

If You Speak From Spirit You Have Chosen To:
"Be still and know that I am God!"

With ACIM

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If You Speak From Spirit You Have Chosen To:
"Be still and know that I am God!"

In the beginning of the journey, there must be *desire*, for no one can come unto the Father without it. For just as you use the energy of desire to dream the dream of separation that closed your Heart, that set you on a thousand useless journeys, propelled and compelled by fear, by judgment and by doubt. Likewise, desire has been necessary for you to be willing to face your illusions, to look more deeply at your judgments, and to see that they can have no value save that which you extend unto them. It has, indeed, required desire for you to *want* to awaken. {WMe 313} (WM 295)

As you have used the power of *intention* to continually etch into the mind the beliefs and perceptions that are the very foundation of the dream of separation, so too, have you learned to use intention through time, which is your creation, in order to awaken from time and from fear.

Just as you once used the power of *allowing* to give permission to the creations held within your mind to seemingly – apparently – take form in front of your eyes, and allowed their “*reality*” to become so deeply entrenched that, literally, worlds have been birthed from it, so too, have you needed to use allowance in the process of transformation, allowing yourself to feel what you did not want to feel before, to see differently what you had once insisted could only be seen in a certain way. Allowing has been the very field from which all forgiveness you have learned has sprung forth.

“Allowing” has been the most central of keys in the process of your healing and awakening. For when you truly begin to touch upon the power of genuine allowing, you begin to taste the first levels of *true* freedom. You have learned that just as you have allowed new beginnings to occur, you have also discovered that you have the power to allow endings to occur within the field of phenomena you call “the world.”

And yet, I say unto you, *Surrender* is the completion of the keys to the Kingdom. Just as once you had need of surrendering to your illusions in order to identify the fundamental energy of your being with your illusions, just as you have had to live in surrender to even allow Allowance, just as you have learned to rest in surrender even to allow Intention, just as you have learned to rest in surrender even to allow Desire to be made new within you, as you enter *The Way of Knowing*, the final surrender is entered – that Surrender which is beyond the comprehension of all the languages and theologies of your world, beyond all that can be spoken or uttered, yet not what can be *known, felt, realized and lived!*

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The Final Surrender – There Is Only God!!!

For in surrender you look upon a perfectly harmless world, whether it seems to be outside of the body or within the body-mind itself. You look upon the comings and goings of the world and you find that all things are, of themselves, perfectly empty. {WMe 314} (WM 296)

You look *within* and discover that no longer need you *obstruct* from the conscious mind, from your awareness, what the body-mind has experienced from the moment of its conception. No longer is there an obstruction to the flow of experience. No longer is there a *self* seeking God. And where and when that self has been surrendered, the mind awakens to the simple Reality that there is only God. And *you are That One*.

As you seek to find words to communicate to yourself, or perhaps to another, the great Wonder, the great Mystery, the great Truth, the great Simplicity of Awakening into True Knowing, you will strive to find a way to communicate, as I have tried to find ways to communicate with you. You will seek to communicate to your brothers and sisters that *there is only God*.

And yet, there is the power of the mind to perceive yourself as the created, which in Truth you are. For *God gives rise to God, looking back upon Himself*. Mystery of pure content gives rise to temporary form in order that pure Mystery might be apprehended.

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The Awakened Mind Looks Upon All Things and Says: *I Am That One!*

You are, then, the very process whereby *That One* – who alone is without a second – creates the temporary form through which That One apprehends and knows Itself. You are That One that is the perfect *effect* of Mystery, that would pour forth of Itself and make visible what was invisible, to birth through time and form that which cannot be contained within it. For Love is *unfathomable*; you cannot control it. Love is vast beyond all measure; you cannot contain it. Love cannot be possessed, it can only be allowed.

Therefore, indeed, beloved friends, the very *keys* whereby once you used the power of your own mind to create the illusion of a separate self, are the very keys utilized by your own mind to awaken you to the Truth that you have never been – that there is only and always this mysterious moment. And all things have been birthed from Perfect Mystery.

The Awakened Mind – awakened from false arrogance – looks upon all things and says:

I Am That One.

