

Beloved Friend, There Is Only One Guru!

Love is the most critical of themes, beloved friends. The Way of Knowing must be the completion of the decision to teach only love. And the only way to teach love is to *be* Love under all circumstances. (WM 372)

This does not mean that you paint a plastic smile on your face and never feel any emotion. That is not enlightenment. That is the height of the ego's attempt to usurp power from God. The spiritual ego, the spiritual personality is the last "egg" to be cracked.

One is only awakened when one allows all things, trusts all things and embraces all things, which is the same as feels all things. For in that very moment, the very thing arising is transcended because it is not obstructed or resisted. And what is not obstructed or resisted is embraced and *consumed* in the spaciousness of Love.

You have within yourself, then, all power under Heaven and Earth to translate the body itself from a contraction of fear to a spaciousness that reflects the reality of God's Love. For the very body-mind that emerged first from fear can be reopened so that the energy of truth flows through it. So that nothing arising in your experience in the emotional field obstructs the remembrance of Love.

When you choose, therefore, to allow yourself to breathe, recognize that it is from the power to decide, that is, the power of the Mind to choose that you are creating the effect of allowing the aspect of the Mind, known as the body, to also receive illumination. To integrate A Course in Miracles with what you are calling "breath work," and what I have addressed earlier in this hour as the way of feeling, and what, indeed, we have called for the whole of this year *The Way of the Heart*, requires only the continued little willingness to surrender any and all limited perceptions of what Life is, and what awakening is, and what Love is, and what healing is, so that the Holy Spirit can guide you into the Truth of all things. It is an extension and comes from the guidance of the Comforter, the Holy Spirit. Therefore, the integration is simple. Decide not for yourself, but turn decisions over to the Holy Spirit. (Q&A, Q.4)

When, from the depth of your being, you have fully committed to awakening from every last trace of separation from God, when you are truly committed to not seeking for Love, but you are willing to seek for all of the obstacles that have been created within you that block the awareness of Love's presence, then, indeed, what you find yourself attracted to, what you find yourself deciding for, in terms of the experiences that you would call to yourself, these things are the answer to your prayer. For just as my Course in Miracles came to your life, as you well know, as the result of your own longing to deepen your relationship with God, so, too, have you found yourself journeying to a tiny speck of dust in the middle of a large body of water – to breathe!

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false. Every illusion is one of fear, whatever form it takes. And the attempt to escape from one illusion into another must fail. If you seek love outside yourself you can

be certain that you perceive hatred within, and are afraid of it. Yet peace will never come from the illusion of love, but only from its reality. (T 338)

Beloved friend, there is only one Guru – the Comforter, the Holy Spirit – one Teacher, one Ray of Light that corrects the mind. That Guru, that Ray of Light, has already been placed within you, from the very moment that you entertained the thought of separation. Love waits on your welcome is another way to say that the Teacher is sitting inside your heart, waiting for you to become quiet, to learn from the Christ Mind within yourself, to surrender that That Light might fill you and inform YOU. (Q&A, Q.28)

Then, remind yourself that only the Comforter's guidance, the inner Voice of the Holy Spirit, can think rightly for you. Ask of that One, "My Friend, what is this context for? What lesson do I need to learn? What decision truly will carry me in the direction of my deepest commitment?" And I emphasize the word commitment here, for as you well know, and we have spoken many times, that until the mind, until the soul, until the heart becomes fully committed to awakening from every last trace of illusion, until it becomes fully committed to bringing forth the gifts that have been placed within it by God, life is like a ship without a rudder. Therefore, ask what that decision is that truly serves the commitment that you have made to awakening to the Mind of Christ, to being the embodiment of wisdom and of Love and of peace. (Q&A, Q.29)

Now having done that, remember that, at least in the initial stages of the journey, the egoic mind will always speak first. In other words, you have learned to look to the world's thinking to find the solutions to the contexts, or what you call problems that present themselves. There is a period of retraining the mind in which you become more and more detached from the thinking patterns of the world. But when you begin to enter silence in this way, and ask, What decision truly serves my highest good, my deepest commitment? the first voice that you will usually hear is that little voice that says, "Oh, no. Don't do that. No, no. Don't do this. This will not leave you safe. And what about this person? And what about that person? And what about all of those things?"

If you are observant, you will notice that when that voice speaks, it creates a restlessness within the body-mind itself, like an ocean churned by an angry wind, so that the waves toss to and fro. The breath changes. The shoulders tighten. There is a restlessness, and it seems as though it is difficult to maintain comfort and ease. The egoic voice, which is the voice of fear, the voice of guilt, the voice of self-judgment, the voice of unworthiness to be what God has created you to be, that voice always creates inner turmoil and loss of peace. Therefore, merely observe it. Do not seek to be rid of it, but just learn to observe it as it is.

"Oh, I've asked the question within and asked for guidance, and immediately, my mind became disturbed, my body's changed and tightened, and I'm thinking about all manner of things that are out there. This, surely, is not the Voice of the Comforter. Therefore, I will simply ask again."

