

Lesson #251: "I am in need of nothing but the truth".

We can all agree that healing is needed where there is pain and suffering. The presence of pain in any form- whether it is physical, emotional or just plain old fear-is an indicator that there is a need for help and healing. Once this is recognized we can be lead astray in using the part of our mind that is sick (ego) to assess the problem and to find a solution. This part of our mind uses physical sight as its guide for seeing, judgment as its guide for assessment and form for its solutions. Our ego can sound downright nasty and gruff; demanding that others give to it what it needs, or manipulating situations to serve its own needs and wants, but we must not forget that our ego can sound very spiritual as well. Our "spiritual" ego's advice is to use God instead of our brother to solve our problems and to seek out God to provide for it what it lacks- health, money, special relationships, fame, success, companionship, etc. We can be deceived believing we are only seeking God when what we are really doing is seeking God to provide for us what we are lacking. This is a clever disguise and hides the very thing that we need to heal from; the judgment that we are lacking at all.

Our "spiritual" ego as "problem-solver", judges that the problem (lack, illness, sacrifice, loss, attack) is real and looks for a defense to combat it. Holy Spirit knows there is only God but recognizes that you believe there is something else that exists and has the power to hurt you. Holy Spirit seeks to restore your peace by turning on the light so you will see there is nothing there. What is necessary to receive this help is first, bring the problem to Him and not to the ego and second, be single in your desire for what you really want.

When you are in distress and experiencing pain in any form, remember- you are not trying to achieve anything in this world by calling on truth (God). You call on God because the problem is you believe you are separate from Him and are frightened by the shadows of this belief. When you are in the midst of something that is not a reflection of God, refuse to believe it actually exists. If you point to it and insist it is a real problem than you are denying that God is there. Remember if it is not Love it can only be imagination. There is no power other than God. Not one image you see is true. The benefit to recognizing its unreality is that you will refrain from judging illusions by their size or seeming gravity, and seek help and healing where it can be found.

Be still, get quiet, be willing to see that not one illusion that seems to prove that God is absent is real and focus all your attention on appealing for truth. In any given moment when our sense of separation from God is healed, the veil of lack, illness, sacrifice and loss is lifted. This is the miracle. It does not change the form, but washes it away, so you can see what was always there.

When you are in pain, remember your only need is truth- the awareness that you are not separate from God. Pray for this with all your heart and do not let illusions of problems tempt you to believe you have any other problem or are in need of any other solution. There is no separation from God. With this awareness all problems disappear because their source is gone.