

ACIM LIVE July 13, 2021

Hello. Welcome, everybody. It's so lovely to see you all today. Yes, we're going to have another lovely session of Live ACIM and see what the Spirit has in store for us today. While everyone is settling in and joining, let's just take a few moments of meditation to drop in, and allow ourselves to be relieved of problems and problem solving. And I have a little bell, so I'll ring that at the end.

It's such a different experience to come to anything and to accept that we don't know and we don't need to understand. And to just sink back from that wanting and perception of needing and to come with wholly empty hands unto our God. And that's one of the really big themes for this week in every aspect. Because if we presume to know already, then we're lost because we've already decided the reality of the problem and we're not really open to hearing the answer; it's a threat to our perception. So just coming into a state of being comfortable with not knowing, it's so different from what we've been raised in. It's a tradition of knowing and learning and finding out, and even it's shameful to say I don't know. There's some inherent idea that if you're asked a question, you should know the answer.

And from now on, you're absolved from that belief. Because your default, if you were truly opening to guidance, would accept that you don't know but are deeply loved by one who does know what's best for everyone in every circumstance. And so it's to that one that we want to get still and quiet and receptive and open and cuddle up and lean in for the answer. So I join you in that being our prayer together for this show, for this week, for our lives. Because we're joined in this together and there isn't a separate self that can really organize or prepare or plan what's unfolding because it's all past. There can only be a receptive one that's waiting and open and available to be done through.

And when you come into an acceptance and real experience which will be granted by the Holy Spirit through a highly individualized experience—when you come to an experience of certainty that only joyful things are awaiting you only joyful experiences, no matter what your previous understanding of an item might be, then it's very safe to come to the Holy Spirit and get very clear on that guidance.

So as we're all here as happy little children to join that together and sink back from the day we think we've had people we think we know and the one we think we are, the little character self, we can just put it to one side and really not be in judgment or trying to fix that one as we sit here, but sink deeper back into who we truly are, knowing that that's the point of true safety in the mind and that's the point of inspiration for all unfolding and all watching with the Spirit. So I have a little piece from the Course to read now.

“This is a very simple course. Perhaps you feel you do not need a course which in the end teaches that only reality is true. But do you believe it? When you perceive the real world, you will recognize that you did not believe it. Yet the swiftness with which your new and old and only real perception will be translated into knowledge will leave you but an instant to realize that this alone is true.”

And this is what we want. This is from the problem and answer section of *A Course in Miracles*. And it says: Which do you want, the problem or the answer, for both you cannot have.

And I remember the first time I met *A Course in Miracles* teacher and I was sitting there and I was a little bit frantic. But something had dawned on me: that all of my ideas and my beliefs and my desires, and all of my perceptual problems were a block to me receiving the answer if the answer really had nothing to do with the perceptual problem. Sure, there seem to be a form answer at times that are given, but what I wanted and what I said was: I just want the answer. I don't even know what to ask; I just want the answer, meaning: in this moment, whatever is truly helpful. That's what I want to sink into right now; I just want the answer. My problems have led me nowhere.

And yet my problems had led me through trust and faith to the Holy Spirit, and that's the best any problem can do for you, is to restore you to the one that has the clarity and has the love and has the comfort. Because it's our mistaken idea of what we're going to the Holy Spirit for that arises the fear in us. If we're going to look to get something from the Holy Spirit, then we're not there for ourselves and for the whole universe. And so it's a stepping back from that perceptual idea of getting, and trusting that coming to the Spirit is a form of giving. You're giving your trust, your development of trust. You're giving your faith. You're giving yourself over to the one voice instead of the split mind and the two options that seemed to be available previously.

So we want to sink back into that and see that if we come with ideas of what we think is wrong, we're already slightly blocked. And you must rush to the Spirit with those perceptual problems and receive the comfort first. And that's what we focused on last week, and I think it's still really, really important, to focus on the comfort.

“The bible tells you to become as little children. Little children realize that they do not understand what they perceive, and so they ask what it means. Do not make the mistake of believing that you understand what you perceive, for its meaning is lost to you. Yet the Holy Spirit has saved its meaning for you, and if you will let Him interpret it, He will restore you to what you have thrown away. Yet while you think you know its meaning, you will see no need to ask of Him. You do not know the meaning of anything

you perceive. Not one thought you hold is wholly true. The recognition of this is your firm beginning. You are not misguided; you have accepted no guide at all. Instruction in perception is your great need, for you understand nothing. Recognize this, but do not accept it, for understanding is your inheritance. Perceptions are learned, and you are not without a teacher. Yet your willingness to learn of Him depends on your willingness to question everything you learned of yourself, for you who learned amiss should not be your own teacher.

No one can withhold truth except from himself. Yet God will not refuse you the answer He gave. Ask then for what is yours, but what you did not make and do not defend yourself against truth. You made the problem God has answered. Ask yourself therefore but one simple question: do I want the problem or do I want the answer? Decide for the answer and you will have it, for you will see it as it is, and it is yours already. When you refuse to ask, it is because you believe that asking is taking rather than sharing. You have heard the answer, but you have misunderstood the question. You believe that to ask for guidance of the Holy Spirit is to ask for deprivation.”

