

It Is Love and Love Alone That You Are!

With ACIM

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It Is Love and Love Alone That You Are!

So How Much Easier Can It Get?

It is not Love that keeps the world spinning but ignorance of Love. For where Love is reawakened the soul rests as and in silence. It feels at home wherever the body might be found. For already does it know that Love is the substance of all things. Not to be seen with physical eyes but to be seen with the *eyes of the awakened Heart*. It is Love and Love alone that can heal your pain. It is Love and Love alone that can transform your world. And this is the great blessing: *it is Love and Love alone that you are.* (ARC 91)

Now there is a great and simple Truth contained in that sacred book which you would call your Bible. And luckily it is one Truth that mankind has never thought to change. And that simple Truth comes but in three words, "**God is Love.**" And if you be the Son united eternally with all that the Father is, and I say unto you that indeed you are, then can you in Truth be other than Love?

Now, it is quite a simple thing to *be* what you are. But it takes great difficulty and the expenditure of great energy to be what you are *not*. And all of you have tasted the fatigue and the frustration and the emptiness and the pain of insisting on pretending that you are other than who you are. All of your troubles have been born from your insistence that: "Surely I am not the Son of God. I am most unworthy. Look at all the bad things that I have done and thought and said. Does this not prove that I am other than the Son of God? Jeshua, *He* must be the Son of God. They tell me that He lived a perfect life." Please do not believe it.

And when you have begun to awaken to the Truth that you are indeed worthy because the Grace of that perfect gift of the *union* of the Son with the Father is already given to you before you take a single breath – it is already prior to all thoughts born from the soil of the belief in separation – you are indeed worthy to embrace boldly and with the whole of your being this grand Truth:

I am the only begotten of the Holy Father.

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Is It Not Time To Embrace Finding?

Now many of what you know as your scientists, who would seek with the mind to dissect the whole of creation, thinking that by so doing they might find the secret to its being have marveled at what you would know as the "big bang." Which is said to be the birth of this physical universe. And in a manner, they are quite accurate. But I would say this unto you: that bang is like a whisper compared to what you can bring forth upon this world when you choose to embrace *wholly the power of Love you are.*

So, then, does it not seem a simple thing? "Hmm, in this moment shall I embrace illusion so that I can know suffering and lack or shall I embrace Reality?"

Now that can seem a most fearful thing because when you embrace Reality you must release the illusions that you have wedded yourself unto and they shall be no more. And when you embrace Reality you no longer have the false luxury of pretending that you are incapable of all things. You will no longer have the luxury of saying, "Well, I'm just a victim. The world is just the way it is and here I am. And what can I do about it?" A most clever thought behind which to hide. "I must set about to secure my survival because if I do not, who will?" Already does the Father extend unto you the infinite and unlimited abundance which is His table. "But I cannot embrace Reality. After all, I have all of these details to take care of. And if I do not take care of them, who will?" Release them, and your Father will take care of them.

You have grown so accustomed to struggle, to efforting, to planning and seeking. Is it not time to embrace finding? You have been taught that you must become as I am. Is it not time to embrace *being all that I am*? And this is not a great thing, for have I not said unto you: of myself I do nothing, but the Father does all things? *So how much easier can it get?*

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You Will Know Your Father's Will For You!

The Kingdom is diametrically opposed to all that you know to be your world. For your world has taught you to believe in effort. And in the Kingdom there is simply receiving and extending abundance. The world has taught you that you must diligently make your plans but in the Kingdom the *awakened* Son of God abides in Divine Stillness empty of all desire, and His Father works *through* Him. For is it not written, "Be still and know I am God"?

Are you willing to rest the body, to give up your plans and fears and to abide in stillness, and then learn to be *within and as* that stillness in all activities? Are you willing to give up every belief you hold about what life is, about who you are and about what must be done? Can you come to the point of recognizing that all of the ideas you have held have been false? Are you willing, indeed, to live in faith to become as an empty glass, to die to that one and only true death, even the death of the thought of separation? Are you willing to give the world and all of your thoughts and all of your fears back to the Father? Can you release the whole of what you have believed to be you and to care for it no longer? Are you willing to give up needing to receive anything from anyone? Are you willing to surrender your parents, your children? Are you willing and ready to again embrace the presence of the Kingdom born *within* you?

