

LIVE ACIM July 6, 2021

Welcome, welcome!

We are going to take a few moments while everyone is getting settled. And I'm so delighted to invite you to this first LIVE ACIM!

We are going to discover together exactly how the Spirit wants this to flow. And if you have come with half the devotion of the team who set this up today then you are going to have a miraculous hour or two.

So thank you very much for all it takes to come here today — everything you have to put to one side and the devotion that has brought you to this present moment.

And so while people are still joining us, I'd love us just to take a moment, to relax your shoulders, relax your mind, and just sink in to a moment of prayer together.

And I will ring a little bell at the end.

[5 minute silent prayer]

There's such a tendency to grab and want in the mind for answers to have the ego satisfied in wanting to know something and understand something, that we've got a very specific agreement with this show, Live ACIM, to keep relaxing back from that tendency in the mind. And I'm aware it springs in the truest sense from devotion, and yet it can derail our experience to such an extent that our devotion is set with the stepping back and the sinking into the not knowing and the not needing to understand. And I would say that's my definition of prayer or joining with people, is to step back into that state of mind and be shown. And we really want to make ourselves available to be shown and that's how we experience ourselves as known in truth.

So it feels very important that anytime you find that tendency, reaching out, or grabbing, or wanting to understand or even wanting to get clear

on what I'm sharing, you can relax back, just close your eyes, just release into what the spirit is really inviting us into, which is a unified experience of not knowing and not needing to understand, but sinking into the love and the being cared for, which is what guidance is truly for, and that's our natural state. And from there, everything that needs to be in awareness becomes brilliantly clear in your own experience, in your own experience of your own mind in a way that you can intimately understand it. So we surrender once more to the holy spirit being the teacher and the holy spirit making clear in your own mind what it is you need to see today, what's truly helpful for you. And other than that, it's coming and having some respite from the world, from the worldly thinking, from your ideas of your sense of self, or what you expect from yourself. So we can start with an open prayer of relinquishing anything we hope to get, even clarity, if we hope to get it from this meeting. And I join you in that prayer.

Clarity is; it just extends. Truth is; it extends. And the invitation today is to welcome reality exactly as it is, to notice our preferences, to notice what comes across in a day as we speak, what comes across as we ask a question, what comes across us and we ask judgments and thoughts and beliefs and desires. We notice the perceptual world and we notice us and them and we are being invited to step back beyond that into a state of watching and being passersby. So we're going to keep that orientation very clear as we go. And the trust is that it's safe to relax into that state of not knowing and not needing to understand and we will be shown. So anytime you feel a contraction or a tension in your body, you can just relax back. And anytime you have a thought like: what was that quote? You can just rest and rest back, and anytime you have a thought like: what was that? What was that quote?, you can just rest relax back and take the spirit of what was said, knowing that there's a replay where you can look it up and it will be annotated at the bottom.

So just, again, it's about sinking into the experience together and not trying to grab or get anything from our joining today.

It's very much a gift. You have so much to give. There's so much presence you are extending in this moment. There is so much love that is in extension through you simply by your having shown up. Whatever state of mind or feelings you were having before you pressed play here, it doesn't matter. Your showing up is the gift; your showing up is the welcome to love's presence in your awareness. And we're all in receipt of it and we're very glad you came, because we're all in this together. An awakening is a collaborative adventure and you can't go home alone. We go two by two into the ark. A timesaving device has been given to us, a holy relationship has been offered, a way in which to see often who you are not mirrored in your brother and sister so that you can take back the projection and take back the judgment that you would have on them or yourself and see that none of it is who you are and none of it has ever been true. So this is not an advantageous, moving, progressing, trying, you know; this is very much a sinking back into what already is, just accepting: oh thank you. Let me accept the atonement. Oh, yes, thank you very much for the gift. If there's any efforting, if there's any sense of future gain, if there's any sense of time and moving and progression, then we're lost to this present moment. And our orientation as a group is to be very much those mighty companions devoted to this present moment, inspiration and trust. Because trust would settle every problem now. It would settle every worry, every thought of: I don't think my question got answered. It would settle any of the doubt thoughts you have against yourself or the world, that as if it weren't already perfectly set up as a reflective device to show you what's going on in your own mind. It's really the mind but while you experience it as personal, it matters what thoughts are there; it matters what feelings you're having. It matters what beliefs you start to notice,

and it really matters what desire is on your heart that is other than the Peace of God.

Because with the Peace of God as my one goal, I really come into an experience that everything else is contained within that choice. If you're choosing two hours sleep instead of the Peace of God. If the prayer of your heart is I just want two hours sleep, then you're asking too little, and it's very hard for everything that is your inheritance to be given in your awareness to you. So our prayer no matter what seems to be the one small thing we believe we need for peace, our larger prayer must be: the peace of God is my one goal, and to sink into trusting it contains everything you could ever think you want: the two hours sleep, the eight hours sleep, the paycheck when you needed it, the mortgage paid. All these things in form that distract you, these are really doubt thoughts, lack thoughts in your mind. They're only reflections of what the true disturbance is and what the belief in lack or belief in sacrifice is showing up as. And so you don't want to either deny the seeming need; you want to just utilize it on behalf of awakening to offer that desire to have that need in form met, by offering it to the spirit to show you that the focus on your need, what it's distracting you from in your own mind. So we want to sink back again into getting really clear on the metaphysics of A Course in Miracles, this nondual path that we all follow and what it's truly saying. I am responsible for what I see. I have given everything I see all the meaning it has for me. And so a bit like a nurse in a triage unit in an ER, it's a debridement we're going through, where we're picking off all the shards of glass and beliefs and desires that are truly an attack thought. And even though they can't really do this, they seem to be attacking our invulnerability in our awareness. And so we want to go through this debridement very gently with the spirit. And the first step in that debridement is: ow. Ow, it hurts. You must rush with an open heart to the spirit as soon as something hurts and ask for help in seeing it differently. And while the great comforter will bring you peace in the

