

The Inner Sound Phenomenon by Simple Joys

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We can hear a sound that is not of this world. Although there is nothing to do except quiet the mind and listen inwardly, certain feelings and experiences may help open the aural pathway. Hearing the inner sound is comforting and restorative. Companionable.

When I was fifteen my parents purchased a new home. It was an older and larger home than the one we had moved from. It was winter. Snow was piled up against the house and on the roof. It was exceedingly quiet in that home. One evening I was home alone. In that nearly palpable hush I heard a faint humming. I thought there was some sound in the wall, so I put my ear next to the wall. Was the humming sound in the wall? I did not sense it could be coming from outside the room, but, to be sure, I walked out into the hallway. It was still faint, just detectable. I went to other rooms. It was still faint, just detectable. I gradually began to have the feeling that it might not be in any room or in any wall.

When I laid down in my parents bed and muffled both ears with pillows, I understood that it was not an external sound. It was an internal sound, and I did not know what to make of that, so I did not make anything of it, then, or for many years later until I had a way to feel more appreciative of what I was hearing and began writing songs to ground the feelings of appreciation. The first song I wrote for that purpose was called Listen.

1 Listen

Listen to the singing inside of you
It flows through the channel of the soul
You can tune in any old time
And enjoy the music within you

Yes, we were born to explore
And in return to innocence
Finally come to make some sense

Listen to the singing inside of you
Just relax the edges of your mind

The word meditation was not in my vocabulary. The word quiet was. I was impressed with the quiet in that large old home on a winter night. I felt comforted by it. Perhaps all any explorer needs is an appreciation of the environment. I was still getting used to the new home, the new neighborhood. The absence of all noise mirrored the absence of thought that occurs when the senses are paying close attention to the information they are receiving.

Before I had saved enough money to buy some land where I would build a home, a friend invited me to accompany her to a meditation class. I felt self-conscious because I did not understand the concept. I spent most of that hour thinking about what I should be doing/not doing to meditate which caused me to become self-conscious about that word. I needed to make more room for inflow. Too much talking in the head, too much outflow. Permitting inflow was needed.

My second recollection of hearing the inner sound did not occur until I was finally able to buy some land where I could build a home that would suit me for staying in one place for the rest of my life.

Forty hours after I arrived at the property, I noticed there were some dead fish on the shore. I also noticed there were more dead fish out on the lake headed this way. I walked back and forth for a while along this part of the shore wondering about this phenomenon. Many of the fish were good sized, several pounds. This must have started in the night because I swam here yesterday, and the shoreline was bare of everything except rocks, small like gravel, large like boulders, and all sizes in between.

It was a mysterious manifestation- all the dead fish that floated to this one bit of shoreline, maybe a hundred feet long. The rest of the shoreline was clean in both directions. Just this westward jutting ledge of the shore caught all the flotsam from the prevailing south breeze.

Just up from the embankment and near the little cabin was a cleared flat spot. I had my work cut out for me. With a pry bar and mattock, I was able to make some progress. A lot of exertion was required with these two tools before there was enough loosened material to employ the shovel. Slowly I began to carve out some depressions in the rocky, clayey ground. I found some sturdy plastic buckets under the cabin and began to tote the corpses and lay them in the shallow graves.

My hands were blistered and my muscles ached from the continuous hard toiling of loading the fish in buckets, carrying the buckets up from the shore, and the most major exertion of opening the earth to make space for all of them. This was August. It was like having a sweat lodge or sauna without needing any fire or enclosure.

At the end of the day I was so maxed out with physical exertion that my brain stopped working as a thinking machine, and that is when I began to hear the humming again. I might, otherwise, have fallen asleep, but listening to the pleasurable sound inside my head, at least that is where it seemed to be, kept me awake. I did not, just then, remember my experience as a teenager in the profound silence of a winter night in the North Star State. The land I just purchased was in the Lone Star State. After I ate something my brain started working again, and I thought the humming must have been some manual labor induced special effect.

2 Fishes and Loaves .

We thought we were done
The table was laid
What more could remain
What more could be made
Out of nothing like fishes and loaves

And so it is, we receive
Blessings that were in store
Even though we thought no more

It took three days to clean the shore of dead fish, and then there was no more of this kind of work to do. The waves keep coming in but without any more fish. Garden nutrients would need to come from some other source. In the next forty-three years I have never seen more than the occasional, solitary, fish body that needed attention from me or the vultures.

I wrote this song because a second unexpected event followed a first. On Friday my dream came true. I was able to buy some land on a lake. I never expected, rationally, to be able to afford to do so, having set my compass in an alternative direction, but it had happened. We arrived at sunset, at the beginning of the Jewish Sabbath, and, on the morning of the Christian Sabbath, all these dead fish began arriving. The reason the song concludes "blessings that were in store even though we thought no more," is this reason- what more could we want, beyond a place on earth we could call our own, where we could see

and hear the waves rolling in? The blessings that were in store even though we thought no more, were the blessings of the inner sound.

3 Place of Our Own

Are we in a place of our own
A place of our own making
A place of our own choosing

And does the landscape accord
With our inner vision
Of heaven on earth?

And if it doesn't
Whence forth will we go
Whence forth will we know
How we truly wish to live?

Anchoring some fertile soil amendments into a first garden site was a potent anchoring of energy into the land, and the second experience of this pleasurable sound inside my head, now experienced as an adult, anchored a sense of purpose for why I was here although I would not understand it until many years later. Gardens were planted the next spring over the fish graves. The abundance of vegetables produced in, otherwise, poor soil conditions, celebrated the beginning of the first homestead in the area. A homebirth added another blessing, and soon, thereafter, a small settlement would sprout. Others would find their way to this little corner of the world and make it their home also.

A Place of Our Own refers to more than a physical place. To find peace on earth for anyone is the main way we all contribute to peace on earth for everyone. Having arrived at a place I could call home in the physical dimension, and rest my cares on that score, I would begin learning that the inner sound is the answer to the question the song asks- how we truly wish to live.

The house was built without any power machinery beyond a circular saw and a drill, and without access for concrete trucks. I began hearing the inner sound more often. When I ended my labors for the day, such as mixing concrete by hand, not to mention carrying all the sand, gravel, and sacks of cement down the hill to the building site, about a football field of distance, and then hike back up the hill to carry some more, I was able to establish further acquaintanceship with that lovely humming. The involuntary kind of deep relaxation that was circumstantially enforced upon the brain by the well-used body played a role like with the fish. In that regularly occurring absence of mental activity that is a culturally under-appreciated benefit of manual labor, I began to regularly pick up the broadcast. Whatever the cause, I welcomed the effects.

Before I built the home I heard a man say "There is a cure for stupidity. It is called hard work." I had never, before, worked physically so hard, and I reflected on the truth of his words. I was getting smart enough by hard work, that is, quiet enough, to be able to allow the mind to stop talking for some sufficient length of time, which allowed the inner sound to enter my range of perception. What it is, most essentially, is the joy of not feeling alone in the most fundamental way of not feeling alone. It took the intense labor involved in building a homestead to get my attention, but from that point on, I had the taste of something sweet, and I learned to tune in more readily.

How do we know that the current of sound coursing through the inner ear is not some physiological phenomena? Or some white noise, just ordinary air molecules moving around? Why do we sense that it is music of some kind made by the universe? How do we check it out? Is it pleasurable or painful? Does it interfere with external hearing or mental functioning? Can you make it go away? If the humming hangs around do we feel fortunate because it is so comforting?

When do we hear it and when do we not? When the mind is at rest and the senses are alert, or when we are needing some of God's strength as we try to hold steady with the right idea, not often easy because the world is full of wrong ideas- these states of mind coincide with auditory reception of the peaceful humming. When we are focused on mundane matters, we tend to notice it fading out of hearing range. We also note muting when we are caught up in repetitive thoughts of an anxious nature, or trying to figure something out in our lives like it is a difficult problem on a scholastic test. The real fallacy in figuring things out for ourselves is the limitation of the figuring mind. A lot of earnest figuring often only produces itself- a lot of figuring, but often no clear answers or even the appropriate questions. As far as we can tell, the internal sound has its own laws of cause and effect.

What one person experiences as inner sound may be quite different from what someone else experiences. I can only bear witness to what I have experienced. I have used the pronoun we because anything anyone experiences is part of everything all of us experience. Any single instance of healing contributes to the healing of all.

I had seen references to the inner sound phenomenon in a few places, so I knew other people were listening. I never met anyone who mentioned it although it might be the kind of thing someone wants to keep private. Even though it seems like such a nebulous kind of thing to take in hand as a topic of conversation, I was getting the impression I should not be mute about God's gifts.

An opportunity presented itself when I became acquainted with a man who suffered from tinnitus. Both phenomenon have something in common- a sound that is not detectable externally. One is pleasurable and one is painful. He said he was a naturalist and not going to take pills forever. I reflected on the word naturalist as it applies to the mind. What is the natural condition of the mind? If the mind is thinking in a natural way what kinds of thoughts or sensory data is it hosting?

The inner sound is subtle but so beneficial that, perhaps, it should not be such an obscure topic? As I witnessed the inner sound presenting itself most compellingly in hours of need, I understood that the source of the inner sound is based on compassion. Does the inner sound manifest from an organizing principle of the universe? The best words we have for that are God is love. Because we have been helped so profoundly by the inner sound, because God has made His reality unmistakably clear, we feel obliged to testify on behalf of His munificence in this regard. The mind feels kissed by the loveliness of that sound.

We do not need to wait to old age to regain a childlike innocence. Knowing we have a Father who can take care of everything we need allows us to part ways with the worldly mindset. There is nothing more directly to the point of inner sound reception than reclaiming our birthrights- innocence, defenselessness and sinlessness, as termed in ACIM. Loving our Father with all the strength He sends into us, precisely for that purpose, causes us to understand how perfect is the condition of innocence, how suitable it is for the highest form of enrichment and knowledge.

We coach ourselves to put aside defenses and strategies. The inner sound pushes us onward in that direction, letting us know we are correctly aligned in this self-nurturance for accomplishing everything we need to achieve.

The word ego does not appear in the Bible because the term is relatively recent. The word devil does not appear in A Course in Miracles which makes the case that the ego is more of a comprehensive psychological problem than most of us understood it to be. ACIM spends a great deal more time counseling us about why and how the ego belittles our sense of ourselves versus inflates. ACIM also makes the case that the ego is not real.

We can see that it causes a great deal of suffering. It makes peace on earth impossible because it makes peace of mind impossible. It does all this even though it is not real? I did not understand the concept until I read that long book in which it seems like Jesus extends his service to humanity as the ultimate psychotherapist. It took me a couple years to process all that information which was very helpful, on one hand, but, I could only ask myself, if the ego is not real, why even mention it?

What exactly is the ego may be a matter of some debate. What exactly does the word mean? Is it any more definitive than what the word God means? If neither can be defined except in a general, subjective way, can we just say they are opposite ends of the spectrum? When small parts try to make themselves into bigger parts, or nothing tries to make itself into something, problems result?

Is it enough to understand God is always helpful in every context and the ego is not? If we want to receive the inner sound and other blessings that accrue to pure aliveness, a functional boundary with the ego must be achieved. That is the beginning and end of what we need to know about the ego in regard to the topic of this communication.

I started writing songs for a second purpose- to help maintain a state of mind favorable for reception of the inner sound. Appreciation of the phenomenon began the songwriting. A desire to cultivate receptivity amplified my sensing when a new song was needed. In doing so I answered my own question. A nightmare does not seem so real once we are awake and are readjusted to the light of day. If the nightmare produced fear, it has had some effect, like the ego, until we learn about a different reality.

Why even mention the ego if it is not real? Because God saves us from ourselves, meaning the selves we have synthesized out of nothingness and become invested in making the case for, knowingly or not, as a reliable selfhood construct in differentiation to the selves God made, which the ego, as unreal as it may be, is, apparently, trying to hide from us, which is why the long expose in ACIM was necessary.

How we regard the ego, is conjectural. How can unreality be characterized beyond unreality? We can accept the more delineated characterizations made in ACIM because we implicitly trust the voice of instruction. What is not conjecture is when we are hearing the inner sound and when we are not hearing it. This is one way validation comes forward for any mind to sort things out.

As I read A Course in Miracles, I copied passages on index cards which I kept handy in a packet bound with a rubber band. As I reviewed the passages that inspired me by their simplicity and clarity, I understood that it was all pointing at a to-do list of one thing- heal the mind. The natural condition of the mind is humility. Humility must be reinstated if we are to have any useful knowledge. God provides whatever is needed for healing of the mind to occur. The presence of the inner sound lets us know healing of the mind is occurring.

When we are unsure about anything, when we have an unsettling feeling that seems to be mitigating peace and happiness, we just extend our minds like palms turned up to receive God's love. His assistance is abundantly obvious. It is filling our minds through the portal of inner sound reception.

Letting go of the critical mindset is not anything we can accomplish on our own. It requires a lot of help. Can we be so loving and kind unto ourselves to make asking for that help a fulltime job?

God's idea of what we can accomplish together- this is what we have embraced in our finer moments. We must determinedly nurture the sacred desire to play our parts in implementing God's purpose that He has shared with us. When we experience confusion on this account, happiness diminishes, the inner sound recedes, and we feel beggarly again about what we have allowed to transgress in our minds. Fortunately God is extremely loyal. How else could we learn to be loyal to Him? He* will not forget us or forsake us. We get all the help we need to get back to solid footing, to keep going.

*To keep this communication simply formatted, He/Him/Father is being used for referencing God by pronoun as it is in the Bible and the Course of Miracles, with the understanding that God is gender neutral because God is the unity of everything that is real.

7 Keep Going

Keep going, keep going
We'll get there, we'll get there
Carry the quest along

We will be faithful to what we know is true
This is our sturdy stone
Now you see we've got to stand
We cannot be swept away
By every feeling and sensation passing this way

Imagine you are inside an empty geodesic dome with a five year old who is pedaling a big wheel plastic tricycle round and round while you stand in the center finding the echo point as you start to make up this song. As you experiment with the acoustic effects of the dome and experience her joy of traveling at good speed in a continuous loop, the words and melody come forth. She keeps pedaling. She does not want to stop. You keep singing. You do not want to stop. The imagery provided by her robust joy in self-powering motion has been a catalyst. The inner sound keeps going. It never stops. All that stops is our reception of it. We stop listening.

Imagine thirty years later the happy pedal-er says to you "family is a work in progress." Keep going. We have the option to continue.

Imagine that the main ingredient of this dome, the cement, was applied in one continuous effort by many trowels. In one day it went from a metal skeleton to a fully fleshed building. The group committed to staying with the job as long as it took to complete, and that is what they did, into the night. Everyone put in a long labor, buoyed on by the teamwork of putting the whole body of flesh on a structure of a kind that is unifying and centering, in of itself, in its structural properties. Perhaps this song arose not only from the child's energetic gyrations but, also, from the energy that created the dome itself.

The inner sound stays steady if the voice of fear and doubt disappears shortly after it enters the mind, meaning we do not resonate with anything it says. The inner sound strengthens our commitment to disassociate ourselves from its messaging. In this way collaboration is achieved to make a home for the inner sound in our consciousness and to feel at home, warmly welcomed, moment to moment, in our true abode.

