

LIVE ACIM - SEASON 1 EPISODE 6 - Aug 10th, 2021 Sarah St. Claire

[0:00 MINS] INTRO - ORIGINAL MUSIC BY CHRIS HOFF

Hello, welcome everybody! Welcome to Live ACIM.

It feels very valuable to be joining in this way together. It just feels very important.

And today we have a very non-compromising show for you, So if you'd like to just sit back, close your eyes, and rest...

[0:22 - 3:53 MINS] PAUSE FOR PRAYER & MEDITATION

The sole purpose for me in doing this show is to be in extension of the clarity, primarily for myself.

I had a feeling to extend that came very suddenly, a show with a satsang type environment with a sinking back into the Answer rather than struggling or striving to find answers to questions.

This is not a passive show; it actually requires there be a desire to be mistaken about the way we see the world. And literally without that, there isn't any call for me to speak to anything.

So all the questions I got this week had no question marks.

They were just statements and requests for my team to do things, which I found really bizarre.

[Laughing]

Can you just sign me up?

Could you just take care of that for me?

And I said; whoa, what point have we come to here in the mind?

[Laughing]

What is this?

What is this irresponsibility for the very small amount that's asked of us for being on Live ACIM, which is to sign up with the same link every week.

And I thought: what is that? That's really bizarre, a refusal to even register and then complain about it.

I thought that was really funny, so I felt like it was important to expose that.

And then, just to understand that nothing is asked of you.

The Spirit doesn't even need you to "Awaken."

This is not like a future journey that we're upon where later something happens in your life. This is just if you're in pain now and you would just like it to end, if you feel a sigh of boredom and you would like that to stop, if you feel an intolerance for just how horrific life on this planet is and you would like to have a completely different experience, that's all this is *for*.

It's not *for* anything else.

It's definitely not for being entertained, although it might be entertaining for all of us to have a good laugh at ourselves as we go along. That's what it's for. [to remember to laugh]

And it can't be misused because it doesn't have a facility by which I feel any onus or obligation to do something like teach or even share, like as if I need to say something to someone, as if anyone needs anything.

So the only thing I'm aware of today that's happening in "the mind" is: *I don't want to!*

[in a whiney voice]

That's the theme in the mind.

Now, I see a lot of nodding there, so we are on the same page.

[in a whiney voice] *I just don't want to.*

That's the theme!

And I'm saying: Great!

- W-pl.76.5. "4 The body's suffering is a mask the mind holds up to hide what really suffers."

All you need do is acknowledge that, though.

Really acknowledge it: *I don't want to!*

Stop pretending that you want to do "it" in this moment when that is not what vibrationally feels true for you.

Just allow the I don't want to.

Just let it ring out there in the echos, so you can even find out what that is, like.

I don't want what?

To be happy?

I don't want to be relieved?

I don't want to be at peace?

You know, let's play it out.

I don't want to...

I don't want to...

Because there's no need here; there's no need here for anything.

There's just a joy in joining with those who have this passion and this Call to Happiness, Now!

You rarely hear me talk about "awakening" being the focus.

We devoted ourselves, all of us, when we joined at the beginning to "present peace" being our goal, and therefore anything that got "presently in the way" of that peace, we were willing to not think it was small and to see our holy mind as precious and worthy of our time and attention to just clear it.

Not the overprocessing which we have gotten very clear on over the last few weeks where we are actually keeping the problem to ourselves trying to undo a little bit of shame before we present it and maybe ask for some help, because there's a hiding still involved, but a real: *I'm sooo sick of this; I don't know what to do with this. I'm just—I'm fed up; I've had enough!*

Until you are there, really it's just this very light looping, [swirls her finger in the air] minimizing pain, suffering; it still keeps going but it's just—you know, you can still watch Netflix on top of it; it's just about manageable.

Or you could say, you know what?

I want something different; I want a different experience.

And I'm not just trying to say the way I feel is not right and should be different.

You are saying I genuinely—I'm not into this anymore.

I can see it doesn't serve me; it's not lighting my heart up.

There's nothing about this I want.

Because I'm also aware that everyone is going through very genuine, profound experiences of isolation, lack of integration even of everything that is being learned here into “one very simple way of being” and that was a lot of our calling in coming together.

But it has to get named and it has to get named [the disquiet] by you in such a way as you can see it's something that you are really invested in, you are sure you are right about it, and you just want to see from one who loves you—you know, and this is the difference—from one who loves you....

And this is the tweak on the Spirit or Jesus, whoever you've been speaking to: be warned; you may not be speaking to the right one yet.

You may still be talking to a version of the ego because if you are not *expecting* there to be a miraculous, Loving Answer, no matter how much it seems like something is your fault or someone else's.

If you don't believe that there is a get out of jail card that has *already* been given to you and that you won't get "shamed" or "attacked" for using it.

Or have if you have been told you are "absconding" on your responsibilities by playing that card—then you have not met the One who has been given to walk with you on this way.

And I want to make that really clear to you today.

The difference is huge!

If you find yourself scurrying around in the day, frantic, trying to get everything done, trying to fit things in, then *you are not with the Spirit*.

- You are not in prayer.
- You are not following Guidance.
- You're not letting The Miracle do the heavy lifting.
- You are just trying to prove you are a blustering human in the world.

Yet there is a grace and a God and an Answer that has been Given long ago in the naming of Who You Are that transcends all of that ridiculousness and just absolves you of it.

It doesn't even condemn; it just chuckles along and whisks you back into the Remembrance of that Love.

But if you don't want to even "pause" in a moment and remember it and you want to keep going in what is "safe" to you. [busyness]

That is okay.

I just think it is *really* important to be clear that that is *not the purpose* of this gathering and this show.

The purpose of this gathering and this show is *exclusively* for those who are sick and tired of the pain and want to come to present peace.

Because after lots of trying, they are pretty sure that they have done their best and that that is *not enough!*

And that they must just be missing something—something very small.

And there is nothing I have ever told you here that you didn't already inherently know deep in your own heart. It is a *bringing of awareness together* that allows it to “safely” tip over into consciousness, rather than being hidden from you.

You cannot accept help if you think it is coming with condemnation.

You won't even understand it to be help; you will see it as interference by the Spirit or God if you don't understand really what help looks like.

Truly helpful: It is to be *relieved* of the idea that *you* are in charge and that *you* have any competency at this level whatsoever. That *you* have any participation at this level whatsoever.

“You” have one choice.

There is one Answer and there is one choice.

So you say: how is that even “a choice” if there is only “one answer?”

It's not even a choice— it just has to “appear as if” it is a choice for you. It is heaven or hell but it has to appear “as if” there is a choice so you can *voluntarily* make it.

Because that's the level at which the Spirit is operating with us.

We have to be convinced that we get to choose between heaven and hell, as if someone in their sane / right mind would choose hell.

And yet, that is what we choose every day.

And if you can come into some humbleness and honesty around that, then this can be really miraculous.

And really fast.

And by fast I mean you can be relieved of massive amounts, whole chunks and swages of ideas about yourself that were just in the way.

And you thought you were healing something, but they were literally just part of the block. [The personae] They were a whole delusion about this "self concept."

And one of them is this idea of: *"I don't want to."*

It is really important to get clear on your "no" and find out what your "no" is too. Because when you start playing it all the way out, you find out if it is really "yours" or not. And that's really where freedom lies.

It says in the bible: let your yeas be yea and your nays be nay.

—That involves who you are, like: *who is the one* who says "no" to that?

If you are saying "no" to things that have been Guided for you.

If you are not following through on those things, then you have no idea what "guidance" means.

You don't even understand what something in form is *for!*

You don't yet understand how it is to serve your holy mind and relieve you of suffering, to relieve you of the belief in sacrifice, to relieve you of the belief in punishment, by putting a singular focus on something that is going to "turn" your mind *towards* God and *towards* a remembrance of yourself in a way that another "activity" would not do.