moment and relief from the intensity you are feeling, the debridement can then begin to look at the mind and the beliefs and desires that are in operation that you're clinging to. Because it has to be a voluntary letting go and release from these beliefs and desires. We are only holding them in awareness because we genuinely believe they keep us safe. So how could you let go of anything you think keeps you safe? You must first question it. You must first look at it. You must first have a reality check with the spirit.

And so even though there seems to be steps in what I'm sharing, the most important thing is to begin to become aware of how you're feeling, and if it's anything less than blissful, simply going ow, and asking for help, leaning into the holy spirit, cuddling up to the one who knows what's best for all in every circumstance, and relaxing into the safety in your mind that even though it seems like the distress is coming from the form outside and the stories and the interpretations, it's actually coming from a belief and a desire that I am holding in the mind that is not for me, that is not pro peace, that is in some way threatening my existence as a little personality sense of self, even I also think it's also establishing it.

So you start to begin to experience that the beliefs you're holding are the source of all pain you're experiencing. And when you notice these conflicting beliefs and you notice these conflicting desires, then you can very easily trust - and this is the development of trust - that every time you go to the spirit saying, there must be a conflict because I don't feel good. And even though you've rushed there, talking about the dog that bit you or the day that you've had, there's no problem with that; you can begin there. Because you need to snuggle up and know that you're loved. It must orientate to wanting to take total responsibility for sight, because that's where happiness is. It doesn't lie anywhere else. Happiness is in total responsibility for sight, because you're already aware you're mistaken. So there's no harm or harshness to you to go: I

must be totally mistaken; I really want to know what you have to say, holy spirit. There's no defensiveness. I just don't like how I feel and I really really want to hear what you have to say to me. I'm wide open. Because I know you can bring it to me in a way that is gentle and comforting and doesn't trigger the ego even higher into defensiveness. You're coming with the trust that this is the master comforter who knows exactly how to speak to you that will relax and relieve you of all the things you're carrying that are not your function, all the false responsibilities of the day, all the roles, all the misunderstandings of even what's being asked of you through guidance and can get clear.

And clarity feels amazing. In the beginning it's a little toe stubbing to have the correction in place, but that's only to the ego. You'll start to love correction and you want to snuggle in there and you just want to be told all about it, how you were mistaken, because it means relief and joy and restoration of awareness of the truth of who you are. So there's no part of you fighting that. You're like, bring it on; bring it on. It's like a love bath. I want to hear about it; what's the correction? It's more like a cat being stroked. The correction is like oh, you know what unfolded? You were operating from guilt, do you see? Aw, you just misunderstood yourself; you misremembered yourself; you thought you had to try harder and do more; you thought you'd never please those people. It's like, oh, no, that's not the way. And that's what correction will feel like after you get over the toe stubbing at the beginning where the ego that doesn't like any idea that it's not right because its entire sense of safety has depended on being right, knowing something, and understanding how things work.

But for the holy child of God, none of that is necessary, and in fact, it's a block. This is the literal block to the awareness of love's presence, this participant self, this inter actor who thinks it's becoming something different to what it was before, instead of you, the one watching just loving on this little one that's trying so hard, forgiving all of the missteps

that you're seeing and simply allowing the character to play through so that it can perform like all the characters on the screen in this great play of awakening. This play of awakening is just for you, the one watching, to help you wake up to see that you're none of the characters, to see the impossibility of sin, the impossibility of separation, the impossibility of an unhappy dream. And once you become convinced -- and that time is set, not on a timeline, but it is set in this holy instant of return to awareness, this return to innocence, like the song says. Once your set devotion is on the holy instant, at any moment you can relinquish all other motivations for your doing or being or even your listening.

And so I like to start with what is. This was more like a brief introduction so everyone is clear again on the metaphysics. Because we come and go from pathways at times and we introduce other pathways, and sometimes it can get a little confusing in our mind. And I felt to orientate to the purity of what Live ACIM is reinforcing, the teachings of the holy spirit in A Course in Miracles with those metaphysics. And that simplicity and that clarity. And the difference between A Course in Miracles and other paths is the role of the comforter, is the role of the one to go to to lean in and lean on in that little creature self way and to be shown. It's having the master teacher inside you at all times and Jesus was very clear with us when we were setting up ACIM Live it was to be about presence and not personality. So I'm merely here as a vehicle and as a conduit for focusing the mind on the simplicity of salvation and that it's already been done for us and that our only function is acceptance of forgiveness.

There are so many people running around trying to do forgiveness, and the Course only asks and invites us to accept that everything is already forgiven, everything. And I can't think of anything I'd rather share with anyone again and again and again for myself, that acceptance is my function, that it's all done, that it worked out great, that there isn't anything I could do to improve the way things unfold, nor is there

anything I could do to mess it up. I couldn't think of anything I'd rather spend my life saying. Until it becomes so funny to even speak the words.