There is no limit to what we can learn from God's Teacher Function which will be referred to as the Inner Physician in this communication. The right way to think about anything is spelled out when we simply ask how God sees it. Holiness has no dilemma, no confusion, no out of the moment context. Holiness creates love and peace. What the world does not have enough of even though the supply is inexhaustible.

ACIM states that the mind can heal the body. What does that mean in practice? Do not get caught up in the particulars? Keep the focus generalized and unified? We are children of God. Children do not get caught up in details as much as adults, which is why adults who want to heal their minds need to be mindful of what unifies their thoughts, not what divides them; what unifies us with each other, not what divides us. If the mind can heal the body, it is only because God is in the mind. It is the Mind of God that heals.

When God is invited to enlarge His presence in the mind, the mind's natural wholeness and healthfulness is restored. When consciousness gets a reset to the truth of its origins and its eternal innocence, ACIM explains, healing the body is not such an overriding concern because there is a way out from obsessing about the body and it is not death. It is pure life which only comes from God. When we

hold the line with that knowledge, we feel more peaceful. One miracle can lead to another. We must put first things first.

8 Tragic Flaw

Complexity, why have we courted you?
Some kind of vanity we're still working through
And it's been blinding us to what we need to see
Salvation is simplicity

Too much information, too much analysis
So we pruned and we divested
And the answer to our quest?
The simple way is best

Imagine a nuthatch is pecking on your window. Sounds like someone texting with fingernail on phone. Does the bird have a message for you? Mental activity is a habit. We may not hear the inner sound because of sensory blocking caused by rationalization and deduction taking up too much bandwidth.

The purest form of organization is to let things be as they are. Nothing further is needed. As we are, ACIM urges us to accept, as God made us, is all that is needed. No add-on is needed, no artifice, nothing artificial. Interpretation is not helpful. In fact, the reverse is true. More artifice is just more of itself. To have less artificial ingredients in our diets, we eat natural whole foods. To have less artificiality in our minds we stop taking instruction from the artificial mindset that was fabricated as a defense mechanism.

God provides us the inner sound to be informed of what is natural and pure. We can measure the worthiness of any mental activity in relation to just listening to Him. Thinking through options that need not be considered, rerouting through the competing viewpoints of an unmade decision, parsing out what-ifs, making plans for what is best left unplanned, and other uninspired uses of the mind, muffles the comforting sound we can be receiving. When we have had enough of all that, we are left with what we are, pure and simple, extensions of our Creator. Extensions enjoy reception of the inner sound, making the choice clear for what is real rather than what only seems real.

When asking other people what we should do is not fruitful, it is for the same reason asking ourselves the same thing is not. If we are asking the right question, we will already have the answer. As ACIM makes abundantly clear, there is only one question that needs to be answered and everything is reducible from that. We need to appreciate the simplicity of one question-one answer, which is the reason for having the inner sound as a helpmate.

When we find ourselves growing weary of projecting various scenarios for attaining worldly satisfactions, we may find ourselves gazing higher up. "If God was me, what would he do, what would he choose?"

If we want to make sense of life on earth, of maximizing the joy that can be part of this process, we will need help in making the right choices. The amount of vicissitude and dilemma we notice when we pore over the topic "what do I want?" is plentiful proof of that fact. What if all our desire compressed itself into one desire- to hear God sing? How might that more effortlessly, more instantly, spell out everything else? If we let the One who created our fundamental being-ness be the primary director of our lives and gratefully, joyously, take the secondary position, what have we gained right now, right here? Exactly this-learning what we want with a degree of precision we previously thought unfathomable.

Until we give over to God our desiring, we cannot comprehend what it is we want. That is the beauty of it. When we stop advocating for something we think we might want for ourselves, which is always changing, we can receive the exact, detailed, complete answer to that question. It is best to keep the wish

list brief. Maintain the connection. Receive the blessing of God's exceptional musicianship. Everything else that is wishful devolves from that one central wish. Accept what is offered and everything else is added on.

It has been set up so mercifully that we can wander a long ways from grace, yet instantly recover what has been lost in appearances only. The mind can be weakened by negativity, but we can right the ship at a moment's notice. The option to reconnect is always at hand. God is ready when we are ready.

The first ambition for each new day is not to lie in bed thinking about matters at cross purposes to our main priority, the assignment bestowed upon us by the Father, to be unitive with Him and His purpose, which simply means to receive His love. This is not difficult on mornings when the inner sound is flooding the empty mind. There is nothing to do to remain so beautifully serenaded except to say thank you, thank you, thank you. The fact that the sound is often so strong when we wake up suggests that it has been streaming all night. About the day ahead, what is there to say except, "Father, let's spend the whole day together."

A life with God is a two way street. We are provided opportunities to contribute by remembering who we are without His direct help. Some mornings we need to identify ourselves correctly, so we do not slip back into the default setting of this world in which the ego runs the show. Our task in this regard amounts to a simple declaration, I am your child, please help me receive your love and assistance, or anything to this effect. That is all that is needed- just initiate a little conversation with Him, and the inner sound will catch up with you sooner rather than later because God comes to us.

We are all working on health restoration projects because we all need healing of the mind. Many of us are also needing help with physiological issues. Whenever there is pain, distress, uncertainty- how is it not possible to sense we want God to take care of us? We want to stop trying to take care of ourselves. What have we learned to more effect than we need Higher Level Help for just about everything? We will do better tomorrow letting the Inner Physician do more of the taking care of. We will remind ourselves to stop taking on His role. What is more integral to diligently tending to our role than that specific one point reminding?

The moment of waking is a favorable time to receive a clear signal of the celestial broadcast, before the mental machinery kicks in. Taking a nap provides an opportunity to get a signal strength boost, in the middle of the day. The true self, the we self, is emerging in our field of awareness. We know we are making good effort to reclaim the true self by our detection of its presence, by our more focused attention on it and our increased appreciation. *Listen, tune in. I am here with you.*

Appreciation strengthens faith. As faith strengthens, the totality of trusting God builds, unifying the mind. In a unified mind, brightness increases and the dark retreats. Any time is a good time to tune in. Once we have good signal reception, we can just stay mindful of it. When we have been in the program for a while, we notice it is much of the day, then most of the day, and, finally, all day long. It may take many months or years to get to the state of continuous reception, but who minds waiting for that? Who cannot wait for more who has some of what is more precious than anything else?

The Inner Physician gets right to the point of where many topics of concern need to conclude as soon as they start- it does not matter. If there is something we need to understand to move forward with our assignment, how can we arrive at the utmost clarity? Who should be leading the discussion? If we are willing, we will have God's voice in our mind making sure we get it right. Our part is simple because He is already here. A simple yes suffices. Does the ego work hard to block this yes? Is our freedom its demise? What option does it have but to work hard to stave off the inevitable? The inner sound is making its thankless task even more difficult, but who wishes to be appreciative of the toiling of a false adviser?

Imagine you hike onto the top of a hill with long views all around. Imagine the ground is a mix of flat limestone and vegetation, like big white tiles of various shapes and wide swaths of green grout in between. The surface rock is the top of the hill's bedrock crown. The green spacers with some spring

flowers is where the flattish head of the headland has collected some soil in its lower spots because the head is not a uniformly level grade. Imagine you start composing a song because of the exuberance of the season and the particularly fine day.

Education is all around
It's in Light and it's in Sound
Make your way through the universe
Sing and dance, no need to rehearse

Compassion is the steady fire
Warms our hearts and lifts us higher
On and on like the sunlit waves
Surge after surge on a blue sky day

When the wind won't quit
But even grows stronger
Charging the brightness even brighter
The whitecaps keep coming from near and afar
Just like Spirit that we are

Imagine your body begins to dance on the exposed bedrock to the new music flowing out of you. You keep your feet off the lush margins of tender vegetation, not wanting to crush any of the lovely Indian paint or bluebonnets. The way the smooth rock surfaces mingle proportionately with the surfaces that support vegetation has a convenient spacing which allows you to move your feet from one stone platform to another in a whirling, pirouetting, kind of dance. The rhythmic movements of your body, ascending and descending, from stretching vertical positions to swooping down low to the ground positions, spanning over the flowers and grasses from one piece of exposed bedrock to another, causes you to feel as natural as you can naturally be, as perfectly integrated into the life of the universe as you were designed to be.

"You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees will clap their hands." Isaiah 55:12

In the overall picture of psychological well-being, the dispensation of celestial humming to human consciousness is no small component. Although it may seem like a relatively small thing because it is not of this world, only something that can reach this world if we can allow it, what it helps us to accomplish in terms of inner peace is huge.

How aptly is the book named that solves all our problems. We need miracles, and not just a few, but a constant stream of them, to grasp the truth firmly of who we are and why we are. Are we seeing all the miracles occurring? Is the ego endeavoring to distract us from seeing them because it lends more credence to why it is not needed? We need to stay tuned into the miracle of the inner sound so we do not miss others.

Can we not think, ourselves, about the matters of the heart- health and relationships? Can we leave these topics for God to think about and attend to as He will? How likely is it that He knows exactly what we need infinitely better than we do?

Like the inner sound is something we receive, insight is also something we receive. We can learn to be good receivers. To be good receivers we stop trying to figure things out. Easier said than done? Can we be thinking when we are compassionately engaged in loving communication with each other? Can we be

thinking at the same time we are lifting up our hearts and voices in praise and thankfulness for what God has provided? Can we be thinking while we are paying close attention to the inner sound?

When we say we want to leave off thinking about health and relationships, that we want to turn these matters over to God, to let Him do the thinking, to let Him guide us, we are making the case for our minds to be involved in these matters only on a receptive basis.

Insight arrives like an email or text from a loving friend. We are not composing any messages to ourselves about health and relationships. This is our boundary. We can opt out of those two topics, send them upstream to the Source. We are setting it up this way because other topics are usually less sensitive matters and, therefore, less likely to draw us into extensive ruminations that divert bandwidth we are wanting to have available for the inner sound and reception of other gifts from God, like His guidance about health and relationships.

We can put the active, working mind component to usefulness with practical matters that benefit from some deductive reasoning, such as organizing our day to include all the ingredients we have already established to be helpful for maintaining reception of the blessed humming. Chat with God? Check. Sing to Him? Check. Do something nice for a neighbor? Check. Admire the trees and birds, etc. Check. Have a look at the night sky? Check.

Can selective short term memory loss be due to a lack of interest for anything of the past, especially that inconsequential chatter that is so unremarkable who would want to remember it? Instead of being concerned, we rejoice. To understand that God takes care of every-thing truly meaningful is to allow Him to. That is the service we extend to our Father- ceasing separation from Him. We increase the minutes and hours each new day in unison, being our true selves. Whenever there is no separation, the inner sound is streaming live, and, therefore, it is a valuable learning aid.

Imagine you find yourself in a group of people listening to a woman relate a very interesting story. During a last ditch surgery to buy her some more time, her consciousness is exteriorized from the body. She sees the diseased and invaded body on the operating table and feels a strong desire for it all to be over, to be free of that body. All the medical travail seems so pointless. And then she realizes there is another presence in her consciousness, and this presence communicates, "you have the option to exit, but you might want to work more on the existing situation."

Why would she want to keep on with the body, so depreciated by sickness and aggressive treatments? While the surgery continues, she poses the question again to herself- why would I want to return to that body in the condition that it is in? The presence, again, says only this much "you have the option to continue." Like a fade out in a song, that six word message persists. When she awakens from the operation, she recalls those words- you have the option to continue. Before she leaves the hospital she decides she wants to continue. She understands that the continuing would mean some-thing different now.

Imagine she arrives back home and goes directly into her office. She sits in the comfortable desk chair. She does not think about anything else but the fact that she is going to do something different although she does not know what that will be. She does not think about the doctors or what they said. She does not think about what she might do for herself. She does not think about dying or living. She holds steady in that one idea intimated to her- you have the option to continue. Nothing else enters the picture.

Imagine the next day, and the days after, she continues to sit patiently listening to nothing. She cleans up the top of her desk, she disconnects the phone. She remains still for increasingly long durations. This becomes more comfortable as the days pass. Listening to nothing becomes listening to something. There is a humming sound which makes her feel even more peaceful.

Imagine she receives a definite impression of a certain food. It is a food that she has never liked although that was a long time ago. She buys some of this food and starts eating it. Imagine she discovers that she likes the taste of it now. In a few days it actually becomes her new favorite food. She stops eating

everything else which does not make any dietary sense, but not getting any instruction to eat anything else or to not eat anything else, she feels most certain to consume only the food that was specifically messaged to her. Long story short- the woman gets well. She had not sought out a medical miracle, had not prayed for one. She had simply responded to the communication encounter affirmatively.

Can we verify the facts of this story or that story? Who wants to? For what purpose? Who can judge what is possible and what is not possible? Who can say when any certain kind of miracle will occur or when it will not? Who has any power to know more, or do more, than just to receive God's love today, now? The inner sound is our basis of knowing one thing about one certain miracle. We are not alone. God is with us, intimately with us, singing holy orders in our minds. If the celestial music had lyrics what might they be commanding? Just be love?

12 Using What You Gave Me

I was looking round the corner
At everything I had
Here and there and everywhere
And anything I could do

I was looking round the corner
For something that I wanted
But the only thing eluding me
Is using what You gave me

I'd rather not project
Rather not conjecture
So help me not script a plot
For some role I am not
Cause the only thing eluding me
Is using what You gave me

Thou shall not project. If we are adding to the ten commandments, that one gets in there. Thou shalt receive.

There is no need to make the problem of the ego be a problem because it is not real. We can sense what ACIM is teaching is true, so why does unreality still have a residual toehold in our minds long after we have accepted the information as true? With the information comes instruction. Forgive. Human beings have a need to stay busy- forgiveness, healing. We hold ourselves responsible for countenancing and cleaning up what we created- a consciousness of separation, of apartness from God. God gives us all the help we need to undo that predicament. Separation from God is not actually possible, only seems to be possible, is what ACIM helps us understand. What we are forgiving ourselves for is not any misdeed, only the delusion of committing one.

Someone else, whether it is a brother or a sister, older or younger, appears to be getting more attention, or affection, or appreciation than you are getting causing all kinds of malfeasance to override common sense about sibling and filial relations. The easy cure for family problems is clear identification of the Father. It is an easy cure for the same reason everything else becomes simple and easy when we allow the truth to be true.

Accepting God as the primary father, receiving His gifts, we understand there is no shortage of the 3 A's- attention, affection, appreciation. Who does not want the best kind of attention, affection and

appreciation? Who does not want an unlimited supply of that? Who knew God's attention on His extensions, His affection for them, and His appreciation of them could be so real, would be so real, until He helped us understand the extent of His reach by broadcasting His voice so we could hear it when we are ready for that much reality.

14 Plenty

There is plenty for me and plenty for you
Of what it is we really need
Enough is enough and all is well
When we learn to really tell
The difference between our need and greed
True wealth flows like a mountain stream

There is nothing worth having more than the light
Nothing else to feel just right
It's inside your mind. It's easy to find
Look inside, oh look inside

There is nothing worth having more than the sound
That wells up in you from your inner ground
It's inside your mind. It's easy to find
Look inside, oh look inside

Enough is enough and all is well
Look inside, oh look inside....
True wealth flows like a mountain stream

Is the supply of God's love limited? Is there not enough to go around? Must anyone restrict their intake to make sure all can receive a sufficient portion? Is something blocking our ability to receive, something that makes us feel unworthy of unlimited dispensation? What better way to exhibit worthiness than honest need? Why pretend we don't deserve? Why pretend we need something else, we desire something else?

