTI Revelation, we will begin reading *The Teachings of Inner Ramana*. Letting go of mental chatter is a primary focus in *The Teachings of Inner Ramana*.

For now, pay attention to the suggestions in NTI Revelation 20, and start letting go of mental chatter whenever you notice the opportunity to do so.

In the first year of Gentle Healing, we learned that there are two awakenings. First, one awakens to consciousness, the second principle of God, and then one awakens beyond consciousness, to the first principle of God.

When one lets go of mental chatter, one awakens to consciousness. This is also commonly called true perception. Jesus referred to this awakening as being born again. ([Reference John 3:3](#))

However, a second awakening still waits. Sometimes the second awakening is called the *final* death of the ego or the final end to the sense of self. NTI Revelation refers to it as the second death.

This is why Jesus referred to the first awakening as being born again. When you awaken to consciousness you are born into true perception. This birth is followed by a period of maturing and learning to abide in the new way of seeing, and then a deeper calling arises. The deeper calling calls you forward into a second and final awakening.

You do not need to read from Revelation in the Bible today. You can go directly to the reading in NTI.

Thoughts of Awakening # 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

**Tips from Regina ~ Day 291, NTI Revelation 21, (v1) –
(v6-8)**

Yesterday, we saw that there are two awakenings. First, one awakens from the idea that he is a person to the realization of consciousness. And then, often years later, one awakens beyond consciousness to absolute reality.

As I mentioned on [Day 272](#), Revelation is full of symbols. These symbols came to John through visions and dreams. The first series of symbols were violent and have been interpreted innumerable ways throughout the history of Christianity. NTI interprets these symbols for the purpose of purification and awakening.

I would like to take a moment to emphasize that NTI interprets the symbols in Revelation in order to make them useful to us. NTI does not teach the true meaning of the symbols. It is right-minded *interpretation*.

There is a second series of symbols in Revelation that come after John's vision of the second death, which NTI interprets as the final awakening. The second series of symbols are peaceful. They are eternal. NTI interprets these symbols as the experience of the final awakening. However, since NTI is *interpreting* symbols, the symbols themselves should not be taken seriously.

As the Tao Te Ching says at verse 1:

The Tao that can be told is not the eternal Tao.

In other words, reality cannot be described.

Read [Revelation 21:1-6 in the Bible](#), and then read NTI Revelation 21 (v1) – (v6-8).

Related note: If you are interested in a secular, historical-based interpretation of Revelation including who wrote it and why it was written the way it is, you can watch the [BBC documentary on Revelation](#).

Thoughts of Awakening # 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

Tips from Regina ~ Day 292, NTI Revelation 21, (v9-14) – end

Yesterday, we saw that NTI interprets the symbols in Revelation for the purpose of purification and awakening. It is a right-minded interpretation of symbols.

We’ve used Revelation to look at and contemplate interpretation. We looked at how your mind (mental chatter) interprets, and we learned how to open up to right-minded interpretation.

Interpretation is a type of understanding that occurs at the level of mind. Whether it is wrong-minded interpretation or right-minded interpretation, it is *mental* understanding. Right-minded interpretation points toward truth. Wrong-minded interpretation does not point toward truth. However, both are interpretations, and neither is truth itself.

Yesterday’s tip also provided an optional opportunity to look at a secular interpretation of Revelation. That interpretation attempted to uncover historical facts about who wrote Revelation, who its audience was and what Revelation meant to that original audience.

Today’s reading says:

Symbolism is gone forever when you can look beyond the symbols to the truth that merely *is*. In this truth do all symbols disappear, for in this truth is all interpretation rendered meaningless.

When we awaken to reality, we no longer see symbols, and so there is no longer any need for interpretation. Wrong-minded interpretation doesn't occur anymore, and right-minded interpretation is no longer needed. Reality is beyond perception and beyond interpretation entirely.

We cannot imagine reality, so there is no reason to attempt to do so. Anything we could imagine would be wrong. However, I find it helpful to realize that reality is completely different than perception. There is no sense of self in reality. The body that appears to others is moved by consciousness, and yet there isn't a sense of self present that perceives itself as consciousness. When there is a sense of self present that perceives itself as consciousness, that one has awakened to the second principle of God. The final awakening is beyond that.

Reality encompasses everything. It is beyond form, and form is made up of reality. It is beyond the sense of self, and yet the sense of self could not be experienced without reality as its foundation. It is as verse 1 of the Tao Te Ching says:

The two (illusion and reality) emerge together but differ in name.
The unity is said to be the mystery.
Mystery of mysteries, the door to all wonders.

You do not need to read from Revelation in the Bible today. You can go directly to the reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 293, NTI Revelation 22 (v1,2) – (v10,11)

As we near the end of Revelation, NTI continues to interpret the final symbols in Revelation as the final awakening. In doing so, it makes an important point:

Seek not to change that which you see, for that is to desire that *you* be different. Accept all that you see in glory and rejoicing, for that which you see is the mark of Heaven.

As we saw on [Day 282](#), Self-judgment is judging anything, since everything is consciousness.

You cannot judge your Self and awaken to your Self too. You either embrace truth as it is, or you choose illusion.

On [Day 138](#), we learned how illusion began. There was a wish for something different than reality, and then believing-attention was given to the wish.

Awakening comes from the opposite action. Love everything exactly as it is. Accept it as consciousness, and ultimately as reality.

It isn't what it appears to be.
It is what it is.

When we seek truth, we seek to see (know) beyond appearance to reality. When we judge, our eyes are fixed on appearance. Even worse, we don't see the appearance clearly. We see the appearance as our mental chatter interprets it. That's seeing an illusion of an illusion, twice removed from truth.

My favorite Bible scripture is a nice summation of today's lesson, which is one of the final lessons that NTI leaves us with before its interpretation comes to an end.

This *is* the day the Lord has made;
We will rejoice and be glad in it.
~ Psalm 118:24

Once again, we are brought to the Loving All Method as an important practice in the awakening process. The Loving All Method is important, because it is the opposite of judgment, which is the “building block of illusion.”

Optional: Review the [Loving All Method](#).

You do not need to read from Revelation in the Bible today. You can go directly to the reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 294, NTI Revelation 22 (v12,13) – end

Today, you will read the final words that NTI has to share.

What are they?

In short, NTI says that you are not who you appear to be. Whenever you find that you have forgotten your Self and acted from conditioning, simply pause and choose again.

It's okay to stop in midsentence when you see that your sentence is coming from the wrong-mind. Stop, pause, let go of mental chatter's interpretation, tune into intuition's guidance, and follow intuition's guidance (effective immediately).

I'll share that again.

When you catch yourself acting from the wrong-mind, take these steps to correct yourself:

Step 1: Stop immediately. Do not continue acting with the wrong-mind in the lead.

Step 2: Pause. Take a breath, and remind yourself of your spiritual aspiration.

Step 3: Let go of the interpretation that came from mental chatter.

Step 4: Tune into intuition's present moment guidance.

Step 5: Follow intuition's guidance right away and straightaway.

This is our last day with NTI. Tomorrow's reading will come from *The Teachings of Inner Ramana*.

You do not need to read from Revelation in the Bible today. You can go directly to the reading in NTI.

Thoughts of Awakening # 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

Tips from Regina ~ Day 295, The Commentary on Mind

Today, we begin reading from *The Teachings of Inner Ramana*. A primary focus in *The Teachings of Inner Ramana* is letting go of mental chatter. When one lets go of mental chatter, she completes the sixth step of the seven steps to awakening. The sixth step is:

Letting go of perception, which is letting go of thought as me.

Note: For a thorough review of all seven steps, see [Day 284](#).

When one lets go of perception, one awakens to true perception. With true perception, the body's eyes still see what everyone else's eyes see, but clarity knows that what it looks on is consciousness.

Today's reading says:

Mind cannot be ignored entirely.

In this context, “mind” does not refer to mental chatter. Mind refers to the brain’s ability to interpret.

On [Day 22](#), we learned about the connection between the brain’s ability to interpret and our ability to see objects. Here is a quote that we contemplated that day:

“Vision consists of your eyes detecting light and converting it to electro-chemical impulses in neurons which are then given meaning by your brain. Hence, the real ‘seeing’ occurs in the brain with the interpretation of the impulses. ~ Debbie Hampton, author of *Beat Depression and Anxiety by Changing your Brain*

In order to live as a human in a world, even within the experience of true perception, some mental interpretation is necessary.

However, mental interpretation is not knowledge. As today’s reading says, knowledge is “beyond the mind.” In other words, when one has the experience of human, but knows that he is life-awareness, he has knowledge. When one has the experience of human and believes he is a human, he is deluded.

The Teachings of Inner Ramana begins by giving us two tools. These tools enable us to live as humans while totally ignoring mental chatter. The two tools are:

Mantra
Surrender

We have looked at both the mantra and surrender as taught in *The Teachings of Inner Ramana* since Gentle Healing Year 1. However, now we will start to use these tools in our daily life with great emphasis.

The mantra is “I Am That I Am.” We were introduced to this mantra through the *Thoughts of Awakening* on Day 230. Here is that Thought of Awakening again:

“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

The Thought of Awakening on Day 231 also referred to the mantra:

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

Today, begin to practice the mantra as regularly as you can. Realize that the purpose of the mantra is to help you ignore mental chatter and rest in silence.

You will learn about surrender in the next two days. Today, focus on replacing the habit of listening to mental chatter with a new habit—the habit of practicing the mantra.

Thoughts of Awakening # 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

Tips from Regina ~ Day 296, The Purpose of Surrender

On [Day 286](#), we learned that awareness programs the brain through a process called “learning.”

Some of what is learned and programmed into the brain is helpful to the experience of being human, like ‘drinking water is good for the body’, and ‘drinking floor cleaner harms the body.’ However, a lot of what is learned is untrue, like ‘I am a person in a world,’ and ‘I am bad.’

Today’s reading begins by saying:

We are going to learn not to listen to the mind. We are going to learn not to listen to the mind, first, by listening to another Voice, which speaks through the mind, but does not speak from mind, for mind or with mind.

In this context, ‘mind’ is mental conditioning (programming).

Humans have come to rely on mental conditioning as if it is their survival mechanism. Unfortunately, the basis of mental conditioning is wrong—the idea ‘I am a person in a world’. Since the basis of mental conditioning is wrong, mental conditioning as an interpretive mechanism is entirely unreliable. That’s why thought, perception and emotions are unreliable.

If mental conditioning knew ‘I am consciousness having a temporary human experience,’ it would interpret differently. That interpretation would be right interpretation, and it would lead to true perception. However, mind is unable to *know* ‘I

am consciousness having a temporary human experience.' Mind can have that thought. That thought can be learned and programmed into the brain, but that thought is not knowledge, because *being is knowing*, and mind cannot be. Only life-awareness can be.

The genuine experience of true perception comes from you (life-awareness) beyond conditioning.

You cannot be a slave to conditioning and know yourself as beyond conditioning too. You need to free yourself from conditioning in order to know true perception.

Today's reading says:

We are going to learn not to listen to the mind, first, by listening to another Voice, which speaks through the mind, but does not speak from mind, for mind or with mind. This Voice can see mind and it sees all that mind sees when it looks through mind, but it is outside of mind, so it is not confused by reality.

Spiritual intuition comes from knowledge, which is beyond mind, and yet it sees and understands the conditioning of mind. It knows the faces that you perceive as your family members. It knows their names. It can utilize the programming that steps on the brake when you see a stop sign, and etcetera. Yet, it is fully aware that you are not a person in a world. It is the knowledge of consciousness, and it sees with true perception.

