

**The Holy Spirit Will Guide Your Words, Your Gestures,  
Your Choices and Decisions!**  
(With ACIM)

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## **The Holy Spirit Will Guide Your Words, Your Gestures, Your Choices and Decisions!**

In Truth, there can *only* be what is true. Remember, then, always, that regardless of what the eyes of the body show you, you remain as you are created to be – created, indeed, in the image of all that God is – and God is but Love. Created in the image of all that the Divine is, and the Divine is that which extends Itself infinitely and eternally, from Its desire to reveal Love. (JT - HIG)

This is why in each and every moment, when Love is expressed through you – innocently, purely, and *without* attachment or investment – you have always experienced a state of peace, a state of ease. And in that moment of a **Holy Instant**, you have remembered the Truth of who you are. You have seen beyond the body in that split second. You have seen beyond the distance between you and your brother or sister. And you have reveled in the bliss of Perfect Union. Your life has flowed in that moment effortlessly. It has flowed in that moment with absence of anxiety, for there is no thought of tomorrow. There is no memory clung to of the past. There is only this freedom in which Love; the essence of your being, the essence of Spirit, the essence of all that Christ is – that essence has flowed through the perceptions once held in the mind, the patterns some of which you might call karma. It has seeped through the blockages in the cells of the body, and the body itself has gestured in such a way that Love has been extended into the world.

It is in just such moments that the fullness of the spiritual journey is completed, for that journey is only completed in the act of remembrance of what you have *always* been, that which alone you must *always* be.

In a very real sense, then, there is no evolution. There are no strategies that can get you to God, except forgetting that you are separate from God. And that forgetting, that moment – again, that **Holy Instant** – that brings you into the fullness of your being, into that state of remembrance, is in those moments when Love has flowed *through* you to the world in any of its myriad expressions, and there has been no thought to cloud it, that thought being:

“I wonder what I will receive from this giving. How will I be able to shape the universe around me in order to extract what I believe I need, by being loving?”

In those moments of pure Love, there is only Perfect Union, Perfect Innocence. Forgiveness, itself, cannot even enter such a moment, for there has been no condemnation.

In each and every moment, then, when you *choose* to surrender the self and *allow* Love to be present, you have elected to live in the Kingdom. And you are the one who receives the Joy, the enjoyment, of witnessing Love’s effects. Where do you experience the effects of Love, if not first in your own being? As Love flows from Spirit through the soul, through the basics or the matrix of the personas, the personalities, as it moves through the emotional field and out through the body and into the world, you must be the first that receives It. And this is what brings us to the heart and soul of what we would seek to share with you.

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## The Holy Instant, The Crown Jewel Of Creation!

It is not your doing that can establish you in the Kingdom. It is not your accomplishment that evolves you into the consciousness of God. It is, first and foremost, in your *willingness* to receive the Reality of the Kingdom, which is the *experience* of Love flowing through you. This is what I meant when I once said:

“Seek first the Kingdom *within*, and all these things shall be added unto you.”

For in every striving that the mind enters into, based on its forgetting of who it truly is, what is sought is not money, not fame, not what you call your soul mates, not the accomplishment of great tasks. What the mind is looking for is Love. That is the *only* thing the mind can seek, for that is the *only* thing it was designed to give.

Know, then, that in all tasks you choose to undertake, you will be motivated by only one of two things: Love or fear. Fear can come with many masks. It can even wear a smile. Here it is born, and acts as the matrix or the conduit which propels your activity when you have forgotten to seek first the Kingdom, and when you have forgotten to open and receive the Love that is forever present for you in every moment and under all conditions.

As you choose, then, to cultivate the decision to seek first the Kingdom, the tasks that you enjoin can be flooded with the Love that would flow *through* you as that Voice guides your creativity, your choices, your decisions. And yet, Love colors things a little differently than does fear. This is a very important distinction. Fear will seek the results of the task, for fear believes that by the accomplishment of the task something will be received that the egoic mind believes is lacking. Love will *extend* Itself into the task, knowing that the *true* treasures are the moments of relationship that arise along the journey that become those moments in which souls can heal through learning the practice of forgiveness, of looking with innocence, of looking at the shadow in the eye and *choosing* Love instead.

So Love is not result-oriented. Love is *love*-oriented. Fear is result-oriented. This can only mean that when you enjoin any task and you find yourself depressed, frustrated that the result has not been achieved, the mind or your awareness has slipped over into the territory of fear. Fear is an energy that believes Love is lacking, that Union with God is lacking. It is run by the beliefs such as “I must earn my union with God, performance is what will bring it to me,” and all of the rest.

What would it be like, then, if you learned to look upon each of your days through new eyes? What would it be like if you looked upon each of your days as merely the opportunity to discern and distinguish which of those two camps your awareness has fallen into? “Is it fear that is propelling me? Or is it truly Love?” How, again, to know the difference? If you are feeling frustrated, anxious, depressed, and all of the rest, and you finally notice that the mind is fixated on the results, you have decided should be achieved and they are not being achieved and, therefore, that feeling state emerges – you know that you have entered into that task from fear.