An infant is worthy of sustenance by virtue of existing, of needing. Why be shy about what we hunger for? The inner sound is helping us make the connection to the flow of nourishment. There is so much greed for scarce resources. Land, water, money, minerals, food, fame, etc. There is not enough greed for inexhaustible resources.

Hearing the inner sound provides the feeling of being touched, contacted. It is God's access point into human consciousness, making it more valuable than the whole world, the bridge to everything we truly need and really want.

"For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich." 2 Corinthians 8:9

When we have a thought that does not support the plan of unlimited integrity, which is God's plan, that we want to make our own plan, we can start again to reestablish the connection. Giving Him our attention, however we can do that, is always sufficient. If we experience some disturbance, we can

make an appointment with the Inner Physician, meaning we can stop trying to find the undo button ourselves.

All we need to do at the appointment is express our feelings, state our needs. We have noticed wavering. We lay ourselves bare once again. The relationship is clarified once again. How we go forward to have a today more free of falsehoods than yesterday is to stop obscuring what needs to be kept clear- this is God's show. We are in the show and there is much we can do to make a case for our hopeful contribution, but, ultimately, it is His will, because that is the basis of our case.

Critical, limiting, thoughts that attack our case are irrelevant and pointless, but it may not always feel that way. Some of the falsehood may stick a bit because we have allowed it some air time in our minds. We are able to countermand its propaganda because we have asked God to help us, and the light of His reasoning power brushes falsehood aside, but the fact that we allowed it air time is cause for forgiving ourselves again, so we may re-embrace the truth again.

Shifting from the world of the artificial self to the true self requires a full commitment. ACIM puts us on notice that there is no going half way. Whole-hearted integration of the new thought system is necessary to sustain our willingness to have it. There is no shortage of God's love available- that is what the inner sound is communicating to us. It flows endlessly into our consciousness if we allow it to.

The inner sound is so profoundly rejuvenating to the spirit in us that it is immaterial to ask any questions, to know anything further than the fact that It is happening. The experience of its reception is more than enough to sustain purity of focus, intense gratitude, and loving intentions. Knowing any particulars about how the transmission occurs, if there is a particular agency of God's kingdom doing the sending, forming the pitches and tones, is not any other identifying information needed because everything that is needed, informationally, is provided. God is everything that is real is the correct identification. Whenever we feel apart from Him, we are dabbling in unreality. The amount of unreality dabbling we busy ourselves with does not make it any more real.

What is more difficult to accept than limitations is limitlessness, until we change the way we think. Instead of considering what might be wrong, why not consider what might be right? We can be curious about unconsidered and under-considered factors contributing to mental health, vitality, and regeneration. What is more- what we know about disease or what we know about healing? Whatever we know less about is less dictated by past learning and must be more focused on the possibility of learning in the present. What do we know about the psychological and physiological effects of focused reception of the inner sound?

The only way to find out that God is real is to give it a shot. Taking the initiative to experience God is an exercise in creativity, which is exactly the kind of exercise needed to allow ourselves to be accessible. In the bright light generated by creatively engaging with our Creator, fears disappear into the darkness from which they came.

If the idea of unlimited healing feels like a stretch, the idea of receiving assistance in releasing conditioned skepticism is the perfect place to begin overcoming resistance to what is true. Becoming mentally more limber cannot be accomplished by our own choosing alone, by our own will power unassisted, because it is, essentially, a process of unification. What we are all capable of accomplishing is enrolling ourselves in the Inner Physician's tutorial. We can be taught to think differently. Hearing the inner sound reminds us we are in the classroom.

"All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." John 14:25-26

The heaven meds that flow into us on the inner sound are protecting us from the misinformation we absorb from the world, shielding us from negative effects we are prone to imagine. Accepting this readily

available prophylactic, allowing the inner sound to flood our consciousness, is the best single thing we can do for ourselves. No other questions need to be asked other than will we have it. No other answers need to be given.

If more of us can accept the proposition presented in ACIM that consciousness can be healed if we give that job back to the Rightful Doer, that we cease trying to be our own fabricator of salvation, we will free up more people and more energy to plant trees, make gardens, take care of each other, and establish a more sensible and sustainable way of being on this planet together. ACIM says we dreamed up this world. Having opted for an alternative reality, why would we not want it to be a successful experiment? Is it not easier to release ourselves from success than from failure?

The truthfulness of all the truths ACIM is teaching is further absorbed and accepted, beyond our cognitive absorbing and accepting, in the reception of the inner sound. The inner sound boosts our powers of recognition.

17 Enrolled

We have enrolled ourselves in the inner sound
Treatment plan for healing mind and body
All that we do is listen to You
And appreciate the love extended

We forgive ourselves and everyone else
For all the fears and the judging we've done
No one is perfect, that is quite clear
And guilt won't make it any better

This song is for accepting what can be received. By enrolling ourselves, we are simply agreeing to receive what God is giving. No forms need be filled out. No fees paid. No waiting for acceptance. By enrolling ourselves in the treatment plan, we have done all that is needed to participate. Some patience, vigilance, and forgiveness may be needed to maintain our desire to remain in the program.

Cynicism about the inner sound treatment plan does not matter because the source of cynicism is not a participant. The mind is aligned with the true self and can sense that the skepticism of the bystander self amounts to nothing, has no effect on receiving the goodness God is giving.

A wish only needs to be wished one time, the first time. The Inner Physician does not need reminding of what we need. We receive the necessary instruction to play our parts on a need to know basis. The only explicit plan is to love God right now, to love each other right now. The future will format itself congenially on that basis.

Love and compassion are states of mind, and they are also feelings. We function in some serviceable ways because we can feel. Thank you for these feelings that motivate us to let You in, to let Your will take hold of us. We can release our fears, we can turn things over to You- that is when the drawing near draws very near and we find ourselves in closer range to what You are singing. At closer range the sound is more textured, more vibrant, more pitched. The humming becomes more musical. Are we deserving of this much love? The answer, if we keep tuning in, is abundantly clear.

“Consider how much love the Father has given to us, that we should be called children of God.” 1 John 3:1

There is no necessity to reject the world, but there is need, as ACIM instructs, to prefer to abide in God's presence. The Inner Physician has simplified all our concerns. Attending to the assignment He has

provided keeps us tuned in to the inner sound. The best things in life, like the inner sound, are not achieved. They are received. Halfway to heaven means we have established an open channel for receiving.

Self-abstracted thoughts are caused by thinking we understand more than we do, that we can freely associate whatever interpretation pops into our heads. Dead end, wrong turn. Feeling there is an important choice to make, we may drum up various rationales for making the case this way or that way. Neither way of looking at the issue seems superior to the other. Dead end. Wrong turn. We remember why we are here- we have enrolled in the inner sound treatment plan. We are always at the treatment center, unless we traipse off into some meaningless labyrinth. The door is always open, so we just return ASAP

What can we infer about all that we do not know about the unlimited potential for healing when we turn matters over to God? That it is vast? What can we infer about what we do know about the unlimited potential for healing when we turn matters over to God? We know we are receiving the inner sound. We know that it has beneficial effect on our mental and emotional wellbeing. Benefits to health and relationships naturally occur if we downgrade the importance of everything else we think we need besides just being functionally connected to the Father for the release from fear and confusion that connection provides.

19 Cause Less Harm

We watch ourselves and we observe
The impulse we've seen before
We can take no action, we can witness that
We move slow and carefully
Restraint is our ally

Help us live more mindfully
Help us cause less harm
To ourselves and other ones
Than we've done before

I love myself so I return
To the place inside of me
Where I hear the melody
From afar that is within

This humming is the one command
That makes the most sense to me
Nervousness drops away
Doubt and worry cannot stay

The worldly mind believes in uncertainty. It finds evidence everywhere. Anything can happen. When we get off track, veering into the next lane of consciousness, the without-God's- help lane, and find ourselves mired in circular reasoning going nowhere, we just need to remember that thinking about anything we are not capable of understanding easily, anything but the most basic matters, is detracting from peace. Turning the issue over to the Inner Physician is the only solution, the only answer. The appreciation we feel for God's audible presence, keeps reinvigorating the spirit in us, like cold water swims, strengthening the mind to let unhelpful thoughts pass right on by, forgiving ourselves readily for having them.

Complete sloughing off of the artificial self, to such a point of diminishment that we never hear its voice again, has not yet occurred. What can we do, in the meantime, when unwanted information is forthcoming from the voice of fearful considerations? We might restate the obvious “Wrong again. Feel free to share less,” but who wants to say anything to nothing?

As the mind builds the case to host only the true self, disregarding the false self becomes increasingly less time consuming, increasingly less difficult, increasingly more automatic, like ignoring pop up ads. We begin to eventually suspect it is true, that we can be safe, as we increasingly invite God into our minds, which is easy to do since He is already here.

The Inner Physician provides simple, common sense guidance as we give over space to Him. If we want to slow down and be safe, to stay in His prescribed lane of travel, and not wander into any other lanes, we must forgive ourselves for speeding and distracted driving, so we can make a fresh start position for God’s mind to be our mind. We say we want to work for God. This is job one. Let God’s mind be our mind. The erroneous mindset gets out of the way as we are patiently persistent in only hosting reality. What is in God’s mind? Nothing that we cannot readily choose right now for ourselves- limitless compassion, endless creativity.

Imagine you are having a stressful phone conversation with one of your children. Calmly listening does not seem possible. Emotional neutrality suddenly feels like a far-fetched idea. All your relationship disabilities seem to be coming back at you with a vengeance. It does not seem possible to say anything to communicate effectively.

Imagine that as you start feeling panicky about your ability to listen any longer to your daughter’s angst filled narrative, you notice how the inner sound has ratcheted up, not to the point that you can no longer hear the voice coming out of the phone, but to the point that you understand all that is needed is to hang in there, to just be a loving father, without, necessarily, knowing what exactly you should say as far as the impasse in regard to the conversation topic, which is suddenly feeling less important than just a moment ago. Love will have to be the answer for now and it is a plenty good enough answer. There will be no satisfactory formulation in this conversation for the subject matter arising in the world of limitations and conditions except to say I love you and for her to return the sentiment.

Imagine a large ravine with a rock escarpment. Imagine an amphitheater effect, the makings of an outdoor church. Besides providing a sense of enclosure, the large ravine is a river of top soil, hence, the big trees that really make a nature sanctuary a nature sanctuary and that create the effect of an open air nave with a high ceiling/canopy.

Imagine your son informs you that the nature sanctuary is the best of your ideas, but he disagrees, with the name you gave given it, Santuario Naturaleza del Espiritu Sanctu. He says the term Holy Spirit is too much in the province of one religion. He is sensitive to any kind of inferred or implied non-inclusiveness. Singing Land Nature Sanctuary is more to his liking.

Imagine this conversation is taking place while driving down the farm to market road to the small town where you do your shopping and errands. A CD of Hindu chanting is playing. As you pass a big white house on a hill with a cupola, you imagine it is a Krishna temple. Just like with a healthy forest, monoculture is not the best plan. The sheer number of churches in this part of the world is staggering. A few Krishna temples dotting the landscape to mix things up a bit would be nice.

The main thing about devotion is the connective energy. Both the Doxology and the Hare Krishna have exactly 32 syllables. Each has four lines of eight notes, one note for each syllable, and the melodies fit nicely together, making you feel like they were meant to be sung together.

Imagine your son likes long walking expeditions, so you ask if he thinks Jesus might have walked all the way to India and back sometime before the scripturally recorded events in his homeland. He has no comment about that. He agrees what matters most is not the name but the experience visitors have in

the nature sanctuary. You wish for him that someday he will have the opportunity to name a nature sanctuary because he will create one. The world needs more of them which is another point of agreement between you.

The correct answer to any question is found by reaffirming the basis of life. The inner sound reminds us of this fact. We can easily follow a natural instinct to just grow quiet and let God's singing refresh us. We can go to the well as often as we need to for that living water of the holy sound. We have been made to receive an unremitting reminder of all that is necessary for us to know. The inner sound provides an endless testimony that we are all pre-wired for full connectivity if we just accept the terms of the service plan: we will cease and desist from denying to ourselves the truth of who we are.

The instruction inherent in hearing the inner sound through the day is to be resolved for relying on God's strength and not our own. Level one is God's kingdom. Level one is helpful with level two, the world we find ourselves in physically, which is why listening to the inner sound is good for everything.

Moment to moment, we keep choosing God which strengthens our desire to stay centered in His confidence which is the source of our unchanging peace and happiness. Inner Physician, or Holy Spirit, or God's Teacher Function, or some other naming- it is the same holiness reaching out to us from the same source of all holiness. Soul, or true self, or children of God - all names for the same thing, extensions of the source of eternal life.

Whenever we sense any discrepancy in unity of thought, we simply start counting again. One comes before two. Absolute truth precedes relative truth. We are children of God, all part of the One Self. That is level one in a nutshell. We keep going back to the nut, the nugget, the center. How and why the nut may affect the shell, how and why that suits God's creative purpose, is exactly what we do not want to think about in level two terms, only in level one terms, which is why the inner sound is supplied, so we do just that- think only in level one terms, meaning let God do the thinking.

God made the mind and He made us with free will, so it is our choice to host Him in it, or not. Alternatively, we can host an artificial discourse. When we listen to its chatter, we are listening to nothing. If we stop listening to nothing, we can listen to something. When we sur-render to a higher caring and teaching, we will stop trying to supply it for ourselves. The inner sound rejoices with gratitude as we allow this transition to occur. Who knew such a great sound system was available?

The inner sound is God's gift to His family. It is a gift of continuous giving. It is encouraging us to join Him, to stay immersed in the we function. In that basis, anything is possible. We can train ourselves with the assistance of the Inner Physician to strengthen our detection of intrusions on a loving mindset. Once we are committed to a new way of thinking, the delete button begins pressing itself. The only way to transition out of any partial embracing of the truth is to not let go of the guide's hand. The Inner Physician does not mind being with us all the time because all the time is what we need.

ACIM encourages us to acknowledge that we do not understand anything that seems to affect our peace. We can patiently await God's voice of instruction on how to make sense of anything that feels disturbing or complicated. What benefits understanding is the opposite of what we often find ourselves doing- analyzing. Insight needs a peaceful place to land. When we hear the inner sound we know we are in the zone for insight to find us.

If we look at this in practical terms, what seems more practical- having the maker of the mind in the mind or the figment of our insecurity? The only reason the artifice seems to be more firmly lodged in the mind than the mind's maker is force of habit, conditioned by eons of believing that life is only what we experience it to be in the physical dimension, which is why dislodging the false self seems to be difficult and making a home for God, therefore, also difficult. However, we are able to learn that dislodging the ego, at least to its having any effect, is possible and dislodging God, even if we have sequestered Him

into a tiny space of our attention, is not, which is simply the difference between reality and unreality, between something and nothing. We have been given the free will to minimize, although not eliminate, God from our minds. And where does free will come from? Who else can give it?

Lifting up prayers and songs of gratitude, blessing, and supplication help us stay centered in the we experience. Is it necessary? Have we been able to terminate all fuzzy thinking? If not, how do we know that the cause for that is not associated with inconsistently using what we have been given- the power to sing something pure and holy back to Him? Our devotional contributions are well received. The Inner Physician uses the inner sound to reinforce our understanding of how nourishing they are for each contributor.