Intuition is the Voice of wisdom. It comes from knowledge, and it utilizes the brain, so it is fully trustworthy. However, until you are free from believing mental chatter, intuition will seem like something other than you. You can see it as your Higher Self, Holy Spirit, Jesus, Ramana, or any other helpful symbol, but as long as you are even a partial slave to conditioning, it is better to see intuition as your guide than to see it as yourself.

Why?

Mental chatter is very tricky. Mental chatter will take the idea, "Intuition is you beyond conditioning," and distort it into "I am the will that is beyond mind." Once you adopt that idea, you will not use surrender to discern between mental chatter and knowledge that comes from beyond mental chatter. Once you believe, "I am the will that is beyond mind," mental chatter is in control again, because it is viewed as the right-mind (at least somewhat, which is enough to keep mental chatter in control as 'me'. Reference [Day 286](#).)

Intuition comes from you beyond mind, but the mind and its ideas, its perception and its will are *not* intuition. That's why you need to surrender.

Begin practicing surrender as it is taught in today's reading. Also, continue to practice the mantra. These two practices used throughout the day help to break the addiction to mental chatter.

Thoughts of Awakening # 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

Tips from Regina ~ Day 297, The Purpose of Surrender, Part Two

In order to have clarity regarding today's reading, it is helpful to remember that there are two states of mind and beyond mind.

The first state of mind is deluded. When one is deluded, she believes she is a person in a world. She values mental chatter as her real thoughts.

The second state of mind is true perception. One who perceives with true perception is disengaged from mental chatter. He follows spontaneous intuition. He has the experience of being human in a world, but he is aware that everything is consciousness. In today's reading, one who experiences this state of mind is referred to as Self-realized.

Beyond mind is beyond perception entirely. As we learned on [Day 292](#), there is no sense of self in awake reality. The body that is perceived by others as the awakened one is moved by consciousness—by “the code”—but there is no sense of ‘I am.’ There is no interpretation, no mind and no world beyond mind. Only the absolute exists.

In order to move from deluded to Self-realized, it is helpful to *live as if you are Self-realized* before you are Self-realized. By living as if you are Self-realized, you awaken into the Self-realized state.

How do you live as if you are Self-realized?

1. Remember that fear (upset) does not come from circumstances in the world, and resolving situations in the world does not transcend fear. You transcend fear by remembering reality. When you experience fear, practice rest-accept-trust, awareness-watching-awareness or look at your thoughts with clarity.
2. Practice surrender as it was taught in yesterday's reading. Live by following intuition instead of mental chatter.
3. When you find yourself caught up in thoughts about the world, let go of mental chatter by practicing the mantra. Thoughts about the world include thoughts about your personal life, your work, the personal life of others, politics, and etcetera.

Today is a good day to begin living as if you are Self-realized. That doesn't mean you should pretend you are Self-realized. That doesn't mean you should be dishonest with yourself about your state of mind. It simply means this: Live your life by following the three recommendations above.

Thoughts of Awakening # 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

Tips from Regina ~ Day 298, Instructions for Using the Mantra

As we saw yesterday, in the language of *The Teachings of Inner Ramana*, Self-realization is the equivalent of true perception, which is awakening to consciousness. One is "awake" when one awakens to reality, the First Principle of God.

Today's reading says that quieting the mind is essential to Self-realization. It also says that the purpose of the mantra is to help us quiet the mind. That is the same as saying that the purpose of the mantra is to help us disengage from mental chatter.

Today's reading shares four guidelines for effective use of the mantra. Please review the guidelines carefully so you can remember them and practice the mantra in the way today's reading recommends. Also, remember to practice surrender today as it was taught on [Day 296](#).

Thoughts of Awakening #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

Tips from Regina ~ Day 299, The Circus and the Meadow

Today's message speaks directly to your desire to awaken. Likely, somewhere deep inside, you already know everything today's message has to teach, although the mind does not think about this knowledge. The mind's thinking distracts us from the wisdom that is clear through today's message.

Today, we are told that our primary interest now is to lose interest in the mind. That is to lose interest in mental chatter. Just as the only way to stop smoking is to stop smoking, the only way to stop listening to mental chatter is to stop listening to mental chatter. As today's message points out, we can't be free by quieting the mind for a little bit each day if we engage in mental chatter the rest of the day, just as you can't quit smoking by not smoking from 7am-10am while still smoking the rest of the day.

In today's message, Inner Ramana says:

I ask you to be my student.

If your heart says, "Yes," to this invitation, read today's message very carefully. Notice how much you love its instruction. Read it lovingly two or three times! And then give your best effort to practicing the mantra and surrender today.

Thoughts of Awakening #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

Tips from Regina ~ Day 300, Looking at the False “I” Thought

Today’s message begins:

It’s time to go beyond everything you’ve learned.

Everything you’ve learned has been helpful. It’s been helpful toward willingness to take this next step. But without the step that we are taking together now, all that you’ve learned serves no real purpose toward awakening.

We have learned so much since we began Gentle Healing 678 days ago. It’s been an amazing journey of learning. Yet, today we step beyond all of that by becoming aware of just how addicted we are to mind.

This is a very, very important step.

I’ve never taken a 12-step program like Alcoholics Anonymous, but what I understand from friends who have been part of a 12-step program is this:

Admitting that there is a very serious problem—*an addiction*—that you cannot control is a critical first step if you are going to heal.

This first step isn't an intellectual first step. It's a deep, deep realization. For an alcoholic, drug addict, sex addict or gambler, it might come about when they finally do something far below anything they ever thought they were capable of, something so severe that it wakes them up in a very deep way to the realization that there is a problem and they do need help.

One purpose of the practices of Inner Ramana is to help us have that same very deep realization about our addiction to mental chatter. Fortunately, we do not have to do something horrible and extreme to finally have that realization. We simply have to practice as Inner Ramana asks us to practice.

I want to alert you that if you practice Inner Ramana well, mental chatter may become extremely uncomfortable. It might seem like it's getting worse. It's not getting worse; you are simply becoming more aware of it than ever before. You are beginning to *really* see the problem—the addiction to ego.

As today's reading says, without this step everything we've learned in the last 678 days serves no real purpose toward awakening.

Today, you are asked to say the mantra whenever you notice mental chatter, and then...

"with the coolness (maturity) of the quieted mind, look back at what the mind was telling you while you were listening to its chatter. Look for the "I" or "me" in the story or thought. Discover how the tricks and tumbles of the mind ... in whatever direction it was turning in the moment ...; notice how it was telling you about "I" or "me" separate from everything else.

On [Day 286](#), we learned what learning is. When we learn, awareness pays attention to what is being learned, and it programs the learning into the brain.

So here's what's about to happen: We are going to learn to see the ego like we've never seen it before. Awareness will program that ability to see chatter into the brain, and we will begin to see more. As that seeing-program becomes more and more developed in the brain, we will see more and more, until we are seeing so much ego in our own mind that it is shocking! And that's where the genuinely deep realization that we need help will come from—from *seeing*.

You aren't going to have to wake up naked in a cemetery smelling like whiskey to realize that you need help, but you may feel just as shaken by the depth of your addiction.

Here's something else we learned on [Day 286](#):

As we learn, awareness sorts through previous programming in the brain to see if something is useful in the current situation. If so, it forms a relationship in the brain between the new programming and the prior programming.

In the last 678 days, you've been exposed to a lot of useful right-minded teachings. As you begin to see the ego and your addicted dependence on the ego, awareness will form relationships in the brain between those right-minded teachings and the seeing that is occurring. As these relationships are formed, you will begin to have insights.

An insight is a deep intuitive understanding. It is more than mere intellectual understanding. In other words, the teachings that have been previously learned will strike you in a new way, in a way that is genuine—authentically clear, real and directly meaningful.

So, today we begin to go beyond everything we've learned into an entirely new level of learning.

Note: Since this level of learning is new, at first you may not be good at it. You may not see mental chatter well at all. In fact, your first insight might be just how much you *don't* notice all of the chatter you are listening to.

Remember that awareness is programming the brain as you try to see chatter, and keep trying. As that program is more developed, seeing will happen more easily and naturally. So keep at it. This is one of the most important things you've ever done.

Thoughts of Awakening #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

Tips from Regina ~ Day 301, The Importance of Practice

Yesterday, we started looking more carefully at mental chatter to see how it emphasizes the idea of “I” or “me.” It’s important that we continue this looking until we have a strong realization that seeing mental chatter as “me” or “my thinking” is insane.

If you don’t remember yesterday’s tip well, [please review it](#).

Today’s reading begins by saying:

Much of what you do comes from the ego.

And then it defines the ego as:

Belief in the false identity “I”.

Mental chatter on its own is not a problem. If you paid no more attention to mental chatter than you do to the sound of the heater, air conditioner or refrigerator in your home, you’d experience true perception in spite of ongoing mental chatter.

The real problem is that you *believe* mental chatter. You might not believe all of it. You may have learned to let go of some categories of thought, but you most likely still believe a lot of mental chatter to be *you* thinking.

Look and see if that isn’t true. When mental chatter is running through the mind, don’t you give attention to it as if it is *you* thinking? We don’t say to ourselves, “I am thought.” In fact, that statement probably seems ludicrous. But we give attention to mental chatter as if it is *me* thinking.

That *attitude of attention*—giving attention to thought as if it is *me* thinking—is what creates the ego. The ego is listening to mental chatter as if it is *me* thinking.

The reason much of what we do comes from the ego is because much of what we do comes from the belief that mental chatter is *me* thinking.

If mental chatter says, “I don’t like this,” we react as if we do not like the current happening. It never occurs to us that it isn’t true, because we believe mental chatter is *me* thinking.

If mental chatter says, “I want a new ...,” we react as if we need to obtain that object. It never occurs to us that it isn’t true, because we believe mental chatter is *me* thinking.

If mental chatter says, “I need to quit this job/relationship,” we react as if we are dissatisfied and need to change our circumstance. It never occurs to us that it isn’t true, because we believe mental chatter is *me* thinking.

In most cases, we do whatever mental chatter tells us to do, because we believe it is *me* thinking. It never occurs to us that it isn’t me.

Much of what you do comes from the ego.

True perception comes when we are disengaged from mental chatter. True perception comes from realizing in a very deep way that mental chatter *isn’t* me thinking. We know we’ve had this realization when what we do *doesn’t* come from mental chatter. Mental chatter may still make noise, but we have become adept at ignoring it as meaningless—as uninformed—as wrong—as *not me*.

That’s why Inner Ramana asks us to surrender. When we surrender, we listen to something other than mental chatter. *What we do* comes from something other than mental chatter. Through this practice, we begin to disengage from mental chatter. First, we see that we do not need mental chatter to get through daily living; there *is* another way. Next, we begin to see in an *experiential way* that mental chatter isn’t me. That’s when we begin to break free from the ego.

As you’ve learned, there are two awakenings. First, one awakens from delusion to true perception. Next, one awakens from true perception to reality. Reality is entirely different from delusion. It would be very difficult (if not impossible) for one to go from the deluded state to reality in one giant step. The human brain needs time to reprogram based on new learning, which prepares the human organism (the brain and the body) for the realization of reality.

That’s the purpose for two awakenings. One can go from delusion to true perception more easily—even as an unexpected, dramatic awakening. And then, the experience of true perception gives the brain a chance to reprogram in preparation for truth realization.

The practices in Inner Ramana lead us from the stage of delusion to the stage of true perception. Once we reach the stage of true perception, intuition is our guide without confusion or distraction. At that point, mental chatter doesn’t have an influence over us anymore—because we no longer see it as me—so intuition leads unimpeded and prepares us for the final awakening to reality. In that way, true perception is a bridge from delusion to reality.