That is what something being "guided" for you is about.

It is not really that the Spirit is directing us through time and space, it is that the Spirit is offering to work with "our mind" where you experience yourselves to be with what will turn your attention and your focus *towards* where you are really stuck and self sabotaging.

So it just feels really important to just come into the joy and the clarity that—that is all we are here for. And if there isn't anything else, that is wonderful; if there isn't anything on anyone's heart or there isn't anything that anyone really wants to look at, I can just be in the joy with you here.

Yet I've also seen the evidence this week of something else that is happening in the mind. So it felt really important to address it. Because we've been having a very intimate relationship here, all of us. There's been a lot of integrity, a lot of depth of sharing, a lot of depth of Answer which it turned out was for everyone, and I think everyone can agree has been kind of a remarkable thing for not really emphasizing "who" the questioner is; we really have all gotten to receive the Answer.

It has been an undoing of this personal responsibility, "as if" I am personally living a life that I am in charge of.

To me, the funniest thing is when someone says to me, they say: you know, I just really don't know if I'll awaken in this lifetime.

I'm looking at them going: Okay—people don't awaken...

What they are really saying to me is: I'm going to carry on "trying" to have as much fun as I can, even though it is really suffering, which is why I called you in the first place.

I realized it was just suffering. And yet I'm going to continue on in this painful way without the Spirit's support—that is what they are really saying.

Our goal is present peace.

There isn't anything else.

There is no future thought; there is no future!

It's present happiness or *none*.

And so if there isn't a focus on that "Being", having a Companion with you in your mind at all times who just wants to allow you to access all that even at this level of reality seems to be possible for a happy dream for you, then who are you with?

You are with the ego.

It is going to be the same old, same old avoidance, running, running, running awry.

I would say to anyone who has ever had that thought, then come back a moment; it doesn't matter what plans are in place. By all means, embrace them and go with them.

But take the Spirit, please; take the Spirit with you.

Bring the Spirit with you, even on the thing *you think you need* to do that is different from what came before, what was Guided or what you believe was restrictive?

Bring the Spirit with you!

Watch; it is just on a loop.

It is just going to keep playing out on a loop.

Loops don't stop by you stopping the behavior; loops end by you allowing it to fully play out in innocence while watching with the Spirit.

And that is the only support that your mighty companions can be for you, is in that voluntary "watching."

That is the difference between friendships, which support loops, and mighty companions who go: you know, I think I heard you say this before? And it didn't work out great for you then either. I'm not so sure. Would you like to pray about that?

That's what it is. It is not about supervising each other. It is about like having a wing mirror; about having a mighty companion who's got your back, who cares what's unfolding for you and will say—even at threat to the relationship (because this is what a friend would never do)—say what might be slightly awkward, challenging or difficult to hear, because the defense is so high.

Now, there is a limit to which you can invite that, and then if it is not picked up in that moment there will be many more opportunities for it to be picked up.

I would just say take it now, though. I would just say take that opportunity now. Because again, forget this idea of being on a “spiritual path” and “awakening” and everything.

Really it is about having pristine access *without all the mesmerism* to the joy, peace and happiness that is your birthright now!

That is the focus, so your day can be more epic, more shiny.
It is that simple.

And anytime we get into anything else, it gets complicated and it gets diluted and then it gets morose and boring and then we are just wondering: what’s new on HBO?

So that’s not the direction.

You know, I really feel like we have done that, right?
Everyone has had a year and a half of lockdown, right, that’s enough!

[20:44 MINS] SHIFT TO SPEAKING ABOUT THE MOVIE “PIG” (2022)

So I would like to talk about a movie I saw this week because apparently I’m to talk about it; I’ll find out what comes out of my mouth, same as you, same speed.

It is called Pig, P I G, and it is a story of Forgiveness. One truffle hunter’s search for his pig who has been stolen from him. But really it is a chance to go back and face all the things he ran away from earlier in his life and allow the judgments that he has held against himself to land through various characters who are seemingly “against him” without defense.

And what is wonderful is the lead character is played by Nicholas Cage, so you are always expecting it to turn into a gun-toting-retribution-fest as you watch the film.

And yet of all the movies in the last year, it has great presence, incredible intimacy and a devotion to the present moment that every time there is something difficult—he gives *more*.

I could cry, because Chris and I were just silent after watching it.

It is this feeling of Christ walking in the world as a pig truffle hunter, [laughs] Nicholas Cage, and it is just a real demonstration of really what we are about here and what we are doing.

It is a brand new movie and if you get to see it, I hope you enjoy it, because it is like a refresher of—it is not about things going right or turning out a certain way—it is about taking the hits!

[22:41 MINS] SHIFT TO - TAKING THE HITS LIKE NEO & SIDDHARTHA

So that is not something people talk about much in spirituality—taking the hits.

And I'm aware of that for myself, not being aware that I was *supposed* to take the hits really held me back for quite a long time—so I'm going to talk about that now.

When I say "taking the hits" think of *The Matrix* and you are looking at Keanu Reeves and he's standing out there, he's dodging bullets, and he's become efficient and highly skilled and he's bending and it's all woo-hoo, and everything.

Morpheus says to him, he says: when you “know” you are the One, *you won’t have to dodge bullets*; you won’t have to “dodge” bullets.

And so short term, it appears like you are willing to take hits; short term there isn’t an evasive maneuver that you are taking anymore to avoid the incoming guilt and shame and fingerpointing, whether it is yours or other people’s fingers that are coming towards you.

You are willing to take the hit and feel it—like take a shot of that shame, take a shot of that guilt by facing it, by really feeling it, allowing for it.

Because really it is only the intensity of those sensations that you are facing. [You are not agreeing to the guilt or shame.] Small shots of guilt and shame that have you have been running and trying to be even a “superhero” by avoiding them.

So it is really valuable if you can come into a space where you go: okay, i’m just going to take the hit; I am going to stand there and let them say the thing that is just so *deplorable* about me that I would just *hate* anyone to think, never mind even say out loud, especially this person who I’ve loved. And now they’re going to say this thing about me and I’m just going to stand there and I’m just going to receive it. I’m going to receive that it’s like a ricocheting bullet that has been going through time and space for millennium. And instead of running and letting it continue to ricochet, I’m going to let it hit me, and I’m going to “taste that bullet” (feel the sensations of shame I’ve been avoiding) for a moment to see if there is really *anything* to be afraid of!

Because the minute you start taking those shots of guilt and shame and allowing the sensations and the feelings [without reinforcing any truth in them] they evaporate really quickly.

You will be going: Oh, okay. Was that all it was? I've been running for years to not feel that? I think it lasted two minutes!

In fact, [Tara Birch says] they have proven that you don't feel *any sensation* for more than two minutes unless you reactivate the motivation for why you thought you were feeling that in the first place, emotionally.

So you take the hit, and you start to discover it's not even a hit.
It's just a sensation.

There is no injury, there is no harm to yourself; there is no causation in form.

It is just getting in touch with how you *already sharply feel about yourself* that you are keeping sublimated in such a way that it *seems* to be playing out exterior in your life and attacking you in more outward, obvious, malicious ways—even, you know, untoward ways.

The more you take the hits like that, you just stand there and you are just like: hit me with your best shot!

Go on, Spirit, bring it on.

It is not the Spirit that is “doing it”; it's the ego.

Yet when you don't flinch and you don't move away and you can go: Ow!

It doesn't mean you don't express how it feels like: Ooh, that hurts!
You have to be very authentic.

Let's just stop avoiding it; let's face it.

Let's stop avoiding and fixing and maneuvering or out-maneuvering or out-wrangling or whatever. It's been going on for a millennium.

I call it falling on the grenade.

Imagine there are ten people in a circle and someone takes a pin out of a grenade and they are tossing it around [blame] and everyone is trying to get rid of it before it goes off.