If you take a liking to the inner sound, less thinking and pure thinking are your friends. What is pure thinking? God made the mind. Pure thinking is not making a substitution for the system installed, not adding other programs.

The inner sound remains in audible range when we stay focused on what sustains us best, the love of God. For what ails the body, when is drinking more pure water not helpful? For what ails the mind, when is not absorbing more of God's love not healing?

Nothing needs to be thought about that much at any one time. If that much thinking seems necessary we should know we are not ready to decide anything and should pace ourselves, meaning the correct decision for right now is to stop thinking about it right now.

The random chirp of doubt is not a problem. Muting the inner sound reception is caused by stubbornly indulging a habit of doubt. Stubbornly indulging that habit is how the mind fills itself with confusion and a malaise of self-sabotaging obscures reality. Skepticism never takes over the whole mind because God is in the mind and the malaise is only intermittently felt like passing symptoms of indigestion. What actually needs our mindful attention? To just be love. To trust God. Do these ideas bear repeating? Repetitious thoughts are not the problem. It is the kind of thoughts we repeat that are the problem.

Regardless of what kind of life we have in worldly terms, we have the ready option to have a life of spiritual excellence. Spiritual excellence is much easier and more readily achieved than worldly excellence because the tuition is already paid and the teacher is excellent.

There are other things that nourish us besides air, water, sunshine, and food. Many things have a positive effect on how we feel, much of it having to do with our senses and emotions. Nourishment is open ended. We need regular servings of care and kindness from each other. We need nature appreciation and, most of all, we need to be provisioned with God's love.

Imagine you are waiting to have a blood test at a pathology laboratory. The room is quite full. A woman with oxygen supply equipment is sitting in the chair next to you. How to spend the time? Strike up a conversation? You close your eyes and relax into absorbing the good tidings riding in on the inner sound. What could be more natural? And in the spirit of naturalness, in doing what comes natural, you let love and light flow outwards into the large waiting room where it is unlikely everyone is completely free of worry about what the results of the blood specimen soon to be collected may mean. If you could, you would transmit the lovely humming to all the others. By listening yourself, by tuning in, is it not likely you are doing just that?

27 Receive

We asked You for a gift
Can we receive it? Can we believe it?
You said it has been done
Can we receive it? Can we believe it?

We will not condemn ourselves
We will ask You for another
Please help us to receive it, to believe it

We thought it was our job alone
To receive it, to believe it
Now we know it isn't so
You help us receive it, You help us believe it

To be miracle minded we learn how to take one step, the first step. We do not need to know what God's gifts will be. We just know we will have them. We will welcome them. To the extent that we need His help in accepting and receiving, we will receive this help. Being helped to receive is part of receiving.

Imagine you are experiencing a wave of headache, chills and sore throat, just before you need to commence a trip to the airport to meet your elderly parents incoming flight. It would be extremely inconvenient to be sick, so you lay back on the bed and give it up. You spread your arms wide and extend your legs. Not having the slightest clue about what to do, you are, in your not knowing, presenting an opportunity.

In that void is the absence of any conscious desire to not be sick. You lose all bearings on where you are and what is going on. For the next ten minutes or so you are only aware of a profound stillness and general brightness in the inner sensory world. All mental activity ceases. When time starts back up, when you become aware of yourself, again, you sit up on the bed and realize the symptoms are gone and it is time to head out to the airport.

The non-inevitability of getting sick is based on the premise that we can skip it, we can pass. The precursory symptoms are not bound by any unforgivable logic to sequence into fever, sore throat, nausea, what have you. Other outcomes are possible. If the first stage is the sensing that there is an unbalance, a beginning of something, and the second stage is the having something, followed by the third stage which is the end of something— we may be able to just skip the second stage. The second stage is not inevitable just because we have previously experienced things this way- the second stage after the first and before the third. The second stage can be absent.

What was that concept from high school math class- “the law of the excluded middle”? We can exclude the middle. There does not have to be a middle. There can be just two stages- awareness of an unbalance and release of the unbalance. And what favors a two step rather than a three step? A vacuum of interest in being sick, allowing for the non-inevitability of being so? The beginning and the end are simultaneous?

The same calculus applies to relationships. Having a relationship is an art form, a palette to work with, two hands painting. Relationships are revived when we forget that we are in a state of alienation with each other, when the next moment is free of any expectations, when we forget to double down on the delusion that we are entitled to nourish grievance, and we realize that is exactly what we wanted- an absence of judging. It may seem, because of the incarceration of stuck energy, to be like waking the dead, but when we can just open the door and hold it open for a small moment, what feels like a gift will occur. It is only reality being allowed to be itself.

Love is real. Everything else is an alternative reality nothingness insists we subscribe to, requiring much effort, ACIM points out, to do so, whereas embracing the truth is effortless, because it is true, which ACIM reminds us, is the main reason why salvation is not obscure and difficult. Salvation, for anyone who will receive the truth, is simple and easy. The plain truth is that God is real and God is here. We can affirm this by just listening within to hear His voice. The ego, apparently, wants us to be on guard for calamity and make plans to protect ourselves. God wants you only to receive His love, which, we eventually accept, is the only safe place.

Because we are conditioned to value healthcare treatment, it is helpful to equate auditory reception of the inner sound as a form of treatment. A port of entry is established whereby life support assistance can flow in. Is there any way to see inner peace other than as supporting life? Is there any way to have real health without it?

We do not need to select a time for inner sound treatment or remember to have it. We can just go about our life as normal. We notice it is occurring because we hear the sound of the treatment technology. If it feels like we have not been aware of the sound for a bit we need not be concerned. We are at peace because we have certainty from an abundance of auditory confirmation on previous days that treatment is ongoing. There is nothing for us to do except to reaffirm our willingness to have it, to respect its genuine power and be fully appreciative of the service.

What is the net result of theorizing about anything? More inclination to tune into the inner sound or more inclination to theorize about other things, more things? Reception or non-reception of the merciful humming highlights which. A habit of mental monologue is how the ego establishes itself in an advisory position. Cultivating a conversational modality with God is how we deny the ego's madness from contaminating our minds. The inner sound is a two way. Sender and receiver. Conversation is a two way. We know talking with God is not a camouflaged monologue because we can hear Him. How grateful can we be that He has established sounding Himself to assist us in differentiating?

29 Fresh Air

I'm not grasping any more
At this thought or another
I'm not making any cases
Nor entering any races
I am opening the door
I'm not grasping any more

I need no space to separate me
From the Father or my brother
My brother needs no gapping either
From Our Maker or each other

We're not grasping any more
We are opening the door
And we can keep it open
We are thanking You for this fresh air

The thought comes to broach a certain idea to a certain person of what we might do together. Perhaps it is a good idea. We can only say perhaps. What do we know for certain? We know listening to the inner sound is always the right thing to do. There is never any reason to be unsure about anything because

there is always one thing we can be sure about. To lessen uncertainty about anything, we simply acknowledge the certainty we have about the one thing we have no uncertainty about.

What greater discoveries might human beings have made if we had only one ambition? if we focus on just one thing- healing the mind, how much good can result? The pursuit of anything other than this cannot exceed mixed results, at best. The sickness in the mind is the monkey wrench messing with our aspiration for peace on earth. There is nothing to do except to stop the interference. The inner sound coming through steady and clear confirms we have stopped.

Imagine you answer the phone and recognize a voice you have not heard in a long time, the voice of a person who departed the body a long time ago. Your first instinct is to place an identity to the caller, not that this could not be that person because the departed don't talk on the phone.

We can recognize voices we have not heard in a long time. A person's voice is a treasury of uniqueness. It's more than the words we speak to each other. It is the sounding medium through which is imparted some measure of familiarity. How much time spent together does it take for the voice of a person to become locked in our auditory memory files? How many years can that memory file span without any updating?

Imagine a new man has moved into your neighborhood whose voice reminds you of your ex-wife's brother. He has the same name as her brother which expands the coincidence. But it is your former partner's voice you hear say your name on a quiet Sunday afternoon that really gets your attention.

Imagine it is inconceivable she would be anywhere in the vicinity, let alone close enough for you to hear her speaking. Since you distinctly hear your former partner saying your name, as illogical as that would be, you go downstairs to open the door which is where you sense the sound has come from, all the while knowing it is likely just inside your head. You want to make sure she is not standing at the door. As extremely unlikely an occurrence as that would be, many stranger things have happened. No one is there physically. Is there any limit on how we may experience connectedness with each other?

Imagine your children are now married and living at some distance. You think about visiting them. They have asked you to visit, but the logistics seem difficult and they rarely call, so why is it necessary to make a trip? You are not comfortable with flying, and it would be a long road trip by yourself. Imagine you then say to yourself "what the heck," and make the short trip to where your ex wife lives and ask her if she wants to make a long trip together to see each of your children.

Imagine that in defense of barging unannounced onto her doorstep, when you have not spoken in a couple years, you say "I think it would make them happy."

Imagine that she says "We could think of it as a pilgrimage." And without more ado, you do just that, admiring how easily God brushes aside anything in our minds that is not His idea.

"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by my Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them." Matthew 18:19-20"

God lets us know, by His audible response, that expressing our feelings to Him, communicating the truth of our deepest wishes, is a practicable mode of conversation to achieve our goal to think less about everything that benefits from less thinking about. If we desire more kind hearted fellowship with friends, family, and neighbors, fellowship with the Inner Physician, the fellowship of the guide and the guided, paves the way to learn how to be more in alignment with love's purpose. When we say we are here to serve God, we are saying we are here to serve love.

God is extending Himself to help us remember how well acquainted we already are. The practical benefit is systemic wellness of the mind. The voice of morbidity, greed, grievance, and paranoia will prattle on. There is no stopping it, but there is a stoppage of credibility, meaning its messaging is

disregarded because the lack of love is as transparent as the evidence of fear is apparent. Noticing the inner sound further makes the case for who we trust and who we do not.

Past mistakes make the case for intensified due diligence, but who wants so much administrative oversight? Risk abatement management can become intensive. We are not being attacked by large carnivores wanting to feed on our lush organs, but we once were. We had to carefully figure out how to manage that situation. Car accidents are now the main threat for getting killed suddenly, but that is rarely a cause of much concern. Survival can be many things, such as survival of our peace of mind. Can we worry if we are not thinking about the future? Can we worry while we are enjoying the view of the natural world or listening to the inner sound? Can we worry when we are feeling grateful?

“And if worry can’t accomplish a little thing like that, what’s the use of worrying over bigger things?” Luke 12:26

The difference between what is true and what is false is often just one word. Possibly. When fearfulness attempts to sell us more cause for anxiety, it leaves out that word. A poor outcome, the outcome the phantom self seems to be focused on, is plausible but so is a good outcome. Can the ego project with any accuracy? The true self knows only a good outcome is possible and the mind is not split if it ignores fearful projections. Every good reason we need to bolster our powers of ignoring is handed to us for the asking. The apothecary of the Inner Physician freely dispenses unlimited dosages of common sense for every needful application.

We are, to put things in scale, each only atoms of God. He has a big family. And given this fact, it might seem like our lives cannot be consequential in the big picture. However, the truth is something different. Each atom of God has an important role to play in His plan. If we envision God as conducting a symphony of maximal proportions, gaining the full effect requires a maximal amount of musicians. God has a purpose for each of us.

33 The Edge

The edge is where things grow best
The field meets the forest
The water meets the land

We choose to listen to You
The opportunity is now
It’s always right now
We choose to listen to You

Boundaries are productive intersections. Boundaries to separate are only necessary if there is a harmful element. Having a boundary with God is not needed for obvious reasons and having a boundary with the ego is needed for obvious reasons. However in this world people, often unconsciously, get this backwards. Anyone who is truly conscious knows the difference between what is real and what is not real. Any relationships between two people can work if at least one person loves God without reservation or limitation of any kind..

Being mindful of all the inputting we tolerate from the false self helps us understand why the sound has to go mute on us at times although the reality is we have pressed the mute button by indulging delusional thinking. Getting back to our God given function brings the inner sound back. It may seem like its presence in our consciousness is out of our control, but, more accurately stated, it is out of control of the ego because the ego has nothing to do with it.

We know God has our hearts. There is never a doubt about that. That being the case, it is not difficult, when we feel a little fatigued with doubts creeping into our minds, to remind ourselves that it is two versus zero. God is on our team and the ego is not real. And yet, the ego made a case, convincingly, for centuries that it was on our team. We no longer feel the same way. We will need to hang in there. It will take a while to turn things around, to release the past and story telling habits. We know we have God's strength backing us to do so.

A boundary with the ego is necessary to enjoy improved mental health and good reception of the inner sound. How does this boundary apply to boundaries we need to be mindful of in our interactions with others?

We all have a resume' of past events where it seems like relationships have gone haywire, and we all have momentary forgetfulness. No one is uncared for, no one is not receiving what they need; no one needs to be worried about. We may need to remind ourselves we have entrusted our relationships to the perfect guidance counselor. Having made the smart move, all we need to do is not get in the way by imagining anything to the contrary.

God keeps His promises. What does that mean? We are never alone. He is always available to be our best friend. Our union with God can never end in divorce because it can never end. Our association is always nurturing, always healing. We may distract ourselves away from Him, but He never leaves. The inner sound is clear testimony of God keeping His promise. When the ego is bothersome with a grievance or fearfulness we are challenged to tune out, God's humming reminds us that He keeps his promise. No one is always there for someone else in the same way, with the same level of perfect be-there-for-you, so anyone who was left by someone or had to leave someone, we all can take heart that God takes care of what we think we missed or messed up.

Anxious projections disappear as we feel His care is not narrow, but wide. His protectiveness has no gaps, no exclusions. It is not just for a while. It is not interruptible. Encompassing is what it is. Reliable. What are best friends for?

When we think a relationship problem we are experiencing is caused by the behavior of the other person, we have headed directly into error. If we see fault in another, it is because we are seeing the fault in ourselves. We have let the guide to failure in the front door with a welcome mat. In our agitation that things have gone wrong, and panic to get things right, we extend its welcome, obstructing clear transmission on how to be more loving.

ACIM defines forgiveness as clear seeing. If it seems like there is something that needs to be forgiven, that a sin has been committed, the omission in our minds is not remembering that we are children of God and, therefore, sinless. What we are called upon to forgive is just that, forgetting who we are, pretending to be something other than we are, something that can fear and fault and judge, and, thus, something that needs forgiveness to be given and received for things that have, according to ACIM, not occurred. Why have these misdeeds not occurred? How can that be true? Only if everything else is true that we are advised to accept in the best interest of inner peace and salvation.

Forgiving is continually needed for playing make believe and that is why ACIM says forgiving is our main function as we try to turn things around here on earth. We are so heavily subscribed to this alternative reality we concocted that forgiving is a fulltime job in the context ACIM provides for us to understand the truest sense of what needs forgiving. What is more necessary to bring peace to the earth?

If we simply keep focused on what we are asked to do and only that, the specific role God has asked us to fulfill, there is no fear because there is no issue to be confused about. Let us say again and every day what our role is. To love God, to love our neighbors, to receive His gifts appreciatively, and to forgive ourselves for pretending we are other than what He created us to be. These are the House rules. We apply the rules of heaven to earth to the best of our God given abilities, which are much greater than the abilities we have constructed for ourselves.