Now, what then do you do? Well, it's very, very simple. You get one of those whips and you take off the shirt, and then you beat yourself with it. You take out an ad in your newspapers, with your picture, saying, "Behold, an unworthy one." You have all taken out those ads in your papers.

In Truth, because Love does not condemn, and because Love makes all things new, even as what would be birthed from fear is arising, all you need do is *stop* – and seek first the Kingdom, and abide there until you feel restored – until you are sober and you are in your right mind. You have received *Love* for yourself, for no other reason than that it is good to do so. And then, as you bring your mind to the task, simply ask that *Love* guide the way, that *Love* restore your mind and awareness to the reality of the great jewels that will be presented. It is not so much in the result that the mind would picture, but the moment of relationship in which Love can change the pattern of perception that has been running that mind – yours or your brother's or sister's. Those moments are referred to as *Holy Instants and they are the crown jewel of Creation*. For only in such moments – and they always occur in relationship – in those moments does the Reality of Love come to be more solidly established as the basis of your consciousness. This can be nothing more than a return to what is True.

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### ***Would You Be Willing To Enjoin A Challenge?***

The message, then, that we would seek to share with you is a message that can transform your life. Even if it's flowing beautifully, it can flow *more* deeply. For there can be no limit or bottom to the depth of God. Paradoxically, then, because you are the Created, and not the Creator, you – just like I once had the opportunity when I walked your planet as a man – you have the opportunity to translate how you see time and what you perceive its value is. You will utilize it to deepen your direct remembrance of the *Presence of God*: by *cultivating* the choice for Love, the remembrance of Love, the dedication to Love, the surrender to Love and by learning to seek first the Kingdom and allowing each of your tasks to flow from that choice.

When you awaken in the morning, there is a task before you. You are going to have to lift your head from the pillow. You are going to have to put your feet on your floor. And you are going to have to decide which direction those feet are going to carry the body. Is that not true? And yet, how often have you awakened in the morning, and immediately the mind has gotten busy with all of your to-do lists. Unbeknownst to you at times, the voice for fear has been the main magnet that lifts your head from the pillow, puts your feet on the floor, and you're off and running scared. "If I don't get this done, what will they think? Oh, my God, what about that?" And it goes on and on and on.

Once, many years ago, I spoke that one of the greatest things one could ever learn to do was to wait on the Lord – which means to seek first the Kingdom – before the eyes opened fully. Just in that moment when you know you've awakened from your slumber, something's going to be activating the body – a thought, an impulse. And in that moment, before the eyes open, to *remember* God – to *choose* Love – to *cultivate* healing as it penetrates your soul, your mind, your emotions, your personality, and even the tissues and cells of the body.

And to make sure you are not bringing with you anything that you took to sleep with you, that is a judgment of a brother or a sister, to make sure that what is going to move the body that day will not be fear but Love. Now, that sounds rather simple, doesn't it?

I would then challenge you to keep a list, a calendar by your bed, and when you have gotten up in the morning and you've taken your shower or done whatever you've done, or made your coffee or your fourteen phone calls before you eat or before you leave the house, *pause* and ask yourself,

“Did I remember to abide in Love before I opened my eyes this morning?”

Keep track. It will be most humbling, for this simple act is the most difficult to achieve: to learn to choose for Love at the most subtle moment, as consciousness is beginning to focus into the physical domain every morning. To remember Love then is, indeed, a difficult task. And yet, the mind can be trained more and more to make that choice. *Would you be willing to enjoin such a challenge?* Remember, we will be watching, and always, beloved friends, without judgment, without condemnation.

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### **Love Provides You The Wisdom To Know What To Do With Each Moment!**

The mind that has awakened comes to each moment *anew*. The mind that has been fully established in the remembrance of the Truth that is true always comes to each moment fresh and new. It is not possible for such a mind to lose patience with a brother or a sister, for lack of patience can only arise from fear, from a mind that has forgotten the Kingdom and, therefore, is keeping score, adding up the past. It has the results about what it thinks the future should be, and this other one, obviously, isn't fitting in quite right. But Love looks with innocence upon each created being, for Love sees that they look *not* upon another, but upon *themselves*. This can only mean that you are your brother and sister's keeper because you *are* your brother and your sister.

This is why I've often said that your greatest saviors are those that really push your buttons. For do they not call you to the task of patience? Do they not call you to the task to uncover more deeply within what must be preventing Love from showing up? *For Love also provides you the wisdom to know what to do with each moment.* Luckily, and by Grace, it is not given you to know what your brother or sister needs.

Luckily, by Grace, it is not given for you to be the caretaker of another, but the keeper of another. What could that mean? To keep another means to hold in your consciousness the image and remembrance of them as the Perfection of the Truth that they truly are. And within each soul is the spark of Light which is the Christ Mind and which is that Mind, whole and complete, made in the image of God.