Well, with the Truth of Who You Are in your awareness, you can just fall on that grenade; you can just take it back in. [the projection the blame] You can stop the game.

Because what happens is it actually never goes off. It is your willingness to fall on that grenade to take that hit; it's like being under the bodhi tree for creating a buddha, because there is nothing going to come. It is lotus petals that are flows instead of the slings and arrows that seem to be attacking. [story of Siddhartha's Enlightenment]

In the not moving from under the tree, the attack turns into lotus petals as they fall and touch. Because it's a decision you must make.

Last week we spoke a lot about means, how you can't *mean* "I want the peace of God" unless...

And this is an extension of that. You can't *mean* you "want the peace of God" because you are still outrunning this ricocheting bullet; you are still outrunning this guilt and shame in various even "spiritual" ways.

We have been addressing a lot of those defenses over the last few weeks.

The invitation now is: let's just stop it; just "stop it"—literally.
Let's just stop that running and find out what happens.

I'm aware of everyone here's living situation—that it is comfortable enough to facilitate this “pause.” There is enough time in the day to allow 15 minutes around something like an upset “to take the hit” to sit there to allow the two minutes of intensity and then let it to wane off and find out the world didn't end.

Every time you're willing to do that, its power over you goes, because you are the one *giving* it the power, by running away.

It just wanes off and wanes off, and suddenly you don't even remember to worry about things because you are not running away from *any things*, nor are you running *to* anything.

There is no “grabbing” or “hoping” you can get what you *need* from the next relationship or the next person, or the next assignment, or the next place.

There is a contentment that can come in.

It's almost like it's already there but it can seep back up in awareness, like pink contentment. Ease, relaxation. And all it takes is: *I need do nothing*.

So little is asked.

It is: *I need do nothing*.

I just need *not run away* when it comes.

And yes, it is nice if you have a mighty companion that can sit with you, especially if it's brought up a lot of fear and has massive associations of high anxiety with it for you.

But you can see this coming.

And even if you can phone up pretty soon after you have gotten what I call “a fright” and talk it through then once you are as we say: you are comforted first by the Spirit, and relaxed back down.

Then you don't have to learn through the dramas; you can notice the slightest time that, that fright comes up.

And if you spent your day just noticing when you get a little clench or anything, even a little bit. If you spent your time just being aware of that—feeling it, allowing it, and relaxing back down. It is really just a mechanism from this...

[indicating an opening and clenching fist getting softer]

...and it gets slower and then it doesn't really clench, until it is really soft.

[30:37 MINS] SULKING, ROLES & THE PERCEPTUAL PROBLEM

Okay. So what are the mechanisms for being able to look at that?

Well, one is you cannot undo an entire “self concept” if you have never *really* looked at it. And what do I mean by “undo” an entire self concept?

[allow it to be revealed as not you—undone by the Spirit.]

If you don't understand your *devotion* to “the role” you are playing and *why* you don't want to let it go, then you cannot understand the “I don't want to” when it comes up.

There is a fear of letting ourselves down; there is a fear of letting the side down, there is a fear of letting the family down, there is a fear of letting the community down, the country down, the world down.

Whatever it is—it doesn't matter how “wide” your self concept is; it really just matters that you become aware of “the role” you have been playing and “the fixes” within that, that maintain it.

Now, that is a pretty light sketch; this isn't about saying oh, I've got this pattern, that pattern, these problems, and these difficulties.

It is as simple as: what is “the role” I've been playing?

Because anytime you are being asked to “expand” and there is a “contraction” feeling in you.

When a fear or resistance or terror of coming “to join” with those that you have loved before arises—because there's so many memories of the past in “coming together” again, that it just feels really terrifying—what you need to be aware of is that it is maintaining “the role” that's causing you the suffering.

When you genuinely see you have no interest [investment in maintaining the self concept it upholds] in “a role” then it will also no longer cause you suffering.

And like we said last week, you cannot heal your original hurts with your “ego given” relationships, which are friends and family from childhood. You cannot heal those through those relationships while you are still invested in “the role.”

A Course in Miracles is a pathway of relationship, meaning that you are to open up to “new assignments” that will allow you to experience yourself differently and

go through small parts of those different things (conflicts or compromises) that were occurring within those original relationships.

You see, those origin “roles” are too perfectly matched to be used for healing because they are too close. There isn’t any “interpersonal healing” anyway but you can’t even begin to use them relaxingly in your mind because the attachment is so intense.

So those are just a few of the ways in which if you really want to come into a vibrant, alive experience of being lit and living every day—those are the very light things to watch—the role, use the role and the attachment to it.

The self concept “roles” will always be belabored with beliefs around “I’m needed”, “it is important” and “people depend on me.”

It is never going to be true.

I think when people get diagnoses that seem to more imminently bring to awareness the seeming destructibility of the body, then a lot of what they are facing is the *need* to relinquish “a role” which is *obviously* not going to be “needed” if the body suddenly disappears.

The role disappears.

And everyone gets on just fine without “it” being played *by* “you.”

[laughs]

It can be demoralizing when you first look at that, or it can be incredibly freeing!

It is like: nobody needs me? [wow]

It’s not true that anybody *needs* me?

The whole world would carry on if “I” wasn’t here?

This kind of humbling and this kind of awareness can bring you really, really cleanly face to face with “what is *for* you” in a day. Because it will keep your focus honed on what *is essential* for remembering that peace and that happiness. [instead of maintaining the role / self concept]

- W-pl.76.5. “These are not laws, but madness. 2 The body is endangered by the mind that hurts itself. 3 The body suffers just in order that the mind will fail to see it is the victim of itself. 4 The body's suffering is a mask the mind holds up to hide what really suffers. 5 It would not understand it is its own enemy; that it attacks itself and wants to die. 6 It is from this your "laws" would save the body. 7 It is for this you think you are a body.”

[34:52 MINS] PAUSE FOR CHECK IN, REFLECTION AND SELF INQUIRY

Let's take a pause for a moment and let all of that set and settle in and sit with us for a moment, just to see is there “any outrage” that comes up that really wants to *break through*.

And we have had beautiful reflections of people who have gone very deep with what we've been sharing here and have broken through.

They've wrenched their elbows [gestures a breaking free movement] through the life they were living and said: no more!

And the blessings of the Spirit have been upon them and they have been cuddled back into that it is all about being in the Love.

So what we are really addressing today is the: I don't want to!

With one last check in: are you sure that “i” is you?

That’s all this is really about today, just a little check in: *are you sure* it is you?

- W-pl.76.5. “These are not laws, but madness ... 4 The body's suffering is a mask the mind holds up to hide what really suffers. 5 It would not understand it is its own enemy; that it attacks itself and wants to die. 6 It is from this your "laws" would save the body. 7 It is for this you think you are a body.”

Because even sulking is *much better* than “trying” to listen to the Spirit when you just don't want to.

Just sulk and let yourself fully embrace the emotion that you’re having.

And see where it’s coming from.

You know, there’s an honoring really of every emotion; nothing is wrong or untoward or should be held back.

Yet if there is a “no” in your mind, you want to find out is it something genuine that you need to bring to the Spirit where the Spirit can then tweak things to move you forward? Or is it an alien will to which you are listening which does not have your highest interest at heart?

Let’s take a quiet moment to tune in.

Is there any growing outrage over something that seems tiny and petty?

Tiny; I don’t care how tiny.

Close your eyes and give yourself a moment, because I’ll feel it and I’ll be able to speak to it.

There's no way we could all be sitting here together if there wasn't a call in the heart.

And if it has to come through one who can articulate the frustration they are feeling in this moment and how "wrong" they want to be about what they are seeing, then I'll take that one to access for all of us the inertia that is coming on top.

Okay?

You see this happens when we go deep pretty quick.