When we allow mitigating counsel of the cynical intruder in the mind to displace our focus from the role the Father has assigned to us and the means He has provided so we can diligently go about our jobs, the inner sound fades into the background, a message in itself. When we become re-focused and re-energized with fulfilling the assignment, reception of the inner sound resumes. To get back into the center where the voice of God is streaming live into our consciousness, we only need to ask for His help. Father, please help us re-focus and re-energize our minds to keep our attention on the work we do together.

As long as the heaven station is on we are happy because hearing that sound makes us feel perfectly at home. Everything else is very relative to that one thing. What other pleasure is comparable?

Gratitude is a vitalizing emotion. It gives us a boost to ferret out grievances we are holding so we may forgive to our heart's content. How long was I not thinking, the mind can ask itself. How long was I just listening carefree to my Maker singing inside me?

36 Exchange

I sing to you like You sing to me
Nothing is amiss, nothing am I missing
When we get off track
Go somewhere mentally
We can get it back
We keep the mantra going
Exchanging our anxiety
For some of what You have

Imagine you are in a pretty place sitting on a bench far away from any noise of the world. The peacefulness you have brought to this peaceful place is a favorable offering for receiving more of the same. Alternatively, if you are feeling anxious, God will gladly accept that offering. This is how we invite ourselves to share in His peace- by offering whatever we have to offer.

When we have affirmed something regularly for a good while it becomes part of us. The exchange the song Exchange refers to is now occurring before we are even aware we are feeling anxious. A thought might lead in that direction if we keep ruminating along those lines, but within a few seconds the sound within resounds, effectively turning off one speaker for another.

The first line of this song, "I sing to You like You sing to me," affirms this is a partnership. The peace of God is extended to us as we come into alignment with the role He has set forth for us to perform, to receive His love. We can stay focused on the task at hand, to establish more operating space for clear signal reception to occur. Receiving God's love provides us the strength and inclination to respond to it appropriately.

If the discomfort of uninspiring thoughts is not incentive enough, missing out on the sweet humming catches the attention. A mantra is like a broom- we keep sweeping as needed.

Imagine you are in a pretty place sitting on a bench far away from any noise of the world. The peacefulness you have brought to this peaceful place is a favorable offering for receiving more of the same. Alternatively, if you are feeling anxious, God will gladly accept that offering. This is how we invite ourselves to share in His peace- by offering whatever we have to offer.

Imagine you awake three hours before first light. It feels like you are not getting enough sleep, but what can be done at this point? We can confirm we are not alone. The Father's song is gladdening and we can utilize the opportunity to have a little chat.

What comes to mind? What is not settled?

"Father, what is the best thing to do for our children?"

Love them. Tell them the truth.

How shall we tell them?

Act.

What should we do?

Submit a petition for something that serves the greatest good of all.

Starting the day a little earlier will be a day of love free flowing between Father and child via the inner sound and nourishing dialogue that is a gateway for more healing to be communicatively grateful about.

Together you watch the color parade through the bedroom window heralding the new day. As all the rosy hues fade your eyes close and you see a dark disk. You have the sense that the dark disk represents an ominous threat to the body. You watch the disk disappear, piece by piece, at a quick tempo. With that kind of efficiency, who does not feel completely protected by the Father's love? You open your eyes to begin the day all over again.

There is no limit to the amount of verification God will supply to the seeing and hearing of the mind for us to affirm and reaffirm that our confidence in Him is totally warranted. To overcome thousands of years of jousting about in lives heavily engaged with ego maneuvers requires some substantive redirecting and that is why the inner sound and visual teaching tools are utilized by the Inner Physician to help us stabilize a new life built around a new idea. Looked at from the spiritual dimension, we are helpless consumers. We need guarantees. We are getting them.

The inner sound is like biofeedback. When we are mindfully focused on the facts of our true reality as crew on the Sonship, the volume increases. It can get louder when faith needs bolstering, as well as in moments of strengthening clarity. The Father protects His children and He encourages us. The inner sound helps us feel fully informed that divine presence is surrounding us to keep the healing of the mind moving forward.

If we are happy right now, why would we be concerned about what the future will bring? It will just bring more of the same. We do not want anything other than this, but there is a little hesitation remaining from the old way of thinking when uncertainty was in charge. When what seems like diligent rationality undermines conviction, it is because the rationality we are using is not ultimately logical. Quiet confidence is simple like breathing, like listening to the inner sound. Expectations are discarded.

Imagine that the sanity of everything you are working towards suddenly seems to fall apart. You sense how you hide from yourself the reality of how lost you feel in the world of human civilization. Maybe heaven on earth is simply a matter of acknowledging this? All we can do to get our bearings on how to operate in this situation is tune into the inner sound because sensory perception of God's presence quiets the mind. Without that quieting and subordination, the mind will race around in circles of suppositions the phantom self launches in an effort to, supposedly, be rational and sensible.

When we get stuck thinking about matters best disassociated from, a rescue is needed, and the inner sound sweeps through the mind with rising pitches, so we can regain balance within our minds. Is rescue overstating how we feel when we are reunited with our beloved guardian, even if it has only been just a day or even just a few hours?

ACIM assures us that the Holy Spirit will provide whatever we need for as long as we need it. What we need most is to be united with the Father. The inner sound is utilized in the teaching work of the Holy Spirit/Inner Physician exactly for that purpose.

It may seem that there is no singular, fully explainable, why and wherefore for how the inner sound operates or how our consciousness operates in relationship to it. We know it is good. We know God is reaching out to us by this medium to help us feel closer to Him. If, at times, it seems that the humming withdraws to give us a nudge to be more discerning about our thoughts and, other times, protectively floods our minds when error messaging attacks our sanity, why is there any need to analyze how it all works? Why must we be cognizant of anything more than a willingness to be assisted, to receive treatment?

God did not make the body, ACIM says, because it is corruptible. The inner sound treatment plan is for mind and body because helping the mind can extend help to the body. We are not required to think of it in terms of healing the mind only although the primary effect must be there, because, without that, there is no secondary effect. Because we have received effect to the primary, we can also receive effect to the secondary. We do not need to deny or exclude anything. ACIM reminds us that the primary effect is guaranteed to work. It is the salvation God intends for the mind to be healed.

When the mind is in alignment with God's purpose for all minds that have extended from His, to affirm truth, to create love, peace, and sharing, the body can be a connected instrument to His purpose. If we want to think about the needs of the body, this is what we can think about that is always beneficial to think about because this is what is always true. What is the point of dwelling on anything that is not constant because to dwell upon is the endeavor to create consistency of understanding. To dwell on is to make a home in the mind that is reliably true. Who would want to dwell anywhere else?

39 Invade The Mind

God's holy light invades the mind,
Lightens, brightens, cleans out the cobwebs.

Over and over and over again,
It's about time, this time around.
All we know is, it's time;
It's about time, this time.

We are learning to obey,
Learning to get out of the way,
Learning to merge with Your song.

Imagine you are denied entrance to an event you had been looking forward to attending. The admissions official looks oddly familiar. He is informing you that you have done something objectionable in the past, preventing your entry into whatever lies beyond the admissions station although, just as you receive that notification, you can't seem to recall what the event is. When you inquire about what was so objectionable to deny you attending, what he says you have done is blatantly false except that it is not totally false. You are speechless. If you don't defend yourself, won't you have trouble on your hands, one way or the other?

If the admissions official is not someone you were once acquainted with, he seems to be representing the social environment of your past. Something you have held on yourself as a regrettable mistake is not completely distinguishable and apart from the monstrously false charges that have been levied. Somewhere in the monstrosity is a kernel of truth, so you are speechless. Defending yourself would be complicated, but doesn't the situation, what is at stake, require you to make an attempt? How can you explain so he would understand? Your mind spins with futility. Finally, some words come forth "I'm sorry. Please forgive me."

“ Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.” Mark 13:11

ACIM says we can be trained to think differently. We can learn to take one step back so the Inner Physician can lead. We have the option to be in charge of our minds. We have free will in this matter. What do we choose? Put God’s voice of instruction up front? Surrender our own willfulness to greater peace of mind, more clarity, more continuous reception of the inner sound?

ACIM explains why negative thoughts about others are like negative thoughts about ourselves. Neither can cause any harm because they are not real, because their source is not real. The only way we can seemingly depreciate unto ourselves and others is by procrastinating with the inevitable. We can choose to push God away for an extent and for a while. That is the purpose of negative thoughts. They have no other purpose although we narrate all kinds of stories to convince ourselves otherwise.

The past paradigm no longer has any effects ACIM explains; guilt is over, fear is over, even if its vestiges still seem to be hanging around. The fact that we hear a contradictory voice even if we pay it no mind, and it disappears, appears to be evidence that skepticism is still hanging around. Can we skip feeling remorse for not perfectly abiding all the time in a consciousness of trusting God? We are each a work in progress.

“My grace is sufficient for you, for power is perfected in weakness.” 2 Corinthians 12:9

Mental health can be improved limitlessly as we stop denying God’s presence in the mind, and other matters, like the state of the world, can be improved by that.

We are being taken care of generously, unstintingly. The reason why the amount of love sent to us is so staggering to our minds is so we will grow in appreciation. The love we reciprocate fine tunes the instrumentation we are capable of. The more we appreciate the source of the inner sound, the more we express this appreciation in joining ourselves to the work the Father has in readiness for us to take on, and the more useful instruments we become.

Whatever is going on in the external world, whatever interests us from moment to moment out there, what stays the same is the curriculum of the internal world. The child of God has no desire to think for himself because his rapture in the warmth of the Father’s love makes independent mental function an alien idea. He wants only to be united with the Father, and is happy and content to let the direction of the Father guide each and every step.

The effort to figure things out ourselves is what is taking up too much bandwidth and squeezing the inner sound out to the perimeter of our awareness. The Inner Physician will make quick work of how to understand any condition/situation and what to do about it, restoring bandwidth that can be more happily used for a more tuneful experience of the inner sound.

ACIM puts us on notice that there is no such thing as neutral thought, so we must be vigilant about what we allow to stream through our minds. Things that seem neutral, not unloving, is the subtle area where relevancy to the Father’s purpose must be examined closely. If we want clear and steady reception of the inner sound, our focus needs to stay centered on what directly serves more healing for everyone. Whatever healing is given and received by anyone is healing that imparts to everyone. No instance of authentic healing is ever confined in any way.

41 Tomorrow

You will decide about tomorrow
When tomorrow is today
You don't know what you want to do
Until I'm right there with you

So walk with Me and stay close by
Yes walk with Me and you'll know why
And you won't need to change your mind

When we stray too far from the here and now, we may lose the auditory connection. It's not that it goes anywhere. It's just that loading ourselves up with projections that might play out tomorrow and beyond, no matter how worthy the idea, causes so much interference in the mind that we can't hear so well anymore.

We learn to relish the position of "I don't know" because it is solid with truth and humility. The truth is we often do not know as much as we think we do or think we should. The humility is our growing ability to understand and accept this fact. Being solid with truth and humility is favorable for receiving more reliable data. We make uncountable mistakes in perception, but humility provides the wherewithal to graciously make corrections many times over.

What we can ask about the subject of tomorrow is this only- what have we done contributively today for our cohesiveness with God's plan, for the role He has assigned to us? Have we cleared our desk of all other thoughts and self-contained introspections? Cherishing the truth- what is the worthiness of that kind of work? Is that the kind of work that eventually makes all effort effortless?

When peace is in the mind because love has enabled it to be there, the mind will be aligned with God because God will be directing it. By His grace, with His help, we are able to give Him that operating space. If the mind is conflicted, mired in duality, someone else is talking- the voice that is not needed. The inner sound, by its absence or its presence, confirms which it is.

I will always let you know, my children, if anything is time sensitive. Otherwise just assume time does not exist. I will bring things to your minds when it is just the right time for you to do something. That is what I mean by being totally relaxed.

42 Gift

If we want to learn something
That we never learned before
There ain't nothin for us to do
Except get out of our own way

Just let go and let Me in
I'm the gift just open Me
No need to try, no need for that
I'm the gift, just open Me

ACIM proclaims the children of God are entitled to miracles. It says we cannot be our own guides to them, but we are needed to get them started. ACIM addresses miracles, like it addresses the ego, with a wide array of perspective. The book begins with fifty statements on their meaning and purpose.

We know that the inner sound is some kind of miracle, as the world views such phenomena although we grow accustomed to it, so it may not seem so extraordinary, and this is a big mistake. We should always cherish, deeply value, and greatly appreciate God's gifts. We should never take them for granted. If there is any should we should "should" on ourselves it is just that- to be abundantly thankful for what the Father has provided.

The fact that we are hearing the inner sound more often, progressively more often, as we attune to it more appreciably, is a basis of familiarity. Gratitude should not be confined to new developments. What is abiding, consistent, reliable, trustworthy, unchanging, is simply extending a one time miracle to an intermittent miracle, and, eventually, to a full time miracle. Every day we hear the lovely humming in our minds, is, in fact, another instance of the miracle function, in no way any different, according to ACIM, than, say, your right arm is severed in an accident into two pieces, and a stranger comes along and puts your arm together as though it was never severed.

Because most of us have not experienced these kinds of physical miracles, it may seem like a stretch, whereas the inner sound may not, any longer, seem so over the top, which in no way diminishes the gratitude we feel for receiving it, which we know we feel because we know there is nothing more important than feeling close to our Creator, to hearing His voice. What can have more healing effect?

The Inner Physician knows how much we need the inner sound, and we can keep hearing it if we do not let ourselves get too distracted by things that do not matter, such as worrying about what seems a tall order even for God. The no order in difficulty precept, in regard to miracles, is the one we are needing extra help with. The Inner Physician reminds us to keep in mind that God can do anything. Any other kind of thought than the kind that is aligned with those four words is irrelevant to staying the course with the simple function asked of us and can wisely be cast on the does not matter pile.

ACIM is not advocating against a healthy diet or exercise. It is advocating for the peace of God as the main contributor to health. When the peace of God is in the mind there is no need to be overly concerned about the body. The fill-yourself-with-confusion disposition will stay busy projecting outcomes in both directions, what it deems success and what it deems failure, because it is inescapably neurotic and fearful. Nothing it says matters because it is not real. In reality there is no success or failure, meaning one or the other. In reality there is only success which is why the only thing that matters is embracing the reality of who we are, exactly as God made us to be.

The inner sound facilitates focus on reality and that is why we, very sensibly, have enrolled ourselves in the inner sound treatment plan for healing mind and body. It is very sensible to receive God's gifts.

Why would receiving God's gifts ever be difficult? Our minds may have not disengaged fully from old patterns of thought that no longer apply. The notion of an Inner Physician seems too insubstantial. Nice idea but the insurance only covers certain services. What has been proven? Help is provided to where it is needed. Can we unreservedly, unconditionally, ask for God's help? We aspire to have our neediness be perfectly clear.

We affirm that the only useful thought, the only real thought, is the thought that God's Mind shares with us. That thought keeps the lovely music flowing in. We are not interested in thinking for ourselves, which may sound weak to the ego, but is the essence of strength. Who is weak minded can surrender to a higher purpose? Who can maintain an empty space to receive God's guidance and instruction who has not strengthened the mind with the gifts God has provided for doing so?