And so it becomes very clear and very essential that we settle into what is the problem we've misunderstood, and it's always one of identity. So first of all, who is this I that's asking? Allowing the Holy Spirit to comfort that character sense of self and its concerns and worries and its heartfelt grabs for things it thinks it's being deprived of, and then in that comfort of coming to the Holy Spirit, as we spoke of before, allowing the deeper awareness of what guidance is for. Guidance is really just a way of accepting and coming into an experience of I'm already cared for. That's the only purpose in going to the Holy Spirit, is to get clear on who I am and that I'm already cared for. And if we don't begin there, then we'll have multiple doubt thoughts about what we're hearing in response even to our seeming plea, even for things in form. It'll be confusing.

And so we've had a couple of questions this week on different topics, and I'm going to look at some of those. And as we look at what those questions are bringing up in the mind, we'll just in a broader way address what I'm experiencing hearing from everyone is going on in the mind this week that we shared. So that we can come into clarity of our one goal, which is Peace of God, and clarity on our true purpose, which is remembering who we are. And then everything you see is a reflection that is supporting you coming into that experience of remembering the truth of who you are.

And it doesn't matter whether you rush to the Holy Spirit out of fright or you rush to the Holy Spirit out of joy, it's the going to the Holy Spirit for the clarity of what you're looking upon, not presuming to know already, that opens your heart and mind to what's possible for you.

So I'd like you all to just take a moment right now, think back, and to bring to mind anything you think you've been facing this week, anything in particular in the last few days, or something that's recurring and seems to be a consistent desire or belief or perception of hardship that's coming your way. Because whatever the answer is for one is for all. So sink back, and we'll have clarifying questions at the end. If there's anything that any of you need clarity on, then we'll work on that too.

Okay. I love what I'm starting with, the question that I'm starting with, because this person has repeated with question marks as requested, several questions. And there's the question that presents itself, and then there's the real question being asked. And if we are confused about our goal, we will also be confused about our answer. So, there's a question here about getting laser eye surgery, and this comes from one that's very devoted and has been using everything for mind training. But I'll just share with you, so that we can all work through this together, because this is our question; this is our confusion and this is our clarity that we'll sink back into. We will watch and listen to ourselves as we read: "I can see and have experienced being in the flow of guidance and seeming form decisions being obvious to me, that there are no decisions for me to make; they're already made and being shown to me. Where I get confused is when there are so many ego thoughts related to it that come up before, during and after the decision is not clear. Of course, that's because the decision is not clear yet. Am I to wait until it's clear always?" That's a wonderful starter question.

Clarity is your function. And if you are not clear, it means that there are conflicting beliefs, thoughts, desires, and even understanding in operation. And so you must get very clear in having a unified goal first, so that when you go to the Spirit, you can understand the answer you're receiving. Otherwise it may sound like there's no response, or like multiple options are up for grabs or all are possible; it could be anything. And that's not going to make you feel settled in or reassured or relaxed in the Spirit.

The reason that there seems to be doubt and there seems to be multiple options for the guidance is because there are multiple purposes being attributed to the idea of what we want. We have actually already made the decision of what we would like. And then we're going to the Holy Spirit saying: is that okay? And when that unfolds, then we perceive ourselves as the person who is personally asking for something.

And I really feel that the way out of this dilemma is to come into a prayerful state with the Spirit, to forget your question, to remember who you are, and to reorientate to your purpose, which is awakening. And if you wish to put this little character self which you understand yourself to be in service to awakening in this great play of collaboration

we're all in, then suddenly your prayer has turned from terrifying: "Will I get what I perceive I want and need?" into "How could this little character serve right now? What would be good for this little character in this play? What would serve the mind for awakening?" And immediately, all these little personal unworthiness thoughts or ideas of what you should or should not have, or what's Spiritual or not Spiritual drop away. Because it's not about you anymore. It's about the purpose for this activity that you're tuning in for guidance on can serve, how it can serve the whole.

So the orientation to how it can serve me personally will have you in guilt. Because you're orientating to a guilt thought, which is a persona or mask. So the Spirit really just wants you to get clear on why you're coming. You're saying, these are all the things I would love; these are all the things I would like. And you want to just hand them all over to the Spirit without any fear that it's unwarranted for you to ask for them, or that it's somehow specialness for you to say you love something. This is not true.

The Spirit wants to harness everything you love, all the desires you already have, no matter what your judgment of them, because it's the juice of joining that the Spirit needs from you. The Spirit needs happy learners. If something is not for you, it will also be made clear of why it's not for you in a way that you feel relieved. You won't feel sacrifice; it'll be like, whoa, lucky escape. I thought I really wanted that. Now that I'm looking at it with the Spirit, it's like, oh, no, I don't know what I was thinking. That looks awful. So you're just going to your best friend, to the one who truly knows and loves you, and can tune in for what serves the whole the best, including the character self.

So I can hear in the mind there's still a thought that that means that some things can be said no to and some things could be said yes to. But really in going to the Spirit, the invitation is: what do you want to use that joining for? So if you want to say, oh, I would just really love an apple; I would really, really—right now, all I can think about is apples. And I would like to know the truth of who I am. As long as you don't think they're in opposition, as long as you give both desires equally over to the Spirit, everything can be used to harness, your remembering the truth of who you are and coming into that as a real experience for you.