But it's a heart's song and I can't imagine it ever growing dull for myself or anyone else devoted to this path. Because it's just like the song of prayer and singing your song of home and I'm home already and there's no long journey where time is wasted and I'm wasted on time. I'm under the holy spirit's direction and I'm safe and settled in, and only the truth is true, to live from a place where nothing real can be threatened and nothing unreal exists and that herein lies the peace of God; that's our joint devotion. And we are worthy of that being a constant experience. And I'm aware that we do not believe ourselves or our brothers are worth this consistent effort, but you are. And this show and this team that have come together to extend this are a testament and a witness to that, and so you can receive that, and then you can join in that.

Your participation, whether you've sent in a question in advance or at the end you have a clarifying question that comes up in awareness about something I've shared that you would like me to go a little deeper on, whatever way it is, it's just your openness and your soft, fuzzy, warm glow with your little candle beside you, that's all that's asked. ACIM Live, the website, is based on two different Course quotes in two different sections, the main one being the I need do nothing section, which is well worth reading again. But to start today, I had something that I felt is the scintillating, really orientating moment. When I heard this read to me from the Course, I was like, oh, yes, I would like that. And in that moment of hearing it, I was in it; it wasn't something I had to attain or it was in the future. It was an immediate comfort, and so I wish to share it, not as something we're hoping for in the future but something we can sink into now.

It's from chapter 15, the holy instant, and it's the two uses of time, which

is going to be a big theme in what we're sharing here. Because having been so devoted for so long as I know the ones in front of me are, we're looking for the express experience that the Course is offering us. So let's just sink into this together:

Can you imagine what it means to have no cares, no worries, no anxieties, but merely to be perfectly calm and quiet all the time? Yet that is what time is for, to learn just that and nothing more. God's teacher cannot be satisfied with his teaching until it constitutes all of your learning. He has not fulfilled his teaching function until you have become such a consistent learner that you only learn of him. When this has happened, you will no longer need a teacher or time in which to learn.

So if in doubt, put all the responsibility on showing you back on the holy spirit. You can just lean into Jesus or the holy spirit and say, I don't see it yet; you're just going to have to make it clearer. And that alone is an open prayer, a way to out any lack of trust, any lack of certainty that you can't hear. You're just saying, you've got to make it clearer; I'm not hearing anything. In these communications, you can't allow yourself to become dispirited which means disconnected from the one who is constantly whispering, when you allow it, and boldly speaking when you invite it, exactly in this moment intimately what will allow you to feel better. And that's who you have to be in holy relationship with. And when you're in holy relationship with that one, it doesn't matter which of your brothers and sisters are in front of you, because this conversation is constant; you're like: okay, I don't know what they're saying to me now; I notice I feel weird about what's happening here. And you're not focused anymore on this lateral interaction; you're just listening to the spirit. And therefore, if your brother or sister or speaking to you, you're listening to the spirit in them also. And so this worry about what stage people are at or where they're speaking from or where they're coming from, all the emphasis goes off that, and your devotion is to listening to

Christ in your brother and sister and listening to the spirit constantly. So just that swapping out, to hear that one voice is very important.

It goes on to say that one source of perceived discouragement from which you suffer is your belief that this takes time, and the results of the holy spirit's teaching are far in the future. This is not so. For the holy spirit uses time in his own way and is not bound by it. Time is his friend in teaching; it does not waste him as it does you. And all the waste that time seems to bring with it is due but to your identification with the ego, which uses time to support its belief in destruction. The holy spirit uses time to convince you of the inevitability of the goal and end of teaching. To the ego, the goal is death which is its end, but to the holy spirit, the goal is life, which has no end.

And it feels really important that this be a living experience. Live ACIM, that's what we're devoted to here. We don't need another classroom; that's not the purpose of this show. It's to come in a vibrant, living experience. And if we get a little tripped up or a little caught on something, to ask that question, to email in to LiveACIM at ACIMlive.com and ask that question. And when you pour that out, we'll find out what's happening in the mind, and we'll speak from an impersonal sense of self as we address and sink back into the answer. And in that way, it's almost like a weather report for the mind, noticing these clouds are passing. You may want to take that down and take it personally, but it's just passing through; just allow it. You may want to take blame for the rain thinking somehow this reflection is caused by a personal sense of self or a person doing something in the world, but no, it's going to be a reflection of a belief and a desire in the mind.

To the degree to which you identify with even the belief or the desire and think they are your personal responsibility as a person, that's the degree to which it's hard to take the correction because you're making the same mistake again. You're saying, oh, I didn't do it right; I didn't let

go of the belief; I didn't question it right; I didn't let go of the desire. And I would simply say to you we will be looking at persistent beliefs and persistent desires in the mind, which we genuinely, each of us in our own way, believe are keeping us safe. And that's the only reason you've not been able to question them or let them go.

So thematically it may come across very small, a very small impact on your life, when I speak about a particular theme or belief or desire.

Other times it will be like: that's exactly it; I'm full on being confronted with that right now. But either way, it's yours, and either way you have this choice to see that whatever is unfolding on the screen, whether it looks like the character self you identify with or another, it's still all up for healing in the mind. And that's when we come into true service. We are here to join to see: these are not my thoughts; these are not my emotions; these are not my beliefs or desires, to expose the imposter and to sink back into the safety of the holy spirit from which we can easily and safely -- it's a very important word -- decipher what it is we're grabbing onto for safety, and gently see how it's not keeping us safe or making us feel good, and link how we feel with an upset to that desire. Eventually it becomes like a hot coal. You see I want nothing to do with that anymore; I thought it was very noble to want to be a good person in the world. I see now it's causing me endless distress. You know, it's always the good; it's always undoing of the good, the noble desires, they're the ones that just go (over the head movement), makes us miss them.