That's why NTI 1 Corinthians 15 said:

The purpose of your life in the fourth phase of living on earth (true perception) shall not be different than the purpose at any other time. Only now, in the fourth phase, the distractions have been erased. In letting yourself become an empty shell, you freed yourself from the desire for distraction. Now, in the fourth stage, your focus is complete. Now you know what you want, and you want it wholly.

The purpose of true perception is to prepare you to awaken to the First Principle of God.

Today, practice surrender, the mantra, and practice looking back at chatter after you say the mantra to see what it was saying and how you were listening as if it was *you* thinking.

Thoughts of Awakening #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

Tips from Regina ~ Day 302, The Importance of Practice, Part Two

Today's reading points out that there are two paths of awakening:

Surrender
Withdrawing from the world

The Teachings of Inner Ramana teaches surrender as the primary path to awakening. This is also the path taught in *The Bhagavad Gita*. In Hindu tradition, it is called “karma yoga.” It is a path of living in the world and going about your usual daily tasks—work, family, etcetera—while disengaging from the ego through detachment. That is the purpose of surrender—to live an active life without being attached to mind.

As we learned through *The Circus and the Meadow*:

True stillness cannot be achieved by quieting the mind through meditative practices for part of the day and then being wrapped up in the stories of the mind the rest of the day. ... You will never be free through partial abidance. Only total abidance can be totally freeing.

That means if surrender is our path of awakening, we want to learn to use surrender for all of our daily decisions. Learning surrender to this level will take time—it will take time for the surrender-program to fully develop in the brain—but we should continue to give it our best effort everyday, whatever our current best effort is, because total surrender is how we will awaken.

Remember, as you give surrender your best effort, awareness programs the surrender-program in the brain.

Withdrawing from the world is the path of awakening that Michael Langford recommends in *The Direct Means to Eternal Bliss*. That’s why he recommends meditating for 12 hours a day. Withdrawing from the world was also the path that Ramana Maharshi followed beginning shortly after his initial awakening to consciousness, which occurred when he was a teenager. However for most of us, surrender will work better than trying to fully withdraw from the world.

In *The Teachings of Inner Ramana*, “enlightened” is synonymous with Self-realized and true perception. “Awake” is a term reserved for the First Principle of God.

Today’s reading points out that the enlightened one doesn’t experience surrender like the deluded one does. The deluded one is attached to mental chatter as me, so to him, intuition feels like something other than me. The enlightened one doesn’t see mental chatter as me anymore, so intuition feels like the Self. Intuition is followed as easily by the enlightened one as mental chatter is followed by the deluded one.

However, the deluded one is still life-awareness, so the deluded one’s attention has the power of life-awareness in it. As she gives believing-attention to her thoughts, she unconsciously creates the world through consciousness.

That gives us an additional reason to live as if we are Self-realized.

On [Day 297](#), you were asked to live as if you are Self-realized. That's because living as if you are Self-realized leads to Self-realization.

Another reason to live as if you are Self-realized is because, when you do, you no longer participate in making illusion. That means that by living as if you are Self-realized, you stop contributing to the appearances that cause suffering in the world.

As Ramana Maharshi said:

Your own Self-Realization is the greatest service you can render the world.

If you don't remember how to live as if you are Self-realized in a genuine and self-honest way, review the tip from [Day 297](#).

Today, practice surrender, the mantra, and practice looking back at chatter after you say the mantra to see what it was saying and how you were listening as if it was *you* thinking.

Thoughts of Awakening #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

Tips from Regina ~ Day 303, True Understanding Comes from Seeing

You have a lot of spiritual practices in your life now:

- Daily reading and contemplation
- Journaling with inner wisdom
- Awareness-watching-awareness meditation
- The loving all method
- Surrender
- Practicing the mantra
- Looking at chatter to notice its “I” or “me” content

Spiritual practice is becoming the center of your life. There’s a reason for that.

Most people who believe they are on a spiritual path are on an intellectual journey only. Self-realization does not come from the intellect. Self-realization is beyond the intellect. And that is the purpose of a life centered on spiritual practice—to go beyond the intellect to Self-realization.

Thoughts of Awakening #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

Tips from Regina ~ Day 304, Exposing the “I” Thought

Today, we will continue to look at our addiction to mind. We will continue to look at the belief that mental chatter is *me* thinking. As mentioned on [Day 300](#):

Admitting that there is a very serious problem—an *addiction*—that you cannot control is a critical first step if you are going to heal.

This first step isn’t an intellectual first step. It’s a deep, deep realization.

And so we continue to look, and we will not look away until a realization about the extent of our problem has brought us to our knees in full surrender.

Today, you will begin to notice who/what the mind says you are. You can find surface answers to this question very easily. There are mental identifications like, “I am man/woman” or “I am spiritual student” that you are easily aware of. However, the sly mind has many more messages of identity that it whispers into your mind everyday, which you believe but do not notice. These identities keep you tethered to thought as self.

In order to be free of ego, you need to see that you are not everything the mind says you are. In order to see that, first you have to see what mind says you are.

If you really watch, you will find that mind is not consistent in its identity messages; it is only consistent in assigning identity.

For example, in one moment thought may whisper, “I’m so responsible,” and then in another moment on another day, thought may whisper, “They’re going to see how irresponsible I am.”

As another example, in one moment thought may whisper, “My life is so much better than his/hers,” and then in another moment on another day, thought may whisper, “My life sucks!”

Mind is not giving you a consistent identity like ‘always responsible’ or ‘always the one with the good life.’ Mind’s identity messages shift and change constantly. However, mind is always telling you who/what you are. It is very consistent in giving an identity message.

When you catch yourself caught up in mental chatter, say the mantra, and then look back to notice the “I” or “me” content in the previous chatter. What identity message was being sent through the chatter that was just occurring in the mind?

Thoughts of Awakening #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

Tips from Regina ~ Day 305, Exposing the Attachment to Mind

Today, we will continue to look at our addiction to mind. We will continue to look at how much we believe mental chatter is *me* thinking.

On [Day 303](#), I listed several spiritual practices that are now part of your daily Gentle Healing spiritual practice.

Do you feel your life is centered on those practices?

Do you avoid any of the practices for any reason? Because you don't enjoy them, because you are too busy, because you have decided they aren't useful, etcetera?

If you do, where did that idea—I don't like to do this, or I'm too busy, or this practice doesn't do anything—come from? Didn't it come to you as a thought? And didn't you believe it, and aren't you avoiding the resisted spiritual practice because you thought that was *you* thinking?

If mind said, "I'm too busy to practice awareness-watching-awareness," didn't you think that was *you* thinking and believe you were too busy? Isn't that why you skipped meditation? What about when mind said, "I'm tired. I need a break. What's on TV?" Didn't you believe that was *you* thinking as you reached for the remote control?

Are you free, or are you a slave to the mind because of your addiction to mental chatter?

What's really going on?

Thoughts of Awakening #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

Tips from Regina ~ Day 306, Clarity on Purpose

Since [Day 300](#), we have been looking very carefully at mind chatter in order to notice that we believe it is *me* thinking. As was pointed out on [Day 300](#), this is a very important step. In order to fully surrender, we need to see the extent of our addiction to mind. We need to see that we cannot awaken ourselves, because we are far, far, far too addicted to mental chatter as me.

Here are some quotes to consider before beginning today's reading:

The disciples were amazed at his words. But Jesus said again, "Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle..." The disciples were even more amazed, and said to each other, "Who then can be saved?" Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God." ~ Mark 10:24-27

It is only your inner teacher that will walk you to the goal, for he is the goal. ... He is your own Self, your hope and assurance of freedom; find him and cling to him and you will be saved and safe. ~ Nisargadatta Maharaj

...surrender yourself, because you realize your inability and need a Higher Power to help you. ~ Ramana Maharshi

Thoughts of Awakening #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

Tips from Regina ~ Day 307, Commentary on Not Knowing

Please contemplate this commentary in the same way that you contemplate the Thoughts of Awakening.

~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

Thoughts of Awakening #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

Tips from Regina ~ Day 308, Commentary on Home

Please contemplate this commentary in the same way you contemplate the Thoughts of Awakening.

~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

Thoughts of Awakening #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

Tips from Regina ~ Day 309, Clarity on Practice

Today, you will have the opportunity to witness a conversation between a student and her awake teacher. The questions she asks may be a lot like the questions you would ask, because her experiences are probably very much like yours. She is attached to the mind as “me,” and so she believes the mind’s thoughts of resistance. She believes, “I don’t want to do this,” and “This is too hard.” She doesn’t see that those are thoughts, and she (life-awareness) is giving believing-attention to thought.

Our belief that we are mind and mind-chatter is *me* thinking is so deeply engrained that it takes time *and practice* to see that we are completely wrong and *fully fooled* about what we are. Those who feel they can awaken without devoting themselves to practice are like the alcoholic who continues to drink while telling his friends, “I can quit anytime I want.” They have not yet fully realized the extent of their problem.

As Jesus said when the disciples asked how they could be saved, “It is easier for a camel to go through the eye of a needle... With man this is impossible...”

That’s why we need to either surrender to within or withdraw from the world. *The Teachings of Inner Ramana* teaches the former. *The Most Direct Means to Eternal Bliss* teaches the latter.

Today’s message points out that the mind tries to feign surrender.

Mind’s fake surrender feels completely different than genuine surrender. In the mind’s fake surrender, there is still the feeling of “I know.” In genuine surrender, there is the knowledge, “I do not know.”

For example, one common teaching is to surrender to your brother and let him do things his way except when it is important. When the ego reflects on this teaching, it thinks it knows what is important. The spiritual aspirant who is surrendered needs to seek within to see if the current situation is important or not important. She never knows on her own if this is a time when she should let her brother have his way or if this is a time when she should be more insistent. Only surrender can adequately guide her.

Just now, after typing the paragraph above, there was a thought in my mind that said, “That’s a pretty good paragraph, but it needs editing. ‘Brother’ is *A Course in Miracles*’ language. It is sexist language. It might even confuse some people. They might think you mean their biological brother. You should rewrite the paragraph to eliminate the word ‘brother.’”

I looked at the paragraph I’d just written and read the first sentence. For a moment, I could see the mind’s point, but then I felt within for guidance. The guidance was to leave the paragraph as it is. Guidance didn’t judge the paragraph as good or bad. Notice ego did both. Guidance simply indicated through an intuitive feeling to leave the paragraph as it is.

Notice how much the mind thought it knew. It thought:

- The paragraph is pretty good.
- That's *A Course in Miracles'* language.
- That's sexist language.
- It might confuse some people.
- They might think you mean their biological brother.
- You should rewrite the paragraph.

That's a lot of "I know" in just a few short seconds of mental chatter!

(Just to let you know, I have no idea what I will write next, so we can feel pretty sure that it is coming from surrender.)

Feigned surrender has the feeling of "I know" in it. Genuine surrender comes from "I do not know."

Today, we are encouraged to question the mind whenever we notice that we believe it is *me* thinking. For example, if you think and feel, "I wish she would stop talking," pause. Ask, "Who wishes she would stop talking?" Look. Is it awareness that wishes she would stop talking, or is it the mind? When you feel that you wish she would stop talking, aren't you identified with the mind?

Today's reading says:

An idea is relinquished by looking at it, challenging it, and by seeing it as false. Since the idea of ego has been deeply learned through repetition, deep and consistent unlearning must result.

So now, instead of simply looking at mind chatter and noticing what it was saying, we will question chatter to see whether that was *me* thinking or not. If you have been practicing awareness-watching-awareness for the last 640ish days (since it was introduced in Year 1), you should be fully prepared for this practice. This is an advanced practice, and one who has not been watching awareness will be mistaken about what she sees when she asks, "Who thinks that?" In order to see the folly of believing mind, you have to have some direct experience with the sense of what you really are.