An inertia will come.

Attention starts to peel off and then the mind has nowhere to go.

It kind of bounces back here like a baby in a stroller. [passive being wheeled around]

There isn't a need for something dynamic to be happening all the time, but I can still feel the call and I can feel the heart wrenching behind the "I don't want to."

Because that is like watching a small, tortured child who has been taken off the streets of India and is now in a rich, western home—not that that is better or something, but is being well taken care of in form and yet it is still hunting around trying to make things happen, scurrying, hiding things, doing it "on its own" completely unaware that there is this big love present and this kindness and this understanding.

I think we rely too much on *our own* understanding.

There is this massive "understanding of us" and exactly intimately what we are

facing that wants to be shown without shame *why* we are suffering and not happy.

And it just wants to “tweak it”—if *we* want.

Only if you want.

There is no force here.

So I’ll just take whoever has their hand up.

There’s Dennis.

You can leave me on and you can put Dennis on too.

So whatever the heart of it is, Dennis, you just give me the heart.

Guys, you have to use physical hands; we don’t do hands electronic, so I’ll only take hands that come up physically.

Which you guys all know. Again, this is part of the passivity that’s happening in the mind here, and I just need to call everyone to attention and awake.

- Dennis: Hi.

Sarah: Dennis and Kathy are in transition, on the road and in the moment, so they are living “live” to whatever is happening for them. Go!

- Dennis: Well, it has been a long period of time of one thing after another after another of things happening, and I’ll just give a few examples, like three examples out of so many.

[Sarah interrupts]

Sarah: Dennis, just tell me what is on your heart. What are you sick of?

- Dennis: I'm sick of this *shit* happening all of the time!

[laughs]

Sarah: Okay!

- Dennis: It feels like it is “coming at me” through all these different events.

Sarah: Right. What is it saying? What is the communication? Look at it overall, as if you read braille and someone handed you this and said it is just a communication in a movie.

What is the communication?

It doesn't matter whether it is true or not, what is it saying “to you”?

- Dennis: Ok. Well, it's like—it's like the flow keeps getting interrupted, even though I'm able to move through it. It keeps getting interrupted with these different events, and they are telling me that this is a period of unsettling and I have to go through all this stuff in order for me to be capable of letting it go and get better at practicing letting Spirit happen instead of ego.

Sarah: Okay. So “your” aims currently feel *frustrated* and everything is kind of stopping the flow of the movement that “you thought” was going to unfold; would that be fair?

- Dennis: Yes.

Sarah: Okay. Well, what is *really* annoying about that?

Tell me what is really annoying “you” about it?

Sometimes we could be afraid that it “says something about us” that is so scary that it is even hard to bring to awareness you see.

- Dennis: It has been there all my life, which is that “I’m a fuckup”, “I’m a screw up”, “I can’t do anything right” and “I don’t trust myself to have the discernment.” Yeah. I guess that’s it.

Sarah: And what is it that you think you have “personally done wrong” in this case? Name one item, anything.

- Dennis: Well, yesterday it happened where I was answering an email and the email said: from Paypal and somebody had charged something and it wasn’t me. It was obvious to me it wasn’t me.

And I clicked on it. Somebody came on and they were trying to supposedly help me but I was getting suspicious pretty early on, and sure enough it was somebody, some criminal group because I could hear a bunch of voices in the background.

And they were just trying to get all the information they could out of me, distracting me with filling out a form when the screen just had a couple of words on it. And behind the screen was—my cursor was moving all over the place and it wasn’t me doing that. So they were controlling it; they were taking control.

And I didn’t know what the hell they were doing but I decided to say—I started to test them in terms of: is this really Paypal. And I went way too far in testing them —too trusting in the midst of it. And that is where I blame

myself because I tend to be *too* trusting and *too* afraid to confront, even though I've been that way in the past, *really, really confrontative and aggressively so*.

I guess there is a *trying* in there of "not being so aggressive or pushy or confrontative."

Sarah: Well, what do you want right now?

- Dennis: Even in the midst of that, you know; it's like what the hell?

Sarah: No, no, this is a really good example. Everybody is with you right now. This is a really good example. Everybody's with you, okay? This is not your story and it's definitely not about Paypal, so it is definitely not about doing right or wrong by something.

There is a very clear theme here; it's going to be reiterated with the next person who puts their hand up, and we might answer them as a conglomerate; we'll just see.

Tell me, if I was your fairy godmother and I could ding you and give you anything you wanted right now, what would it be?

- Dennis: Peace.

Sarah: Okay.

- Dennis: Happiness, joy, peace.

Sarah: Okay. And if I could give you something in form, what do you think it would be that would make that peace and happiness appear?

- Dennis: In form. I guess it would be meeting people who were in the situation where they were really genuine about practicing the Course, and I would be around that.

Sarah: That are really ready to go ding?

Are you all ready with your hands up so we can ding everything for Dennis here?

Okay, good; sounds good. Okay. Well, exactly. So I like that the one thing you would like is my one desire today too.

- Dennis: Is your what?

Sarah: Is my one desire today too. I like that your one desire in this moment is the desire I have for this show in this moment too, so we are joined in that.

The joint desire is the only thing that matters.

There will always be mistakes. There will always be ideas of what part of the mistake was the real mistake: the starting of the thing, the ending of the thing, the not being strong in the middle of the thing. But it's not going to tell you anything, The thing was unfolding; you did your best. It's not going to tell you anything about yourself, except that there is a belief that it's up to you.

There is a belief that it's up to you, Dennis, and you have to somehow make it happen or you could do something that could make it not happen and that it could be your fault. There's still a belief.

- Dennis: That really resonates. Because a big part of this journey is developing trust and learning to just like say: Okay. I'm going to trust this is all going to be fine and it's going to work out. And there was that genuine trust that was in the middle of what happened.

Sarah: Yes.

- Dennis: And it was there and I learned it. But recently it's kind of faded in the background and I've been taking more control.

Sarah: That's okay because, you see, that is what happens. When it *seems* to not go according to how we would have *imagined* it looking like it was "trustworthy" would go, we put the brakes on, and that's alright.

So I don't want you to do anything different in form. I want you to consider that everything's going perfectly right now and that the invitation for all of us here is to hear the common theme that is going to come out of everyone's mouth that—the intervening, that there was a need to jump in and make it happen, that it wasn't happening quickly enough, that it should have happened slower, that it should have happened more directly. If I had changed my mind better, would it have turned out differently?

And really, the only shift of mind that you can have is that you are no longer in that "stewardship role."

The two of you are such good stewards of the Spirit and your trust is warranted, that it is okay if it *looks* like it goes one way or the other; it is not supposed to be a perfect line.

The trust is, though, that if there is something helpful to hear, "you will hear it" and then you just follow the Spirit, rather than trying to even "fix the situation."

You just show up to the next helpful thing to do. So that is wonderful. We are going to address it in the round, Dennis.

Stick with what you just discovered there; listen to the truth of the nodding faces and mine when I say to you: yeah, it is not “your role” anymore.

Your job now, you and Kathy, is to be taken on home, literally, and to have an experience of relief of all of the devotion and the trying and the efforting and the giving over the years, you know, as people, as we have all “given” but really giving— giving your heart, how little now is going to be needed; it is going to be like a coasting by comparison, all right?

And I just want you to know it’s going to be safe.

That is all I can share for now. It is safe to do that.

Don’t worry, miracles come in very unexpected ways, so we are going to start watching those come while taking that quick “shot of guilt and shame” around the belief that you could mess it up, it could be your fault or your responsibility.

You are the watcher of this. And also if you get an inspiration or an aliveness and you want to do something, that is also something that will come through you from the Spirit. And if nothing is happening, then it is a trust thing.

But whatever will allow you to feel happy in your day—and you guys came on here.

So this is a witness to the calling, to have those around you who want the vibrancy too.