For I say this unto you: what you release can only be those thoughts that have limited you from Divine Remembrance. And for all that you would release, the Father will fill you seven-fold. And then *you will know your Father's Will for you.*

And many would be most surprised to discover that in running about seeking your Father's Will for you, that it has been around you the whole time. For all that you will release you will find continuing within your life but it will have been transformed and *you will see it with new eyes.*

And you will see the mate not as the mate, you will see the child not as the child, you will see the parent not as the parent, you will see the job not as a job, you will see the body not as the body, but you will behold in perfect clarity the blessings extended to you of the Father, that *through* you, right where you are, the Kingdom shall be born. Light of Light and Truth of Truths, you cannot enter the Kingdom until you are willing to embrace and release all that you have known and to give all things back to your Holy Father, Who *alone* knows the purpose of all things.

I say this unto you: what you have known and thought and seen with your physical eyes can be likened unto the breadth of a single hair thrust into the vastness of space. But in Truth what you *know* encompasses the whole of space, which by the way, is quite infinite. Therefore, behold that there are no boundaries to what you know.

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"God Is but Love, and Therefore So Am I"

This Self alone *knows* Love. This Self alone is perfectly consistent in Its thoughts; knows Its Creator, understands Itself, is perfect in Its Knowledge and Its Love, and never changes from Its constant state of union with Its Father and Itself. (ACIM Review V)

My resurrection comes again each time I lead a brother safely to the place at which the journey ends and is forgot. I am renewed each time a brother learns there is *a way* from misery and pain. I am reborn each time a brother's mind turns to the Light in him and looks for me. I have forgotten no one. Help me now to lead you back to where the journey was begun, to make another choice with me. God would not have Heaven incomplete. It waits for you, as I do. I am incomplete without your part in me. And as I am made whole we go together to our ancient Home, prepared for us before time was and kept unchanged by time, immaculate and safe, as it will be at last when time is done.

Let this be then your gift to me. For this *alone* I need; that you will hear the words I speak, and give them to the world. You are My Voice, My Eyes, My Feet, My Hands *through* which I save the world. The Self from which I call to you is but your own. To Him we go together. Take your brother's hand, for this is not a way we walk alone. In him I walk with you, and you with me. Our Father Wills His Son be One with Him.

Let this become a time in which we share a new experience for you, yet one as old as time and older still. Hallowed your name. Your glory undefiled forever. And your wholeness now complete, as God established it. You are His Son, completing His extension in your own. We practice but an ancient Truth we knew before illusion *seemed* to claim the world. And we remind the world that it is free of all illusions every time we say:

"God is but Love, and therefore so am I."
"There is One life, and *that* I share with God. (WL 179)

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I Need Do Nothing, Save To Just Be!

Precious friends, you carry one of the greatest gifts and the power of it will begin now to blossom. It is the gift of your presence, the gift of your ability simply to be, without need of trying to get anything from the future, without need of casting judgment upon anybody, without need of feeling there is something lacking. Just your presence brings a Light that is like a beacon, and as you allow – the most important key to the Kingdom, by the way, allowing – as you allow yourself to simply acknowledge and listen well, that you need do nothing, much will begin to be done around you and through you. (JT - I)

Just have fun. But above all it is absolutely critical that you allow your, what has been called by others a mantra, to be simply this:

"I need do nothing, save to just be."

When peace comes at last to those who wrestle with temptation and fight against the giving in to sin; when the light comes at last into the mind given to contemplation; or when the goal is finally achieved by anyone, it always comes with just one happy realization; "*I need do nothing.*" Here is the ultimate release which everyone will one day find in his own way, at his own time. You do not need this time. Time has been saved for you because you and your brother are together. This is the special means this course is using to save you time. You are not making use of the course if you insist on using means which have served others well, neglecting what was made for *you*. Save time for me by only this one preparation, and practice doing nothing else. "*I need do nothing*" is a statement of allegiance, a truly undivided loyalty. Believe it for just one instant, and you will accomplish more than is given to a century of contemplation, or of struggle against temptation. (T 389) [T-18.VII.5.-6.]