In other words, everything we have learned up until this point has prepared you for the step we are taking now.

Thoughts of Awakening #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

Tips from Regina ~ Day 310, How to Awaken from the Dream

NTI Luke 7 says:

There are expectations in your mind regarding truth, but these expectations are based on what you know within your slumber. They are not based on knowledge or Life. They are based on interpretation, or death.

What do you expect of Me? Where is it that you think I am leading you to?

Free yourself from these thoughts, and open your mind to Me unfettered by expectations. Blessed is the man who does not fall away on account of Me.

Inner Ramana teaches that the way to awaken from the dream (from delusion to true perception) is to break the attachment to mental chatter. As today's message points out, that includes breaking the attachment to mental chatter about spiritual ideas.

If I think I know what enlightenment looks like or how an enlightened one behaves, then *I think I know*. If I think I know, that means I think the mind is *me* thinking.

Thinking I know anything that doesn't come from pure observation is identifying with mind. (Observation is not pure if it is interpreted through mental chatter.)

This is difficult to accept when we are heavily identified with mind. It's hard to accept this, because of the underlying belief that giving up attachment to mind is giving up *me*. It feels like the ultimate sacrifice.

As inner wisdom said to Lanae last week:

To sacrifice the self is to request remembrance of the true Self.

We cannot be attached to 'me' and know the true Self too.

That is demonstrated in today's message by the difficulty I had hearing Inner Ramana on the day this message was written. As soon as Inner Ramana started talking to me about my desire to think about and talk about Self, I had trouble hearing Inner Ramana.

Why?

Because the mind started to chatter about when I think about and talk about Self. As soon as I listened to chatter as *me* thinking, the voice of inner wisdom faded. I could not be identified with mental chatter and hear inner wisdom too. In order to write the message that you will read today, I had to continually, repeatedly break the attachment to mental chatter and return my attention to inner wisdom.

This is very important to understand.

When we think we know something, inner wisdom is blocked. When we think we can figure 'this' out, inner wisdom is blocked. When we are lost in mental chatter, inner wisdom is blocked.

To know the Self, including inner wisdom and intuition, the self (our identification with mind) must be sacrificed.

Before going to today's reading, contemplate this definition of sacrifice:

An act of giving up something valued for the sake of something else regarded as more important or worthy.

Thoughts of Awakening #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

Tips from Regina ~ Day 311, How to Awaken from the Dream, Part Two

Yesterday we contemplated this definition of sacrifice:

An act of giving up something valued for the sake of something else regarded as more important or worthy.

We are asked to sacrifice our attachment to mind in order to awaken to true perception.

Do you feel that's a worthy sacrifice?

Is it a sacrifice you want to make?

As we've learned before, desire is the most important factor in awakening. If you really want to sacrifice the attachment to mind and awaken to true perception, you will follow through and do that.

How?

By using the practices that we've been introduced to:

1. Daily reading and contemplation
2. Journaling with inner wisdom
3. Awareness-watching-awareness meditation
4. The loving all method
5. Surrender
6. Practicing the mantra
7. Questioning mental chatter to see if it is "me"

Eventually, you will be able to drop the first two on the list and live with practices 3-7.

One who desires awakening makes spiritual practice the focus of his/her daily life. Today's message refers to that as *devotion*. Devotion is living from within. We awaken from the dream through devotion.

Today's message also says:

Devotion is a slow process.

That means when we are devoted, we aren't quick to react. Instead, we check within before responding to any outer stimulus. Instead of living from the fast-paced chaos of mind, we are deeply surrendered within.

Thoughts of Awakening #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

Tips from Regina ~ Day 312, s/Self-Inquiry

Today, Inner Ramana introduces us to self-inquiry and Self-inquiry, which are two different forms of inquiry. You were introduced to both forms of inquiry in Gentle Healing Year 1, and you've been using both forms of inquiry ever since you were introduced to them. As you will see, these are not new practices for you.

We practice self-inquiry whenever we question thought in order to discover false beliefs or to notice that thought isn't me. Some forms of self-inquiry are Root Cause Inquiry and Byron Katie's, "The Work." Another form of self-inquiry is the form that's taught through Inner Ramana. That is asking, "Who thinks this thought?" (For example, "Who wishes she would stop talking?" or "What says, 'I am too busy to meditate?'")

Through self-inquiry, you see the attachment to mind, and then you can choose to break the attachment to mind. When I say, "*You* see the attachment to mind," and "*You* break the attachment to mind," I am referring to awareness, because that is what you are.

When you become aware that you (awareness) are giving believing-attention to mind, you (awareness) can shift attention and break the attachment to mind.

Remember, you are not mind. You are the one that casts attention on mind as if it is you.

We practice Self-inquiry when we put attention on awareness instead of mind. Self-inquiry is looking deeply at awareness until awakening to infinite awareness occurs. Awareness-watching-awareness is a form of Self-inquiry.

When you read today's reading, do not read the last paragraph too quickly. It's very important to see when you think mental chatter is *you* thinking. The last paragraph of today's reading teaches us to use self-inquiry to discover that belief.

Thoughts of Awakening #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

Tips from Regina ~ Day 313, The Love of Discipline

The ego—mental chatter—is sometimes called “the imposter,” because it acts as if it is you when it is not you. Today’s reading says:

Right now, it is as if two “I”s live within you. ... One “I” is the false thought, the false idea of who you are. The other “I” is best described now as your true Heart.

If you contemplate this deeply, you will find it disconcerting. There is a voice telling you what to think, feel, believe and do, and that voice isn’t you.

Where does the voice come from?

It comes from consciousness, from the loop of believing attention, but it is manufactured thought. It is manufactured through delusion and fed into your mind. When you believe it is you, and you think, feel and act as if it is you, you are literally a puppet of unreality.

Unfortunately, this is the state of almost all humans in the world today, but it doesn’t have to be that way.

Devoted discipline is the answer. We could also call it disciplined devotion, since devotion has been defined as living from within—living from intuition, silence and awareness, instead of living from belief in mental chatter.

Thoughts of Awakening #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

Tips from Regina ~ Day 314, Truth Made Manifest

Yesterday's tip pointed out that the ego comes from consciousness—from the loop of believing attention—and when you believe the ego, you are a puppet of unreality.

The human isn't reality. It's not what you are, although it is your current level of experience. Since the human is not reality, it is *always* a puppet. Even when the ego dies its final death, the body-mind-personality is still a puppet. Instead of being a puppet to the ego, it is a puppet (manifestation) of truth. It is truth manifest in the world.

It's important to realize that the human body always follows a script, which can also be called karma, but the script can be a script of clarity and wisdom instead of a script of ignorance and delusion. Since you are awareness and not a human body, you can decide which script to cast attention on, and that is the script that will move the body-mind-personality.

When you choose surrender, you choose to follow the script of wisdom instead of the script of delusion. Once Self-realization occurs, you are at a vibrational level where

following wisdom is natural, yet the wisdom that moves the body-mind-personality is still script. When awakening to reality has occurred, the awake-mind is beyond the script entirely, yet the body-mind-personality is moved by the wisdom-script until the body dies a physical death. That is why Nisargadatta Maharaj said:

Yes, I appear to hear and see and talk and act, but to me it just happens, as to you digestion or perspiration happens. The body-mind machine looks after it, but leaves me out of it. Just as you do not need to worry about growing hair, so I need not worry about words and actions. They just happen and leave me unconcerned, for in my world nothing ever goes wrong.

His world is reality.

Ramana Maharshi described it this way:

[Bliss] is the state of unceasing peace of mind, which is found in the state of absolute quiescence, which resembles inactive deep sleep. In this state, in spite of the activity of the body and the senses, there is no external awareness, as in the case of a child immersed in sleep (who is not conscious of the food given to him by his mother). A yogi who is in this state is inactive even while engaged in activity. This is also called sahajanirvikalpa Samadhi (natural state of absorption in oneself without concepts.)

Thoughts of Awakening #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

Tips from Regina ~ Day 315, Extinguishment of the “I” Thought

Today’s reading addresses three common ideas that people have about ego death:

1. It will take a long time.
2. It will be difficult.
3. When the ego dies, I will cease to exist.

Do not read today’s message too quickly. Pay attention, and notice that none of the statements above are true.

Thoughts of Awakening #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

Tips from Regina ~ Day 316, The Mind that Thinks it is Lord

When you read today’s message, please surrender to it. It is a message about surrender, but in order to fully realize the lesson in the message, you will have to surrender *to the message*.

When today’s message asks you to do something, surrender to it, and do it right then. If there are thoughts in your mind that say you don’t need to do it, or you don’t have time to do it, or you can do it later, practice self-inquiry to notice how the mind is trying to stop you from surrendering.

Why would the mind try to stop you from surrendering?

Is the mind trying to control you?

Is the mind in control of you, or is your Heart in the lead in your daily life?

In the Bible at John 15:4, Jesus said:

Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me.

“Abide in me as I abide in you,” is a call to surrender. The “fruit” that Jesus spoke of is awakening. Just as he told the disciples previously that salvation (awakening) is not possible for man, but only for God, this scripture points out that awakening is not possible if the mind remains in the lead. Surrender is necessary.

When I was the scribe of Inner Ramana, I received guidance to add, “Abide in me as I abide in you,” to my mantra practice. In other words, just as I said, “I am that I am” to myself whenever the reminder came to do so, I also said, “Abide in me as I abide in you,” to myself whenever the reminder came to do so. As I used this mantra, I felt my inner desire to surrender. Through using the mantra, my resistance to surrender weakened, because I noticed that I (the true ‘I’) wanted to surrender. As I became more aware of my desire to surrender, surrender came more easily to me.

If you feel guidance to journal about anything you read as you read today’s message, surrender to that inner prompt, and journal with inner wisdom as guided.

Thoughts of Awakening #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

Tips from Regina ~ Day 317, Commentary on False Perception

Please contemplate today's commentary in the same way you contemplate the Thoughts of Awakening.

~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

Thoughts of Awakening #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

Tips from Regina ~ Day 318, A Contract for Awakening

Today you will read another conversation between a student and her awake teacher. In today's message, the teacher asks the student for a commitment. The teacher asks:

Do you agree to follow me and to do as I ask?

At some point, every student must make this commitment to his/her teacher. Without this commitment, the ego will never allow the student to awaken; the student will continue to listen to the mind that thinks it knows best, and the mind that thinks it knows best will keep the student's attention firmly attached to it.

It's interesting to note that in today's message, the teacher points out that he isn't asking the student to put the mind aside. He's asking her "to see that it is nothing."

What's the difference between putting something aside and seeing that it's nothing?

I can decide to put a cup of coffee aside. I can't decide to put Santa Claus aside, because there is nothing there to put aside. If I think I have a relationship with Santa Claus, I am deluded. A counselor wouldn't help me heal from that delusion if he said, "Put Santa aside. Stop talking to him. He's not good for you," because the idea of

putting Santa aside reemphasizes that there is a Santa. A counselor would be most helpful to me by helping me to see that Santa doesn't exist.

Our teachings have been teaching us that the mind doesn't exist. What we experience as mind is consciousness appearing as thought and world, but it isn't thought or world. It is consciousness. It appears as thought and world through our believing-attention and the loop of experience. In other words, delusion breeds more delusion.

We aren't being asked to put some thing aside. We are asked to see that a delusion isn't true. It isn't real. It's false. It doesn't exist.

We are being asked to stop giving attention to the false and to give attention to the true.

Today, consider if you are ready and willing to make a contract of awakening with your inner teacher. Consider this decision with heartfelt seriousness.