Because the belief in sacrifice and the belief in lack is very deep; the belief in need is very deep. So the Spirit has to work with things you really love at the beginning to get you comfortable and trusting. So what harm can an apple do? Well, we have stories of that. But if you're sharing that you have a love for something or a belief that you have fear of something and believe you need it as a result and thinking if you don't have it, you'll be in fear, then it's with your fear that the Spirit must look first, to bring to

awareness, as Jesus says in the Course, the conditions that have allowed the fear to arise.

I would say that the number one symbol that you are following guidance is that the fear has fallen away before you take the step. And I would say that that clarity and that lack of fear comes from getting clear on exactly what the next indicated step is for you in any activity you feel already you're being guided towards. Sometimes we think of things in a very name carved out of the whole way. For example, I might get laser eye surgery or not. And that's quite a big package deal. It's not am I to phone up and see if there's an appointment; or am I to check into how much that costs or anything like that, which are all small steps. We imagine that we already know—that we have a drop down menu titled: Should I get eye surgery—and we don't. And I'd say that's where we need to step back and say: okay. Thinking about eye surgery in general, what if anything is helpful with this? And then if you want to orientate to service, it's like: how could this really serve the whole? And then you'll be given a list of steps that may seem about eye surgery, that may seem not about eye surgery, and they will result in holy encounters, ways to join with people, perceptual experiences, correction of seeing, using all of the symbolism of what's showing up.

First you have to clear any fear thoughts that are there for you about why you think you need something in the first place, and this has already been done by our most devoted student who wrote in to us. What's missing is really what it's for, and I mean in a much deeper way. We're going to talk about this in a much deeper way. Because everything that has been written in over the last two weeks is really what am I to do for myself about this? That's really what the question is. And you can hear that if our purpose is to orientate to the truth of who we are, then that limiting question and that fear that it may or may not happen in a way we feel and I've already judged will resolve the conflict—you know, we've become limited by our question.

So I don't want you to think that your desires have conflicts inherently; there's only a conflict if you haven't handed it to the Spirit to orchestrate for you. And so what a beautiful perceptual question with the symbol of eye surgery. I think it's just a wonderful symbol, because there is no right or wrong with anything; it's just what is it for? If it can be used to remember the Truth of Who we are, then that is wonderful—and will be made clear and obvious.

So the question: Am I to wait until it is clear, always? The answer is YES! Only because it means fear is riding along. The Way, the Truth and the Light. The way that Jesus offers us is one of following fearlessly. If you take a step in fear, you are not really on the Way. Let's face that fear. Fear is your responsibility, it says in the Course. Jesus even says, I can't even take it away from you. And why is that? Well, it's back to the safety in

the mind we spoke about the other day. You can't have even a crutch taken away from you if you believe it keeps you safe, you know?

So the Spirit must work with us in our fears, because your fear could be in looking beautiful not having to wear glasses if you had your eye surgery. Your fear could be with the growing intimacy of having glasses on or not. So our question is much broader, and as we said with the reading: the wonderful thing is you already know the answer. You already know what the Spirit is guiding for you. The self doubt is coming from thinking it's for a person in the world. If it's to remember the truth of who you are and it feels really clear and obvious to joyfully move ahead with something, then let the Spirit orchestrate the how of every single little step. Because, it won't be personally about you or even healing your personal problems. I think that's so exciting. That is why this question is a wonderful tool for today day, because we can all relate this to whatever it is we've had on our hit list that we wanted from the Spirit or wanted help with.

I was speaking to someone during the week about smoking. And they were very devoted and they've worked in a coaching backdrop. And when you work in that kind of backdrop, there is a prevalence of making it happen, like a pushing through. Willingness is like: I'm gonna do it. And while I completely accept that our little willingness at the beginning is needed, and later great willingness— and it's actually in this section that I was reading from—it is very important to not think you know what's best for you. So in stepping back from trying to make anything happen, in stepping back into a certainty that you don't know what anything is for, including smoking, then you can simply be shown. Is it for holy encounters, outside? I had a friend who once used to go around, and instead of doing pub crawls, would actually visit the smoking groups outside the bars in Ireland. She'd have holy encounters that way, and she would do a pub crawl, but she'd never go in or drink, but she would have cigarettes with people outside when they were smoking.

So you don't know what it's for. And if you feel that you've been using something, whether—you know, anything, as a form of self-hatred, which is pretty much what the whole world is used for, then changing the purpose of it to a joining purpose and an intimacy purpose, a celebratory purpose, rather than "I'm going down; who cares? I'm just going to have a cigarette," that's a change in orientation in the mind. You can't afford to demonize little blots of color in this painting, this impressionist painting before you. You can't pick out and demonize little aspects of it. There are times when the Spirit will guide you towards a certain thing and say, right now this is actually very helpful for you to do. And the Spirit will always give you in the affirmative what's helpful to do. It's less of a relinquishment and more of an embrace.

And so with this thing coming towards you that you're very excited to do, your arms need to be open and embracing that new assignment, embracing that new moment, embracing whatever is given for you. Then the things that used to draw you out of guilt and seem to maintain guilt in your awareness and seem to be a false comfort—not quite of the Spirit, they will fall away. And under the Spirit's guidance, even something like a cigarette becomes the Holy Spirit's Given comfort in that moment. It's a symbol of joining with the Spirit.

So it feels very helpful to not presume for us to know what it is that is truly helpful or loving for us, because we'll always be blown away by just how intimately the Spirit knows what we would truly love and how much the Spirit is trying to bring us towards that.