So anyone who is new to looking at the mind in this particular way, levelsofmind.com is absolutely a wonderful tool. And we have a link to it on ACIMlive.com or you can go directly to the website. So to use that to become aware of the weather in the mind and what's going on and what's showing up. Just to track it, not to fix it, simply to face it, to face our belief that we need it and it's valuable to us, and to just hand that over to holy spirit, hand all of how it feels important to you that it still be

that way to you. That's not your part; your part is to keep handing it over to the spirit and saying: will you take care of that? Because you know how much that still matters to me, how much my family matters to me, how much where my body is placed, that I have a Tempurpedic bed -- whatever it is -- how much that matters to me. And I don't want to come into a self-sacrificing-in-advance experience. I just want a relinquishment of where I'm sourced from in all these multiple little ideas of whims and things I have, to be given back to you so I can experience you as my one true source.

I wrote an article this week on ACIM live in the article/blog section, and it's on "Forgiveness is Still." It's actually a very helpful one to read because it's very infrequent that we think of comfort as being like sin. But if we're not taking comfort from the comforter, then we're constantly reinforcing that we're sourced from somewhere else. And that's why when following Guidance, we want to give all beliefs of where we're sourced from and what brings us comfort and security to the Spirit and have them given back, if they can be used safely, and not if they can't. If this is the moment to face that that is actually causing you an experience of harm, we want that moment now too. The maturity of those who are joining with us today is such that that is the constant, constant prayer in awareness, like: show me where I'm sourced from; let there not be anything that could be missing that could cause a disturbance to my peace in my awareness, and with no ghosting.

The Peace of God is my one goal is the purpose of coming to join together. One of the backdrops that we'll be working with is in Coming to the Meeting Place -- as the chapter is called in *A Course in Miracles* -- where you realize you're living a two-tiered life, at times, the watcher at times the persona living through the mask. And since there really isn't a meeting place -- and that's why the symbol of LiveACIM is this (demonstrating cross); it's the transection of the elevation off the timeline and into the eternal experience that the holy instant offers us.

And that can be chosen in any moment, at any point. So this need not be a long journey; that's one of the themes we'll be looking at over the next few weeks together. And so when you write in, I'd love you to write with your very practical experience of where you feel that's not your experience. And the more deliberately detailed from your point of view and the more challenged from your point of view, the better, because the spirit will then most articulately be able to answer it for everyone. It just seems to work that way. So that's another invite for the themes. One it is just like a weather report for the mind, and the other is what the Course says: there isn't really a meeting place but there is the divergence into choosing just that one voice consistently so that you have a consistent experience. That means you must make no exceptions to the miracle. That means a total responsibility for sight, where never again say, well, they were just so tired and cranky at me, they just wore me down; or: it was a cloudy day; it just brought me down. When you catch yourself saying those things, you want to know why you would rather believe that than come into an invulnerable state of mind. So, those are the backdrops we're watching for.

And I feel if everyone can just take a deep breath and tune in, and if there's a clarifying question on anything I've said, then I'm open to hearing that now. So what we're going to do is use a physical hand system, because it's easier for us to just see who is jumping out at us that we are to join with. And the team will then be able to unmute you.

Just to share with you all, we have people from all over the world. We have people from Asia, from Europe, from North America, and I think the replay is for all our friends Down Under. So it's kind of exciting to see everyone, and I just want to say hi, and just to thank you for coming on to join. Hi! There's Nick waving at me. Martha and Mares, Serena, Janice -- we have two Janices, Laura, Aman in India, and Susan, Susan and Este; everybody's on. And I just want to say thank you, because this came out of nowhere for us; we had no idea we were about to do

this. The website appeared in three days, out of nowhere, like we just were blown away. And the next thing was: and you're going live on the 6th. And I thought it was just because I was just vaccinated I was now allowed to go out and share. It was: no, you're going live on the 6th. Okay. So myself and the team are just keeping up with what the spirit is guiding for all of us. And it's very heartwarming to see who's coming in to join in that space, because it's an assignment for us all. And even if you can't make every week, you're really going to be tuned in. Because once this link is open in the mind, it doesn't change. So yes, and Denise is there as well. If you have a question, I just want you to sink in and see if there's a clarifying question on anything I've said before that could be helpful to address in the mind. I just want to give that opportunity. And it's really okay if there isn't one. I'm looking at devices here.

So Janice Macnamara has a question, if you'd like to unmute Janice.

Janice: Okay. Hi. Thank you for doing this. So you speak in the beginning about sitting back, sitting back when there's a disturbance. So I guess I'm a little confused. I hear this conflict all the time. There's the sitting back, but then there's the process that you would go through with the levels of mind, for instance. So you are actively looking at the thoughts and beliefs and feelings in order to shift whatever it is. So can you speak about that?

Sarah: Yes, lovely. Thank you, Janice. You can mute yourself there and we'll do this so it stays with you. That's a great question. It's literally -- it's like the holy spirit -- it was on the list for today that I had heard this morning. The clarity is you first want to restore your awareness to being with the comforting presence of the holy spirit, no matter what, even if the next step in getting clearer is you get levels of mind out and you look at it. You're not going to handle your upset. You're going to then allow it to be revealed to you in a clearer way where it's actually coming from. Because you're aware it's not the first time you've had this upset

and that it's recurring. It is in this moment the first time you've been a frightened child of God, and if you're a frightened child, you must go to the comforter first. So you're being asked to face the emotions by allowing them, and the sensations, which can be massively intense. And instead of even trying to fix them with the levels of mind, you're being asked to allow and face the intensity while being comforted.