You are the presence of the Thought of Love in form. You are unbounded and eternal. There has never been a time that you have not existed as the Thought held lovingly in the Mind of God. Your Reality knows no boundaries. It knows neither beginning nor end and therefore, you have never tasted birth nor death. You cannot possibly have ever sinned against God. You are indeed loved wholly, and the Light shines in you as completely in this moment as the Light has ever shined in me. That Light you are. And to be vigilant means that in each moment when you watch the movie and the ego seems to creep in to the mind, you simply retrain the mind to notice that that's not a part of you and you have a very good laugh because the drama has become a comedy, and then you choose anew. (JT - L)

Don't make a transition by thinking that you have to beat yourself into love. Just be Love. The constructive use of time – which is the only use there is of it – is to *choose* to be the presence of Love. Each time the thought comes into the mind: "There I go again. I've blown it. What a jerk I am," that is part of the same voice that has created the strand of negativity trying to seduce you, trying to say, "No, no, don't let me die. I've been in control of you for so long." And all you need do is withdraw your value from it and choose anew. And have a good laugh while you are doing it.

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You Are Never Without Knowingness!

Now, I have said to you that I will give you my strength until yours is as certain as mine. You will not look upon those memories alone. All you need do is think on me as you begin that process in your meditation and I will assist you in, shall we say, reshuffling the cards of the deck. This will, then, begin to mirror itself to you as your life continues to set the stage for certain experiences that could be deemed as fearful, as non-beautiful, but what will happen is that you will begin to catch that you are making a different choice, not deliberately with the mind, but you will recognize that, "Somehow the choice must have been made differently because I am reacting differently." And a recognition of the strength that is truthfully within you will begin to dawn. You're not far off from the glorious recognition that you are safe always and the strength is within you. (JT - ES)

You have created a vast generalization of separation and by so doing, you have overlooked the simple fact that what you experience is right in front of you, and do not make the logical mistake of extending to generalizations. (JT - SHR)

I use the analogy or metaphor of turning the cheek from the world; I am talking about turning your consciousness from the perceptions you have chosen to believe in. It does not mean that if you are driving your car and there is someone in the wrong lane coming at you, and you say, "I don't want this," that all you need do is turn the other cheek. Do you see? I guess we need to take action to correct that. In the sense of lack you are never without knowingness about the road you are headed in. Therefore, to look and see the car that's coming down the lane at you and to take corrective action means already you have turned your attention from the perceptions you have held that have begun to draw that experience to you. It may be, for instance, that money is the root of all evil, therefore, I'll live in lack because that is more spiritual. Well, yes, it would be nice to turn the heat on in the middle of winter, but after all that would take money and money is evil." Very well, have fun shivering.

I am speaking of looking at the perceptions from which your world of experience has been built. To look at it honestly and openly, not by beating yourself and saying, "Oh, my God, what have I done? What a jerk I have been. Oh, gees, I'll never get this straight." Not at all. Look at it with the innocence of a child. When a child in a sandbox begins to build a castle – and if you've seen one – they sit back and they look at it and they go, "Not right," {motion of knocking it down} and they start over. They don't beat themselves. They don't go in and say, "Father, whip me for I have sinned." They just start over.

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How do I apply “I need do nothing” in my relationships?

The first mistake of a perception is to use the word "my." It is a word of possessiveness. You cannot possess a soul. You cannot possess the body. Is there no special bond? More special than any other bond? When you seek a specialness of a bond in one relationship over others, you will have already decreed that you believe in separation from God and that you are in need of something that only a certain other can bring to you.

Now, I am not drawing the conclusion therefore that you go callously in the world. Of course not. But everyone has been your mother, your brother, your sister, your father, your grandparent. You name the relationship. You have all enacted them a million times.

Are you willing to release every perception you have learned of the world and to allow the one Teacher to reteach you? Your pain in relationships comes always and only as a result of how you react to your perception of what you think you see.

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In Truth, An Awakened, Healed and Sane Mind Knows It Need Do Nothing!