Now, it's very easy if we've come from a self-help backdrop to use self awareness as self critique, and that's very different. We are self watching here. We are watching this little character self, learning to simply accept it the way we would any of our brothers and sisters and not to judge it, which keeps the cycles going. We really want to step back into a loving space where we can witness to what's happened with a bigger eye open to really see what's unfolding and the identity confusion that's taking over.

So let's go back to this question because it will take us all the way, this and the other one I'm going to read.

“How am I to tell when and if to move forward when ego thoughts keep coming up all around?” And again, it's just the clarity of what it is for. If you have given your whole life over in service, everything is *for* Awakening. And if you perceive that you have singular pursuits that you have a preference for, then you just share with the Spirit that you notice you have a preference for them and you trust the Spirit to make it clear. You can't really keep self doubting; you must move forward. And for all of us, it's very humbling to remember that if we want to get it right, then we're not going to be following guidance. Because guidance is about mistake making and seeing them in innocence with the Holy Spirit.

We've been mistaken about everything, so our terms of reference are completely “off.” So you don't need to worry about your “off” terms of reference; you just hand them over. It feels very exciting to be walking through these questions, because they are what arises for people. “Then I think, just do it, and focus only on what is coming up in the mind. But is this just me rationalizing me wanting to do something to fix the body?”

- Pause -

I felt to pause so you can all hear it before it comes out of my mouth, so that you can all understand you are hearing the One Answer.

- Pause -

I don't have any answers to problems; I only have The Answer that we can share in together.

- Pause -

We did so well last week, all of us, with our orientating to not wanting to get anything, even from the show.

Q: "Will I forever be stuck in this thought loop? How long do I keep facing the thoughts and feelings until I do or don't do something? Will the decision ALWAYS—and it's in capitals—become clear?"

And I think for all of us, we can see that *the question* is what needs to be cleared away, for a moment. And then you can just wake up one morning and find yourself wearing a pair of glasses that you love so much you couldn't ever imagine wanting eye surgery, or you find yourself noticing a doctor's office or signs for laser surgery everywhere and just feeling to pick up the phone and make an appointment.

I think it has to come back into that relaxed playful, being like a little child, just waking up in the day and just feeling a prompt to do one thing. And the first indicated step doesn't mean the second as you would imagine it, or the third or the fourth. And just to take each step in any invitation as it comes towards you, because really it's a direction of thinking for *the mind*. And not having thoughts that are heavy for steps you are not on yet. Like you know, getting a gown on, or getting an injection. You know you have to be with the Spirit for whatever is given for you, and that is moment by moment.

And so just allowing yourself to do the next indicated thing is very helpful in relaxing back, from ideas of guidance coming in whole, set groups. It is moment by moment by moment. Especially if you are getting comfortable with hearing it and a lot of presumption is still working in there or a lot of doubt thoughts are still working against you. Again, stepping back and getting really soft and clear on who is asking, looking at the conditions that are supporting the fear that is present. Not fixing it, just handing it all over to the Spirit once it's in awareness. And then just sinking back into *not knowing* and *not needing* to understand and really tuning in to that "you are already cared for." And then if anything unfolds from there, it is just joyful. It is not outcome related. The Peace

of God is my one goal—is present moment related. So if we haven't orientated to that as our goal and we are still certain we will be miserable until everything in the universe is sorted out, well, that is going to be a big strain on hearing the guidance playfully in the moment. Because we are not *in* the Love and *in* the Care.

So I feel really good about that one. So thank you to the one that wrote that in, very helpful truly serving the whole, sharing that. And one of the things I am noticing as well, is that it is very essential for you all to have mighty companions; it is very essential to have those that you experience know and love you to support you trusting opening up to the Spirit by being able to share with them. You know and If we stay too long with thoughts in our own mind that are looping and aren't bringing us a sense of comfort and release, then we are not really looking with the Holy Spirit yet. We haven't trusted enough to give this perceptual problem over and see first that we're just mistaken in the problem, rather than an invitation, and secondly, we are also fearful of the answer. So that is going to make it doubly hard to hear, because we are pretty sure *we know* what we need.

What you need is to *know* Who You Are, and what you need is to come into an experience of *being Cared for*. "Clueless, carefree and cared for" in this moment. That can only come if you hand all those cares and worries—job lot—over to the Spirit and say: okay, I'm here to hear what is helpful for today; you know my list. You don't even have to keep going through them again.

So having mighty companions that you can expose (*not* cycle in) what is happening in your mind. And get it out of your mind. Because too much processing actually makes this stage of taking these leaps of faith and trust—it actually makes them harder. And staying away and to ourselves, really, you makes them seem like our personal problems. Which is the main problem for us all. And the shame is endless. So we are invited to come back into a real acceptance in this moment of what the Call is *for*: to remember the Truth of Who We Are. And that we are already Loved and Cared for. And then you make yourself available every day for what is to unfold. And you don't judge the coming or the not coming of the prompts. It just unfolds.

So let us step back for a moment again and look at any of the ways we don't feel cared for already. Where we have a little doubt thought about that, let's just bring that to awareness for a moment. If you are soft and synched into the Love, that is great; don't move an inch. But if there has been something that is coming in and out—the next question will really address that. So let us sink back into that Answer together.

