

When we listen to these ideas and react or value them, they continue to be “facts”. The only way out is to stop listening and start asking Holy Spirit. We need to seek to enter that space regardless of the temptations to continue to think! Sometimes this seems impossible because the thoughts come with emotions. That is why it takes a great act of will to turn away from them and go into stillness.

What helps push us toward making this choice? Try to remember the following ideas and you will find the choice is not difficult at all:

- Remember, the ego thoughts are the cause of the painful emotions. If you leave the thought behind, you leave the pain behind as well.
- Remember, *you* are a creation of God; therefore *you* have the power to choose what it is you will continue to believe.
- Remember, belief does not make it true, and you could be wrong about what you believe. Doubting the egoic thoughts just a little will allow in enough light for you to remember there *is* a choice. And who can resist going to the light when they see it?