Now, when things start to come up at this stage that you're all at, it's very intense. It doesn't matter what seems to have occurred that is bringing up the upset. The intensities have grown to such a magnitude that it is derailing in a moment. And what serves for the mind the best is to not become afraid of the sensations. And that's where the sitting back comes, is to allow the sensations and the intensity rather than rushing to fix them, even by grabbing a levels of mind. So you want to go: wow, and get really clear about all the sensations you're feeling. I'm feeling this, holy spirit; I'm feeling that, and call in the sense of the comforter, because that's the facing, not the fixing. And even though that sounds like what we've been doing, the more you put your focus there, the more you'll find that previous to now, your desire has been to stop it, stop the sensations, stop the feelings, stop the feeling that something went wrong or fix it, or find out what you did wrong and never do it again.

There has been an impetus there that is not invulnerable. And so we want to invite in the invulnerability while the intensity is high. It's a bit like overcoming an addiction to smoking, or anything. You want to feel the intensity of not doing your fix, straightaway, going for a walk, having a bath, removing yourself from the room. It's going to be that during very busy doings, you'll be called upon to feel these intense sensations which to you will often feel completely out of proportion to what's unfolding and completely disarming if you thought you were supposed to be becoming a peaceful person; it's very distressing. So A Course in Miracles students do a double guilt on themselves where they feel bad

for feeling bad. So we've a new goal. We're just going to allow ourselves like a small child to feel whatever we're feeling; we're just not going to try to defend or blame or attack or fix it.

And this is an individualized path whereby the spirit gives you ways in which you can allow yourself to feel safe while feeling the intensity and then do whatever is given next for helpfulness. And yes, the levels of mind will then bring clarity as to what the thing is that's really looping with you, that's really keeping you attached to the distress. Because remember: even if this is one of those invites, which they all are, to become aware of a belief and a desire that is not for you, but you believe keeps you safe, that's two opposing and conflicting beliefs and desires in the mind, and you cannot hold two conflicting beliefs and desires in the mind simultaneously without being distressed.

So you reassure yourself that there must be a conflict inside that you're not aware of, that hardly feels like something that can be your fault, right? So you reassure yourself of that so you don't do the bad for feeling bad, and you're really just relaxing into the comfort of the spirit first from the fright. I call it the fright; you got a fright. And you want to sit with the fright until a level of sanity starts coming in, saying, okay, I'm actually safe, though. Because all fear is of the future or the past; it's impossible to have a present-moment fear. Even should someone have a gun to your head, they've not pulled the trigger, so it's still a future thought. I mean literally. Let's be practical. There is no circumstance under which sinking back into presence is not the greater safety.

There's no situation. Because if you need to be inspired in a moment, even if you believe that a body is under threat and there may be some activity required of you, do you want to come from an inspired place or do you want to come from a frantic, racing, defensive place? So what I'm sharing here is extremely practical. And if I hadn't walked through it myself and had to use it in extreme moments, like my house got petrol bombed and there's flames going everywhere? I was a Course student;

I had to go, okay. What would you have me do? And I got really quiet. And I heard in succinct order exactly what was truly helpful. But you know why it was helpful? Because I was now with the spirit. It really doesn't matter; it's not about the outcome of the situation; it's really about having restored yourself to the one who loves you versus fear.

So, I know it seems to be a process, even as I describe this, seems to be steps towards it, I would say the invitation is to accept comfort and that you're not alone first. In order to face the intensity, to have one holding your hand And from there, whatever is truly helpful will be made obvious. And sometimes it's looking back later doing the levels of mind. Yes, they're very effective when the sensations are high, but not if that brings you more distress. You might need to actually look at it later with a mighty companion or something, because the distress reoccurs even thinking about the situation. And again, it's about being comforted immediately, but by the true comforter, not by our own fixes that we've established over space and time, feeling the intensities and the sensations and going: these are just sensations. I have given them all the meaning they have for me, like: run; you're sad; you're upset; they need comfort. So if you think of sensations as triggers for: I have given these sensations all the meaning they have for me, one that comes to mind very readily is what people perceive as sadness, like a sudden dull low ache in their chest. And I have asked many people over the years to join with me in saying what if that's not true; what if that's not actually sadness? What if that's that tender spot that just wants to break through in this moment and release all the love associated with that one you're thinking of. This misnomer is really hampering you allowing, because we think sad is bad, so we're not allowing the sensation; we've decided we know what it is, you know, and that we understand what's helpful in comforting the feeling. It's really still again about allowing it and even not naming what it is, naming what you think it is, and being willing to be wrong that again releases and usually results in a really tender heart

opening, just at the moment when the ego goes, that's sad; you're sad; you lost that person; you're sad. And it was something completely different that was happening actually.

So the invitation is to actually allow, allow, allow what's happening in your awareness and to not judge your experience in the moment. And this is very much more a practice in other nondual traditions as well, like even vipassana where you sit very still and you're aware that the sensations are going to come up and high. But again, as Course in Miracles students, there's just such a desire to be at peace, which is usually a faux peace, and there's such a running to get there, that there's a forgetting that there's just an allowance to allow yourself to restore to peace while this consternation just washes through, whatever it might be. Even excitement, you know, is not peace. Joy is like playful peace. We've all felt those moments when you're almost high but like frantically high.