- Pause -

So this other question, I'm just going to lightly touch on the subject as we go through it and mostly where the questions marks are. And these again, these are our questions; these are questions of regret and fear of wrongdoing and beliefs in personal responsibility and that we could make people happy and therefore we have a belief we can hurt them too.

"Hi Sarah, I'm saddened by the fact that I lost a friend due to my own actions. Afterwards I felt like *oops, I did it again.*"

And since then, our friend has not heard from this person and so there has been a link made between the absence of hearing from someone—even though it's a very distant friend and contact is infrequent—to what happened.

"I don't know if that incident has something to do with my behavior of a year ago or not. I did express some sort of anger which caused the awkwardness? Or perhaps I've always been a bit afraid and untrusting of her since an experience at school."

This is really, really important, because what we are doing—and this is what happens for human beings all the time—is we are looking for a "cause in form" to explain our upset. And there is never going to be one. The cause of our upset is always going to be the perceptual problem. And when we go through the levels of the mind and we trace it back, we are going to see it is a desire to be liked and to be loved and to people please and to get along. It is going to be a belief that we could hurt or harm people or that we could love people, and appreciate people.

And what is really at the crux of the matter here is what I like to call "getting out alive." There is a tendency in the mind that holds in the mesmerism in time, no matter how long one has been on the Spiritual path, and it's that somewhere deep in the psyche, your fingers are crossed hoping that you manage to get through from A to Z, whatever you envision that to look like, alive, and win. Now "win" means that nobody hates you, that you are liked, and that you are thought of the way you would like to think of yourself. Yet the way you think of yourself is so tight, so small and so limiting, that you could never *live down* to that expectation. You would invariably have to fail that expectation of yourself, because it does nothing to speak to the magnitude of Who You Are.

And it is only as you come across what looks to you like mistakes or failures of your self concept in the story of the world that you can question that identity. So any self protective lacquer and face of innocence—which in the Course is not a good thing. The face of innocence is the "I don't know what you're talking about?" that lacquers over us because we really believe we are this monstrous self underneath. And here our friend is

getting very in touch with the rage and anger and self hatred and frustration from earlier experiences with the school friend that have not gotten cleared. But the threat to the self concept is still very high even today. Because there is another fear in the email that this school friend would have shared this seeming “incident” with someone else as well. So now two people are *not* believing in the self-concept anymore. And when we see that our fear is that this self-concept won’t “hold up.” And that if it collapses, we will become fearful and monstrous and have no mighty companions or friends, even distant ones that we spend very little time with, (but we just like the idea of them being there). When we see that that’s really our fear, then at least we can come back and look at where the difficulty really is, where the conflicting beliefs and desires are in *the mind*.

Because how can we open up to the Truth of Who We Are and our magnitude if we are absolutely terrified of our smallness washing away? So one aspect of this that I found really, really beautiful was this part:

“I asked the Holy Spirit should I apologize, and the Answer I received was to do nothing, which I admit was a big relief.”

And I thought: wonderful, wonderful! Because this going around and apologizing for things without really understanding what is unfolding and the gift that is being Given to us, is not “truly helpful.” And this is a bit like the earlier question: when do I act? When do I act? And really the question is: when do I act to do the thing that I’m *supposed* to do that will just stop this anxiety, stop this terror, fear, anger and dread that I will be disliked or not loved or not loved by God?

So I think it’s really important that we step back very firmly into “doing nothing” *until it is clear* what *is* truly helpful, until we feel we have fully seen the perceptual problem and the beliefs and the desires from which it is arising as a reflection. And to not *try* and fix the screen, but instead to step back and just come into our heart space to see that we already have that thing that we think we are lacking and need in the moment. And that is our remembrance of our True Identity, which really takes care of everything.

And this is beautifully expressed: she said “It was difficult to live with myself”—and it doesn’t really matter whether any of this is “true” you see, of the incident, at all. There is no shared reality. In this one’s perception something went amiss and probably it was an expression of an authentic experience of fear, dread, frustration that had the person not be picture perfect in some way “that they think” they need to be—to be liked, appreciated or loved.

“I’m tired of carrying this very old story around; I’m still under her command of keeping the secret.”

So even the courage it took for this one to write to me was wonderful in exposing this bullying mentality that had crept into her mind that seemed to begin during her school days with this friend. She said:

“I realize that there is this home town energy about it, the feeling of losing friendships from childhood.”

I was praying on that, and the thought “You cannot be a prophet in your own hometown” came to mind. And what is your “hometown?” Your hometown is the beginning of your self-concept and where you are *known* as something: good, bad or indifferent. The self-concept is not necessarily even “good.” You are known as “acquiescing” or you are known as “someone who gets along” or you are known as “someone who stands up for things” or you are known as someone who “is wild” and always “on the tear.” It doesn’t really matter—it is a false identity.

But “you cannot become a prophet in your hometown” really for our self-concepts and for coming to the Spirit means, you cannot become aware of the Truth of Who You Are if you keep orientating to your “hometown” your self-concept in your mind. If you keep orientating to this “character self” and wanting to maintain it. Wanting to maintain those good relations where they think of you this way—they keep you in high esteem or low esteem—whichever reinforces you the best, and you want to keep orientating to that. There is no way forward from there. There is no invitation.