Let me give you a concrete example. I would be willing to bet that if I asked everyone on the planet, if an angry or fearful or judgmental thought or perhaps a victimhood thought like, "Why me?" were to arise, if one of their own friends kissed them on the cheek as a way of identifying them to your government, and then the government took you and tied you to a cross and then pounded nail through your hands and feet, in that experience would such thoughts arise?

Had there been a trace of identification in my mind to the perceptions that the world would believe in and that such a thing is barbaric. You could make a huge list of beliefs about it. That it ought not be done. That was a cruel thing and how could they do this to me, anyway?

All I wanted to do was pat them on the back and love them. If one iota of such a thought would have entered my mind, the whole demonstration would have failed miserably and I would have died a death like anyone else. There would have been no resurrection, no ascension and I might not even be here to communicate with you. That is how powerful your perceptions are. And your pain can come only from the soil of the perceptions you have believed are true because you believe they would bring you something that you are lacking.

The dilemma, if you will, of every single mind that has bought into this little spinning vortex called your world and gotten caught up in it – which is only to get caught up with believing certain perceptions – holds the key to the fulfillment or peace. *For in Truth, an awakened, healed, sane mind knows it need do nothing.* Ultimately with the emotions or with the physical hands. It has to do with your perception. The experiences do not come from the act. It comes from your perception of what the act means.

And how to let it go? By choosing to do so. To begin to see – and this is why I have talked about vigilance – to see that when an action takes place in your experience, to notice your reaction and to see that it must come from your perception of it.

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Choose Only Peace No Matter What!

Let me give you an example. Two people are asked to stand before a crowd of ten thousand and to give a speech on the meaning of love. The first walks on – and they don't have time to prepare, by the way – the first walks onto the stage and looks out and does what you would call the wetting of the pants...and has to literally be carried off the stage, stiff as a board, barely breathing. The second comes and stands on the stage and looks out on all those sea of faces and goes, "They are just like me. I love you. That's the meaning." And walks off skipping and singing, and everyone stands and gives him an ovation.

Nothing has been different except their perception. Nothing at all. The situation is the same. Nobody did anything to change anything except the infinite power of one mind chose a different perception. You have a saying in your world: "That has made all the difference in the world." The perception of separation and fear has created a lot of differences in your world.

And you are being asked now to choose a different way of seeing, a way that doesn't ignore what's taking place but sees *through* it and *beyond* it, to choose only peace no matter what, to understand that none of your perceptions have ever been wholly true. And that is why you need in each situation to ask the Holy Spirit to teach you the meaning of your experience. He will not keep it from you whenever you are willing first to acknowledge that you are reacting not to what happened but to your perception of what happened and to ask it to be replaced. And if there is something for you to see in the experience, something you would be asked to do in the experience you will know because Holy Spirit will be doing it for you.

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Choose To Listen To The Holy Spirit and Guidance Will Be Given You!

No one can hurt you because no one can fulfill you. And when you see it that way you are getting about as close to the hub of the wheel as you can. You are beginning to touch the place of truly seeing – that's not thinking; that's a "*seeing*" that involves the wholeness of your being. Your perceptions have created everything you have experienced, and your perceptions are the only thing that have been creating limitation in your life. You are not your perceptions. That is the great point of freedom. And you have come to understand that you are not, never have been, the thoughts of the world. You just got a little entranced with them, that's all, and you are free even now to choose anew.

Guidance will be given in how to deal with any situation, for turning of the cheek doesn't mean that you let the car hit you head on. It never meant that. It means that you choose to listen to another Voice rather than the reactivity of your perceptions to know how to deal with anything effectively. And because you turned to Holy Spirit your perceptions begin to shift. And that shift brought you into a place of openness where a friend of yours could begin to whisper:

“Indeed, you need do nothing.”

~ Jeshua



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

Page Ref:

The Way of Mastery:

ARC	Archives Files
JT - I	Jeshua Transcripts: Illusions
JT - L	Jeshua Transcripts: The Light You Are
JT - ES	Jeshua Transcripts: End of Seeking
JT - SHR	Jeshua Transcripts: Special & Holy Relationships

A Course In Miracles (ACIM)

Text: (T 389) [T-18.VII.5.-6.]

ACIM Review V

WL - Workbook Lesson Number (WL 179)

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



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