As we go into Gentle Healing Year 3, you will have more opportunity to commune with your inner teacher than you've had in Year 1 and Year 2. I will step away from the teaching role, which I temporarily accepted during Year 1 and Year 2. I will step into a supportive role in Year 3. I won't provide daily tips anymore. Instead, you will contemplate four quotes from [The Seven Steps to Awakening](#) each day, and through contemplation, you will commune with your inner teacher daily. The awake inner teacher will guide you as clearly and as consistently as the tips have guided for the last two years.

The last year of consistent gentle healing will come from your relationship with your inner teacher.

What you receive from your relationship with your inner teacher will be extremely helpful. However, if you receive it, and then walk away and forget what you have received, it will not awaken you. In order to awaken, you must be fully committed to your inner teacher. You must give yourself to the inner teacher with complete trust and devotion.

As Nisargadatta Maharaj said:

Your own Self is your ultimate teacher. The outer teacher is merely a milestone.* It is only your inner teacher that will walk with you to the goal, for [it] is the goal.

** A milestone is a significant point on a journey, but it is not the destination.*

Thoughts of Awakening #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

Tips from Regina ~ Day 319, Pain and Purification

Today's message cannot be understood by the mind, so if you are identified with mind when you read today's message, you will not be able to follow its clarity. It might be helpful to practice awareness-watching-awareness before reading today's message in order to break the attachment to mind and read from a place of Self-realization.

The Self does not experience pain. It does not experience mental pain, emotional pain or physical pain. It is completely beyond pain. The only thing that experiences pain is the mind (attention on thought).

When you believe that you experience pain, you are identified with the mind. Awareness as attention has projected itself into thought and imagines itself to be thought. It is like watching virtual reality from what *appears to be within* virtual reality; therefore, *appearing to experience* virtual reality, although virtual reality can never be actually experienced, and you can't actually be in a virtual reality.

When Ramana Maharshi's body was being eaten up by sarcoma prior to his death, the body was filled with pain. Ramana asked his devotees to move his body carefully, because of the pain. When asked about his experience of pain, he explained that the jnani (enlightened one) experiences pain as if it is a dream.

Today's reading explains the same phenomenon this way:

You are the true Self, who is constant and changeless and sees the passing of all experience from a deep abidance within itself.

In other words, Ramana *saw* the pain in the body and asked his devotees to move it carefully in the same way that you may be aware of the pain in a hurt kitten's body and ask a person who is moving the kitten to move it carefully. You do not experience the kitten's pain, but you have compassion for it. Ramana did not experience the body's pain, but he had compassion for it.

Ramana's compassion for the body wasn't any different than his compassion for the world. He saw the pain and understood that it was experienced as real, but he did not experience pain from his place of abidance.

Just as the Self does not experience pain, the Self does not require purification. It has never been anything but pure, so the idea of purifying the Self is ridiculous. Also, the mind *cannot* be purified. The mind is the illusion that it is. All one can do is see that the mind does not exist and that s/he is not the mind.

So, what is the purpose of purification?

Purification is not the process of changing or improving the mind, which is what many people mistake it for. Purification is the process of seeing that the mind is not real and the mind is not what I am. When one awakens from the delusion that the mind is me, purification is no longer necessary, because one has awakened to purity (pure truth). The false isn't believed anymore.

In the apparent process of awakening, one may feel like s/he is changing or improving the mind. However, what is really happening is this:

One is starting to see, "I am not the mind." Therefore, one is starting to disregard the mind's chatter and act based on wisdom instead of mind. That is not changing or improving the mind. The mind remains the same. That is *disengaging from* the mind.

Thoughts of Awakening #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

Tips from Regina ~ Day 320, The Grace of the Guru

You are not the mind. You are that which you know now as the inner teacher.

The inner teacher is your Self. When you sit and commune with the inner teacher, you are temporarily disengaging from the mind and communing with your own true wisdom. When you are able to stay with your Self, and your attention no longer drifts back to the mind as ‘me’, you won’t need an inner teacher anymore. Until then, the apparent relationship with the inner teacher is *the most important relationship* you have. Please treasure it as such. It will awaken you to the degree that you value it as the most important thing in your life.

For contemplation:

Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field. ~ Matthew 13:44

Thoughts of Awakening, #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

Tips from Regina ~ Day 321, Commentary on Attachment

Please read and contemplate today's commentary in the same way that you read and contemplate the Thoughts of Awakening.

~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

Thoughts of Awakening, #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

Tips from Regina ~ Day 322, Full-Time Inquiry for Self

As part of yesterday's tip, we contemplated this scripture:

Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field. ~ Matthew 13:44

Today's reading tells you exactly how to sell all that you have and buy the field that contains the treasure. Today's reading provides *very specific instructions*.

The reading says that Self-realization is the "highest spiritual state." In this context, a "state" is a particular condition that you are in for a period of time. In other words, it is another milestone on the journey, but it is not the destination. The destination is the absolute, the First Principle of God.

You can see the field as Self-realization. The treasure is the absolute.

Sell everything you have now, and buy the field.

Today's reading tells you how.

Thoughts of Awakening #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

Tips from Regina ~ Day 323, The Only Choice is Where

In NTI Romans 2, we learned that a curiosity arose:

What if nothing was as it is?
What if I could make something completely different?

When this original idea was infused with believing-attention, two options arose. The first option was a reminder of truth—the reminder that reality is reality, and it cannot change. The second option was the belief that something different had been made.

“What if nothing was as it is?” is the first sense of ‘I.’ It was the sense of an ‘I’ that can cause an effect. Out of that idea, two thoughts arose. One was a correction to the

original thought; it pointed directly to truth. The other option was more thought, which led into a dream.

Today's reading opens by saying:

The truth is that all thought rises out of the sense of "I" or because of the sense of "I," as a correction to this thought.

Without the original error of an 'I' presence that can cause an effect, thought would not be. That includes right-minded thought, because right-minded thought is a correction to error-thought.

If we consider that our sense of self, our sense of others, our values, our ethics and our world are all thought, we may realize that we do not know who we are or what anything is without thought. Thought is our form of understanding; it is our form of knowing. And yet, if thought blocks reality, our form of knowing is entirely wrong. It is ignorance masquerading as knowing.

Thought is story. It is an ongoing storyline that creates fantasy. When the story comes into our mind as thought, and we believe it, we believe a story, a falsehood. Some things may be true in the storyline, but "true" in a made-up fantasy is not truth. When we search the story for what's true in the story, we are simply engaging untruth more.

The story is in motion, and the storyline does come into your mind as thought. However, you are not the story character. You are life-awareness. You *can* abide as life-awareness and see the entire story as nothing but story. You have the ability to be the detached observer, regardless of what occurs in the story.

Detached observation leads to freedom from the story.

As pointed out on [Day 314](#), the body-mind will continue to play its part in the story even when you pull attention out of the story and abide fully in the Heart. Nothing that is to be done by the body-mind will go undone. As Ramana Maharshi said, "A yogi who is in this state is inactive even while engaged in activity." The script continues, and the body acts according to its vibrational level in the script, but *you* live beyond the script and have no part in it.

For one who is not completely detached from the script, the best way to "be in the world but not of the world" is to abide in a constant state of devotion. Devotion is living from within, instead of from thought. When you live from within, you return attention within. Through devotion, attention learns to stay at home in the Heart. It learns to abide there, until a natural transition occurs and it no longer goes out. It stays in.

Devotion is retraining attention to stay in.

Thoughts of Awakening #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

Tips from Regina ~ Day 324, Moving from Resistor to Abiding in Self

Today's reading is a little different from the other readings in *The Teachings of Inner Ramana*, because it isn't a message from Inner Ramana. Today's reading is in my voice as I explain an understanding that I received from Inner Ramana. I couldn't find a message to go with that understanding, so years later when creating the manuscript for publishing, I assumed there wasn't a message. After the publisher had the manuscript in his possession and just prior to printing thousands of copies, I found the message. I rushed it to the publisher, and it was added to the end of the book as "The Missing Ramana Message."

Today, you will read my understanding of the missing message. On Day 326, you will read the missing message. That will give you twice the opportunity to contemplate this last message from Inner Ramana.

The message is about three states of mind:

Resistor— The state of mind when we fully believe the body-mind-personality is what we are.

Doubter– The state of mind when we learn about truth and question everything we believed as resistor.

Abiding– The state of mind when we embrace truth as our reality and live from that instead of from thought.

Everyone in Gentle Healing 2 should be somewhere in the doubter phase or possibly in abiding. When the doubter phase is complete, it is natural to progress to abiding. Although the doubter phase is a natural and very important part of the spiritual path, at some point each one must let go of doubter and consciously step into abiding. The mind will always argue that you aren't ready for that step, but at some point you are ready, and if you do not take that step when you are ready, you will stunt your spiritual maturation.

How do you know when you are ready for abiding?

When you are able to ignore mental chatter and live (think, speak & act) from intuition, you are ready for abiding. You do not need to “wake up” in order to embrace abiding. Conscious abiding could be your path of awakening. It is the path of surrender, which is also the path of living *as if* you are Self-realized. (Reference [Day 297](#).)

Thoughts of Awakening #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

Tips from Regina ~ Day 325, Commentary on Discovering False Identity

Please contemplate this commentary in the same way you contemplate the Thoughts of Awakening.

~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

Thoughts of Awakening #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

Tips from Regina ~ Day 326, The Missing Ramana Message

Today, we will look at a message regarding these three states of mind:

Resistor— The state of mind when you fully believe the body-mind-personality is what you are.

Doubter— The state of mind when you are learning about truth and questioning everything you believed as resistor. This is most likely the state of mind you are in now.

Abiding— The state of mind when you embrace truth as your reality and live from that instead of from thought.

Today's message points out that when you ask inner guidance questions, you are identified with the false self. During this stage of the journey, you still think mental chatter is *you* thinking, and so you seek wisdom that comes from beyond you. During

this stage, which is the doubter stage, you are moving towards abiding and away from resistor, but identification still lies firmly with the false self.

As long as you identify with the false self, going within for guidance and wisdom is wise. However, at some point you will take the step that breaks the attachment to mind. When you break the attachment to mind, you will listen to inner wisdom easily throughout the day without asking questions. Wisdom simply arises and is followed.

The only reason one struggles to follow inner wisdom throughout the day is because she is identified with mental chatter.

In other words:

You always listen to yourself (as you perceive yourself) first.

If you think mental chatter is you, you listen to it first.

If you see yourself as _____ (there is no word to use here), you listen to wisdom throughout the day.

Abiding has no identification, which is why there is a blank in the sentence above. Abiding knows 'I am,' but there is no identification like, "I am smart," or "I am old," or "I am ...

Ideas of identification come from mental chatter, and they aren't true. They are simply identifying with a thought or an experience; clinging to something temporary, and saying that is what I am. But that can't be right, because that is something passing, and you are eternal.

You are the blank in the sentence above.

Here is another way of defining the three states of mind:

Resistor– The "I know" and "I'm right" mind. Also known as the ego or false self.

Doubter– The "I don't know" so "I must seek" mind. Also known as the seeker or spiritual aspirant.

Abiding– The _____ guided by the highest vibration in the moment. Also known as "Self-realized," although _____ is a much better descriptor.

Note: If one is *identified* with being Self-realized, one is not abiding. More likely, since he allowed this identification to creep in, he is slipping back toward resistor—into “I know” and “I’m right” mind.