And yet, no trace of separation or duality exists. For you are not apart from all things that are arising: the wind that blows through the trees, the wisps of a cold winter rain, the embrace of a lover, the laughter of a child.

The Awakened Mind that abides in Perfect Knowing no longer *obstructs* perception, feeling, the flow of thought, the flow of experience. It no longer looks to see how it can make things different than they are. It looks only, and lives from, what it most truly wants: simply to abide in its own nature and to allow Life to flow from that nature, dancing in the infinite myriad displays of form.

{WMe 315} (WM 297)

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You Have Never Looked Upon Another, For You See Only Your Self!

What, then, is required for True Knowledge to exist? What is, indeed, required to abide in *The Way of Knowing*? To *fully accept* that not one trace of your seeking has ever brought you closer to Reality; that not one modality has ever held the *power* to bring you closer to God; that *never* could it have ever been truly possible for you to make progress toward the consciousness of God. For all the while, you have been the One you are seeking, pretending to be a seeker.

And for what reason, for what reason have you entertained the thought of separation? The reason is simply this: *to do it*. For the Mind of God does not deny any possibility, for It sees nothing that can obstruct the purity of Its own nature. And forever the Father abides within Himself – infinite, vast, radiant, silent – the infinite field of *Pure Knowledge, Pure Intelligence*, out of which *all* things and *all* possibilities arise. This is why I once said unto you:

You have never looked upon another, *for you see only your Self*.

You are free to judge yourself by judging your brother and, thereby, create a form of experience. But even that form of experience is only the Perfect Reality of God. And *that* is what you are!

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Love Allows All Things, Trusts All Things, Embraces All Things, and Therefore, Transcends All Things

What, then, requires True Knowledge? God does. And from the very moment that you first had the thought, “*I want God*,” even that thought has appeared within the field of what you believe is your limited awareness as a limited body-mind, racked by fear and doubt and guilt and all of the rest. All of it is illusion. That thought of wanting God – the moment in which your journey home began – *that thought* is the presence of God awakening Itself to that which has never been lost.

God is what requires True Knowledge. The thirst that you have felt for God is God’s thirst for Herself. You are literally the field of awareness of God in which God has awareness of Himself. Because you are the Power of God, and *only* by that Power, have you ever been able to be aware of something that has appeared to be *other* than God..

And in your own, what you might still wish to perceive to be “your own experience,” as though it were separate and apart from your brothers and sisters, as though it were separate and apart from the twinkling of the stars, and the dance of the sunlight upon the water, and the thought in the brilliant mind of a scientist, and the cry of a newborn child – even if you wish, yet, to maintain that you have something called “private experience,” – that private experience has required the presence of God. Every thought you have ever held has existed only because *Love* has allowed it!

{WMe 316} (WM 297)

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A Journey With No Distance

You are free as the wind, and only those born of the Spirit know the Spirit. The Spirit comes and goes where It does. You don't know where it came from. You don't know where it's going. *You are free!* For you listen to no other voice but *the Voice for Love!* What would you hold onto in a world of illusion? {WMe 331} (WM 312-313)

Learn to discover the content that pervades all form, and you will taste the perfect freedom, the alleviation of pain that comes with attachment to the form – even your own. Even your very thoughts that yesterday you thought were true.

Today you've been taken even more deeply into Love, and what is in the past is allowed to pass away:

Yesterday I thought I knew God – ha! Today I know God even more deeply because I've rescinded my need to be right about what I once thought I knew to be true. Father, give me even more of You.

Father, give me even more of You. I want more. I desire more! You are infinite!

“More and more” becomes an eternal journey without end to a goal that has never changed. *A journey with no distance* – only the sublime experience of tasting God and then surrendering that taste in order to taste even more. Love comes to supplant fear. And learning to jump in order to receive the parachute becomes a delightful game to play.

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The Journey To God Is Merely The Reawakening Of The Knowledge Of What You Are Forever!