Make God the centerpiece. That is all we can ask of ourselves that we have the power to fulfill in no uncertain terms. What should we think about in regard to what seem to be problems? Use everything to our advancement. Relax the mind so we can make room for God is at the top of the list.

It sure feels like the inner sound strengthens based on our conscious need to be loved and guided. We don't know how we managed until You grabbed hold of us so thoroughly. We know we asked for this. We cannot quite comprehend it is just that simple.

Humility and patience, necessarily, precede clarity. ACIM tells us certainty is not necessary to gain unity of mind and faith. All that is needed is our willingness to receive God's presence in our minds. When we are unambiguous about asking Him to help us receive His gifts, we receive exactly what we need. Furthermore, ACIM tells us, we are not required to know that His gifts are all we want, just that we want them. We do not have to cross the mountain home off the list, or anything else we think we want. There can be other things until there are not other things, because we no longer want other things. Can we imagine an easier program to sign up for?

We can know everything we need to know if we allow the source of perfect knowing to do the knowing by with-drawing the imperfect sense of knowing. Humility, patience, and forgiving, is how we turn over the knowing function to God. If we are going to let the Father decide, if we are going to let the Father provide, we must focus on the letting.

We remember that we are being assisted in every-thing relevant to what is for our highest good. What we possess in our small hands of understanding is just that much, which is actually a whole lot. However, we choose to term the provider (God has many names), the provision is real. Sound is received internally. There is, essentially, nothing to do. It is not a manmade technology. It is a mankind received technology.

If we let our thoughts wander, we can slide around into correlations of the central purpose. The wandering can slide farther and farther into projections and ruminations that cause a distancing effect from the central server until we notice the reception of the inner sound becomes muted, teaching us to re-establish a full and open connection. Forgiving ourselves for allowing the ego to do our thinking when we have the perfect provider of utmost clarity ready to download to us everything we need to know restores the receptive function. We affirm our true selves. Music back on.

Should we analyze pain? What is its source? What can be done about it? Remembering pain is not from God, we remind ourselves there is only one thing we can do with it- release it. Fear is not from God and there is, ditto, only one thing we can do with it- release it. To recover our true sense of ourselves, we release everything that is not God.

We can only release everything that is not God with His Help. With His help we can be our true selves. Being our true selves is curative for any problem, ACIM encourages us to understand, because being our true selves puts everything in perspective regarding matters of this world. Anyone who is truly dedicated to healing the mind cannot have relationship problems because they cannot make incorrect identifications in their thoughts about anyone and, therefore, see the true selves of everyone.

When we think about relationships more than a little bit, as though there is something important to decide, or when we think about health more than a little bit, as though there is something important to decide, we are misplacing ourselves from the alignment we are working to integrate- that God is our main beloved, our main doctor for whatever ails us. Who does not want the doctor with the most confidence? What component of healthfulness is more necessary to be transferred from doctor to patient? What confidence in healing is greater than the confidence from the source of life itself?

When things seem complicated, we are being shown there is an error in our focus. We are not relaxing the mind. When we relax the mind, we can be at peace with subordinating ourselves to God.

"Remain in me, as I remain in you. As the branch cannot bear fruit by itself, unless it remains in the vine, neither can you, unless you remain in Me. I am the vine, you are the branches. He who remains in Me, and I in him, bears much fruit. For without Me you can do nothing." John 15: 4-5

The less we think about problems and limitations, in which an interpretive state of mind is unhelpful, the less we pretend we understand and the more useful we make ourselves to the Inner Physician in teaching us how to be free of problems and limitations. The number one precept He teaches about

healing is to always heal the mind by maintaining unity of mind which is peace of mind. Whether or not any services from the world's healthcare systems may, also, be helpful is not the main point. The main point is healing the mind. It is the deficiency in this department that affects everyone like a pandemic. There is nothing wrong with needing to feel safe. There is nothing wrong with trusting God. They are not mutually exclusive. They are mutually inclusive.

Imagine you get a new truck. The new truck does not have a CD player. It has a USB port. You think you would like to have some Hindu chanting ride music to sing along with, which you have favored in the past for boosting your driving focus. You add USB phone connector to your shopping list.

Who has not had the experience of running into someone in the store who you cannot quite place but who appears to be placing you? You would not have said hello to this person had this person not said hello to you. Having been helloed to, you hello back. Is the person vaguely familiar, or is it just the warm smile that is universally familiar? You are making eye contact. The person is giving you a moment to sense recognition on your end, at which point one of two things might happen or not. You might, begging their forgiveness, ask to be reacquainted by name and/or context of familiarity. If you do not have your wits about you to take the opportunity to do just that, the other person might, sensing your predicament, do it for you.

As children of God, do we look much the same? Is that the familiarity conveyed by the warm smile when size, shape, gender, facial features, and so forth, are not producing a singular identification?

You buy a short cord to connect the phone to the truck audio system. Heading back home, the inner sound is coming in loud and clear and you understand you will not be needing the cord because there is no better centering strategy for safe driving, for keeping your mind on the task at hand, than the music that is onboard in the truck that needs no electrical connector or phone, that just needs you to be in the truck.

Help is provided when help is needed. The inner sound may fade when we are safely at home thinking too much about mundane matters, but out on the road, when there is clear and present danger, it resumes a strong signal to remind us the managed care program is monitoring us, keeping us safe.

48 Teach Me

Please teach us to be only part of You
Please teach us there is nothing more to do
Or think about
Ego is gone, praise God, Thy will be done

We want to stay home, to stay in the zone
Where we're building a one track mind
All that we do is listen to You
We're building a one track mind
Ego is gone, Praise God, Thy will be done

How gone is the ego we may wonder. It may not feel like very far, so how can the song claim it to be so? In the moment of singing it is so; it is gone. One moment follows another and if we give each moment over to God as ACIM urges us to do, there is continuity of absence. This job is do-able. Singing this song or any other to strengthen our disinclination to listen to the voice of an artifice may not be necessary, but if it is, at times, the best thing for it, who would object?

Can we stop feeling aggrieved about the glitches in the mind? Like we would prefer not to hear crickets chirping inside the house, we would rather not hear chirping in our minds, but we can deal with it peacefully because God is singing in there in spite of it. God has not been interrupted by the chirps, so we do not need to let our-selves feel interrupted. As long as we don't take the bait, even if there is a small ripple of wavering, the inner sound hangs around, meaning our reception of it stays operational.

If we need further confirmation that we are not heeding the voice of fearful considerations, even if we hear it speak, we can examine the evidence. Are we doing anything in accordance with its instruction? If not, then we can be at peace with the knowledge of its non-effect and disabuse ourselves of any notion that we are not aligned with the true self.

What is the phantom self instructing? Prepare for the worst case scenario? Auditory reception of the inner sound prepares us for the best case scenario because it off cycles the voice of the false self, restoring a clear sense of reality. In the clear sensing of reality, unreality departs.

Halfway about God does not work. Unity of mind is needed to develop a productive working relationship with Him. Experiencing the earthly tour of duty in a halfway to heaven position requires us to be all the way with God in our hearts and minds. A halfway to heaven position in the earthly tour of duty does not mean we are free of the beckoning of the ego. It just means we are unresponsive to that beckoning. The Inner Physician provides instruction as we clearly signal our receptivity to learn. When there is sufficient learning, the productive working relationship with God moves forward and gradually it becomes increasingly unnecessary to decide what we should do.

The inner sound noticeably strengthens as we hold the correct idea in our minds. This is the simple path forward from being indecisive because there is nothing to decide except to be patient and keep listening. When direction is needed, direction is provided. When confirmation is needed, confirmation is supplied. To have the freedom from having to make choices, proclaims ACIM, is the pot of gold at the end of the rainbow.

Imagine you are in a national forest with a lot of other people sitting silently in a big ring on some high ground. A huge rainbow has formed in the sky. There has been no rain. So how come the rainbow? What strikes you is how quickly it materializes in a mostly cloudless sky. You consider the potentiality of a linked up assemblage. Has it played a role in the rainbow that appears meteorologically unaccountable by the conditions of the atmosphere?

The more we fulfill ourselves in our God given function, the less interest we have in listening to the false self that wants you to feel sorry for yourself, at a minimum, if not throw in the towel altogether. Ignoring the falsehoods of the ego is not always easy. Sometimes we need to tell ourselves the truth repeatedly with strength and conviction. We always have enough strength and conviction because God has an endless supply of it for every one of His children. Anyone willing to have this resource will have as much as they need.

To reach certainty about what is real and what is not, to be clear about what we want to receive and how we want to serve, we need the self we made to stand down. To be strong we need to abandon interest in being weak. The body can have a usefulness in serving Life, ACIM explains, but it is not Life itself. That is why the distinction needs to be made that we are the life of God, first and foremost. First and foremost, we are children of God who do not need bodies. Only secondarily do we seem to need them, to extend the reach of heaven into the realm of earth.

50 Who I Am

Being a we, is easy for me
I always thrive in Your company
You're always there inside of me
Lifting me up, setting me free
I receive all I need from who I am
That I call You

What is our true identity? That depends on how real we think the world is. In the world we have a name, a photo ID, and a whole gamut of associations and relationships connected to that name. The person given the name we use has a specific history. There is a lot of corroboration that we must be him or her, but we often feel the true reality of who we are is not that.

The search for identity, the crisis about identity- all that psychological drama playing out in this world we have made up, what does that reveal? That the issue of identity is never answered within the bounds of the world we made? That we must be something other than the picture the ego presents?

Imagine you are sitting in a chair playing the guitar and singing something in the key of heartfelt appreciation. Imagine a dear friend moves forward to a close position behind the chair and puts her arms around you and her head gently next to your head, temple to temple, the physical contact symbolic of minds becoming close. Her maneuver expands gratitude. Loving God together. Loving Him in unison. The inner sound builds up accordingly. She adds a little pressure to the contact. Ears smooch together. She begins singing with you from this intimate position. Two duets at the same time. Male and female voices. Inner sound and outer sound. How perfect an arrangement.

When the inner sound fades into the background, we know we are not listening well because we are not thinking well, meaning our thoughts are incongruent with the greatest good the mind can accomplish. Just because we have decided to be an instrument for the highest good does not mean we can presume to know what that is. Humility is a fulltime job, not part time. The volume comes back up as soon as we realign ourselves with the true self. We are grateful there is such an easily understandable means to do so.

ACIM advises us to look at what the ego says and then let it go, which it will- go, disappear, unless we retain it, because we are not certain it is false messaging, because we are temporarily unmindful that nothing matters except feeling close to God in this moment and the next one. The practical value of observing ego messaging is we can notice where the gaps are. When there is any uncertainty that we can count on God for everything we truly need to accomplish the assignments He has entrusted to us, the phantom self sends out more spam to manufacture every kind of persuasion it can muster to expand the uncertainty. How do we close the gap? How do we seal the door?

Becoming miracle minded means we notice them happening. Without becoming miracle minded we do not see them because we are not looking where they are. The inner sound is a miracle which helps us advance in the miracle minded direction. When we see each other as children of God we are moving in that direction.

Identifying the inherent weakness of instructional input from the ego is simple- the absence of originality. Compassion for the repetition in a senile person's conversation expands as we reflect on how the voice of the phantom self is similar to dementia. It keeps repeating itself. In the course of one day, we hear whatever it has on its worry radar, or negative projection radar, or judging agenda, multiple times. No new information. Like a soundtrack skipping on a recording, not able to move into the next melody cell.

A song to the ego might go something like this:

You have nothing new to say.
You have nothing true to say.
You can be quiet.

Talking with God is guaranteed to keep the ego out of the mind. Limiting conversation topics with friends to two topics also works well. The topics are God and the ego. How often does the thought occur in any mind that some occurrence is not fair, that no good God would let this happen? Does the ego rest its case along these lines, and along many other lines of its testimonials, on being able to convince us that the body is the only meaningful reality, at least for right now? If God exists He is only, perhaps, distant and inconsequential? The eternal soul is only, perhaps, a nice idea? When we are appreciative and protective of God's gifts we have received, the blandishments fall on deaf ears.

What are the codes and covenants of holiness and salvation practice? We know what they are, but asking ourselves again is useful. It is useful because we have a tendency to be forgetful, to get distracted. We will love God above all else. We will teach ourselves to be ever more mindful that this is our central intention because from the central intention all other intentions of a loving nature are fed. At the top of that list is seeing our comrades as they truly are, His children, pure and perfect.

When we talk with God we can talk about anything. Just the fact of who we are talking with precludes an ego appearance. When there is no appearance there is no corresponding disappearance. Just absence. Talking with friends about God or the inconvenience of the ego to clear mindedness also keeps the inanity away. Who would rather not combine the desire for socialization with the desire for mental health when we understand idle conversation, like a monologue of rumination, is how we allow the ego to mitigate peace and happiness?

Enrollment in the inner sound treatment plan for healing mind and body is easy. You simply state you are ready and willing to participate. Your participation means you want to receive God's presence in your mind, and that you will do your best to reduce obstructions of your own making. Hearing the inner sound more each day confirms the efficacy of the program. Less ego angst doubly confirms.

ACIM says that the body will be strong and healthy without all the healthcare services, treatments, and products we think it needs. Have we not had, at least, a few experiences teaching us that it is true to the extent we will make room for that concept? Is not the underlying message in this proclamation that our task is to heal the mind with God's help, an eminently do-able proposition, and the more we take care of the God given business on our plate, the more other issues may resolve themselves? Can health conditions simply be released as we learn how to be more instinctively releasing? Does instinctively releasing amount to letting God take care of us? Is the ego instinctively releasing? Can we learn anything from it about that?

What percentage of symptoms and pains, in hindsight, amounted to nothing we needed to worry about? How often do we remember to use the wise counsel of ACIM, "I do not know what this means" rather than guesstimating some self-diagnosis? In the absence of reminding ourselves to follow the advice in ACIM, analytical compulsion is ever ready to start a fusillade of projections about what might be amiss.

God has provided the inner sound to help us strengthen our inclination to disassociate from the ego's confusion and hypochondria. A little hyper-sensitivity/ vulnerability about one small thing can expand to feeling perplexed/despondent. It is not logical, but the feeling seems real. Inner peace is a worthy aspiration, and we can be grateful for what we have truly experienced of it.

Analysis and insight both take place in the mind although they are opposite. One mode is receptive, the other mode is active. Medical science functions with lots of analytical thought, and it is natural for patients to do what doctors do. We think we want to understand what ails us, so we mimic the kind of thinking used by the pros. Analysis, however, as ACIM points out, works against miracle mindedness.

Where a smart patient stops thinking is with this one thought: I am well because that is how God made me. We are advised by the Inner Physician to stay tuned into the inner sound for the duration of time spent at a medical services facility. Welcoming God's presence optimizes the doctor-patient relationship because all relationships benefit from that.

What will serve inner peace and positive envisioning the best is not being assistant medical doctors but assistant inner physicians, which means concentrating on the components of mental health- peace, sharing, gratitude, appreciation, compassion, unity and every good thing love enlarges. Each of these, although often thought of as generalities, are an applied science of heart-full living that can make some good use of the deductive abilities. As long as the mind is serving the heart, its capacity for effective function, for making good on good, is unlimited.