Simply return to the acknowledgment of who you are and ask again, as we've suggested. Begin to observe, then, as the body begins to relax, that you need only say within the mind, "In Truth, I do not know what a single thing is or is for. I am here to learn what it means to be awake, to be the embodiment of Love. And there is one Teacher given unto me who guides always correctly."

Merely then, ask your questions again. And notice the effect. Say within the mind, "I am not attached to the answer, for I trust Love to direct my course."

When you begin to observe that the mind, your beingness, is less and less attached to the outcome that you're looking for, then the Voice of the Comforter can begin to speak to you. You've heard it often said that God speaks to you as a small, still, quiet Voice. This is the opposite of the world's thinking. Therefore, as you cultivate the ability to rest in silence, to be detached from any need to have the answer look a certain way, more and more, you will access that place in the depth of the mind, or the heart, in which the Comforter dwells at One with you.

Remember that the Holy Spirit is merely right-mindedness. Right-mindedness, correct seeing, correct feeling, is that that is aligned with the Will of God. That right-mindedness was placed within you by God Herself, if you will. So you are truly listening only to the depth of your own being, what we have referred to often as the Heart, as a way of drawing a distinction from the thinking, restless mind.

It is in silence that the Voice of the Comforter speaks. And silence comes when you are no longer invested in the outcome of the contexts or decisions that confront you. You will know that you are truly guided when a picture, a thought, even a voice, a feeling in the heart, comes and your whole being resonates with it. Therefore, there is no conflict. There's no tug of war any longer. There's a moment of simple knowingness. It is not the kind of thing that needs to be explained to anyone. It is not the kind of thing that you question or mull over in your mind. It is a simple, immediate knowing.

This is the right decision.

This is the journey I must make.

This is the book I must read.

This is the relationship I'm to be in, or not to be in (it doesn't matter).

The point is, you feel in your beingness a clarity, a resonance, that indicates you have stepped into a state of wholeness. You know what you know, and there is only certainty.

Then, of course, the next step is to follow through. The voice of the ego will rise again a thousand times, debating with you. And why? Because the voice of the ego, again, is that voice made up by you as a result of your guilt and fear and your belief that you are unworthy to be One with God, that your innocence has been tainted, that, therefore, the Creator has forgotten you. This is never the case. You are loved wholly. You have never sinned. And you remain as you are created to be. And your Creator merely waits for you to awaken from the dream of unworthiness and to take up your rightful place as His creation, that the good, the holy, and the beautiful can be extended through you in the very act of creation.

Beloved friend, guidance is something that is learned in the field of time. It occurs to the degree that you are willing to stop thinking for yourself. It comes to the degree that you are willing to set aside the guidance of everyone around you. And if you open yourself to that, you'll find there are many just waiting to tell you what you should do. It comes as the result of your willingness to begin to turn every decision over to the Friend, the Teacher, the Comforter, that has been placed in the depth of your mind and your heart by God. And God is but Love.

Therefore, to cultivate tuning into, resonating with, listening, and then following that Voice in the depth of your heart means that you are learning to let Love be your guide, Love be your teacher, Love be your friend. And that Love is universal. That Love is eternal. And that Love is within you now! You cannot be alone at any time. And all power under Heaven and Earth is given unto you to guide and shape your journey through time. And over time, you will become a master of tuning into guidance.

Making the direction toward the Kingdom of Heaven, you will learn to go only to that altar and not to the altar of the world. And as miracles occur, as success builds upon success, you will learn that after all is said and done, the world has been wrong. You are not alone. You do not need to make your way. Your way will be made for you by a Power and Love and Intelligence that birthed you in the first place and has only your highest good in mind.

Practice well then, beloved friend. Look to see how you can begin to turn decisions over.

Begin with those that are quite simple, so that fear does not arise. Begin, for instance, by simply asking, "What would be the best thing I could put in my body for breakfast? Which of these two movies would I most enjoy?" And then, practice listening for the inner guidance. Again, in this way, you begin with situations that are fairly safe for you. And then you can progress to bigger decisions, until, ultimately, every decision is turned over – even the most ordinary decisions. Not in a way that anybody will see or notice, but your mind has been corrected, so that in each moment, you're quietly asking, Father/Mother/ God, what would you have me do? For only your plan works. And only your pathway is strewn with the flowers of miracles, and wisdom, and peace, and the fulfillment of my soul.

Begin practicing, beloved friend, making the decision to turn every decision over to the quiet place within where the Friend, the Teacher, waits for you.

To enhance the main topic, this material was extracted from both *The Way of Mastery* and *A Course in Miracles* (ACIM).

Page Ref:

T - Text (ACIM)

WM - The Way of Mastery

Q&A - Question and Answer CD - The Way of Mastery

If a paragraph does not have a page number reference, it is part of the previous paragraph's page number.



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