The Bible says that you should go with a brother twice as far as he asks. It certainly does not suggest that you set him back on his journey. Devotion to a brother cannot set you back either. It can lead only to mutual progress. The result of genuine devotion is inspiration, a word which properly understood is the opposite of fatigue. To be fatigued is to be dis-spirited, but to be inspired is to be in the spirit. To be egocentric is to be dis-spirited, but to be Self-centered in the right sense is to be *inspired* or in *spirit*. The truly inspired are enlightened and cannot abide in darkness.¹

You can speak from the Spirit or from the ego, as you choose. *If you speak from Spirit you have chosen to "Be still and know that I am God!"* These words are inspired because they reflect Knowledge. If you speak from the ego you are disclaiming Knowledge instead of affirming It, and are thus dis-spiriting yourself. Do not embark on useless journeys, because they are indeed in vain. The ego may desire them, but Spirit cannot embark on them because It is forever unwilling to depart from Its Foundation.²

We are the joint Will of the Sonship, whose wholeness is for all. We begin the journey back by setting out together, and gather-in our brothers as we continue together. Every gain in our strength is offered for all, so they too can lay aside their weakness and add their strength to us. God's welcome waits for us all, and He will welcome us as I am welcoming you. Forget not the Kingdom of God for anything the world has to offer. ³

The journey to God is merely the reawakening of the Knowledge of where you are always, and what you are forever. It is a journey without distance to a goal that has never changed. Truth can only be experienced. It cannot be described and it cannot be explained. I can make you aware of the conditions of Truth, but the experience is of God. Together we can meet its conditions, but Truth will dawn upon you of Itself. ⁴

What God has willed for you *is* yours. He has given His Will to His treasure, whose treasure it is. Your Heart lies where your treasure is, as His does. You who are beloved of God are wholly blessed. Learn this of me, and free the Holy Will of all those who are as blessed as you are.

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In The Service Of Uniting, The Body Becomes A Beautiful Lesson In Communion

Remember that the Holy Spirit interprets the body only as a means of communication. Being the communication link between God and His separated Sons, the Holy Spirit interprets everything you have made in the Light of what He is. The ego separates through the body. The Holy Spirit reaches through it to others. You do not perceive your brothers as the Holy Spirit does, because you do not regard bodies solely as a means of joining minds and uniting them with yours and mine. This interpretation of the body will change your mind entirely about its value. Of itself it has none. ⁵

If you use the body for attack, it is harmful to you. If you use it only to reach the minds of those who believe they are bodies, and teach them *through* the body that this is not so, you will understand the power of the mind that is in you. If you use the body for this and only for this, you cannot use it for attack. *In the service of uniting it becomes a beautiful lesson in communion*, which has value until communion *is*. This is God's way of making unlimited what you have limited. The Holy Spirit does not see the body as you do, because He knows the only Reality of anything is the service it renders God on behalf of the function He gives it.

Communication ends separation. Attack promotes it. The body is beautiful or ugly, peaceful or savage, helpful or harmful, according to the use to which it is put. And in the body of another you will see the use to which you have put yours. If the body becomes a means you give to the Holy Spirit to use on behalf of union of the Sonship, you will not see anything physical except as what it is. Use it for Truth and you will see it *truly*. Misuse it and you will misunderstand it, because you have already done so *by* misusing it. Interpret anything apart from the Holy Spirit and you will mistrust it. This will lead you to hatred and attack and loss of peace.

Yet all loss comes only from your own misunderstanding. Loss of any kind is impossible. But when you look upon a brother as a physical entity, his power and glory are "lost" to you and so are yours. You have attacked him, but you must have attacked yourself first. Do not see him this way for your own salvation, which must bring him his. Do not allow him to belittle himself in your mind, but give him freedom from his belief in littleness, and thus escape from yours. As part of you, he is Holy. As part of me, you are. To communicate with part of God Himself is to reach beyond the Kingdom to its Creator, through His Voice which He has established as part of you.

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The Purpose Of Your Life Is To Love!

Remember always that knowledge is perfectly certain. Knowledge is that which is unchanging, unchangeable and unchanged forever. Knowledge is Reality and Reality is Love. Knowledge is the essence of your being – Knowledge, the essence of your soul. {WMe 333} (WM 315)

Whether in your own life or in relationship with a friend, wherever *doubt* seems to arise in the mind, remember only this: This mind is not currently choosing Reality. It must, therefore, be choosing something else. And the something else can only be that experience, that world, of the ego. For we use the term ego to differentiate that state of awareness that is characterized by *confusion* wearing the mask of *certainty*. When anyone says unto you, "I don't know," whenever the thought arises in your own mind, "I don't know," rest assured that in that moment, that mind – your mind – is choosing to be *other* than what it is.

