

## **When you are Frightened; Surrender.**

*Based on Lesson #131: "No one can fail who seeks to reach the truth"*

A Spiritual practice consists of one central idea: Accept that *only* what God Creates is true and every time you are tempted to believe otherwise and have allowed an error in thought and perception to enter your mind, go back into Spirit to ask what is true. Seems simple enough until you open your eyes in the morning and your world presents itself in living color! There are so many pictures that terrify us and when fear hits, it is easy to forget this one simple practice. The hardest thing to remember in these moments is to call on truth as the *only* thing you need do. If we are gripped in fear the first thing we usually do is scream and run.

The reason we want to run is because we have mistaken what we see for reality. How has this happened? We have used our five senses to determine what is real for us and these senses are powerful witnesses. If I'm seeing it, hearing it, feeling it; then it must be reality. Our five senses are strong. We have been exercising this muscle for years which has only served to strengthen our ego perception. That is why a false reality seems more real. To see what is true when our pictures are so terrifying, would take a miracle.

The key to receiving a miracle is to surrender all information coming through the five senses. But when our pictures seem so real and our fear is off the charts, surrender seems difficult. Even so, what we don't want to do is stand in the muck of our own ideas- reliving and rethinking over and over what we see, feel, think or believe. We want to begin to take steps away from our version of reality. To do this, we may need a step-by-step surrender practice that will help move us toward something new.

### *Be willing to let go of the picture:*

When you think of the event, situation or person, is the picture of the past, their personalities, their struggles, their limitations firmly planted in your mind? Do you find yourself stating as fact: "She has always been sensitive", "He is sick", "They are poor", "She does not have what it takes to survive"; "He is weak"? If so, you have just locked them into a picture with the frame around it and have determined they are imperfect and need fixing. We may try to recover from the fear of seeing them this way by praying and asking for Holy Spirit to enter into our awareness, and this may help to dissipate the fear, but the miracle practice is to be willing to let this picture be healed, by bringing the whole picture to the truth.

### *Be willing to let go of your thoughts about the picture:*

If you want to enter into the awareness of the Kingdom, you have to leave everything at the gate. All judgmental thoughts such as: I am being attacked, used, unappreciated etc. must be dropped. They are only serving to keep this picture of unreality and have nothing to do with what HS wants to show you. Willingness to drop the thoughts will determine how quickly you enter into the awareness of the Kingdom. You don't have to pick them apart one by one; they can be dropped all at once. But if you can't seem to get beyond one thought you may have to take the time to notice it and let HS dissolve it or you. This one idea now needs special attention because you have singled it out and are holding onto it. Simply by holding it up to the light and asking for the truth or falseness of this idea; will cause it to dissolve... *IF* you are willing to let it go.

### *Contemplate the difference between what you see and what God has created:*

Start poking holes in what seems so real and frightening. Compare it to what you know about God, Creation; Love. Can Spiritual Being Created by God be in a suffering state? If God created us can we be limited in any way or imperfect, unworthy, or lacking? With questions such as these, it will be plain to see that you are holding two different pictures and both cannot be true. Can you let your version of reality go because it *cannot* be true?

### *Remember what actually heals:*

Do not point out that someone is imperfect, incomplete, or lacking something. Do not try to convince others that they need to find a way to fix it, but instead, affirm what they already are. The spiritual Being of the Christ is right there. Let it become visible for you through your desire for it. Be willing to have your mind changed about what is true; to let your perception be lifted out of the dark into the Light. HS already sees perfection. The vision is already there, you just need to give up yours to see it.

### *Don't stop:*

This practice is not a mental exercise, it is experiential. Although you do begin with mental activity, once you have surrendered your ideas you can rest with a simple mantra such as: "I would behold you with the eyes of Christ". "There is only God". "God is still Love and this is not His Will." "We are whole and complete. These witnesses to the contrary are not true." Practice consistently until you feel the shift, until God's truth is in your mind. You will know you have clicked into some other realm, because you will be able to bring up the idea of your brother and not feel fear; you will have seen through the appearance to the Christ. When you arrive, hold the vision firmly and be at peace. This spiritual Being of perfection has been there all along. In truth, there is absolutely nothing wrong. What God has deemed as perfect IS perfect. When you realize this, your healing work is done. That is unless you are tempted once again to believe in the false. If temptation occurs, remember that two realities of yourself or your brother cannot exist. Choose to be aware of the one that will set you both free and go back to Spirit and ask what is true.

At first we may have to go through these steps one by one, but eventually, we will skip across the bridge, quickly releasing the picture, our thoughts and accepting that only one reality can be true. In a moment we can arrive on the other side, passing through the gates effortlessly; as you and your brother enter happily into the Kingdom of God.

***Based on Lesson #131: With your eyes closed, notice the senseless world that parades across your mind, and notice too the thoughts that go with such a world, and the distress that you feel. Recognize this cannot be real because of what God is. Now state what you want to see....a different world that reflects the truth; different thoughts that are of God; different feelings that remind you of Heaven. You want to know your Self as you are and you want to know your brother as he is. Let go of the body identity, personality, and past memories, and raise above these dream figures to the truth. Now that you have surrendered your version of reality and self, let Holy Spirit Guide you to a new one. If need be, keep repeating that you want a different world, a different self, different thoughts than what you made and remind yourself that no one can fail who seeks to reach the truth.***