

THIS will give me everything that I want. Based on Lesson #122.

In this moment as you are reading this; what is it that you want? Your mind may first rest on something external such as a job, a relationship, money to pay the bills, health etc. But if you closely examine these things, you will realize that what you are really asking for is an experience; the form is merely something that you believe will bring about that experience. If you want a job what you really want is an experience of safety, purpose and a sense of worth. If you want a relationship, what you really want is an experience of love, connection, and oneness. If you want money, what you really want is an experience of happiness, peace, comfort and safety. If you want health, what you really want is an experience of rest, security, beauty and aliveness. Change the question from "What is it that I want" to "What it that I want to experience?", and you will move away from form to content; toward what it is you are really searching for.

Now that you know what you are searching for, where can you go to find it? Can you find it in the world? Can the things of this world really offer you an experience of "happiness, deep abiding comfort, a quiet mind and a rest so perfect you can never be upset"? Not fully, not completely and certainly not consistently. Do not feel hopeless in realizing that to continue to seek in the world is to seek and NOT to find, for the experience you seek you are entitled to have, but remember it can only be found in God. What restores God to your awareness? The practice of forgiveness.

What is a practice of forgiveness? In any given moment your mind stays focused on "the changeless in the heart of change; the light of truth behind appearances". No matter what story is woven in your thoughts or in the world- you remember it is just that; a story and you are willing to not be deceived by its tale of separation, loss and punishment. You look straight through the story without resting on its details, and keep your eye on the changeless and the light. At first glance it does not look like it is there. Instead you may see attack, vengeance, sacrifice, victimization, weakness, a separate body, separate thoughts, even separate wills. When practicing forgiveness you realize this has occurred because your vision is impaired by what you believe and what is really there has been hidden by a veil of untruths that came from a desire to be separate.

"Forgiveness lets the veil be lifted up that hides the face of Christ from those who look with unforgiving eyes, upon the world."

Simply put, this event, situation; thought, is a veil of separation that has hidden the Oneness of Christ and the remembrance of God from your sight. That is the only problem.

What are the obstacles to this simple practice? It is playing around in the muck, dissecting and analyzing the darkness; judging what it means and how it got there and what to do in the future to fix the problem. Forgiveness is done in the moment of now, with no past or future thoughts of how to fix things, no judgment, and no behavior change. The practice of forgiveness is an inside job. Remember what you are seeing is a *perceptual* error. No matter how many details of the story there are, it can be summed up in this way: you are perceiving separation where oneness is. Perception is selective and serves the mind's desire. You are selectively seeing based on a false desire. How can you tell this has occurred? A story separates, Christ vision unifies. Does what you see and think speak of separation? Do you see separate minds, separate problems,

forms with space between them; separate guilt? If you have answered yes, than you have gotten lost in the story. This is a distraction to your practice of forgiveness.

Regardless of the tempting details of separation, or the uncomfortable experience, pull your mind back from the future and the past and ask a question about right now: "Is what I see, think and feel an experience of separation?" If you are in distress and not at peace, you can be assured that it is. All separation stories seem different but they all are the same experience of fear. All forms of problems have at their core the experience of weakness, vulnerability, unprotected, loss; lack of love, sustenance, appreciation, and worth. Why swim around in the details when all that is occurring can be summed up as an experience of separation that comes from the desire to be a separate self?

This is not really our true desire. It was incepted into the mind and made to feel like our desire. Our true desire is held firmly by Holy Spirit, Who remembers always what it is we really want, even as we forget and choose for separation over and over again. We always know when we have chosen for the experience of separation because of how we feel. To have a different experience than remember that a separate self is NOT what you want. It is time to go within and forgive the mind's choice for separation. Forgiving the desire and thoughts of separation frees the moment of now, so that love and oneness can be seen. Practicing this over and over will unify your desire because the experience of truth is so satisfying.

If something is happening that you do not like, or it is upsetting in any way, forgiveness is the only thing you *want* to do. Resist the temptation to think it is them that needs to change or the problem exists outside your mind. Resist judging your errors in the mind and go right to your practice.

"I am upset because I believe I am vulnerable, weak, unprotected, powerless, hurt and alone. I am perceiving this way because of my choice to pretend I am a body, separate from God and all that is. This is not what I want. Holy Spirit, be in my mind as I seek to remember what it is I really want. I am no longer willing to be separate. Love and oneness is all I want. This is the prayer of my heart. This is my treasure. This is what I value. I am willing to release all that I believe so that I may know myself truly. It is only for this I pray; to know my brother as he truly is and to know myself as I truly am." With this desire you unite with perfect love. The separate world vanishes as love comes to take its place. It is in this moment, free from your ideas of separation; you will realize that you already have the gifts of God.

I would like to end this entry with an account of Helen's subway vision. The change in perception on a NYC subway demonstrates how forgiveness transforms any perceptual error into a holy sight.

"One cold winter evening my husband and I went to visit some friends who lived some distance away. I hated public transportation and avoided it whenever possible. But this night we decided to take the Subway which was only a block away. The train smelled of garlic and peanuts and the people crowded in with us looked dirty and shabby. Across the aisle a child with hands streaked with chocolate had patted his mother's face and coat, leaving smudgy fingerprints all over her. Two seats away another mother was wiping off her dress where her baby had thrown up. A group of older children were making a lot of noise, and one of them picked up a wad of chewing gum from the floor and put it in his mouth.

At the far end of the train some old men were arguing heatedly and perspiring freely. I was finding the whole situation increasingly disgusting and closed my eyes to shut it out, feeling sick to my stomach. And then a stunning thing happened.

An accurate account of what happened is impossible. As an approximation, however, I can say that it was though a blinding light blazed up behind my closed eyes and filled my mind entirely. Without opening my eyes, I seemed to be watching a figure of myself as a child walking directly into the light. The child seemed to know exactly what she was doing. It was as if the situation were completely familiar to her. For a moment she paused and knelt down, touching the shining ground with elbows, wrists and forehead in what looked like an Eastern gesture of deep reverence,. Then she got up, walked to the right side and knelt again, this time resting her head as if leaning against a gigantic knee. The feeling of God's everlasting Arms, reached around her and she disappeared. The light grew even brighter, and I felt the most indescribably intense love streaming from the light to me. It was so powerful that I literally gasped and opened my eyes. I saw the light an instant longer, during which I loved everyone on the train with the same incredible intensity. Everyone there was unbelievably beautiful and incredibly dear. Then the light faded and the old picture of dirt and ugliness returned. “