And that’s why I really invite us to take our small willingness and turn it into an “abundant welcome” *for* the Spirit. Because until you can see that the willingness that is asked of you is not knuckle-busting dusting make-it-happen. But an open, stunned, silent, “not knowing” and “not needing to understand” receptivity, for just a moment. That is what Jesus says in the Course: as long as your fear is gone for just a moment, that’s all I need to reach you; that’s all I need for you to sink in with me, your fear to be gone for just a moment.

And if we go: maybe I got the whole thing backwards; maybe I don’t *really* understand any of this. Spirit, what is helpful? And I love that the open prayer was given by who wrote in here and that the response to that was: no, don’t do anything just yet. And for both questioners: don’t do anything just yet. Because you haven’t received The Answer, and The Answer is that “you are already taken Care of.”

And so in the exact moment I received this email, I received a notification that had this quote in it—which I think was quite serendipitous and extremely helpful:

**“If you find yourself constantly trying to prove your worth to someone, you have already forgotten your value.” —Anonymous**

And again, it is to our *Value* that we must orientate. That is a value that is *Given* by God—that is not something you can earn through some sense of worthiness and accreditation, or doing good and not doing bad. There is no point score here; this is just Given and you can't mess that up. Neither can you improve upon it!

And so all of these activities, we must question what they are for? The running around, the fretting—*that* is what must be questioned! The wanting to know, the deep desire to understand has this kind of—we talked about this last week—has this kind of maniacal “I need, I need.” And if you remember that The Answer is just here, and that your only function is to like a trust fall, sink back into it. And if you remember that it has already happened, then the way forward just seems very light and playful and doesn't have outcome-based fear thoughts. Because whatever you are choosing now, and your experience now would be now and now and now. In any moment you can choose to experience the Peace of God, knowing that it contains anything you could ever want or need. It is Who You Are and it is already *Given*. So I feel it is very important to orientate to that worthiness!

Now, here is something interesting. It is arrogance. Most of what passes for humbleness in the world is actually an arrogance, a pushing away and a saying, no to God. I kind of like my “I'm trying really hard” thing I'm doing over here. That is the arrogance. “No, I'm not there yet; I'm just still struggling along.” And we are maintaining this attitude that doesn't say “I am the light of the world.” We are maintaining this attitude that doesn't say, “I have the Holy Spirit's ear at every moment.” We are making our living demonstration into a lie instead of the Truth of Who We Are. And teaching that “I did not die in vain because I live in you.” as Jesus asked us to demonstrate. And I think this is really vital for coming into an Alive feeling of being part of the Sonship *now*. There is no distance.

You just want to stand up and be there with your mighty companions in Christ—in an experience. And yeah, there is little kerfuffles at times as things ease out and a doubt thought comes and fades through, but you must begin to simply embrace what has been offered. Remember in *A Course in Miracles*, the only request is Acceptance. Acceptance of forgiveness. It's time. It's time for you to just say “Thank you!” It is really time to embrace what has already been *Given*. And as an innocent, playful child, to understand that there is *no way* in which you could have done anything wrong, and there is no way in which you could have done anything right. You don't have that level of control in the world. We are watching a rerun. Like a rerun of Friends. It doesn't matter

how many times Ross bumbles trying to join with Rachel; everything worked out for the mind. Everyone *watching* was happy!

“To heal is to make happy. I have told you to think how many opportunities you have had to gladden yourself.” —*ACIM*

And if you think of a perceptual problem arising, and your going to the Spirit to gladden yourself, it has a very different—a very different feeling about it.

“To be whole hearted, you must be happy.” —*ACIM*

And again, that happiness is *not dependent* on the perceptual world being different, or your perception being different. It is dependent upon your decision “to be happy” *because* you see that the conditions that we fear, are *not coming* from the world; they are coming from these opposing beliefs and desires in the mind. This is freedom. This is Freedom!

And I got really excited when we came to that last week—where you are getting stuck as “a person in a world” on your perceptual beliefs and desires and still trying to do better with those is the same difficulty. You need to do another levels of mind on that: false responsibility. Your true responsibility is to say: okay, that’s a great reflection of what’s going on, so here you go, Spirit, that’s what it is. I’m aware of what is happening. Show me what’s truly helpful. And then in every intimate moment, you’re just like a happy child following what’s next for the day: get a glass of water, okay. How is that related to getting eye surgery? Who knows? It’s not. It’s related to being not the persona or mask or character you think yourself to be; it’s related to simply being with the Spirit and the truth of who you are; it’s related to freedom. It’s related to not needing to know and not needing to understand and being completely innocent of all blame. Think about it. If you’re simply following, where is blame? It’s the way the Spirit unwinds you from this fear of getting it wrong or right.

I think it’s time. I think it’s time to just bust it wide open. All of this playing small and cowardly and frantic and trying to do it right and trying to be devoted and trying to be a person. It’s actually the same trick, trying to be a good person in the world, fingers crossed. Hopefully you’ll get out alive; you’ll get out with your self concept intact, safe. You hit that home plate, get that home run and then you’re out, and nobody will have thought bad of you, including yourself. Well, that is a setup for misery if ever I heard one. That is a setup for a small, limited life and that has nothing to do with the expansiveness of following the way.

