

Written by: Patti Fields

To be free of fear the only answer is to join with God. This is centered on the idea that only light dispels darkness; only love dispels fear. It is hard to conceptualize how this can be the answer to our problem when our peace is disturbed or we are in the grip of fear, guilt or any other intense feeling. Let's think of it in this way. Anything that we are afraid of is a result of believing that the insane laws of the world have power over us and we are at their mercy. We feel powerless, weak and vulnerable to the laws of medicine, economics and nature (all who live will die). "Everyone succumbs to these", is what we believe. Is it any wonder we stand afraid, wondering when the gauntlet will come down on us? What is the way out of this mad world? It's not through death or even through hoarding, taking, manipulating, or running. It is through the recognition of who our Father is. Returning to Him, we reconnect to the peace and safety of the Kingdom. Like the story of the prodigal son who tries to go off on his own, seeking his own riches without the father, we return to the Father who has a store house of treasures waiting to be given.

When we look on fear (darkness) we try to *make it* go away. We close our eyes hoping that when we open them the darkness will be gone. This way is impossible. Darkness only goes when the light is turned on. How does a light bulb light up a darkened room? It must plug into its source. It cannot dispel the darkness alone. Although it is made to shine light, it needs the power to run through it to *be* light. If you want to see a world shining in innocence, alive with hope and blessed with perfect charity and love (W.#189.1), where only the Laws of God operate, than we must look within and reconnect to the Light of God. Then when we look without we will see the world the Light of God reveals. "*Those who seek the light are merely covering their eyes. The light is in them now*" (W.#188.1)

Helen Schucman, the scribe of the Course, had a profound experience that illustrates this teaching. She was on a subway and was absolutely revolted by the sad display of humanity she saw around her. She closed her eyes to shut out the disgusting sight, and then had a brief but powerful experience. She saw herself as a child walking into a light she understood to be God. The child first paused and knelt before this light, then went up to it, sat down, and leaned her head as if against a giant knee, and then the impression of a giant arm swept around her and embraced her, and the child disappeared. The love at this point was so powerful that Helen gasped and opened her eyes, and discovered that for a brief moment she loved all those people on the subway train that she had hated just seconds before. This meditation is based on this experience and has the potential if we are open to completely heal our perception of ourselves and the world around us.