And again, nothing is wrong; none of how we've been living is wrong. We're really ready for an upgrade of our practice and your practice is simply to face what is happening in your experience, in your awareness, and to take total responsibility for it. Not blame. The word responsibility and blame -- responsibility just means it's yours to put up your hand and go: right, I don't like this; I don't feel good, so show me where I'm mistaken. That's it. And it's very loving then; it's very kind. And it's a big invite to the spirit to just allow us to not judge anything that's happening or how we're behaving or how it's coming across or how it's coming through; it's really -- the purity of forgiveness is just allowance of watching by not judging, by seeing the judgments that are there and how harsh they are against this little one who's just doing a play for the mind to awaken. And maybe you're in gallery view right now or maybe it's just me you're seeing, but it's pretty easy to see it's -- it's like the Brady Bunch; it's just -- it's a whole lot of little characters just doing their best just to allow the story line to appear that allows the mind to go: Ah,

okay. I'm not responsible for the form. I have no control over the world. I'm only responsible for my experience. And that's coming from beliefs and desires, not even from what I'm seeing. What I'm seeing is just a mirror reflecting to me the evidence that I'm holding those beliefs and desires in my mind.

So again, gratitude for the most generous figures on the screen - as Alanis Morissette says, and then a refocus on where it's coming from so we can turn off that tap of distress that's being caused by the conflicting beliefs and desires that are being held in the mind. So we can unmute Janice again to see if that felt like the feeling of just being comforted first, and the continued facing by picking up the levels of the mind rather than fixing, helped undo the belief in processing until it becomes an instant. And it's just through our use of this movement, it becomes an instant, holy instant, rather than a process.

Janice: Yes, that was very helpful. Thank you. Yeah, cuz oftentimes I can't go deeper because I guess there is too much distress. So that -- even though some days I can't get past that and go into it deeper. It's like as soon as I close my eyes it's too distressful. And not always used to that. Usually I can get to deeper. So, giving myself permission to stay longer in the comfort, in the blanket of comfort.

Sarah: Yes.

Janice: Thank you.

Sarah: Thank you. Yeah, you can be sure that having allowed the sensations more than having tried to fix them, there's an anchor of sorts there that you can come back when everything feels safe. And just like a reluctant child coming out from under a curtain or under a table or bed or something, it'll be there, but already, from a comforter point of view, it's like, oh, I see that's not a monster; it is the curtain. Yeah, I can still see the monster's face in the shapes on the curtain on the design and I

can tell you why that kind of monster frightened me and the beliefs I have around that monster and the desire I have for that monster to never be in my bedroom, but I'm also already looking at the curtain and I'm not in imminent danger.

If you're coming back to the true goal in every minute -- and this is why I absolutely love A Course in Miracles -- because it's to present peace I'm devoted, not to getting it sometime in the future when all my beliefs and desires are no longer in conflict. It really is an immediate relief -- is a good synonym - for peace. It's what we're really going for And it's always easy to ask to be relieved, whereas sometimes to say I want peace instead of that, it might actually sound too far away to claim that you really want it because you don't have a sensation of what that is. But you can always claim that you want relief.

You don't want to be relieved of the awareness of what this opportunity is bringing you, but you do want to be relieved of the intensity so that you can then look with the spirit. You want to picture Jesus taking that lamb and that small child back in his arms. It's the immediacy; there's no lecture; there's no: this is what went wrong; this is what you should do again; that's not the way it works. That's not what correction is at all; it's this. The correction is: oh, you were just mistaken; just stay here until it feels safe that you were mistaken, that even though you were trying really hard, you're actually really willing to be mistaken right now. It feels better to be mistaken, and safer, because you get so much love and cuddles for it. It doesn't feel at all like this anymore.

I feel I can take another question if there is one on anyone's heart, just another clarification. Okay. There's Aman and there's Laura, so let's just tune in. Aman, I'm hearing Laura's question will answer yours, so if there's more coming up afterwards, you can write to me and I'll address it next week. So we will unmute Laura Bryant there.

Laura: Hi. I'm so grateful this is happening, thank you. You mentioned conflicting goals, and this has been coming up a lot for me lately. I'm seeing that there are a lot of conflicting goals coming up that are related to form, related specifically to this body and -- I can't figure out how to say this, how to word this. It's not so much -- you said you don't have to wait until all the conflicting goals are gone to feel the peace, so is it really the belief that I have conflicting goals that's creating the lack of peace? Because at times it has become such a frustrating thing for me to feel like I have these goals and I don't want to make them real; I don't want -- I want to acknowledge that the desire is there, but I don't want to also get attached to that and make it real, because that's what takes me out of the peace. And if I can focus on just the thoughts that are coming up and giving those to spirit as opposed to the form goal, then I've noticed that I can really be in joy with that, but it isn't consistent at this point, and so I guess some help in staying with that consistent peace is what I want.

Sarah: It's a great question, and Aman, I'm trusting this answer is for all of us, including you. I'm so delighted you phrased it the way you did. It's now the chance where in this moment we step right back. And even though it looks like Laura spoke, there isn't a person who has this worry; it's just a doubt thought in the mind. So you can all just keep relaxing with me and I'm going to take care of all of it right now.