This is a robust path. You are equally yoked with your brother, Jesus; you are equally yoked with the one in front of you as a mirror. You are yoked not in a tight, restrictive sense; you are yoked in that they are simply a reflection either of who you are or who you're not, depending on what messengers of fear or love you sent out. And you need to decide which it's going to be, because together we go, you and I. There's no way of doing this on your own. There is no you on your own. That's the dilemma you're facing. Do I want to be on my own or do I want to be with someone? Do I not want to be with the Spirit? I just want to reserve the right to choose. It's like: wow, that sounds like you've already chosen. All are called. Few choose to listen. And what is it they're not listening to? Because if you can listen on behalf of yourself and everyone you have ever loved and cared for, then it's a song of home and a song of joy and a song of innocence. It's a song of prayer from your heart and their heart. And no matter what's occurring in front of you, you can always join in that.

And that's when you'd be invited to step back, quiet and silent, no matter what's appearing on the screen, to remember that that's what every little scene is showing you. You're not that character self. There's the one who's watching who is getting to decide how you feel; that one is you. There isn't anything else going on. You're very attached to the character on the screen, or characters. Because your self concept is not one person wide. I myself had one that was eight billion wide, and it wasn't even enough that my friends or my family be happy with me; it had spread so far wide that everybody had to be happy or I was in discontent, and it caused a major depression when I was very young.

So you can't pick and choose between the characters on the screen. You have to step back and really come into an experience of seeing that's not who you are. I mean a real experience. And you'll be given that if you become curious enough to give your love and devotion over to being shown rather than problem solving. You really don't need to know or understand. You can get up every morning with an open prayer of your heart, having done Chapter 30, Rules for Decision, and sunken in to what it is you'd like to feel for the day, and stay with that orientation, that experiential orientation and become less interested in how that unfolds, just how that unfolds.

After our joining last week, I looked up "beauty." In the Course, it actually is synonymous with innocence. It's everywhere. It's important that you let the beauty of Christ and who you are shine through you and when you want to play small and you want to hold back and you want to limit yourself to being liked or appreciated in a very specific way with very especially specific people, you'll find that that is what's restricting you from coming into that magnitude and sense of Self. And you'll always have a choice point, whether it seems to be a knock at the door or an invitation to go one way or the other, and this is when you must be strong and get really clear about what it is you want.

Do you want to know the truth of yourself? Or do you want to keep people in form happy? Knowing that the ego has peopled the world. Knowing that this is not a reflection of who you are. If you are responsible for how you feel—not to blame, but responsible, this responsibility for sight, this responsibility for experience, and if you are the only one who can control or shift or change—even Jesus can't take your fear away. If you are the only one who can open up to where this constriction is coming from in your own heart and mind, then how can you be responsible for what a seeming other is experiencing?

I never know what anything is for, even when I come on here. I just want to share that the reflection in the mind is a feeling of busting out, breaking free of this restriction and confines, this false humility, this seeing it as arrogance, seeing the unwillingness to allow the beauty that was given by God to be our reality to be allowed to flow out of us because of limitations or ideas or restrictions we're putting on it just simply shining. This is the end. If something can facilitate the comfort of the little creature just going out and shining, then it will be given. It will be for awakening. It will be supportive. It will serve the whole. I've given everything all the meaning it has for me; there's no inherent value here, just to be used for awakening.

I had my purse stolen one time a few days before I left the country, moved to a new country, embraced an entirely new life, got married and did a load of things. Now, try doing that with no ID, no passport, no credit card, no ATM cards, no car keys to get home from where the purse was stolen, no keys for the front door to get into the house, which hopefully then I would leave. And I was in such a high state of mind when that occurred, I went: okay, Holy Spirit, how does this serve awakening? I got really excited. Because I was so devoted in the moment that it could only serve, like: show me; show me how this serves.

And I was sitting there thinking, wow, I can't even imagine. I pictured myself ringing up the credit card company, you know, having to ring and say it actually got stolen, and them saying some miraculous thing to me like: actually, we need you to clear out that money; there's money in your account; you're only allowed to keep so much, and I'm like: what money? I imagined, sitting there, this expansive, heart-opening feeling even with what happened, it looked like it should shut down everything I had just committed to opening up to. And as we leaned against my friend's car in the woods, which was broken into, and she was calling the police to come—and as I stood there just lit, I mean lit with this expansive experience, looking to see how the Holy Spirit was going to open and expand my mind on this one, she suddenly goes: oh, Sarah. And I say, yeah, what? She goes: they didn't take your purse; they didn't take your bag. They had just

stolen hers. They smashed into the car and they were both sitting there, but mine was just ever so slightly covered, but pretty visible, and they actually hadn't taken it.

We had just presumed, with a broken, smashed-in car, that both of our purses were taken. And it really was an immediate miracle for the result coming not from whether I needed the purse or didn't need it, the result was the miraculous state of mind that wasn't willing to see any limitation, purse or no purse. And that's what we're being called into as miracle workers, and that's what we're being called into as demonstrations of the way. And it's this level of trust and this invitation to give our trust that will bring this glow to everything you do and this lack of fear, this fearlessness to following the way every day you get up expecting miracles. Because miracles are the only thing in the Course that it says you're entitled to. Not air, water, good income; you're entitled to miracles. And miracles serve as a time collapse to bring the awareness of the truth of who you are and an experience, a very visceral, real experience that you're already cared for.