To most capably assist our doctors, we stay focused on the function we can do very adequately-receiving plentiful treatment in the inner sound treatment plan, which means letting God have full access to our minds. Medical insight can be received just like insight on anything else can be received. ACIM emphasizes how simple it can be to choose God to be the focus of the mind and to ignore the protestations of the selfhood device created in a futile attempt to be our own god, rather than just love and appreciate the one we have.

Thinking less about the body and the world, boosts inner sound reception. That is a loud and clear verifiable. We can choose to let God in. It is totally up to us. If we allow Him access, we will receive His presence in our lives. The inner sound is one way of proving that to the analytical mind.

Imagine you are at a neighborhood, or office, Christmas party at a private home. Everyone is standing up, milling about, drinking wine. Imagine small talk is not your specialty. You know you wanted to be here or you would not have come. Imagine you have the thought that you could depart without causing offense. You have been here for an hour, watched the sunset with everyone from the deck until it got dark enough to see Mercury twinkling above the diaphanous cloud bank that caused a riot of festive color. You would like to stay, but you are feeling disinclined to participate in the indoor continuance of the gathering, at least what it appears to be at this point, What should you do?

Imagine you take two steps backwards from the throng to the couch. No one is sitting on the couch. No one is sitting anywhere in the room. But now you are sitting and regaining your bearings. You feel yourself relax and then you feel love radiate outwards into the room. Now you feel comfortable being here. You have a simple task. You had brought some food to the party you made at home. Before you took a seat, you had been getting the feeling that you wanted to depart as soon as you can politely do so. The inner sound resumes. We feed our friends in many ways. Now you are content to hold your ground in a social position that suits you. When we get more real in one way, it gets more real in another.

Recognition progresses in knowing change is an illusion. The more unchangeableness makes a home in the mind, the more influence pure truthfulness extends to the body.

To ponder excessively is to feel the need to ponder. The whole point of giving over our concerns about health and relationships to the Father, to let him be in charge of these areas, is to spare ourselves needless loss of bandwidth we know we want to keep open for hearing the celestial music.

Thinking how long we will have the body is thinking backwards. Thinking forward is to think about the tasks we have been assigned. ACIM explains why the ego obsesses about the mortal timeline, wants to know when it will have to give up its position in the home it has made for itself. It obsesses because its own illusoriness is the unavoidable conclusion it does not want to come to terms with. It must try to hide from us the fact that we are not bodies. ACIM encourages us to affirm just that by saying "I am as God created me."

Only in this moment right now can we have the irrefutable understanding of who we are. In this moment right now, in this listening moment, protection is provided to the mind to be free of the ego's

discourse. The fact that we are children of God is more helpful for our planning department perspective than body time left speculation because it advocates for unlimited patience, which is, as ACIM points out, the most direct path to speedy fulfillment, as counterintuitive as that sounds to the ego. Unlimited patience is synonymous with letting the Father provide. Unlimited patience is signaling to Him that we have decided to let Him provide.

Letting God know what we want is more important than letting the ego know what we do not. Learning to ignore the phantom self goes hand in hand with learning to be a welcoming host to the divine self. The inner sound strengthens our disinclination to attend the mind numbing words of nothingness.

The fact that the not needed self seeks to capture our attention by recirculating worded messages pointing at reasons that seem to be rational for being suspicious, worried, or justly aggrieved, is how the inner sound provides a sure escape. The realm of wordlessness is a sanctuary. The ultimate dispensation and the ultimate knowing are found there. Praise God for His singing, unifying us with Him, and with each other, in one language free of any concept that could cause a difference of opinion or misunderstanding.

Ego commentary is neither musical nor conversational. Nothingness cannot be part of something. So just like the wordlessness of the inner sound is a sure escape from the false self, a conversation with God is also a sure escape.

Nothingness cannot make a sound, and it is not unitive, so it cannot be a party to a real conversation. When we chat with God we hear him chatting back. The fact that He chats in a currency of sound rather than in worded speech is no impediment to productive communication. What does the melody of the inner sound bring to your mind lyrically?

Be at peace My child
Your Father loves you.

The inner sound informs us we are worthy of God's help and we need His help. The experience of feeling close to the Father that builds in our hearts from the auditory connection is what brings it all home to the mind that we have found our place and nothing else matters. No matter how lovely a place on earth we may have fortunately found to spend our years, feeling welcomed into our Father's home is more delightful, and there is never any good bye in store, no end to the fourth quarter, game over. The mind is healed because the heart is healed.

The sound within is what we hear when there is no external sound and we are hearing something. It is also detectable, once we are sufficiently attuned to it, when there is external sound present, conversing with a friend, for instance. Your consciousness can be in two places at the same time. The conversation may be providing some interesting information. The inner sound is providing a continuous flow of the most necessary reminder- to make loving service the main subtext of every conversation. What can be of more loving service than recognizing the holiness of each other?

If the sound seems to come and go, we might ask why. Maybe it is like the tides, on cycles? Or a watchful parent who can let the child be alone for a bit? We have the gift. God is not taking it back. So why make up relative matters to be concerned about? The inner sound is produced by God's love for His Creation. The only proper way to reflect on it is in the context of pure love. We know God will never abandon us and neither will the inner sound because it is from Him. Help is extended to where help is needed. God is not mysterious. His motives are perfectly transparent- let Me help.

ACIM reminds us God is unchanging. The only ebb and flow we perceive is in our thoughts and feelings. We shift around. Our receptivity to Him has not yet evolved to fulltime basis. The inner sound gives us exactly what we need to lose interest in ebb and flow. Variability no longer holds any appeal.

Whether it is temporary wrong-headedness, or a lull in felt appreciation, or absorption in level two matters well beyond the point of what is needed, just being who we are- the sinless, defenseless, innocent children of God, restores our hearing of what we love listening to. ACIM reminds us that we do not go to God. He comes to us. We are not able to find Him, and there is no need to, because He finds us. We are joyous, happy, peaceful, because we are loving Him and loving each other, for which service He praises us, which praise we need above all things, because He is, in that praising, extending His care for our wellbeing, which is the essential communication of the inner sound.

“his voice was like the sound of rushing waters” Revelations 1:15

When we feel a little lost in this world, the sound is ramped up accordingly. Our vulnerability is protected since we have given our lives over to God. He uses this mode of communication transmission to keep our spirits lifted, so we can go about what we asked of Him, that we be given some work to serve His purpose which He has done and that perfectly fits who we are.

58 Confidence

God Can do anything, anything, anything
God can do anything, anything at all

We feel the confidence of the Father
We feel it inside us too
We feel the confidence of the Father
There is nothing that we can't do

We will work together, we will be as one
Heaven is inside us when me becomes a we

With the confidence of the Father
We know the truth of who we are

Imagine you wrote this song in the morning. Imagine in the afternoon of the same day you are reading the first chapter of Luke for the first time in your life at age sixty eight. Mary is having a conversation with an angel. To convince her that her virginity was not an obstacle, the angel told her about Elizabeth's unexpected pregnancy and then summed things up in verse 37 "God can do anything." You see the four words you used to begin the song, right there on page 1229 of the Bible loaned to you by the mother of your children. These words should be repeated often to keep the limiting thoughts of the world at bay that would have us moderate our ideas about what is possible.

We are children of God. That reality can be checked. The inner sound is a sensory portal of knowing. ACIM assures us that anyone who truly wants to discover the truth about themselves will find it. The more we incorporate the big picture into the small picture, the less limiting is our experience of the small picture. The more we true up our wishes with God's wishes, the more confident we become in our wishes, because we sense there is no gap between what the Father is aiming for and what His son has set his sights on.

"So help us God" is most commonly used as an oath, but it is also a plea. Help us implies some effort being made by the ones asking for help. Holding an intention that is not in concert with the way the world thinks is work of a kind. ACIM states we cannot produce miracles, but some contribution from us is

needed for them to occur. We can affirm our receptivity and willingness for them to occur. Does the ego try to muddy the waters? Can unreality have any power to subvert heavenly works? Do we cherish the opportunity to participate in heavenly works because it makes the mind more unified, thereby, more invulnerable to being subverted?

What greater confidence could there be than knowing we are part of God's purpose to extend light and love? Whether our minds can keep this knowledge front and center, all the time, is not a requirement of salvation because this knowledge, is housed in the temple of the spiritual heart within us that knows only love as truth. The spiritual heart within us, that remains in steadfast alignment with God's plan, is what makes forgiving ourselves natural and easy for gaps and hesitations that occur in the mind.

God does not give anyone cancer or any other disease. In fact, as ACIM explains, God does not give us the body at all or anything to do with it. We give ourselves bodies, ACIM explains, to host a dream experience we thought we needed for feeling separate from Him. What God did give us is a connection to His mind, so we can find our way back to Him and connect with each other in a unitive way that secures direction and transport for all.

The voice of nothingness continues to state its position, "don't know for sure." What other position can it have? ACIM explains the ego has no certainty of knowing anything, so it can have no faith in anything even if it wanted to, which it does not. It just wants to see if it can mitigate the peace of mind streaming in lest God be given full welcome, which spells end of ego to ego. We forgive ourselves for having made an artificial self that makes us feel like we are opposing truth, opposing love, opposing faith, opposing God. The true self, that remains in a state of pure innocence is unaffected.

When we feel blocked off, unable to proceed with what we feel called to do, we can close our eyes and offer up the stasis. The feeling of obstruction makes us feel we must have misunderstood the task or what our role is. We will receive connectivity, something we can hear or see. The confirming we get is just to show us we are looking in the right direction, follow Me. The signaling revives us. We will get back up. We will continue because it is not our wish alone. It is His wish. If it was just our wish we would not be able to sustain the effort, rise to the occasion. All we need to do is take a time out from this world and allow His presence to bring the needed sustenance.

ACIM differentiates- to say the words we want the peace of God is one thing. To really mean it is another. In the peace of God, all issues that trouble us disappear. As ACIM reminds us, we have always had the peace of God. We have just misplaced it temporarily. The inner sound is a great helpmate because it draws us to Him, and the ultimate comfort, the universal cure-all, is the peace of God.

Since fear is manufactured by the phantom self, it cannot be real. Nor can guilt. If we feel either, we are having a system error. The inner sound increases separation from the ego and its obsessiveness about the body. When heaven is experienced, who can obsess about anything in this world?

The more we know ourselves as the true self, the child of God, the more emotional neutrality develops towards the body. Emotional neutrality is more favorable for allowing good things to happen than is obsessiveness and attachment. Natural displacement of concern allows us to get out of the way, allows God to get His way, which is also our way, when we differentiate who we are from who we are not. Surprises to the world of fixed limitations and expectations becomes the new normal.

Would the ego have us believe we are not defenseless and innocent, thereby in no such great need of the Father's love and protection? Would the ego have us believe we are culpable for untold errors and incapable of forgiving or being forgiven? ACIM states contra-dictions are stock in trade for the voice of insanity. Who could possibly need more help than anyone who cannot forgive or receive forgiveness?

Who most needs our appreciation and forgiveness? If the ego cannot provide love in any form- as appreciation or forgiveness, must it try to persuade us that forgiveness and appreciation must come from others, can only come from others?

We opt out of anxious thoughts. In the pause, the inner sound resumes. God's love transmits the inner sound precisely as needed to meet the exigencies of the moment. Whenever fear feels close to real for only a tiny second is all it takes for the sound signal to be intensified. If we are not the children of God, then how come He takes such good care of us? He knows how important is our freedom from the worst of what the false self is dishing out.

As simple as it may seem to ignore the insanity of the ego, who would have us think it is only looking out for our best interest, just insuring we do not get our hopes up too high, that we are not placing our trust in God "unrealistically", our mindfulness is not always able to accomplish timely deflection. The fact that we make a good effort to help our Father release us from the bondage of illusion is a valued contribution. ACIM reminds us that every minute of dedicated focus achieved by anyone to accord themselves with their true selves strengthens the inclination of everyone to know themselves accurately.

If we are imperfectly vigilant, we need to be perfectly forgiving. No one is perfectly vigilant, but everyone can be perfectly forgiving. Some of us may need more time than others to become perfectly forgiving. The end result is the same for everyone. Atonement will be accomplished. The more we look at this as a group project, a team effort, there will be less guilt remaining collectively and more liberation from fear achieved collectively, sooner rather than later.

The emotional effect of the inner sound at moments of anxiety is immediately calming. We feel like a child who might feel frightened, or lost, except for the fact that his/her mother or father is nearby. We do not succumb to fearfulness as readily now that we have enrolled in the inner sound treatment plan although a rattlesnake disappearing in the house or difficult medical situations may throw us off course momentarily. We must have learned how to be calmer. All we know for certain about what has changed is that we can press the pause button. Just for a second is all it takes. Just allowing the cavalry a little space to come through. There is nothing else we feel as praiseworthy about in ourselves as being able to make that opening.

Even though it is, seemingly, ubiquitous, the ego can, largely, be fenced out to good purpose. Observed dispassionately, it affects no unwanted intrusion upon our peace of mind. Having no real effect, disappearing from the mind as quickly as it appears, it does not produce any doubt. Imagine you come up with a four word reminder to resist the temptation to second guess yourself. No dilemma in God. You write that down on an index card and lay it on the top of the pile of passages you have copied from ACIM. Imagine, that as you are printing, you see Dorothy in Oz, in your mind's eye, kicking her heels together three times, saying "I want to go home, I want to go home."

Imagine you have read the hand copied passages from ACIM so many times their meaning makes a copy of itself in your mind. The eighty passages you copied down on index cards might not be the same eighty someone else might select, but the meaning would be, essentially, the same.

"My son, attend to my words: incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh." Proverbs 4:20-22

No dilemma in God means truth exists, truth is. God loves us continuously. That is the truth and that truth has the power to transform dilemma to no dilemma. Sanity criteria can be reduced to one point. If we are hearing the inner sound, we are well. Dilemma is evidence of thinking in the "but what if..." mode. Vacillation is evidence of skepticism that causes the mind to be split. When the mind is not whole and unified in its purpose and application of purpose, we find abundant evidence of being a me rather than a we, so we can click our heels together like Dorothy and repeat: no dilemma in God. We want to be home, no dilemma in God.

62 No Gap

The Father will decide, the Father will decide
That is our decision, the Father will decide
The Father will provide, the Father will provide
There is no gap between us, The Father will provide
We exercise our free will, Please Father, You decide

We have been given free will to steer our own little boat as far as single-manned steering can take us, but the Sonship is a plurality of all minds being one mind. We can choose to see the mind more truthfully, being singular only in the sense of One Mind which is at one-ment with all the Creator extends to, rather than one mind as in my mind distinct from your mind, as one body is distinct from another. As One Mind we are released from all fictionalizing thoughts. The air is perfectly clean now. There is no pollution in the atmosphere.

Sound move/s at a measurable speed, as does light. The inner sound is measurable in our hearing and in our feelings. Spirit reaches us in whatever ways we are available to be reached. There is no preset formula for this, for what we are to do, except, to be receptive.

When our relationship with God stays front and center in our minds, not off to the side as occurs when we get impatient about knowing just what we should do about earthly matters posing what seem to be reckoning points, we will be in a perfect position to see firsthand exactly how God takes care of the deciding function.

Imagine your seventieth birthday is upcoming soon. Understanding why you feel the need for a birthday party provides the spark to comprehend what you need it to be and where you need it to take place.