The devotion to deciphering between aligning with certain desires and seeing that other desires are not helpful, everything like that, the choosing between isn't our function. When we get into that level of trying not to have the desire, what we're missing is the clarion call of the altar of our heart. And I want you to start hearing it. I don't want you to minimize it or say it would be better if it was different, or I shouldn't want that and when I'm more mature on my path, that will go away. I want you to go with screaming rage: I bloody well want that. I want you to acknowledge -- and this is again the intensity -- allow the full juice of the

intensity of what is present to be felt. Because otherwise you are actually trying to suppress something that the spirit can harness for you.

So it's really important you don't -- again, it turns into a minimizing of guilt and a minimizing of fear. You really want to see that there is nothing wrong with that desire; there's nothing wrong; there's nothing wrong with even wanting your body to be a certain way; there's nothing wrong with that. It's not bringing peace but there's nothing wrong with it. And there's a judgment, a spiritual mask that we have that you couldn't say that. But if a small child said I wish my hair was longer and I wish it was longer, you wouldn't judge them for saying that; you wouldn't. You'd say, yeah, yeah, I get it; you believe you'd be totally happy if you had that. You allow the full intensity and the power of that wanting and the power of that desire, and then you'd say, let's see what the spirit does with that and you'd hand it to the spirit raw with the wanting, really. You wouldn't temper it and say, well, if it's okay with you, if you don't mind. No, no, really raw. And in so doing, then you're absolved of it being your false responsibility to make it happen in form, because you have zero control over that. So then if you notice you actually become angry that you have no control over that, that's great; that's another wave you can hand over, saying: I do; I want a world I rule instead of one that rules me. And you can go, oh, yeah, that's right. That would bring me back to being responsible for my state of mind and not being a victim, so that's actually kind of helpful.

So again, you just really allow it; you have to allow things as they are. We've been, without meaning to, pushing down or minimizing things because we thought they were, during our -- what I call our metaphysical nazi stage - we've been portioning: well, that's helpful to me; that's not. And like you clearly defined -- you became very devoted to being clear that that thought was taking your mind down a track you clearly didn't want to go, and you are correct. And now there needs to

be a whole lot more elbow room, as I call it, a lot more allowance, because you can't make that turn in the mind if you have to be correct in form, even about your beliefs or your desires. You have to come to an awareness that you couldn't possibly judge between things; you couldn't possibly know your advances from your retreats. You don't know what anything is for.

The very thing that has felt like a challenge your whole life - and the belief is still there that things would be better if it was different -- that is all that needs to be questioned. Are you sure it's true? And another aspect that we want to come into is we want to say, this I notice recurs; this is my favorite thing to fix; this is my favorite grievance against myself or this is my favorite belief, that if things were different, I would feel better. And so our devotion definitely with this broadcast over the next few weeks is to have that pinned to a wall somewhere saying: it wouldn't be better. Guess what? It wouldn't be better if it was different; imagine that. Imagine that.

And there are what even Kenneth Wapnick calls mighty companions, he uses them as memories of things. There are memories within your experience where you've experienced that's not true, and then you want to use those devotions of love, instead of devotions of fear, those messengers to come back to you in your own awareness to reinforce that it's true. And it's like wow, it really doesn't feel true right now, and I'm giving that to spirit, but actually it's really true that things wouldn't be better if they were different. And it's flooring when you really allow that to happen. And you might find a giggle rising up in you going: you're saying that if I was at peace with exactly how things are, much as all I don't like them -- but if I just accepted that this is the way it looks, and I accepted that it's just coming from these conflicting beliefs and desires -- and I didn't even want to try and fix the conflicting beliefs and desires and just accepted all of what's there, that I could just be happy and

laughing at all of this? And the answer is yes. It's like a fractal within a fractal within a fractal, but yes is the answer.

There's a wonderful movie, Laura, that I would love you to have a look at. And it's not necessarily a movie I would advocate for everyone to watch at any particular time, but I have seen nothing better in depicting this idea that if it looked different in form, we would feel better. And it's called RIP Department, Rest in Peace. And it's Ryan Reynolds and ends up in the police department of the deceased, and he's still trying to make up for mistakes he made on earth. But he gets given a completely different self concept and he has to relate through that. But this is the same for us in this moment; this self concept, this little figurine you have out front, it's not who you are. The whole world is responding to who you are. Really, a change of mind is all that's needed. Clarification of what's being responded to is the attitude in the mind, not the form at all, literally not the form at all.

So when you get dogged by an idea that things would be better if they were different, it's really good to watch some of those movies where there's a shift in personality, like those Freaky Friday type ones where they change over and you see it didn't actually solve any of the things that bothered them, being in a different shape or having a different responsibility level or being the adult or being the child, it didn't change anything for them. They still had to come to for themselves an attitude change in how they viewed everything, even the list of beliefs and desires they are attributing to this persona or mask that they're playing.

So it's actually really exciting when you start to play with this. And I honestly encourage you to be playful; I encourage you to be playful with your levels of mind in the morning, dropping in something at that moment that you would like for the day that seems out of pattern; you know, you would like peace and flow and to be experienced as beautiful

and watch it come towards you. I want you to get playful with the power of your mind so you're not fearing it and are just harnessing it all the time, that you're not fearing how it comes across or looks or represents, as if you're a person who could be represented or misrepresented, because nobody's watching. Only you. It's a solo show for one. And the elbow room and the getting comfortable and the allowance and the understanding and the clarity of what's true and what's not and what you're responsible for, like Byron Katie says, what's God's business and their business and your business. Your business is pretty small. Your business is responsibility for sight for how you feel, what your experience is. And at any moment you can let yourself off the hook.

