

## WHAT IS THE GOAL OF YOUR SPIRITUAL JOURNEY?

*Based on Lesson #124: "Let me remember I am one with God."*

I once heard an analogy of our spiritual journey being like a pyramid. The bottom is where we begin the journey. At the top of the pyramid is where we end our journey. The base is wide because we need lots of room to accommodate all that we hold onto that defines who we are; a body, a personality, a role, a collection of limiting beliefs, untruths and false concepts. As we ascend the pyramid we shed these things. As we near the top, we need little space for walking because of all that we have let go of. This letting go has enabled us to experience cleaner air and the warmth of the Son. We feel lighter and freer as we continue to let go of the heavy burdens that we carry. At the top of the pyramid is a point where there is only room for one. This final step onto the point requires the shedding of any last remains of the false self to embrace The One I Am, the God Self. Although we do not really travel anywhere but within our minds for this journey, the end is still the same: Oneness with the I Am.

The interesting thing about this journey is that it is already accomplished. We already are one with God. We just don't remember. As amazing as this sounds to forget a thing like that, consider this: when dreaming at night do you remember you are safe in your bed? While lost in a daydream, fantasizing that you are somewhere else, are you aware you are at your desk? When our minds are lost in thought, we seem to travel to far off places, and we lose awareness of what is real. While we wander in our fantasies and dreams, we may have a distant memory of something that we once knew but have forgotten. It can feel the same way as if you have wandered into a room to get something, and you forgot what you were there for. As you try to remember, you relax your mind and say; "It will come to me". You wait for what you once knew a few minutes before to dawn on you again. Remembering we are one with God occurs in much the same way, *IF* we stop working against the idea.

Would you agree that if you want to remember something, to concentrate on the opposite of the thing you are trying to remember and clutter your mind with lots of other things other than the remembrance of this ONE thing, defeats the purpose? This is what we are doing when we practice separation rather than oneness or busy our mind with desires and judgments instead of quieting our mind. This occurs in very subtle ways and if we are not aware we are doing it, we will not reach our goal.

Practicing separation rather than oneness: When we pray to a God outside of us, we believe we are not one with Him. When we ask for Him to heal our physical body, we are making a declaration there is two- a body and God; not one. When we seek for things in this world, we believe we lack something that we need. We could only lack if we were separate from our Creator. When we suffer from our beliefs in our self-hatred, guilt or unworthiness; are we proclaiming that we are unlovable. If God is only love, than the only way we could be unlovable is if have separated off from God. These are just a few of the ways we work against the awareness of oneness.

A busy mind keeps you from remembering: A quiet mind is not just stilling your thoughts. A quiet mind is also absence of "personal and meaningless desires, judgment, or ideas of what His Word might be." (W#125). Do you know what the problem is? Let it go. Do you know what Holy Spirit will say? Let it go. Do you know what outcome will make you happy? Let it go. Do you want something in the world to change? Let it go. Let everything, including the spiritual teachings that your intellect wants to recite, and come to the moment with a mind that is not active at all.

When we refrain from the subtle thoughts of separation and greet a moment with a quiet mind, a way has now been open for you to remember you are one with God.

As I was reflecting on this idea I found myself wondering what it really means to be one with God. As far back as I can remember, I have loved God, felt near to God, talked with God, but to me this was not the same as being "one with God" because it still spoke of there being two; God and me. To be ONE there cannot be two. Therefore any sense of a separate me, must fall away so that all that is left is God; both within and without. Lesson #124 gives words to this experience.

*"We feel Him in our hearts. Our minds contain His Thoughts; our eyes behold His loveliness in all we look upon. Today we see only the loving and the lovable. Everything we touch takes on a shining light that blesses and that heals."*

This passage reminds me of the experiences described by mystics. They speak of God on an intimate level. Their Knowledge of the Divine is not intellectual, but experiential, absolute and complete. A mystic realizes at the very core of their Being that they are one with the Father and they experience the world through His Love and Grace. As we venture on our spiritual journey, do we consider ourselves a mystic?

A mystic's life is devoted to the pursuit of the spirit, rather than an intellectual understanding of the teaching. They yearn for a deep realization of the Divine and want to move beyond belief to direct experience. Their single desire and only goal is to Know God. Is not a mystics' goal, our goal when picking up A Course in Miracles or any other spiritual path? At first we may not recognize this as our goal. Mostly we just want a way out of pain and fear and our solutions have ceased to work. But as we begin to seek God for help we eventually open up to a deeper yearning of our heart. Why? Because we get glimpses of the Love of the Father, the joy that only He can bring; the union that is only possible in Him. We begin to get in touch with a deeper yearning other than to pay the bills or to have a healthy relationship or to have a healthy body. We actually yearn to remember a Self that we once knew and a Creator that loves us beyond what we can comprehend because of the limits we have placed on our minds. This yearning propels us up the pyramid, and we become more willing to shed our little ideas that no longer serve the goal of oneness.

**Now is the time to practice as a mystic does; to have a single desire, a mind free from any intrusions and your attention on God and not on the world.**

- Today, deny any thoughts or form that witnesses to your separation from your Creator.  
Let this day be your day of awakening as you remember that you are one with God.
  - Be quiet and still and have no desire other than for this awareness,  
and you will rise to the top of the pyramid where you really reside.  
The whole world looks different from the top;  
"Errors disappear; death gives place to everlasting life.  
Pain gives way to peace, and the sad and distressed  
are restored to tranquility."

As we make the commitment to practice we may remember today, or tomorrow or the next day....but have no doubt; what you once knew you will know again; it WILL come to you.