So here it might look *virtual*, but we are together.
So we're going to go on to the next question.

Thank you so much, Dennis.
Thank you so much, Kathy.

Because we are with you on that journey and as time goes on, we will be able to come back around and bring it in together.

So hands up again and I'll see who I'll go to next for what it is.
I feel it is Janice McNamara next.
So we are just going to unmute Janice.
How about now, Janice?

- Janice: Okay. So I have been writing a book since 2016, and it —usually it's guided. I'm getting frustrated because I'm 120 pages and done with the text and just revising it at this point. But it *feels* like "I can't do it right."

I have to keep going back and checking; I'm putting, you know, the same story in two different places, and it is getting overwhelming. I'm feeling overwhelmed that I can't do it, and it feels like I'm back in school; I can't do it.

Sarah: What's it called?

- Janice: The book?

Sarah: Yes.

- Janice: “Turn to Me”

[Laughter]

- Janice: I know. I mean, some days, I will sail through the day and it feels like everything is given and guided, and then the next minute I’m in this trying to do it *myself*, trying to be the person, “the person doing it.”

Sarah: Is that what’s making you angry?

- Janice: Yes, it’s frustrating because I don’t know why it is so inconsistent?

Sarah: Well, if “you” are *trying* to be “the person” doing it, that will be why it is inconsistent.

- Janice: Yes.

Sarah: So are you willing to just let “the Spirit” do it?

- Janice: Well, yes. Since 2016, yes—what happens is months will go by before I’m guided back to it, or add a particular chapter. Now I’m at the point where it is done and just being revised. But I look at parts of it and go: what were you thinking? It doesn’t even make sense.

Sarah: Well, the second part isn’t going to be something “you can do” on your own, you see. The second part will be exposing it to a third party with the Spirit with the same purpose. You can’t do that “part.” “You” can’t do that.

That is the only way you can really find out that you are letting the Spirit *finish* the book, is to do that, is to make it an assignment with someone else. That is the only way you can do it. And not someone you know very well; I would say

someone objective, someone who is a mighty companion but doesn't know your story at all.

What I'm hearing then *the anger* is like: "I don't want to" do it the Spirit's way because the Spirit's way would have you continue to live where you are, not be living near grandchildren, would have you continue to be available to open up to your calling.

The question is: what would you say is the primary thing you teach in the book? Remember "To teach is to demonstrate" it doesn't mean you are "teaching" other people. What you would say is the primary teaching *of* the book?

- Janice: It is handing things over, allowing things to just be, sitting in silence to really hear Spirit. And that gets repeated throughout.

Sarah: Until you do it for yourself as a "living experience" you won't be able to finish this book—because there will be no *need*. Because the one who is going to finish the book does not exist yet.

- Janice: The one who finishes the book doesn't exist.

Sarah: Yes. It's like when you are five, you might have a presumption you will go to college, but you are not going *now*.

- Janice: Right.

Sarah: You don't have the capacity to go yet. You don't have the capacity until you have lived out everything that you were "optimistically" saying you think is "ideal" in the book.

Until it has become your living reality, it can't be completed. It has to be a living vibrational extension of every moment of your waking life.

And so, it is kind of exciting.

And just so you understand, this is the most common kind of thing of everyone writing anything that looks like a book. This is the most common thing, that there is a lived part that is missing, that the book has to be put to one side, the living of it has to occur, and then then there is a coming back and it is a totally different sharing from the miracle, which is a completely different organizing system on the entire book.

So it's very exciting.

So basically the bottom line is you are frustrated because you are sitting there trying to do things according to how you wrote them at a level—for want of a better word—less open than you are now.

It's not going to work. You actually need to move from where you are now into an entirely bigger, more open, deeper calling, exterior—you are being called out into the world, Janice.

You are being called out to go and Answer your Calling and be vibrationally with people whom you are to answer your calling with, in a living, vibrational experience, and then you will come back and you can finish that book in “a night” sometime.

Because the organizing principle of “the miracle” will be your living reality.

And that is what is so exciting; that is the only reason Spirit gave you this book, was to first walk through the steps as an ideal and then find the living, vibrational truth of it for yourself, because that's all you can really extend.

Think of it like a polyglot—not a polyglot—that's someone who speaks lots of languages!

Think of it like an inkblot test. (Rorschach Psychological Test)

Words don't convey meaning; the little squiggles do not convey meaning.

It is what you have “put in” that *everyone* will receive.

And there are so many that would love to receive it *exactly* like you have shared it, and especially coming from the the holistic background and the medical background which you come from, which makes it very reliable and acceptable to so many more people.

There is a whole swage of those—think of it like a pie; there is a whole pie—extending out like a never ending pie and you are at the little pinpoint here [sarah gestures the apex of a tri-angle] of people who are to hear the message *exactly* like you share it.

There is only one caveat: you *must* be in full living vibration of it in the moment that you hit “Publish.”

- Janice: Mmm

Sarah: So that is it. Everything is perfect: put the book down. No wonder you are getting angry. And it's time to embrace going out and living!

- Janice: I'm used to doing that. I'm used to putting it down.

Sarah: Not the way I am talking about it.

- Janice: Permanently put it down, until...

Sarah: There is no until. You are not *living it*. You have to live the principles that you are talking about in the book. You have to be living it as a vibrational, exciting, enthralling assignment.

By next week we should be hearing the "life adventures of Janice" weekly!

I mean, just in case you think that is not true, you can talk to Dennis and Kathy after they had a talk with me when I told them the way their life was about to go, adventures all over the country.

So it is different; it is *not* what you think. But all you can do is "I don't want" to because you think what you are supposed to do is this book.

If you have the feeling "I don't want to" then you have misunderstood what you have been asked to do.

- Janice: So I feel like there are a lot of parts of the book—because it's about my mother and I and how we were on different paths but came to the same place we're in right now, I'm in right now. So I feel like that's already past and that's done and that went very easy. You're right, it went very easy to write that piece. Because that piece had already been "lived."

Sarah: Let's just go back to the fact that there is anger. And you are writing a book about coming to God for peace.

- Janice: And there is anger.

Sarah: And frustration and even a resentment that the book is not finished or "should be" completed, or that it is not what "you" thought. Because that is what a holy relationship is and you're having a "holy relationship" with the book.

A holy relationship, nobody understood what that was when they said "yes" to it. They are usually appalled; they are like: no!

No, I would never have signed up for that—yeah, it is not for me; I don't think so.

Because it's confronting. It is hard for words that you seem to have controlled and written to confront you.

Helen tried really hard. She even tried to control Jesus' words, and He had to interrupt her and go: what I said was...

Can you *feel* the hold back when I talk about it being a living experience for you?

Can you hear the "I don't want to?"

- Janice: No, I get that piece. I get that piece.

Sarah: Tell us about it, though, because that is all we are talking about.

- Janice: The feeling I had writing it once I'd passed—once I understood what the purpose of the relationship with my mother was, and that piece is sort of done in the writing. I don't know if it's done, done or if there's

another layer. But I see how easily that came in, because vibrationally it had already happened. Is that what you mean?

Sarah: I don't hear anything about anger being expressed right now and frustration and resentment against yourself about this book, against the Spirit. There is a hold.

Remember, Janice, don't think of it just in terms of "your story" think of it in terms of *everything* being expressed here and everything we have talked about over the past few weeks—"the mind" is awakening!

You think you are playing this "character" Janice, but it is really limiting your ability to *hear* where the happiness will come from *for* "you" in your mind.

Janice has become like a tight jar where everything is being shut down into—so small.

And the Spirit is describing an expansion and extension that you, "the mind" has the capacity to allow, simply *allow*.

"If" you unscrew that jar and *allow* all the resentments, anger and frustrations out that are holding back the energy. And you know when the readiness comes to *really* want to do that, *everything* will just change in a millisecond, and I mean a millisecond.