And yeah, you're very astute; you're very devoted. So you can just be watching those conflicting beliefs and desires but not letting them interfere. Even the Course says you are not to be not limited, but you're not to be limited by those limits. I'm very much paraphrasing here. I'll put the quote below. But it's amazing. It's like you're not to be without limitations; you're just not to be limited by them. Cuz it's a click into remembering who you are. How could the little story line of little Laura or little Sarah interfere with who you are and your happiness in this moment. It couldn't. Once again, we're using -- it's kind of like Janice's question; we're using the processing or using the devotion to look, to claim responsibility for something that's not who we are either. You can unmute Laura for a sec. I've got my team there to unmute Laura.

Laura: Can you hear me now? Yeah. It's all coming in and I have been doing so much journaling about it, and I can just -- I guess where the frustration enters in is I can see even from the past, that when this body was more acceptable to me, I wasn't truly happy. And I know that changing the body will not get me there. But yet there's this thing that just holds onto it, you know, to the possibility. But I'm still taking in all that you're saying, and the journaling is really helping me a lot as well. Because I did have this very strong belief that I could not be happy or at

peace if I had these outcomes. So I realized that and gave it to spirit. Yes, it's very helpful. It's definitely -- you're definitely a witness to what's been going on in my mind already.

Sarah: Yes. Because even the Course says all of our past except our beauty is gone. It is your job to be beautiful, but the judgment tool that decides what that would look like -- just like Princess Fiona in Shrek, when she has her true love kiss and ends up being an ogre, she's like: okay, surprising. Thought I was going to look like Princess Fiona at the end. We have to come into kind of a sense of humor about this idea of -- if the body is just a communication device and if it's about coming into an experience of finding out your beauty and your innocence and how lovely you are, and that that's all anybody can ever respond to, even with some other sense of other or this sense of self, even looking in a mirror, then the call is to be beautiful now and accept your beauty now, just like accepting forgiveness. It would be to accept it now and not wait for appearances to change or demand that they do. That would be the invite. And it would take away, a bit like Janice was saying, all of the processing that can be going on that is maintaining the sense of safety, so we understand that, but is no longer needed. We could just into safety open to the idea - not even do it - that acceptance of our beauty is our function now, and you know, notice anything else that comes up. Because whatever comes up to that thought, that's the real block, not what we've been looking at over time and space.

And I'll tell you this is the fast track. There's nothing that can hold you back if everything is perfectly conducive to experiencing your beauty and your innocence now. And that's the acceptance that it is conducive and perfect for allowing that to happen, but we've never really fully just put our focus there, because we have felt like it might be a trick. And that's the new invite, just to put your trust there, and that's your development of trust, by trusting and trying something new.

So I join you in the coming into the safety as you do it, and the beginning of it anyway for all of us. Whatever came to mind with Laura's question, that's the invite for all of us, is to simply be living from the attitude of the one that we imagine and the attitude we imagine we'd have when things are the way we think are ideal, how we would be, allowing that now. Seeing that we've put it on the timeline to actually keep it away from us, the experience of innocence and beauty and love and being received because they're all really the same thing.

So that's almost like our homework for the week, for the mind, is to come into that invitation and say, okay, it might bring up a little fear, but that would be the leaning in, like the heart opening, and to be convinced by the spirit that in a highly individualized way of experiencing that things would not be better if they were different. And I encourage you to write it on your wall: Guess what. Things would not be better if they were different! Because it's the turn: lots of elbow room, lots of allowance, allowing the little persona to be how it is, the cranky three year old, whatever it is on the day, saying I'm not beautiful, and listen then to the voice saying: and you are; yet you are.

We've seen those knotted little faces, snotty with rage not wanting to go to bed and everything. And look, they're gorgeous. And that's the perspective that the whole world is looking from when that's the perspective and the attitude in the mind that you take for not just the sense of self that you think you are -- that character self -- but for the whole universe. That's the shift in perception, that's the vision of the spirit, and that's the invitation for this week for all of us, to see how we get on with all of that. And then write to me and share how it's been, or any other questions that are on your heart, and we'll do our weather report for the mind together next week.

So I just want to say thank you very much to all of you for joining today, and to share what's deep on your heart by 9 pm on the Monday night

before the Tuesday at 2 show, so I can receive and the theme can well up. Because working this closely together as a group -- whether you come every week or not -- the same things will be facing all of us.

And I just want to say thank you for what it offers me the opportunity to sink deeper into by us all joining together. And for the team with me who were just amazing today clearing so many blocks to the flow and the presence of the show being shared. So we're all in this together; we're not wrong when we're scared or we hold back. But what we're holding back on is not usually what we imagine. So the spirit is coming at a different angle now to us all, just to invite again, a new way of looking, just another little fresh start again.

So yeah, I just want to say thank you, blessings to you all, and we'll be here again next week. And we're going to get everyone to sign up every week, just so that everyone is set for seats. Lots of love. Thank you from the bottom of my heart. I really loved joining with everyone today. And to my tech team, thank you very much.

END

QUOTE SARAH mentions in the talk

"How can you who are so holy suffer? All your past except its beauty is gone, and **nothing is left but a blessing**. I have saved all your kindnesses and every loving thought you ever had. I have purified them of the errors that hid their light, and kept them for you in their own perfect radiance." *A Course in Miracles* (T-5.IV.8)