Thoughts of Awakening #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

Tips from Regina ~ Day 327, GH Year 2 Review: Five Steps for the Majority

We began Gentle Healing Year 2 by looking at Michael Langford’s *Five Steps for the Majority*. These five steps emphasize kindness with others—with *all* others. Michael recommends these five steps for anyone who wants to experience more light and less darkness in their lives, even if they are not interested in awakening. However, he emphasizes that these five steps are critical if awakening is your goal.

Here’s a review of the Five Steps for the Majority:

1. Every time you speak to a human being either in person or over the phone, make sure the content of what you are saying and the tone of your voice are loving, caring, and kind.

2. Every time you write something to a human being, make sure that what you are writing is loving and kind. Pause before you send someone an email or a text message and make sure that your email or text message is loving, caring and kind.
3. Never do any harm of any kind to any human being or animal.
4. Treat even the people who you think do not deserve your kindness with kindness.
5. Treat even people you only see briefly with great caring and kindness.

When Peace Pilgrim began her spiritual investigation, she noticed that nearly every spiritual culture had a rule similar to “the golden rule.” Jesus taught the golden rule in the Bible when he said:

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. ~ Matthew 7:12

In Jesus’ final teaching to the apostles, just prior to his arrest and crucifixion, he said:

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another. ~ John 13: 34, 35

What these spiritual teachings point out is that kindness with one another and with all living things is a way of being that needs to be mastered by the genuine spiritual aspirant.

Here’s our reason for mastering kindness:

Not to be kind is to be a slave to the ego.

It is good to act kind even if you do not feel kind. Restraint from acting based on mental chatter is the first step toward disengaging from mental chatter, just like restraining one’s self from smoking a cigarette is the first step toward quitting smoking. However, restraint on its own isn’t enough.

The second step toward disengaging from mental chatter is rest-accept-trust. Allow the emotions that are covering natural love-peace-joy to rise and pass.

When you have some distance from ego emotion, practice self-inquiry to discover what you believed—what idea(s) you attached to as *me* thinking. Question that idea(s) until you achieve clarity with inner wisdom.

Finally, practice Self-inquiry to complete the process; turn attention toward awareness. Recognize your Self, and abide there. (The mantra may help you make this transition.)

Thoughts of Awakening #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

Tips from Regina ~ Day 328, GH Year 2 Review: Asking for Guidance

As we end Gentle Healing Year 2 and prepare to begin Gentle Healing Year 3, it's important that we realize:

Our thinking is not who we are;
therefore, it cannot lead us to know what we are.

When we are attached to mind, we trust thinking regardless of how foolish thinking is. Here are some very foolish ideas that almost all humans believe without ever questioning them:

1. I am a self
2. I am this self (body-mind-personality)
3. I am a bad/lacking self

Detaching from these three core ideas *is* detaching from mind.

Of course, the self that believes these ideas cannot detach from these ideas. That is why we need to learn to trust the guidance that comes from within.

Sometimes the guidance that comes from within seems contrary to what you think you want. However, it's important to notice that your individual will is merely *believing-attention on thought*. It's not reflective of your truth.

You can see this for yourself if you practice s/Self-inquiry on what you think you want.

Typically, what a person perceives as his/her wants is based on the last two ideas in the list of foolish ideas above.

You can see that for yourself by drilling down into your upsets using root cause inquiry. Through root cause inquiry, you can discover that what you want is often a defense against the belief that you are bad or lacking. It also upholds the idea that you are a specific body-mind-personality. That's why letting go of what you want can sometimes feel difficult. It is like letting go of you (as you perceive yourself.)

On Day 6 of this year, we read the following in NTI Matthew 8:

Do not ask for what you want. Ask Me what it is that you need, and I shall lead you to it. But follow Me in purpose and faith only, for if you seek anything else, you will not see what I am showing you.

When we ask for specific things or circumstances that we want, those specific things are based on the fears and desires of the imposter self. Therefore, believing we need or want those things reinforces the idea that we are that self. By letting go of what we think we want, and by asking in trust for whatever guidance we need, we loosen our grip on who we think we are.

As we near the end of Year 2 and prepare for Year 3, ask for your "daily bread" each day by asking inner wisdom:

What do I need now?

Other ways to ask that question include:

What would you have me see or realize now?
What would you share with me today?

A good time to ask is while contemplating the daily Thought of Awakening. Inner wisdom can always use the daily thought to give you specific guidance that is helpful to awakening.

In year 3, you can ask for guidance while contemplating the daily quotes from *The Seven Steps to Awakening*.

Thoughts of Awakening #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

Tips from Regina ~ Day 329, GH Year 2 Review: Transcending the Resistor by Loving All

NTI Romans, Chapter 2 calls judgment the “building block of illusion.”

What is judgment?

If you look very carefully at judgment when it appears in your mind, you will see it is the “I know” and “I’m right” mind. It is the resistor, the antithesis to truth. Whenever you give believing-attention to judgment, you are identified with the imposter self.

NTI Romans teaches two practices as the antidote to judgment. Those two practices are acceptance and surrender. Today, we will look more closely at acceptance. Tomorrow, we will look at how surrender undoes judgment.

Acceptance is the decision to accept every experience exactly as it is without judging that it should be different. The deepest form of acceptance is love. Therefore, a key practice that undoes illusion and disengages from the “I know” and “I’m right” imposter mind is *The Loving All Method*.

Let’s look more closely at how The Loving All Method works.

At its most basic level, illusion is the appearance of two things, the experiencer (you) and the experience (everything else). You are the “I” that experiences everything else, which is “not I.”

The “not I” or the experienced appears as many things, some things that are judged as good or desired and other things that are judged as bad or not desired. The Loving All Method undoes the judgment that creates many different things and collapses them into the current experience, sometimes called the ‘now’. Through Loving All, you come to the experience of “I” loving consciousness/existence. *A Course in Miracles* refers to this stage as “the happy dream.”

Look at the room around you. Notice that the mind sees many things. Let the mind tell you what it likes and doesn’t like about what you see. Or, look in a mirror. Consider standing naked in front of the mirror, and let the mind tell you what it likes and doesn’t like about what you see. Or look at another person, and let the mind tell you what it likes and doesn’t like about that person.

As the mind tells you what it likes and doesn’t like, notice the sense of difference or division that happens. Watch the mind as it creates many things.

For example, while looking at the room the mind might say, “The picture of my family is very nice, but there is too much clutter on the furniture.”

While looking in the mirror, the mind might say, “My arms look strong, but my waistline is too fat and flabby.”

While thinking about a friend, the mind might say, “She is very generous, but she talks too much.”

Notice that in each case, judgment *is* the sense (or feeling) of “I know” and “I’m right.”

Notice how judgment gives you the distinct feeling of being ‘me’ separate from whatever or whoever is being judged. Feel the strong sense of ‘me’ that is present in judgment.

Notice the hardness (firmness) in your way of being whenever you believe a judgment.

Judgment is to the ego like air is to a balloon. It inflates the sense 'me' and many things that are 'not me.'

After examining judgment closely, close your eyes and simply appreciate existence. Don't think of the many things thought says you like about your life. That is still judgment. Simply appreciate existence itself.

Within each of us, there is a love of existence that is so excited by existence that it loves every experience simply because it emphasizes existence. Leave the mind behind, and find the love of existence in you. (People often experience this love in nature, but nature isn't needed to experience it, because love of existence lives in you.)

After spending a few minutes appreciating existence with your eyes closed, open your eyes. Pick up something and hold it in your hand. Don't think about what the thing is. Just feel it. Appreciate existence experiencing this existing experience.

You can practice existence-appreciating-existence with any experience. If you look in the mirror and feel self-hatred, pause and appreciate existence experiencing emotion. Or look at the part of the body that mind says it hates, let go of everything you've learned about how a body is supposed to look, and appreciate existence experiencing a body.

Existence-appreciating-existence *is* the Loving All Method. It is accepting experience exactly as it is and loving it as existence. It is consciousness loving consciousness as manifestation.

Practice existence-appreciating-existence as a way of life. Whenever you notice yourself hardening into judgment, notice the distinct feeling of 'me,' remember your desire to be immersed in truth, and shift into existence-appreciating-existence with *whatever* is being experienced now, including the feeling of believing judgment. Make no exceptions in your practice. Appreciate existence in every experience exactly as it is.

Thoughts of Awakening #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

Tips from Regina ~ Day 330, GH Year 2 Review: Transcending the Resistor Thru Surrender

Judgment creates the sense that the imposter self is 'me.' Judgment is the "I know" and "I'm right" mind—*the resistor*.

NTI Romans teaches two practices as the antidote to judgment. Those two practices are acceptance and surrender.

Why does NTI teach two practices as the antidote to judgment?

NTI teaches two antidotes, because there are two types of judgment.

One type of judgment divides everything into good and bad, liked and disliked, desired and not desired, etcetera. That type of judgment creates the appearance of many things.

Yesterday, we saw that acceptance (existence-loving-existence) is the antidote that undoes the many things and collapses them into one thing, which is experience. When this collapse occurs, only two things remain, the experiencer and the experience.

The second type of judgment is decision-making. Decision-making creates the sense of 'me who decides.' Surrender is the practice that removes the sense of 'me' as the one who decides.

You might remember that NTI teaches there are four stages on the spiritual path: The Search, Purification, Service and True Perception. The third stage is the period of surrender. NTI Acts 22 says:

The third stage on the path with Me is the stage of guidance or service. This is the time when the merging will occur. ... This is how the merging occurs. It is through your own willingness to surrender to Me. ... What seemed to be separate gradually becomes one, until it is evident that “separate” never was.

Consider this related quote by Ramana Maharshi:

Surrender is giving oneself up to the original cause of one’s being. Do not delude yourself by imagining this source to be some God outside you. One’s source is within oneself. Give yourself up to it. That means that you should seek the source and merge in it.

When you are not surrendered, there is a feeling of “me” making “my own decisions.” As you fall more deeply into surrender, you lose the sense of “me deciding,” and you experience everything as one ongoing flow of happening. You cannot separate yourself from the ongoing flow of happening. You know only one flow, one existence, one consciousness.

The Loving All Method and surrender practiced together undo both types of judgment—the judgment of good or bad and the judgment “I decide”—so both the experienced (the many things) and the experiencer (the decider) are undone, and only non-dual (not two) consciousness remains.

Thoughts of Awakening #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

Tips from Regina ~ Day 331, GH Year 2 Review: The Loving All Method

Today, please review [The Loving All Method](#).

Thoughts 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

Tips from Regina ~ Day 332, GH Year 2 Review: Awareness-Watching-Awareness

Several years ago, I received guidance to practice the middle path to awakening. I was told that some people focus heavily on purification or letting go as the spiritual path. Others focus heavily on immersing themselves in the divine. The middle path that I was guided to focuses on both letting go of the false and embracing the true.

Awareness-watching-awareness is a practice that focuses on (concentrates on) letting go of the false (world, body and thought) and embracing the true (life-awareness).

Notice these specific instructions from *The Most Direct Means to Eternal Bliss*:

Shut your eyes. Notice your awareness. Observe that awareness. Turn your attention away from the world, body and thought and towards awareness watching awareness. If you notice you are thinking, turn your attention away from thought and back towards awareness watching awareness.

Concentrate in a relaxed manner without effort. If thoughts are noticed, turn your attention away from the thoughts and back towards concentrating on awareness.

There are the things you are aware of. There is the awareness that is aware of the things. Instead of observing the things, observe the awareness.

There are thoughts and feelings. There is the awareness that is aware of thoughts and feelings. Instead of observing thoughts and feelings, observe the awareness.

If you see light, turn your attention away from the light and towards awareness of awareness. If you see darkness, turn your attention away from the darkness and towards awareness aware only of awareness.

If you notice your breathing, turn your attention away from the breathing and towards awareness aware only of awareness. Whatever you become aware of, turn your attention away from it and towards awareness of awareness.

