

SHAME

Are you ashamed? Of what? Of a thought? Of an attitude? Which one? Write it down and read it out loud. This can no longer be a secret you keep from yourself. To write, availability and to read, attention. And that's all the Holy Spirit needs to perform the Miracle... for you to reveal each of your secrets to Him, without fear of hearing yourself, without fear of being judged.

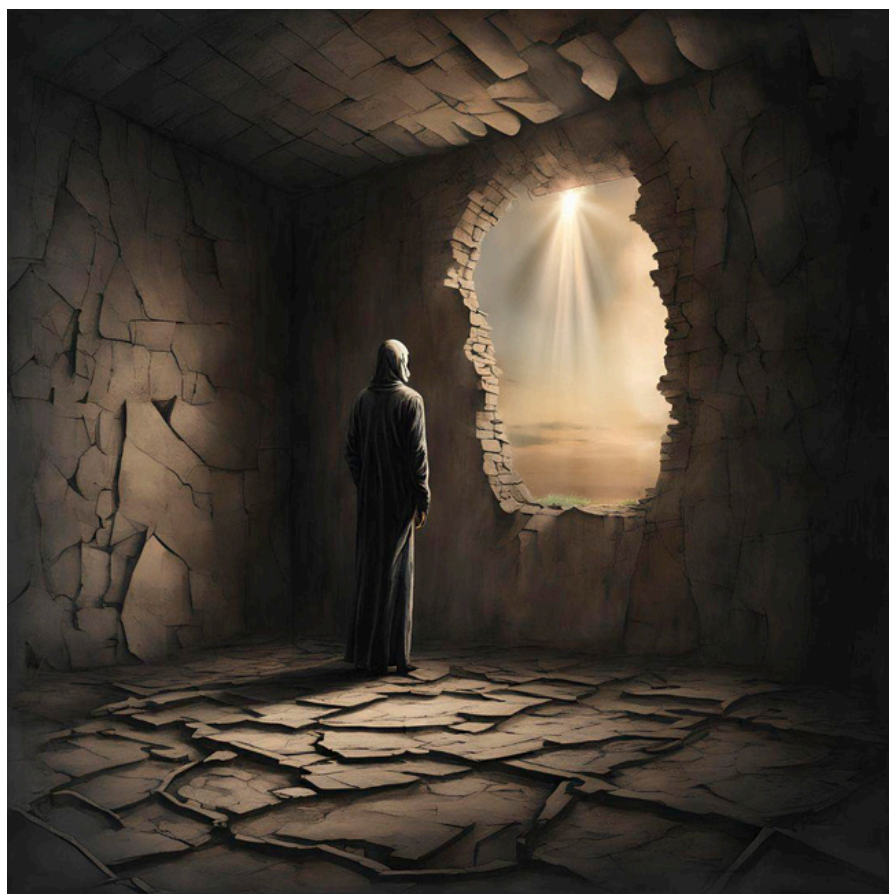
The enquiry can take the form of questions, such as... 'what am I ashamed of?' *The great Transformer of perception will undertake with you the careful searching of the mind that made this world and uncover to you the seeming reasons for your making it (T-17.II.5:2).* Only the desire to transform is necessary at that first moment... as an invitation for the mind to quieten down and for Communication with the Holy Spirit to be restored, just like the Remembrance of the holy Son. Sit down! Lie down! Turn upside down... it doesn't matter! Breathe lovingly, indicating to your body that it's finally okay because He has returned and is in our midst!

Embracing each event, person or thing that lines up during the investigation is an exercise of allowing. Allowing the closely guarded secrets to reveal themselves to you with every breath. Embracing is transferring the power of your availability, the power of your attention, from the ego to the Holy Spirit. Trusting in the process means practising... always, all the time. More and more, gaining the ability to no longer hide, in shame, under constant judgement. Gaining the ability to no longer hide in order to project, under the insane command of the ego.

Forgiveness is this practice. It's the practice of desiring, intending and trusting. Trusting that we don't need to feel fear. We can breathe and look at fear, completely unashamed, allowing the Holy Spirit to reveal Himself in the same instant, in the Holy Instant, dissolving each of our doubts, each of our answers, into Light. Our breath is our permission for Communication with God to be re-established, through the Holy Spirit, and for the Remembrance of His Son to be opened wide in our minds.

EXERCISE

Commit to your practice. Choose the place, date and time and send yourself the invitation to this Feast of Light. You just can't not confirm your attendance. It's a party you can't miss!



Seek and find His message in the holy instant, where all illusions are forgiven. From there the miracle extends to bless everyone and to resolve all problems, be they perceived as great or small, possible or impossible. There is nothing that will not give place to Him and to His Majesty (T-16.VII.11:1)