To “keep” another is to be the friend of that one. And a friend, indeed, is one who sees the other as Christ in the journey of *remembering* Christ, and holds them in that Light until they can hold it for themselves. A friend is one who does not condemn or judge. Therefore, the greatest state of consciousness is to be a friend to the world.

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**Peace Requires Non-attachment To The World and Then You Will Begin To Access More and More Clearly The Guidance and Wisdom Of The Holy Spirit!!!**

Because it is not given to you to know what your brother or sister needs, you are released from the burden of believing that you must know. And in any moment, as you cultivate the ability to remember, first, the Kingdom, to receive Love, to abide in that place where Grace can speak to you, the Holy Spirit, that part of the mind that remains perfectly united with God and is heard when all the other dimensions of your being are at peace. *And peace requires non-attachment to the world.* In that moment, *the Holy Spirit will guide your words, your gestures, your choices and decisions.* You might find yourself speaking. You might find yourself being silent. There’s no handbook, you would say, for each moment arises fresh and pure.

Seek, then, seek within your *own* consciousness, to *desire* the Kingdom more than anything else, more than any result you have ever imagined, more than any richness or fame or what-have-you. Above all created things, seek to nurture within yourself the passionate desire to have released from your consciousness anything that impedes it from being entrained to seek first the Kingdom – so that more and more, and more and more, with each moment, even as you live in this physical dimension and the body moves about on your planet with decisions and bills to pay, the mind goes:

“Oh, I think I’ll just receive Love.

I think I’ll just abide in the remembrance that *only* Love is Real.”

Drink that sweet, sweet, clear water, if you will, and then enjoin the task before you. *For in that way you will begin to access more and more clearly the guidance and wisdom of the Holy Spirit.*

All of your teachings and all of your learnings have been but as guideposts to bring you to this acknowledgement: That the Son of the Holy Father is One, and that all beings that have ever been abide in the Son. And to know this, again I say unto you, you have and do and will live the life of all beings upon all planes of creation, for in Truth all things are contained in what you are.

And now even in this moment turn your attention to the Throne of the Father within your own Hearts. Feel His presence there, feel the lightness that begins to come: a lightness that dissolves all shadow, a lightness that begins to move the very energies of the body toward laughter, toward rejoicing and toward that sacred smile that would touch the lips.

See well then that the Father has never been apart from you. And that with every breath of this seemingly long and complex journey it is the Father that has been your perfect Guide. It is your Father that has protected you and yet allowed you the whole of the dreams you would have chosen to dream. And yet they all culminate in this Sacred and Holy Instant: the *reawakening* of the Son of God.

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**In Confidence We Wait His Answers, As We Ask His Will  
In Everything We Do!**

The Thought of God created you. It left you not, nor have you ever been apart from It an instant. It belongs to you. By It you live. It is your Source of Life, holding you One with It, and everything is One with you because It left you not. The Thought of God protects you, cares for you, makes soft your resting place and smooth your way, Lighting your mind with happiness and Love. Eternity and everlasting Life shine in your mind, because the Thought of God has left you not, and still abides with you. Your destiny lies there and nowhere else. (WL 165)

Henceforth, hear but the *Voice for God* and for your Self when you retire from the world, to seek Reality instead. He will direct your efforts, telling you exactly what to do, how to direct your mind, and when to come to Him in silence, asking for His sure direction and His certain Word. His is the Word that God has given you. His is the Word you chose to be your own. (W Epilogue)

And now I place you in His hands, to be His faithful followers, with Him as Guide through every difficulty and all pain that you may think is real. Nor will He give you pleasures that will pass away, for He gives only the eternal and the good. Let Him prepare you further. He has earned your trust by speaking daily to you of your Father and your brother and your Self. He will continue. Now you walk with Him, as certain as is He of where you go; as sure as He of how you should proceed; as confident as He is of the goal, and of your safe arrival in the end.

The end is certain, and the means as well. To this we say "*Amen.*" You will be told exactly what God wills for you each time there is a choice to make. And He will speak for God and for your Self, thus making sure that hell will claim you not, and that each choice you make brings Heaven nearer to your reach. And so we walk with Him from this time on, and turn to Him for guidance and for peace and sure direction. Joy attends our way. For we go homeward to an open door which God has held unclosed to welcome us.

We trust our ways to Him and say "*Amen.*" In peace we will continue in His way, and trust all things to Him. *In confidence we wait His answers, as we ask His Will in everything we do.* He Loves God's Son as we would Love Him. And He teaches us how to behold Him through His eyes, and Love Him as He does. You do not walk alone. God's angels hover near and all about. His Love surrounds you, and of this be sure; that I will never leave you comfortless.

~Jeshua



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

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The Way of Mastery:

(JT - HIG) Jeshua Transcripts: The Holy Instant - The Gift That Keeps On Giving

A Course In Miracles (ACIM)

WL - Workbook Lesson Number 165 (WL 165)

W - Workbook Epilogue (W Epilogue)

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



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