Focused time to let go of the false and embrace the true *without distraction* is a very important part of our daily practice.

Please read sentences 1-81 from [Chapter 8 of The Most Direct Means to Eternal Bliss](#).

Thoughts 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

Tips from Regina ~ Day 333, GH Year 2 Review: AWA Further Clarification

Today, please read sentences 82-166 from [Chapter 8 of The Most Direct Means to Eternal Bliss](#).

Thoughts 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

Tips from Regina ~ Day 334, GH Year 2 Review: Thought and Manifestation

Michael Langford says that the ego is the cause of all suffering. The ego is attachment to thought. So, attachment to thought or *believing-attention on thought* is the cause of all suffering.

There are two ways that believing-attention on thought causes suffering:

1. **It distorts your perception.** For example, if you think someone close to you doesn't care enough about you, you will notice every time that person makes a choice that puts his/her preference above yours, and you will not notice when that person makes a choice that puts your preference above his/hers. You may also complain about how you are not loved, until the one who loves you feels there is nothing he/she can do to please you and leaves the relationship out of a sense of frustration.
2. **It generates thought and circumstances.** Let's continue with the previous example. There are thoughts in your mind that indicate your partner doesn't care enough about you. Those thoughts are not your thoughts. Those thoughts are manifestations. They are received into your mind from consciousness. When you believe them, you experience them, and more thoughts of the same type are attracted into your mind. As you continue to give believing-attention to those thoughts, arguments break out in your relationship. Your partner is drawn into this energy through those arguments. Thoughts are attracted into your partner's mind based the same storyline. Since your partner gives believing-attention to his/her thoughts too, the relationship deteriorates and eventually ends.

In other words:

What I think, I see.
What I see, I experience.
What I experience, I think.

NTI teaches this process of manifestation through NTI Ephesians.

Please review the tips from [NTI Ephesians 4](#) and [NTI Ephesians 6](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 335, GH Year 2 Review: The Code

Please listen to the [Bonus audio teaching of *The Code* from 2014](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 336, GH Year 2 Review: Contemplation, Meditation & Devotion

Contemplation is a time set aside to receive guidance and wisdom. Contemplation may come from reading something, and then letting further insight come to you directly from inner wisdom, or contemplation might involve asking a question and receiving insight from inner wisdom. For example, if you are experiencing a challenging relationship, and you ask inner wisdom to help you see what you need to see regarding this relationship, that is a type of contemplation. (Reference [Day 328](#) and [this article by Adyashanti](#).)

Meditation is a focused time of completely letting go of the false while immersing oneself deeply in the true. (Reference Days [332](#) and [333](#).)

I recommend two types of meditation:

Awareness-Watching-Awareness
Loving Consciousness Meditation

You can find Awareness-Watching-Awareness (AWA) and Loving Consciousness guided meditations on the Awakening Together website under Audios & Videos, Meditation Audios. (It may be helpful to use these audios in Gentle Healing Year 3.)

Living from devotion is being focused inward through acceptance and surrender instead of being focused outward on thought, body and world. It is living from within with intuition as the source of your perception, speech and action. (Reference Days [329](#) and [330](#).)

Contemplation and meditation are used as a means of awakening for those who are called to withdraw from the world in order to awaken. Living from devotion is also helpful whenever one called to withdraw from the world needs to interact with the world briefly, such as when going out to buy groceries.

Those who are guided to live in the world while awakening also use contemplation and meditation. Some time withdrawing from the world each day is critically important for those who live in the world. However, the one who is guided to live in the world while awakening relies heavily on devotion as his/her practice in order to be in the world without being of the world. Devotion is a way of withdrawing from the ego while still interacting with perception.

Gentle Healing Year 3 is the next step in Gentle Healing, regardless of whether you feel called to withdraw from the world now or continue living in the world. You will each be guided individually in Gentle Healing Year 3, so you will be able to go in either direction from this point forward.

How can you know if you are ready for Gentle Healing Year 3?

In Gentle Healing Year 3, you will need to:

1. Be able to hear/intuit insight from within.
2. Trust inner wisdom more than your individual thoughts and perceptions.
3. Be fully dedicated (committed) to your inner teacher.

You don't need to be an expert at these things. You only need to be *able* to do the first and be *willing* for the last two in order to start Year 3.

If you contemplated the Thoughts of Awakening throughout Year 2 and wrote with inner wisdom on most days, you can feel confident that you are able to hear/intuit inner wisdom. If you also feel heartfelt willingness to trust the insight you receive from within and you are ready to dedicate yourself to your inner teacher, you are prepared for Year 3.

Are you unsure if you should progress to Gentle Healing Year 3?

Tomorrow, we will review the 12 lessons that were taught in NTI. If you have complete understanding of those 12 lessons, I recommend trying Year 3 even if you have doubts about it. Those doubts may be the ego's way of trying to hold you back.

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 337, GH Year 2 Review: The 12 Lessons

NTI Revelation 7 lists 12 lessons that were taught in NTI, which prepare you to “choose only that which is true.” It could also be said that these 12 lessons prepare you to fully embrace the true while ignoring the false as completely meaningless.

Here’s a review of the 12 lessons along with some commentary. The lessons are in italics.

1. *You are innocent.* – One of the most challenging beliefs to transcend is the ‘I am bad’ belief. That may be experienced as ‘I am less than,’ ‘I am guilty,’ ‘I am lacking,’ etcetera. The ‘I am bad’ belief and the belief that others are bad (less than, guilty, lacking, etc.) is the same belief. The glue that makes the ‘I am bad’ belief difficult to transcend is the belief that you are what you say and do. (For example, if you say something mean you *are* mean.) In other words, the ‘I am bad’ belief is complete identification with body-mind-personality.

The ‘I am bad’ belief is transcended by understanding that thought and circumstances are made through consciousness’ believing-attention, and by responding to that understanding by removing believing-attention from the ‘I am bad’ belief and other judgmental thoughts. Since The Loving All Method is the antidote to this type of judgment (good and bad), it also helps you to transcend the ‘I am bad’ belief.

Another useful practice that transcends the ‘I am bad’ belief is rest-accept-trust, because rest-accept-trust allows thought, emotion and circumstances that were created by previous believing-attention to pass by without giving believing-attention again. In this way, the belief is weakened instead of strengthened. It is just as important to rest-accept-trust with the idea that someone else is bad as it is to rest-accept-trust with the idea that you are bad, since both ideas are the same belief.

Because this belief is so deeply engrained, it is very important to trust that you (and others) are innocent as you practice rest-accept-trust. Alternatively, you can love the experience of thought and emotion while practicing rest-accept-trust (which is The Loving All Method).

2. *You are the Son of God, and everything you experience is a gift to yourself.* – The ‘Son of God’ is a symbolic term for consciousness, which is the first and only direct

creation of the absolute. Everything else is created by consciousness through believing-attention and its desire for experience. Therefore, everything, regardless of what it is, is a gift to one's self for the purpose of experience.

3. You choose the purpose for everything you see, and the purpose you choose is the one that is given to it. – Since every experience is created by consciousness as a gift to itself, consciousness (you) can decide the purpose of every experience. Consciousness can say to itself, “I gave myself this experience because, _____” and decide what purpose fills that blank.

Although there may seem to be many possible purposes, there are only two. You may choose to have an experience that is different from truth, or you may choose to realize truth. If you decide another purpose, that other purpose is a subset of the choice to have an experience different from truth; therefore, it is the choice to have an experience different from truth. For example, if you believe the purpose of an experience is to get rich, or to get love, or to gain control, etcetera, you've decided to have an experience that is different from truth.

4. Purpose is based on desire. Since there is only one true desire, there is only one true purpose. Anything else is illusion. – The reason there are only two purposes is because there are only two desires: the desire for experience that is different from truth and the desire for truth.

When one is immersed in ignorance, he is immersed in experience as if it is reality, and he desires certain types of experience, because he believes those experiences will bring him happiness and safety. In other words, what he really wants is happiness and safety. Since uninterrupted happiness and unaffectedness (safety) comes from knowing one's truth, even the ignorant unconsciously desire truth.

One who is dedicated to awakening consciously desires truth, so he gives that purpose to every experience he has. He does that by living a life centered on spiritual practice.

5. You are never alone. Separation is false. The Light in the mind lends you its strength, because the Light in the mind is your strength. – Reversing the desire for illusion is not easy, because illusion is a deeply engrained habit throughout consciousness. Most people in the world unconsciously support the choice for illusion (including other spiritual students), as do most of the thoughts that stream into your mind from consciousness.

Since the outer supports illusion, you must rely heavily on inner strength if you want to transcend illusion and realize truth.

6. *The illusion of the world is false. It only seems real, because you have given it your belief. But by withholding your belief, its realness must fade.* – The realization that believing-attention is the power that fuels illusion is one of the most important insights you can have. One who sees this clearly knows that if she gives believing attention to thought, emotion or perception, illusion is strengthened in her mind. The only way to see beyond illusion to truth is to withhold believing-attention from illusion through faith.

7. *Your faith and trust is everything, for that which you put faith in, you will experience. This is because you are the Son of God.* – Reference [Day 98](#).

8. *Your true desire is Know thy Self. Any other desire is the desire not to Know thy Self, which is to choose lack and fear. You are ready to put aside the temporary experience of lack and fear and to know the completeness of truth once again.*

9. *Anything that is not truth is illusion. To choose illusion is to choose fantasy, but fantasy cannot change the truth.*

10. *Fantasy is spun within the thinking mind. By allowing the thinking mind to spin, you choose fantasy. By allowing the thinking mind to rest, you choose truth.* – This is a simple, but key teaching. If you learn to rest the thinking mind instead of giving it believing-attention, *regardless of what it is saying*, the ego will die in you, and only truth will remain.

11. *Everything that you experience is Love. There is not one exception to this statement. If you believe you look on that which is not Love, you are misperceiving. To see and to know Love as it is, let go of your misperception.* – Other words for Love are consciousness, existence and Self. The mind hides Love as it divides, defines and differentiates. To experience truth directly, disregard the mind's interpretive chatter.

A good question to continually ask yourself is this: "Will I believe the mind or do I want to find out what I can experience without it?"

12. *Oneness is all that is true now. The belief in separation has always been false, so anything that is seen through the lens of that belief must be false also. There is not one exception to this statement.*

If you understand these twelve lessons and you are willing to live your life according to them, I recommend progressing to Gentle Healing Year 3. I also recommend printing this page for future reference.

Thoughts 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

Tips from Regina ~ Day 338, GH Year 2 Review: The Seven Steps to Awakening

NTI teaches 7 steps to awakening. Those steps are not linear. They are more circular, like a spiral of awakening. The 7 steps are:

Step 1– An intense desire for awakening.

Step 2– Seeing through the ‘mask’ of ferociousness (attack, grievance, harshness) to the false beliefs that support and sustain it.

Step 3– Tiring of judgment.

Step 4– Letting go of the belief that life is temporary, which is also letting go of the belief that the body-mind-personality is your reality.

Step 5– Learning to trust all that is as it is.

Step 6– Letting go of perception, which is letting go of thought as me.

Step 7– Giving no meaning to anything the ego says or any experience you have as the ego dies its final death.

As we move into Gentle Healing Year 3, we will continue to progress through these 7 steps. As you commit more deeply to your inner teacher, the spiral of awakening will most likely increase in intensity. It may feel quite dramatic at times; that is the nature of a spiral before it explodes into nothing.