- Janice: Yeah

So just sit with that as we keep going.

Remember, that is what you are watching for the, "I don't want to."

Because you see, the mesmerism—and this is why we have generally not had our names attached to the stories—is so that we can move beyond it being *our* “story.”

We are still talking about a pig truffle hunter here.

We are unlocking the mind.

So just sit with the anger and resentment and why we would be so complacent with that in our lives, when it is a Call-up. It is the passion energy that just wants to shoot off and be vibrant in extension and excitement every day.

Book, no book, It doesn't care. It is happiness.

So sit with that as we keep going.

- Janice B: Yes.

Sarah: So I only want someone to put their hands up if they are *really* ready to go!

If they have got the—I'm looking for the frustration, the held back sense that “I've been keeping myself down”—ready to go!

Janice Bowie.

- Janice B: Okay, can you hear me?

Sarah: Yes! Finally... Shoot.

- Janice B: You were talking about Janice, but I was feeling that screw just going more and more. I would say mornings, I wake up with Spirit, my

dreams are of Spirit; I have maybe two or three hours in the morning of absolute connection and then ... and then I go into the rest of the day which is absolute almost fighting or... I literally lay down on the ground and do nothing.

But I do that and—I just—yeah, it's prayer, I'm in prayer.

Sarah: Okay. Tell me what is you wanted to do, Janice? Because I can hear that that is a thwarted prayer; that is not real prayer.

- Janice B: And that's probably it .. purpose and means ah, ah...

Sarah: If you couldn't' upset anyone, if nobody could be distressed by what you did, if you had unlimited resources and you could be in full extension, just tell me what it would look like in this moment.

- Janice B: Yeah, I would fly! [Laughs]
I would be flying. I would unlock or let go of all of those roles.

Sarah: Name them.

- Janice B: All of them, gone.

Sarah: Name them.

- Janice B: Motherhood, wife, aging parents, retirement [laughs] I'm retired. Yeah, I just...

Sarah: Are you ready?

- Janice B: Yeah, I'm ready, but ... yeah.

Sarah: What was the but?

- Janice B: Yeah, I saw the but come right up because honestly, I've got this push; it's like this [gesturing a big shoving movement] going all the time.

Sarah: Yes, it's excruciating.

- Janice B: It *is* excruciating.

Sarah: Just tell me the but; what is the but?

There is no judgment here.

- Janice B: Yeah, it ... ah it's what will happen "if"... like I... [laughs]

Sarah: For example?

[Janice goes blank]

Sarah: So if you get knocked down by a bus tomorrow, what will happen?

Janice?

- Janice B: I will ... yeah. [relief]

Sarah: No, to this "idea" of this responsibility, what happens to all of that?

Somebody else takes care of it, right?

- Janice B: Exactly. [shaking her head "no"]

Sarah: Is it true? Do you believe me, even, when I say that?

- Janice B: Yeah. You know what, it is coming to honesty. It is honestly talking to all my family. I literally am ... I live a different life, a completely separate life from them ... my mornings with Spirit and then being with everything else. So I haven't been able to ... That's where I need to go. I need to be so honest with *everyone* about what I am, who I am and what I want.

Sarah: You know, the gentle thing is that first it's only you with us, who love you and don't have any worries about you letting us down.

So it's only "you" though.

I know it seems multiple, but that's the hall of mirrors.

It really is just you.

Because you would have to make them monsters to think that they would keep you in those positions, being so distraught. I doubt that is true.

- Janice B: It is—yeah, a hundred percent. Because there is a part of me that *knows* that absolutely. It just this back into a terrifying ... it's like ... the terror ... the terror.

Sarah: That is the block.

If you've put it on: I have to tell them all first.

That is the block.

You don't.

You will say: I'm off. I'm going camping for three weeks, or something.

You don't ... you see, people say: I'm ready, I'm ready, I'm ready, I'm ready; I'm gonna burst, gonna burst.

Of course, but first, I will just have to do all these things in a row.

Why?

Who said that?

And that is all you need to question, “the list.”

- Janice B: Okay. It is like the list is being made for me, but that is not true.

Sarah: Not if Janice gets knocked down by a bus tomorrow, no.

It is pretty freeing.

I worked in an oncology department. I used to say to people: see you tomorrow.

And they said: Ah well, we’ll see.

And I said: well, I’ll see too; I could get knocked down by a bus. Bye.

Really, really—reality check.

We all only have “this moment” and “this moment” is all we need to see the tightness of it. [the story of the role]

And I really appreciate, Janice, your willingness to feel and take that draft of the guilt and the shame.

You are epitomizing exactly what I can feel is happening in the mind and this excruciating—and everyone understands that word because they are living through it—that excruciating feeling of “I just can’t do it.” [I don’t want to]

I can’t see a way through it or past it. [the blame and shame]

It is just a tiny presumption that needs a tweak in the mind.

There is very little there holding you back.

You have all the juice.

There is no compromise with the Spirit. What does that mean?

Well, why would the Spirit have you go around letting tons of people down, wrecking people's lives?

Does that really sound like [laughs] the Spirit's plan when the Spirit's plan is for everybody?

So you see, that is all that needs to be questioned. It is "Janice's plan" [who you are not] that would do that and that is why "Janice" can't accept "her calling" because it is either "save Janice" and "hurt everyone else" or "save everyone else" and "hurt Janice" ... That is not a choice. That is not a choice of Love that "serves" everyone.

That is a "personal" perspective, not Guidance.

Getting clear that that's the way we set it up, even though it is not true, that is really, really helpful.

And there is a way in which the Spirit can unwind you from this "peak moment" that is being crucified by guilt.

And it's the tiniest tweak; it's more like someone just touching your skin—it is called *myofascial release* and the muscles all gently relaxing; instead of needing a big massage. It is just a little gentle touch.

It is like: Oh, Holy Child, you are distraught. You are *trying*.

What we need to simplify in our lives every day is the *honesty* of exposing—exactly like you did, how you feel—and then say: what is helpful in this moment? What can I do in this moment? What would serve now, just now?

These big plans of revolutionizing our life and everything, they are great if that is the moment that is given for it.

But they will be given as easy as being told to go for a hike in the mountains. They will be as easy as making sure someone is there to give the meds at that time and it's not you.

In the end, it has to be that you see that it is just a trick in the mind.

And once you have seen it, you can never unsee it.

It all just starts to dissolve really quickly and the relief can come in.

So you are at that crescendo for all of us—which I'd like all of us to send a blessing to Janice in gratitude for demonstrating the crescendo of what that may be duller in your own life—of the absolute frustration between “two options that both *seem* to be Love.

That's a trauma; that is the definition of a trauma.

“Two choices that both seem to be love.”

So that is not the Way.

It also means we are not looking with the right one.

So we must first get comforted: there is a plan, it is all in place.

Sure, you can take as much time as you want but there is a limit to how much pain and suffering you will be able to stand.

Then God and the bungee cord just starts to snap back.

You are at the point where you can jump or be pushed.

It is much easier to jump.

Now, what I'm talking about means *honorably* disengaging from things rather than having to be in a car crash and become disabled and sit there not being able to do the same things and also now *not* obviously being able to move forward on answering your Calling.

It is the same healing; it is just more challenging if you don't experience it as *voluntary*.

It is just whatever way you are willing to do it.

I like to jump [when Guided] not be pushed, so when I see it coming, it is like: okay, just show me the jump point here; I'll just get ready to do the jump. Because I trust the Spirit.

So that is all you are facing. You want to do each next indicated thing. And I have so many experiences with all my mighty companions of the miracles that occur for them.

The moment they rang to say: I don't want to be the person who is the custodian of my adult brother. I don't want to be the person who is your executor on your will.

And all these miracles that would occur immediately where other people said: yeah, yeah, we are with you; that was a lot for you anyway.

