

Chapter 5

Healing and Wholeness

Everything is an idea. God's idea is one of joyful loving and sharing. This radiates as a bright light throughout the Sonship and returns back to Him with gratitude. Sharing between Souls increases its happiness.

The ego's idea is the opposite of God's. It is one of separation, fear and attack. When part of the Sonship became separated by the ego, the Holy Spirit was created as a tie line that constantly invites and guides His lost sons back home. Thus was the Trinity of the Father-Son-and Holy Spirit born.

All healing can be defined as leaving the idea of the ego to remember and accept the idea of the Father. This can be measured by increased feelings of happiness, fullness and wholeness. In healing another, you heal yourself.

When two people feel that they are of one mind, with mutual unconditional acceptance, there comes a healing connection. You cannot be joyful or know your true Self, if you feel lacking in anything. Having and true being are one and the same.

The Voice for God

Miracle-mindedness is focusing upon the part of your mind that has remained sane. The Holy Spirit is the Comforter that can be reached in meditation in which all perception is closed off so that true knowing may enter. Attaining knowledge, one yearns to share it, knowing that it is not subject to attack, and gains from it both a quantitative and qualitative shift in behavior.

All healing is reparation of the original separation. The Holy Spirit is a reminder of your state of oneness before time began. You are constantly in a state of free will choice between oneness and separation. The voice of the Holy Spirit that is constantly calling you home is very faint compared to that of the raucous ego. It can be heard only when you have become tired of the world and ready to listen with focused attention.

The Guide to Salvation

Look to your brother by trying to recognize the Holy Spirit in him. The more that you do this, the stronger both of you will feel it. Do this now even in thought, and this will stir the truth hidden in both of you. You cannot cancel all of your past errors alone. Your life and your Self are bound by the Sonship. All you want is peace, but the ego sees no way of gaining this without war and strife. The ego made the world that you now perceive. The Holy Spirit uses this as a teaching device to those who are willing to learn. You must first know that the ego cannot make you gladdened for very long. You are either remembering the errors of the past or troubled by unattainable goals to reach perfect peace in the future.

What thought would gladden you at this very moment? Sometimes when you are the most saddened you are open to listening to the voice of the Holy Spirit. There is no need for you who are so holy to suffer.

The Ego's Use of Guilt

The ego promotes separation through fear and division within oneself through guilt. Whatever you accept in your mind becomes true for you and can bring unbearable suffering. Rest assured that whatever act you committed while under the influence of the ego will be totally erased when time is no more.

The ego wants you to believe that sin is real and not just a lack of love. It also believes that by punishing yourself you will mitigate the punishment of a punitive God. The ego is the source of all disordered thought that results in judgment and guilt. God will not force you to change your mind but reasoning and needless suffering should eventually convince you to make this costless change.

A mind free from guilt would never bring an illness upon the body. The body is neutral. Its illnesses reveal the state of the mind. Give up now all the beliefs that are causing you pain.

You are incapable of thinking aside from God. The Ego's thinking is always unnatural and disordered thinking. Delusional thinking, as is all irrational thought, is attended by guilt at its inception. You feel responsible for all of your disordered thinking of the past but the Atonement corrects all this. Your mind does create your future - and a guilty and angry mind will project a future that justifies its anger and guilt.

You cannot make plans for your own salvation. God's plan is very explicit. If you feel guilty and not totally joyous, you must realize that you have made the wrong choice. You can choose to actively decide to make the right choice. Be very firm with yourself, knowing that the undoing process will begin as soon as you make the decision.

Recite to yourself:

"I must have decided wrongly because I am not at peace."

"I want to decide otherwise to be at peace."

"I allow the Holy Spirit to let God undo all my ego's guilt and the consequences for my wrong thinking in the past."