As I have mentioned, we will use the book, [*The Seven Steps to Awakening*](#), in Year 3. The seven steps from that book are not the same as the 7 steps listed above. The book, *The Seven Steps to Awakening*, is a collection of 1574 quotes collected by Michael Langford. Here is what Michael shared about that collection of quotes:

Most people tend to think that when an Awakened Sage is talking to a student that everything the Sage says is a part of his or her teaching and therefore helpful for awakening. This is *not* true as the following saying of Sri Ramana Maharshi illustrates:

“The sage’s pure mind which beholds as a mere witness the whole world is like a mirror which reflects the foolish thoughts of those who come before him. And these thoughts are then mistaken to be his.”

... If you understand the full significance of that Ramana Maharshi quote it can completely change your approach to studying spiritual teachings. It changes everything. ...

The Seven Steps to Awakening does not include quotes that were a reflection of the foolish thoughts of the questioner. The Seven Steps does not include quotes that are distractions and detours. Look at the power of that! *The Seven Steps to Awakening* is a new spiritual path.

The quotes in the book *The Seven Steps to Awakening* were typed exactly as they were in the eight books the quotes were gathered from. Not one word was changed. Not one word was

added. Therefore you might wonder how can *The Seven Steps to Awakening* be called a new spiritual path. ...

One of the most significant aspects of the book *The Seven Steps to Awakening* is that the quotes have been gathered together on seven essential teachings (the steps) one subject at a time. The impostor self does not like to focus on one subject. It likes to go from one subject to the next. That is one way the impostor self preserves its imaginary self.

By having quotes by Seven Sages on One subject before going unto the next subject the mind has a chance to really absorb that teaching, that lesson, that step, that subject. By having seven sages teach on a subject you can see it was not just one sage's teaching. Seven different styles of communication on a single subject has a much better chance of penetrating the human mind's thousands of layers of self-deception. ...

This is how *The Seven Steps to Awakening* book was created: I read the eight source books one at a time. I was looking for quotes that met this criteria:

- No distractions or detours.
- Essential quotes for the Direct Path of Awareness.
- No quotes that were the reflection of the foolish thoughts of the student.
- Only the quotes that would lead toward's the end of illusion and not towards more illusion. In other words the most helpful quotes for someone who really wanted to end the illusion and not just read about it. Quotes for those who wanted the Direct Experience and not just the theory. Quotes for those who wanted Realization and Freedom and not just more words.

After circling the quotes I wondered what category would this quote fall under? Then I wrote the category (step) in the margin of the book so I would know where to place it later. I did not start with seven categories and then look for quotes to fit them. I did not start with any category. I just circled quotes that met the criteria listed above and then wondered what category those quotes would fall under and then wrote the category in the margin. That is how the seven categories arose. I called them steps because steps are something you put into practice. Those seven steps are seven essential truths. I arranged those steps in the order that would be most helpful. For example Step One are quotes to show how to use the quotes as practice instructions and how not to take the quotes intellectually or theoretically. The reason that step is first is because if one does take the quotes in a way that just makes them into a thought journey, then all the other steps would not be effective. ...

If some of you who have read the book *The Seven Steps to Awakening* have noticed a power or a unity or a transmission or a revelation that is different from any other book you have read before, this very large post may help you to understand why. *The Seven Steps to Awakening* has the undiluted concentrated focus of the essential essence of Seven Sages Teaching.... Seven Sages who succeeded in bringing the impostor self and all illusion and suffering to its final end.

Note on the statement that not one word was changed: in quote 1405 there was a typo in the first edition. The word “too” should have been typed as the word “to.” That has been corrected in the second edition.

Michael's explanation of how *The Seven Steps to Awakening* came about may help you see that those seven steps are not steps in the same way the 7 steps from NTI are steps. Instead, they are seven categories of teaching by seven sages. When the seven categories of teaching from *The Seven Steps to Awakening* are contemplated and put into practice, they support you as you pass through the 7 steps listed in NTI. You will mature in your practice through *The Seven Steps to Awakening*.

Michael's explanation of how *The Seven Steps to Awakening* came about may also help you see why that book is as powerful as the books we have already used in Gentle Healing. It is a collection of key quotes from seven sages who have brought the ego and its illusion to its final end.

There are two versions of *The Seven Steps to Awakening*. You may use either version in Year 3, because both versions are the same except for the font size and the correction of one typo, which Michael explained above. If you haven't ordered [*The Seven Steps to Awakening*](#) yet, I recommend ordering it now.

Starting tomorrow, we will prepare ourselves to begin Year 3 by reading *The Teachings of Inner Ramana* again. This time, we will contemplate the messages each day with the inner teacher.

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #339

Beginning today, instead of contemplating the Thought of Awakening with the inner teacher, contemplate the messages from *The Teachings of Inner Ramana* with the inner teacher each day. (Reference [today's tip](#).)

For the remainder of Year 2, use each day's Thought of Awakening as a prayer that you return to throughout the day in order to remain in a state of devotion.

~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

Tips from Regina ~ Day 339, GH Year 2 Review: The Commentary on Mind

Please read The Commentary on Mind from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 295](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 340, GH Year 2 Review: The Purpose of Surrender

Please read The Purpose of Surrender from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask

the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 296](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 341, GH Year 2 Review: The Purpose of Surrender, Part Two

Please read The Purpose of Surrender, Part Two from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 297](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 342, GH Year 2 Review: Instructions for Using the Mantra

Please read Instructions for Using the Mantra from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 298](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thought 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

Tips from Regina ~ Day 343, GH Year 2 Review: The Circus and the Meadow

Please read The Circus and the Meadow from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 299](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 344, GH Year 2 Review: Looking at the False “I” Thought

Please read Looking at the False “I” Thought from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 300](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 345, GH Year 2 Review: The Importance of Practice

Please read The Importance of Practice from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask

the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 301](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #346

*I vow to be devoted
to my devoted Heart.*

~A thought of awakening

Tips from Regina ~ Day 346, GH Year 2 Review: The Importance of Practice, Part Two

Please read The Importance of Practice, Part Two from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 302](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #347

*I vow to listen
to my devoted Heart.*

~A thought of awakening

Tips from Regina ~ Day 347, GH Year 2 Review: True Understanding Comes from Seeing

Please read True Understanding Comes from Seeing from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a

specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 303](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #348

*The Heart is beyond words.
It is real,
and its meaning is reality.*

~A thought of awakening

Tips from Regina ~ Day 348, GH Year 2 Review: Exposing the “I” Thought

Please read Exposing the “I” Thought from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 304](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #349

*I am grateful for seeing my errors.
I choose to relinquish them now.*

~A thought of awakening

Tips from Regina ~ Day 349, GH Year 2 Review: Exposing the Attachment to Mind

Please read Exposing the Attachment to Mind from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding

the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 305](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #350

*I remove the obstacles
that I have placed
before God's open doorway.*

~A thought of awakening

Tips from Regina ~ Day 350, GH Year 2 Review: Clarity on Purpose

Please read Clarity on Purpose from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 306](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 351, GH Year 2 Review: Clarity on Practice

Please read Clarity on Practice from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 309](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 352, GH Year 2 Review: How to Awaken from the Dream

Please read How to Awaken from the Dream from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 310](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #353

*I turn inward;
I listen to wisdom beyond words.*

~A thought of awakening

Tips from Regina ~ Day 353, GH Year 2 Review: How to Awaken from the Dream, Part Two

Please read How to Awaken from the Dream, Part Two from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 311](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #354

*Today is a day of stillness,
focused stillness,
on the Heart.*

~A thought of awakening

Tips from Regina ~ Day 354, GH Year 2 Review: s/Self-Inquiry

Please read s/Self-Inquiry from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 312](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 355, GH Year 2 Review: The Love of Discipline

Please read The Love of Discipline from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 313](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 356, GH Year 2 Review: Truth Made Manifest

Please read Truth Made Manifest from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 314](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #357

*I see all things as one
and accept all things as love.*

~A thought of awakening

Tips from Regina ~ Day 357, GH Year 2 Review: Extinguishment of “I” Thought

Please read Extinguishment of the “I” Thought from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 315](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 358, GH Year 2 Review: The Mind that Thinks it is Lord

Please read The Mind that Thinks it is Lord from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 316](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 359, GH Year 2 Review: A Contract for Awakening

Please read A Contract for Awakening from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 318](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #360

*I disregard all thoughts
in favor of the wisdom of silence now.*

~A thought of awakening

Tips from Regina ~ Day 360, GH Year 2 Review: Pain and Purification

Please read Pain and Purification from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 319](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #361

*Today exists in Presence.
Presence will enjoy today.*

~A thought of awakening

Tips from Regina ~ Day 361, GH Year 2 Review: The Grace of the Guru

Please read The Grace of the Guru from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 320](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts of Awakening #362

*Be nothing.
Be not a part of it.*

~A thought of awakening

Tips from Regina ~ Day 362, GH Year 2 Review: Full-Time Inquiry for Self

Please read Full-Time Inquiry for Self from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 322](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 363, GH Year 2 Review: The Only Choice is Where

Please read The Only Choice is Where from *The Teachings of Inner Ramana* and contemplate it with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading with the inner teacher. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tip from [Day 323](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 364, GH Year 2 Review: The Last Two Messages

Please read two excerpts from *The Teachings of Inner Ramana* today:

Moving from Resistor to Abiding in Self
&
The Missing Ramana Message

Contemplate today's reading with your inner teacher. Follow inner prompting regarding the best way to contemplate the reading. If you don't feel a specific prompt, ask the inner teacher to share whatever is most important for you to know, see or realize regarding this message.

If prompted, review the tips from Days [324](#) & [326](#).

Note: The next tip will be available tomorrow morning after 3:50am ET at [this link](#)

Thoughts 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

Tips from Regina ~ Day 365, Introduction to Gentle Healing Year 3

In order to progress on the spiritual path with your inner teacher, tomorrow you will begin reading and contemplating *The Seven Steps to Awakening*. Over the next year, you will receive insight from inner wisdom and specific guidance tailored especially for you.

I won't write tips in Year 3, because it's time for me to leave you in the hands of the best teacher, your inner teacher. There will be a Daily Contemplation post each day, which will provide instruction regarding what to read and contemplate from *The Seven Steps to Awakening*. To help you get started, I will provide a sample contemplation from my journal on

the first three days that you contemplate the quotes. However, it's important to realize that your contemplation may not look like mine. For example:

- I contemplated each Seven Steps quote individually. You might read and contemplate 4 quotes as one cohesive group of quotes.
- I wrote in "I" language. For example, "I need to watch my mind more carefully." Wisdom may come from your inner teacher in "you" language. For example, "Try watching your mind more carefully."
- I wrote short bits of wisdom after contemplating each quote. You might write longer messages from your inner teacher, similar to the messages I received while writing with Inner Ramana.

There may be other differences between my Seven Steps journal and your journal, so don't imagine that your journal is supposed to look like mine. Don't imagine that it is supposed to look any particular way at all. Let the inner teacher guide, and trust your inner teacher.

Since some people contemplate the Daily Contemplation post even though they aren't taking Gentle Healing, I will always include one quote for contemplation in the Daily Contemplation post. However, each Daily Contemplation post will include *additional instructions* for Gentle Healing group members about what to read and contemplate that day. Typically, you will contemplate 4 quotes per day.

Today, you can prepare for Year 3 by reviewing the tip from [Day 328](#).

If you have decided not to move on to Year 3, consider retaking Gentle Healing Year 1 or Year 2. You might find Year 1 interesting, because it's been awhile since you went through that curriculum. You will most definitely see it and experience it differently this time. However, if you feel guided to repeat Year 2, follow your guidance. It knows what is best for you.

Note: The next Daily Contemplation will be available tomorrow morning after 4am ET at [this link](#)