And what is it, then, that you know?

I and my Father are One.
I am intimately connected with that very Source
from which has sprung forth all things.

Because this is the Truth – because it is the Truth of your being – this means that for any situation that requires a decision, you have within yourself access to Perfect Knowledge. Perfect Knowledge seeks to extend itself.

Therefore, you – as a body and as a mind abiding in space and time on a tiny planet – *you are* ego's decision to manifest itself, for no other reason than to extend its own nature. The happiness of the soul depends on its decision to extend only that which *is* Loving.

Because *you* are the manifestation of Reality Itself, of Knowledge Itself, of Love Itself, it must mean that in any given moment, there is within you a part of the mind that yet remains free from the ego's authority; that part in which there already abides Perfect Peace; that part of the mind in which there already abides Perfect Certainty; that part of the mind in which there already abides the willingness to extend Love without attachment. {WMe 334} (WM 316)

There is already within you that part of the mind that can deliver up to you the answer for each decision, the answer that helps to *extend Love*, first into your own beingness and then through it. For you can only give what you first receive, and in your giving, your receiving is completed.

Therefore, indeed, beloved friends, if you would look to see what the purpose of your life is, it is quite simple. Being only Love, you can have no other purpose than to extend the treasure of your very Self.

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You Are Christ Eternal, and That Is Unchanging and Unchangeable Forever!!!

Christ is God's only Creation. Christ is that medium, if you will, through which the unfathomable, mysterious, beyond comprehension Source that I have called *Abba* {and goes by many names}, extends Itself into the creation of temporary forms to reflect throughout the universe, that which the universe itself is made of, where it comes from, what it is enveloped within and that to which it eternally returns.

Because *you*, like a wave unto the ocean, have been birthed from that Reality, emerging from that Reality, you are one with it. *Therefore, you are Christ eternal. That is unchanging and unchangeable forever.*

Within you, then, even in this very moment, there abides a part of the mind that already knows the Truth that sets all things free. That part of the mind can be accessed at *any* time by *any* one under *any* condition. It does not require years of cultivation. Although in the field of time it can appear that you're getting better and better at it, simply because you're enjoying it more and more, and giving value to the fear-based egoic ways of arriving at decisions less and less.

That part of the mind is like an empty and open channel. Nothing can obscure its Purity – *nothing*. Nothing you have ever done, nothing you have ever thought, nothing you've ever miscreated obscures the Perfect Silence, the utter Purity of your connection with the Source of your being. For Love is always connected to Itself.

What does this mean, then? First, anyone who truly enjoins *The Way of Knowing* must make a decision to accept the Atonement for themselves:

I am One with my Creator – now.
I choose to fulfill my purpose
by extending *only* the reflection of my Self,
and I am but Love.

Secondly, anyone who would enjoin *The Way of Knowing* must also look and embrace the very fact that their attention is involved in the world of space and time, the world of the body itself. {WMe 335}
(WM 317)

But in *The Way of Knowing*, the world of space and time is *seen* differently – rather than as something that exists *external* to the mind itself, something which has a power over the mind itself, something that is therefore to be feared, something that one must be conformed to. The things of space and time are seen and embraced as that which is given of the Creator to the son, to the daughter, in order to be utilized as devices for assisting Christ to extend Love – whether it be a pencil or a computer or a trip to your grocery store or a party in which you invite your friends to come and play. All things finally come to be seen as having only one purpose: the extension of Love.



To enhance the main topics, this material came from both *The Way of Mastery* and *A Course in Miracles*.

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1 (T 52) [T-4.in.1.]

2 (T 52) [T-4.in.2.]

3 (T 148) [T-8.VI.1]

4 (T 150) [T-8.VI.9.6. - 10.]

5 (T 151) [T-8.VII.2. - 14.]

6 (T 152) [T-8.VII.5.]

If a paragraph does not have a page number reference, it is part of the previous paragraph's page number.



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