And you are like: Oh my gosh, you know, or you might get a guilt trip but it is like it never happened ten minutes later.

Either way, you are responsible for your experience of life.

You are responsible, and if you care about those around you, if you are happy, that is a wonderful thing to be around.

Nobody needs your stoic suffering; that is not care.

Care has to come from love; care has to come from a genuine desire, and there are so many where that *is* their Calling in this moment.

If our calling has become very obviously higher (not as in better but different and mind oriented) then we must step out of the way and allow those who are given to come into those situations to come in and take up their new positions.

You start to notice that we are afraid of *losing* those former “roles” and “positions” and “specialness” and we are actually *blocking* the care that these people genuinely deserve, and are worthy of that the Spirit would have them have.

We’re standing in the way of them having that care.

We think we are standing in the way of giving it to them but there’s a resentment that how could that not get passed on; how could it not?

If you remove the role, the love will flow; the role is what is false.

The activities will be full of love if they are still given to you, but the role is what is causing the suffering for everyone, the “have to’s”, “the shoulds.”

So that’s just some stuff to look at there.

I mean, you could pull the trigger on something like yours, and wind up living a completely different reality by the end of the week, if you want it, because you are ready.

And that is why today's show is about: I don't want to!

Not personal to anyone; it's that thought in the mind that says, "don't ask it of me"

Don't ask you to be happy and let everyone else be happy too?

Really?

Really, I'm not joking!

The things... I stepped out of "the roles" out of the way, wow.

Everything was much better for everyone once I got out of the way, it turns out.

It is humbling; it's humbling in ways I...

We all think we are the center of the universe; we are not at all.

So really, just a tipping point.

It will be painful and frustrating until there is a surrender that says: okay, whatever!

Just make it obvious.

That's all.

We join you in that it doesn't need to take a long time and really it isn't necessary that it be painful at all.

And that the release, once you have had that in this big pop-through in a way will stand to you when you share with anyone going forward or in any of your experiences again. So we are with you, sister; we love you.

And that's it.

It's like yeah: I'm to be the screaming "harridan" in the corner instead of "the praying mantis."

You are to be letting it all fly, just being how you are.

At least on your own, you know; don't try to meditate on it on your own so that you aren't even noticing that you are angry, frustrated and raging.

At least do yourself that service.

Very good.

- Janice: Thank you.

[1:16:15 MINS] PAUSE TO REFLECT & FINAL QUESTION

Sarah: Okay, I want everyone to just take a pause for a moment, because if there is one final question where somebody just has it on their heart and they are sure they have been right about something but they would like to be wrong, we can use it to roll the whole mind over.

So just take a moment, and then put your physical hands up when I ask in a moment.

Only if you've got it really bouncing on your heart, I trust you do, and lay it on us.

Because nobody has time to waste; nobody has time to waste.

Because time wastes you and you are so worthy of more and so is everybody you love. So let's get to being happy and allowing them to be happy too, by taking off these roles.

So yeah, if there is anyone?
We've got Margriet.

I know Susan A. had her hand up earlier. I'm just checking that everyone—who's ready to pop? Okay, Margriet.

- Margriet: I was just listening to you, I was: I don't know where to go anymore. I feel like I've tried everything.

Sarah: Are you sure that is true, Margriet? [laughs] Do you want to stop? Are you willing to face the self hatred and intensity that will come up when you stop trying?

- Margriet: I did. I mean I am; I'm in the middle of that. And it is giving me a totally different perspective every time of such deep stepping back and seeing that it is just all mind coming from me.

But I can also see the addiction to "the roles" of the "mother" and the "partner."

Those two roles seem so thick in the mind of: I know what's needed here.

And it's just the self hatred that seems so hideous, so extremely hideous.

And I think -- what really struck me also: I think *I am responsible* for the undoing. I mean, I've looked at this so many times—just as you said it in

the beginning of yeah, that is still there, you know. There is: “I” need to do this.

And doing my best, too, that belief, I need to do *my* best.

Sarah: So I’ve just heard the Answer for all of us that ties it all together, so thank you, Margriet for bringing it to a crescendo for all of us. I can feel it now; I can feel what the Answer is.

I’m sure you will all agree when you have heard everyone speak.

They have talked about they are trying really hard, they are doing all they can, but nobody has talked about following Guidance. Because doing the one indicated thing that is guided may seem so anti the situation; it’s like: well, I don’t want to go for a bike ride and pick up some pears. Please stop putting that thought in my mind. You know: I’m trying to figure out who can take care of my mom; I’m trying to figure out who will feed the dog, take care of my son; I can’t think about that, right now!

But you see, that is the can opener for the mind. Following guidance is something that will just toss your mind out of the “me responsibility.”

It is like in the muppet show: me me me me me.

It will toss your mind out of that and have you do something that seems so completely and very often to you unimportant and, you know, “anyone could do it.”

But the question is are “you” free to do it?

Because it will challenge what you *are* doing in the “trying” and the “fixing” and the “I know” and the “I understand” what *is* needed here.

It will challenge that in just following the next indicated Guidance.

And that is why it is so important for tuning in with a mighty companion to get really clear again on exactly what that is.

And if you have a very specific Guidance, it is *essential* to stick to it to discover how it is a crowbar for your mind to keep it open and not shut down like a tomb.

Because we’ve all experienced and we all have a lot of true empathy for what Margriet is describing.

I spent my early 20s completely entombed and I remember thinking at times just trying to get my fingers out so that when the doors would shut, at least my fingers, even though they were going numb, would be out there and I might have another chance at it. It was so dense. It would close over so dense because my calling was so big.

It would just shut me down, like incapacitated, comatose, I mean, out!

So if you saw your friend, you know and she was experiencing anything that has been expressed today by any of our mighty companions, if it was a small child, would you be tolerant of that?

Would you say: you’re right, keep trying harder.

Would you?

Or would you say: I think you need a break! I think you need a break from that “thinking.”

What *is* Guided for you? And suddenly what *is* Guided for you will be “you” in service to the awakening mind, and it will not be related to these problems at all.

The problem is we stay at home thinking if we stay near the problem and we keep trying to infuse ourselves in it and focus on it, it will somehow shift. It won't. You need a higher perspective. You need to go for a bike ride or pick up a pear and find out what is next for “you.”

[1:23:55 MINS] A VACATION FROM YOUR PROBLEMS

And so it is really helpful if you get very simple about changing that perspective on where you are coming from for the day. You need to take a holiday from your problems.

You need to watch *What About Bob?*, take a vacation from your problems! Because they are *not* “your problem” you have a *perceptual problem*. And this is (problem solving) the mesmerism that keeps you focused—it is like the ticking, tick-tock-clock that goes like this [swinging pendulum gesture] it is just a *distraction*.

Like even for Margriet—Margriet is like a western European warrior woman! You know? I know the truth of her. This isn't remotely representative of the fire in the belly and the creativity and the artistic expansion and communication that comes through this woman. And yet this “thing” this “alien will” would have her reduced to drivel.

And I'm really proud of her for coming on and just *exposing* that, because we have all been there. But it is NOT “Who We Are.” [no need to fix the image]

It is not who *any of us* are. You can't fix it from there!

If you went and you thought: now, who of everyone who I have been listening to should I talk to for some support in this moment?

That would not be the tone you would be looking for.

You'd just be looking for fresh eyes; you'd just be looking for one who wanted to just see what's helpful in *this* moment. It is a bit like improvising.

It's like okay: that whole thing with possible hacking of my accounts, and my RV is broken down, and my house is closing escrow and I'm ten states north of that and ... and yeah, okay. [the list of "problems"] NONE of that is under my control!

What would you have me do today, Spirit; what is today about?

Thankfully, Dennis knew it was about coming on here today with us, and happy birthday, Kathy. It is about taking Kathy out—maybe you took her out last night. It is about taking Kathy out for a good time, is what it's about today.