So—I just had to check in with my team there; had no idea what time it was. I feel really open. There may not be after this type of sharing, but if there is any question—not a new question, because those are for writing in. I remind everyone to write to [liveACIM@ACIMlive.com](mailto:liveACIM@ACIMlive.com) before 9 p.m. on the Monday nights if you have a question on your hearts that you really want addressed, or a theme that is concerning you. Right now I'm inviting a clarification question if there is one about anything I said so we can take it a little bit deeper before we complete our satsang for today.

So, our team is going to invite you to—what we really like is if you can put your hand up because that makes it easier for us to pray like who we are joining with or who we're looking at. So I'm just getting you into gallery view so I can see you all. Hello, everybody. So lovely to see you. Thank you to those who stayed up late or got up early; I really appreciate it. You know, we have people from every continent on with us right now. It's just very exciting to the mind, the collapse of time and space just evident here in these little squares in front of us. So I feel if everyone can just mindfully see—my team are going to flick between—if there's a clarifying question on the heart. If not, I'll just speak a little bit more about something. So let's just tune in and see what the call is for.

Wow, it feels really good that we're all in that space together where we can feel that we're clear right now, that we're clear that we never do anything right or wrong, and somehow we miss the thought that we could do something right when I say that. That's always fun—that's how I felt the first time I heard it too. The Spirit just wants us to be in the joy of expansiveness and leaning into our beauty, embracing being loved and taking every opportunity that's given to be a celebration. What is this before me; what is it for? It's to allow you to feel beautiful. What is this before me; what is it for? To allow you

to feel love and connected and to see that God is sending you a mighty companion you want to have to you.

And if there's a clearing of the decks or there's a coming out of a self loathing and a fear and a tightness—I talked to a friend recently about a tightness—like imagine you're given a five foot circle to live in; you can move around okay at five feet; you can lift your elbows a little. But in order to get it right, you put yourself in a two foot circle, because you're like, I never want to even come close to going over the edge, so I want to get it right. So I'm going to be even better than what the Spirit asked me and I'm going to do this. And when you see that, you can feel that tight restriction; you can feel that contraction, and you can feel that loss of movement that the Spirit needs, like elbow room, just to really allow you to come into the truth of who you are and relax and come into an experience that you can't mess it up and that you must experience yourself as mistaken daily if you're to have the capital C Correction of innocence and come into the certainty of who you are, that you're not on the screen at all. It happens through you making what you think of as mistakes. And when we hide them through shame or blame or wanting to get it right, we just deny ourselves access to the truth of who we are.

So I just want to say thank you very much. I feel like a deep, deep, profound love with all of you and the presence that you bring when we join together, and the trust in opening up and joining for these answers together. Because I think you agree they really address—when someone sends in something heartfelt, it's going to be exactly what we all need to hear the answer to; just that reminder again. I wish you a beautiful week of softness and gentleness and really just coming into the answer. And rather than focusing on the problem, just coming into the surety of the answer. So let's spend just a couple of moments together just sinking back deeper, deeper into that together.

The Spirit has invited me, as I'm a minister, to do a baptism. And the purpose of baptism is to cleanse away all ideas of original sin, which as Course students we know is not true at all. But that which we take on on a daily basis and that which we have devoted our lives to is like taking on some original thought of personal responsibility for our life, for how we feel, for our world. But how we feel in a pejorative way. So I just want to say, let's just put our hands up and just offer each other a complete get out of jail free card of freedom, and just say no; whatever it is I perceive that I have done against myself or anyone else, I'm drawing a line in the sand in this moment and handing it all over to the Spirit, absolutely everything over to the Spirit. And I accept in doing so that it is forgiven, because it's already forgiven. And the only thing that has been missing is my acceptance of that.

This is a rerun; it worked out wonderful; it worked out in experience for happiness for all, and you're invited to come into this; it's a really real thing right now, and it's okay if you

wake up and there's a little begrudging, a little hanging on. Just know this need not be and tune into the need not be section, which is so wonderful. You're little children. Would you hold it against yourself if you were three and you woke up tomorrow or would you give yourself this fresh start? I really implore you to give yourself that fresh start because it has already been given to you and acceptance is your only function. Your beauty, your brilliance, your brightness, even on your lowest day, shines through as long as you don't try and add anything to it. Nothing is needed from you. There's no improvement needed. Time is not even necessary.

Exactly as you are right now is completely acceptable, to come to this supper, to come to this feast, to come into this welcome where all this—the forgotten son; I can't remember the word; you know what I mean. Just come home now. Everything is forgiven. Come home. We're all a prodigal son and daughter, and there's no need to waste more time on distress and trying harder. Every relationship that's given to you, every one that's before you, actually is there and can serve as a witness to your innocence right now if you hand them to the Spirit. So take courage, don't put up the fronts; don't smile if you don't feel to. Beam if you feel to. Just really drop the mask of what's unfolding and watch plain faced and bright, secure in your innocence and everyone else's innocence as you watch.

So thank you. Thank you, everybody. I look forward to receiving your questions as well next week. Bye. Thank you; thank you. Love you all. Love you all. There are so many names, it is hard to go through them all, but thank you. Thank you. I see and bless you all and feel so grateful for your presence for myself, to stay in this remembrance. So really, tune in and if there's something on your heart, this is a given avenue right now, free and available for the next seven weeks to join together in this level of intimacy and have those questions where we've gotten stuck unstuck for everyone in the universe. Let's do that together. Thank you.

We've got a song and a little Paypal at the end if anyone is feeling to give a GIFT. So thank you very much for your presence.