It is about Margriet just saying "I'm off" and going to stay with someone "fun" for a few days, whether it is a niece down by the coast or go stay with a friend who's single in town and watch a box set or go out walking, enjoying waving at the hookers down the street. [Margriet lives near Amsterdam] It doesn't matter.

Break it up, break it up, break it up! [snapping fingers]

[The mesmerism. Not "your" problems—you have "a" perceptual problem]

Who are you?

You are not these "roles!"

You could just play any other “role” that you choose.

So the Spirit needs to give you “stepping stone” self concepts.

You know, Janice Bowie is about to become “an adventurer” because it is a *much easier* explanation right now: Yeah, I need to spend more time alone in the wilderness; I need to go for hikes; I need to do things like that, so we are just going to have to arrange who is going to fill in because I’m not going to be available.

You don’t have to “talk spirituality” with your family.

You don’t understand it (your Calling) yourself; how could you explain it to somebody else? And don’t even try because *they aren’t asking!*

You are going to sound really weird because “you” don’t know what you are talking about yourself. How could you explain it? They are just going to get worried for you. There will be an APB out when you go out hiking in the woods; there will be “mental health checks” being made. That is not supportive when all you need is a break from routine.

It is just an “unleashing” you know?

And maybe Margriet is supposed to go to Canada?

She loves hiking and things like that, and go visit her friends on Vancouver Island, then go over and see Janice Bowie and then they can both head off hosteling or something.

Who knows what is to happen.

But *anything* will become possible when you say: “what if” my *entire perspective*

on this is off?

The entire thing, off!

And not wrong or bad; I just got so over involved—I was so “myopically close” that *I couldn’t see anything!*

You know?

God, wouldn’t it be lovely to get emails from “the son” Margriet, who was doing everything *himself*? Taking care of dogs, taking care of other people in the house.

You know, it’s like who knows what it is?

And this isn’t about money either; this is never about resources. This is about a change of mind, and everything will get facilitated, whatever is needed “for you.”

Our friend Susan was given this lovely house on the lake.

We are heading north.

Maybe we stop and have coffee with her and a swim on the way.

You don’t know what’s going to be happening in your life; you don’t know what holy encounters are possible. But if you stay in the immersion and this: **I don’t want to**, it is *so hard*.

Oh, my God, it is *exhausting*. And the Spirit cannot reach you there; the Spirit *needs* “happy learners.”

[1:28:54 MINS] THE TWEAK TO “VOLUNTARY” FOR “HAPPY LEARNERS”

And so I would say just “open up” to whatever the next indicated “bright” thing in this moment *for you* and move towards that, and continue to tune in, and the Spirit will just make it all flow together for you.

It will just all come in together in a very simple way where it becomes obvious.

Because once “the brightness” is up, you will see more; you’ll literally see more.

The Awareness will be available to you.

You are all currently all operating *without* that level of *awareness*, without that scintillating, sparkling, I love you, got this, it’s all good, girl.

You are operating without that.

No, that is *not* what we are here for!

This is a vibrant and alive episode because this “mesmerism” had crept in for everyone.

It was so dense this week.

Chris was saying to me: what is the topic? [in the mind]

And I said: it is basically “I don’t want to.” And I’m not sure I will even be able to talk because I have to honor their request.

Please understand, I told you I spent a year in bed. [parable about depression]

Please understand I spent my early 20s planning conversations so if I bumped into a person, I could have a conversation and not feel like a complete idiot.

This was my reality; it is soooo different from what I am living now.

I have moved the entire span with the Spirit—at my own pace.

There is “no push” here; there is “no shove.”

Take a break; take a break.

Find out what that break looks like for you [tune in for what feels light] and know that the Spirit will renew in yourself with you doing *anything* joyful; it will just rise up again within yourself.

It is so important.

You are so valuable; you are so worthy of being loved; you are so worthy of being in your inspiration. And that only comes from following Guidance and having “washed” that which wants to destroy you by doing “your own thing” *your own plan of awakening*.

As soon as he’s ready to go to college, as soon as they die.

Imagine people sitting around waiting for their parents to die or their children to go to college. And those “people” always dip out of earshot as soon as their kids hit 18 because then they are terrified because they made that their “reason” (why I don’t want to) and now they have no reason—so they hide.

I’m like: the Spirit doesn't want anything from you!

The Spirit is offering happiness in your awareness.

If you’d like to remember that it is all “the past” that it all “worked out” for

everyone, that “the plan” is *for* everyone, not a special few people on this call or something, not some special people who “study” *A Course in Miracles*.

This is *FOR* everyone.

And if you *really* want to come into an experience where you discover that this is true, then all you have to do is *give those ones back to the Spirit to take care of*.
[the special ones, the obligations, the dependents]

If you are to do something in a day and it looks like it *involves* them, then it will just be coming from joy; it won’t be coming from “the role” anymore, you see.

There is no “absconding” or “dropping out” on life.

It is a FULL embrace of LIFE!

[Because it is all your mind]

We are “self medicating” so much and we have been looking at all the ways in which we’ve been doing that. [through roles and false responsibility]

But you are so worthy now, and you know what?

You are very blessed if you have anything on you that looks like it is counting down time, you are in a blessed position today.

You are not in an “unlucky” position, you are in a blessed position because it focuses “the mind.” I had to make a decision during the week whether I was going to try and save this body or I was going to “let it go” and “Choose Love” whatever that would *look* like in form.

And I remember thinking: I don’t want anything that does not *fee/* like Love anymore; I don’t even want to protect the body anymore.

It was a very deep and powerful experience whereby that was my decision and it would look however it looked.

And while it looked like there was some wind-up physical healing that had to come after quite a deep crash—it was very rapid, once I really put the full invitation to Love and to see what was really going on and why I was really “distressed.”

- W-pl.7.1 "7...you are never upset for the reason you think."

Choose LIFE!

There is “a death” in every sigh and every boredom and every moment of despair.

Nothing is going to happen to the world that is “untoward.” [it is all *for* “you” to Awaken]

Miracle after miracle will take care of time and space because your “mind” is aligned and open. So if there are any loopholes and any miracles, you are going to see them.

You are going to see them *with* the Spirit!

They are going to be *available* to you in a way they wasn’t before, you know in the dirge.

You have mighty companions.

That is the purpose of this (show).

You go together through a period of weeks where we use our *stories* to “unwind the mind” rather than “fix” *people*.

It is completely possible; that is all I want to tell you, and it turns on a dime.

All it takes is if you say: “what if” I was just *completely wrong* about *everything*?
Completely wrong, like *really wrong*—mistaken about everything!

Choose FOR Peace.

Choose FOR relief.

Choose it for *now* and don’t worry about the *next* moment.

Once you have made your choice, then just say: okay, Holy Spirit, what is helpful now?

And it will be something involving “a treat” or “a break”: for you all.
[some kind of whim]

So, Be Well; travel lightly with the Spirit; don’t move *deeper* into fear.

Step to one side of the whole thing and take a look sidelong at it as you have a milkshake or something and just say: what *is* all that?

Because if you saw a friend living through that drama—imagine that for a moment.

Or a small child, it might be much easier to see than thinking it is “yours.”
[your problems to solve.] That is really the mesmerism where we are getting stuck.

Thank you so much for your presence in joining and just the voltage that the Spirit wanted us to have today.

It *is* “up-to-you” but NOT in the way you have been trying.

It is “up-to-you” to say: I am *intolerant* of this; I do not want “it” anymore.

This is the true I DON'T WANT TO!

That part IS for you.

That is it.

Once you do that, the rest just rolls—it is the rollout of a plan that was given long ago to make *everyone* aware of the Happiness that was their Birthright and IS their Birthright!

Love you guys!

[1:36:19 MINS] END