Every ceremony that is uncontrived and allowed to be itself, is an interesting event. What will happen? Five people show up. Imagine, in their presence, you open the birthday gift you are giving yourself- to do something for God. As you grew into adulthood you felt just being nicer and more loving was plenty task enough in terms of doing something for God but you still wanted a thing, something physical. The outdoor worship nature sanctuary is eminently physical.

What God has been given must be in service to Him which simply means neighbors and friends who have communicated a need for healing and inner peace may come into Santuario Naturaleza del Espiritu Sanctu. All that is asked of visitors is that they focus on these needs when they are in the sanctuary because this is how we strengthen the purpose of a place.

““Then the Lord said to me, “You have seen well, for I am ready to perform My word.” “ Jeremiah 30:17

An outdoor worship nature sanctuary is a place for God to be more connective with us in the physical world because we are setting up a place in the physical world that is conducive for that connectivity to make itself available. The beauty of a nature sanctuary is favorable for expanding truthfulness. Inner sound reception naturally accrues when consciousness is decluttered. When seeing gets real happy, it is natural for the whole mind to get real happy.

Creating one begins with a mainly undisturbed plot of land. It may have had some clearing done of vegetation not helpful to the health of the forest, and to make it reasonably accessible to human visitors. Trails are made. Erosion barriers are constructed where needed.

Can we imagine a church that does not have a place of worship other than anywhere outdoors where its members gather to care for a nature sanctuary or plant trees? Who had the idea that life should be lived primarily indoors?

Congregations might opt out of their brick and mortar establishment and become more oriented towards ecological stewardship. Rather than paying for a building and its upkeep, the congregation could buy trees and resources for planting them and growing them. Worship services can be held on site wherever the congregation is scheduled to plant or maintain trees.

Some neighborhoods where there are no trees, or very few, referred to as “heat islands,” desperately need some shade. Pastoring would take on a more grounded meaning, as pastors lead their flocks to implement a pastoralizing effect on the community. Trees beautify, reduce heat, reduce pollution, improve soil, reduce erosion and save energy. The life work of Wangari Maathai planting millions of trees is a perfect example of what an outdoor worship tree planting fellowship can aspire to.

In the film *Last Days in the Desert*, Jesus says to himself “action not words.”

The central enclosure of Santuario del Naturaleza Espiritu Sanctu is about an acre. That is a large space compared to the square footage in a large church. Worshippers can find a place by one lovely tree or another, on one flank of the ravine or the other, or at the base of the escarpment that creates an amphitheater effect. Voices raised up in praise and thankfulness in this kind of acoustical space create a wondrous sound and the birds are quick to respond in kind.

What one person experiences, so can another. If anyone is so inclined, begin the musical interaction. Sing to Him. Make a contribution. Say Hello. Let Him know you are open to receive. Cultivate inflow.

If we attune with audible resources on our end, is it not likely the audible resources on the other side will draw near? We picture light streaming from ourselves to another person, to more than one other person, to the whole world- compassion rows the boat. Heavenly bodies are not seen only in the sky. They are seen inside the mind because that is where the mind originally comes from- heaven. Some things we see in the sky have no astronomical or aeronautical explanation. God makes visible to us like He makes audible to us, a greater reference point for us to know Him by, so what we have presented to Him as all that matters to us is honored back, confirming our partnership.

If we accept that healing the mind is the most important thing we all need to do and we give that job over to God how simple has everything become?

64 Giving

I give it to You, it's too much for me
You are my best friend, You're all that I need
I give You what I am, I give You what I can
I give You what may come, I give Your will be done

I give it to You, it's too much for me
I give You my infirmities, I give You my absurdities
I give You what I should do, I give You everything
I give you everything

We have no concept of the inner sound until it becomes audible. We have no concept of any healing effect greater than the effect of that phenomenon because God has made His reality unmistakably clear. Whatever seems difficult, we can turn over to Him. He will take care of us in the best possible way if we can just allow ourselves to relax into His hands. The inner sound is what He uses to help us do just that.

We are all studying patience because receiving is only accomplished by patience, never by impatience. As a patient receiving inner sound treatment we are not concerned about anything except listening to God sing moment to moment. Whether there is extending effect to a physiological condition is not our

primary concern. We believe there may be. Our intuition leads us to feel it is likely. It makes sense. When the mind is just itself as God made it, not containing other mind selves we developed, we are naturally disposed to the absence of sickness, to forgetting about everything that is not real.

“Beloved, if our heart does not condemn us, we have confidence toward God. And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.” 1 John 3:21-22

Our job is not to size up evolution. We are humble before God. We have a long way to go in healing our minds, so we will not be preoccupied with healing the body. Getting preoccupied with healing the body will not be as helpful to healing the body as being preoccupied with healing the mind. What heals the mind better than hearing from God and thanking Him for getting in touch? Can we pile on the gratitude for His gifts? Can we respond to His abundance directed to us with some abundance of appreciation directed back to Him?

Is the skepticism of the ego incurable? Over time it has dropped its skepticism with the inner sound and the reality of God because there is no way to disguise its objection due to the obviousness of the facts of our experience. It gives ground begrudgingly whenever gifts of God come into play. What can a child of God do about the senseless mutterings of a false self? The child of God has but one recourse which is just to keep our gaze focused on the bright light of the Father’s kingdom.

The empirical basis for continuing treatment in the inner sound treatment plan, in addition to other beneficial effects we notice, is the more continuous and more vibrant sound than before we elected to be receiving treatment. Who does not want more of the loving broadcast? Before we enrolled, the inner sound phenomenon was of great interest. More than that, it was a life changer.

What has changed our lives for the highest good is what further changes our lives in the exact same direction. The farther we go in organizing ourselves to be as attentive as possible to this gift from God, by very specifically welcoming the very specific healing modality He offers to us, it becomes that much more impactful, that much more the only necessity of necessities that governs each moment of enabling ourselves to surrender everything to the Father’s love and direction.

No one wants to watch a boring movie or read a boring book, so why do we allow our minds to be boring until we don’t? What can we do for God today? Now that is an interesting subject. Just like it is important to have meaningful communication with family members and friends, it is just so with the Inner Physician. That is how God becomes more real within us, how the inner sound of His ongoing presence makes itself available to support our faith and desire to serve.

What are we feeling right now in this moment we have with You? How do we feel about receiving everything we need at the moment we need it, such as the need to readily disregard prompts from the ego; to be able to say “that thought is not from You.” To communicate our recognition of any error passing by meaningfully acknowledges we are forgiving ourselves for the remnant particles of false instruction.

We understand how important it is for our wellbeing to praise You and thank You often, which naturally occurs in the absence of boring thoughts. We want to give You our full attention. We will give You our full attention. Moving our attention anywhere else is our choice and we choose not to make it.

65 Think Less

Don't think about the future,
Don't think about the past.
Make each thought a new thought
That you never had before.

Use your mind for listening,
For picturing, and praising.
Join your mind to your heart
And keep it there forever.

Other people are not real for the same reason I am not real. We are the imaginings of the soul. It is easier to get a practical application sense of this and what to do about this in a box big store than at home or in the neighborhood.

Who cannot enjoy an inner sound refresher during a long morning of errands and shopping by the simple remembrance to use the opportunity of this particular gathering of His children, at this moment in space and time, all shopping together in these bodies they have imagined for themselves, in this building that has been constructed for these bodies to purchase things bodies find useful, to beam the truth of eternal life?

Imagine you make a shopping list at home and when you are in the store you forget to look at it. You over-confidently sense you know what is on the list as you begin filling the cart. Imagine when you get to your car you wonder if you got everything on the list. You check the list and see your shopping was a bit hit and miss, but is anything missing indispensable?

Who would not, after stowing the purchases into the vehicle in the parking lot, go back into the store under the pretense of having forgotten an "important" item on the list, to remember to do something more important than any item on the list? Perhaps the best way to make a shopping list that gets your attention is to have it say at the top of everything else "bless everyone that is anywhere around you at any time"; "fill each building you enter with love and light."

Who wants to feel more in control of inner sound reception? God comes to us. We cannot find Him. But we can be Him. We can be filled with His Purpose. We simply learn to remember who we are. Now that you have set things up properly, how many other shoppers do you notice doing the same thing. Is not the glow unmistakable?

Who needs to wait until Sunday? Who needs a special building? Who is prevented from using any building to worship our Creator by correctly seeing His children for who they are? Who cannot shop and praise God at the same time? Who cannot make the case for outdoor worship nature sanctuaries?

Regardless of how much we witness God changing the calculus of what can be expected, counted on, the bystander self will not be won over because we did not create it to be a believer. We created it to defend ourselves from everything we were afraid of, to blindly try to save ourselves. We just latched onto the wrong tool for the job. That kind of resource cannot possibly work to accomplish anything real. One delusion made another and now we are peeling it all back to establish a working confidence with the resource that actually works. We have ready help to overcome confusion as often as necessary to convince ourselves we can trust God.

Gratitude or compassion can be substituted for any other emotion. For example, discontent. As less influential as the phantom self may have become, the reappearance of shadows of former anxieties may feel irksome. A more winning mood is reaffirmed by expressing thankfulness for all the advancement that has been made. We are not imagining the reduction of ego thoughts and more progress is on the way.

The surface of the earth can always be improved with some attentiveness. The home can always be tidier and cleaner. A song can be raised.

When the mind is overactive and we stop hearing the inner sound clearly, even watching a little television at low volume for a little while can be restorative. We can listen to the heaven channel while other channels have part of our attention as the mind relaxes from level two engagement. The Inner Physician will utilize all opportunities for redirecting our focus back to the inner sound. His confidence sustains us. We rely not on our own. His clarity informs us. We rely not on our own. What else could this music be telling us- we have arrived in heaven because we were here all along.

The idea that we do not need God's presence in our minds all the time is just a foolish idea we have not quite outgrown. The only condition that prevents continuous reception of the inner sound is our reluctance to give up this foolish idea.

If a gloomy projection seems credible, if any rationale for grievance feels justified, we need to go back to square one and reopen the simple playbook provided by ACIM. Forgive and forgive. Pull out your truest ID card. What does it say? Child of God. We release everything that is not the true self. We welcome God back into our mind. The inner sound resumes. Peacefulness is restored. Coming back to our senses, the auditory companionship we cherish resumes the primary position in our conscious awareness.

We can devote more time to visualizing peace and healing for the world which is always time well spent because there is great need for it, in contrast to feeling annoyed about nothingness or feeling the need to do anything about that beyond, maybe, saying:

Adios, adieu, good bye
Auf wiedersehen, farewell
Sayanari, ha det, adjo

Imagine you have an idea to make a list of all the concerns that have come and gone since you decided to not think about health and relationships, the best you can refrain, to let the Inner Physician manage these sensitive matters. You will not make such a list. The past is irrelevant, let it be forgotten. There is no need for supporting data to make the case for what God accomplishes in us. There is only need to be grateful to Him and further allow His help to expand. We are learning to be more useful instruments. What else could be needed?

We can raise our hands above our heads, palms upward, and extend our arms. We can repeat this motion like a callisthenic exercise with no weight except vestiges of self imposed psychic burdening. The physical symbolism helps the mind get the point more firmly, so it can follow through more concretely in lifting all concerns about health and relationships up and away from the human brain to the Mind of God where we know they are best tended to, out of reach of projection and analysis.

If a fair number of reps are needed some days, who objects? There is no barbell, just mental error, hanging around a bit, yet, because we have not quite relinquished the past, or the future, which is another way we hang on to the past. Who can be concerned about the future who is not still taking some dictation from the past? The pushing up is easy because the weight of error is less than dust, because it is not real. The physical exercise of a weightless overhead press is next to nothing. What should be next to nothing but nothing?

The inner sound is a simple sensory solution for the Inner Physician to utilize in His teaching ministry. Withdrawal from the ego is made easier. That which has brought healing, the universe singing, is, also, that which fills the void healing accomplished. What has worked to correct is the same as what works to sustain the correction.

The more we stay focused on receiving the inner sound, the more we can enjoy God's gift of constancy and the more useful we become in playing our roles in facilitating a more healing approach to temporal life, so we can all simplify and streamline level two.

Can the ego be remediated to serve a better purpose than what it got up to on its own when we left the door open, unknowingly, for an artifice to take charge of everything before we realized we are not who we thought we were? The inner sound has welcomed us to a more interesting reality and a more truthful reality, leaving the false self to hold the bag of fear by itself.

What is the easiest way to stop micro-managing? What is the easiest way to trust others? What is the easiest way to be trustworthy? What have we been saying all along? Abdicate rulership of the mind in regard to relationships. Abdicate rulership of the mind in regard to health. Can anyone think this is any inconvenience to God? Can anyone feel we are making extra work for Him? If a toddler offers to drive the car so the parent can have one less chore to attend, does this make any sense? What is more work for a parent- to have the toddler drive or for the parent to drive?

Does the ego provide a useful service by pinpointing the locations where we are still vulnerable to a slight pause as it recants its suspicious and pessimistic interpretations? Looking at what it is saying and then letting it go is, ideally, taking up less than a second. If it is taking longer than a second for the pass on by, we can glean that there is more forgiving that needs our attention. The upside is that we know what to do. To make ourselves whole we need to heal all parts. Does the ego remind us of the parts that are not yet completely healed? Father, we want to be close to you, as close as we can be, so we forgive ourselves once again for the slight hesitation that seems to cause a momentary pull back on our side. All have wobbly moments. We thank You for never abandoning us.

We will be setting out to discover how to reduce the meaninglessness in the mind. We wish to have no shadowy, unwelcome intrusions, as weak and pointless and non-effectual as they may be. ACIM instructs us that faith is achieved if we let God achieve it and stop trying to achieve it ourselves. It further instructs us to be mindful that what God achieves is already achieved because God is God.

Imagine your favorite family activity is to sit in a circle and sing the Doxology in unison for an hour. While watching the sunrise is especially nice. It is ok to have a favorite family activity, but it is not ok, you learned, on the second occasion, to make a request that all your children participate. You thought the fact of it having been a five year interval since the last occasion gives you a pass on making it a request, rather than a non-obligatory invitation. You learned that it does not give you a pass, and that making any kind of request to anyone about anything is not necessary because, as ACIM instructs, all that is needed by anyone to be of service to anyone else is quiet recognition that the essential holiness of our true selves blesses everyone else concomitantly.

The Father extends His love to his children in the ways His children can receive it best. This is what happiness is all about. No forced feeding is needed. Only gentle nourishment.

ACIM reminds us there is nothing we need to do for miracles to happen except to just be love, so they can naturally occur as they are meant to. Each day we hear the inner sound is a miracle. God is reaching out to us. We hear Him. No small number or large number of ego thoughts passing by makes any difference. No confidence in ourselves or lack thereof. None of that has anything to do with the true self.

There are no decisions for us to make other than yes, please, we will receive, no way we must behave in exemplary fashion. We can just let our hearts be free to love fully, not partially, which is exactly the way they are designed to function. Loving God is how we maintain correct functioning, because in loving Him, we are able to receive His assistance in loving each other. What could be more useful in achieving the best results for our practical affairs?

"truly, truly I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do because I am going to the Father." John 14:12

The inner sound advances in layer upon layer of increasingly beautiful musicality as our desire to host the truth expands. The more we recognize our true selves, the life of God, the more confidence we have in creating with the Father. Whatever He wills, we will with Him. We need to learn how to do that by learning how to want to do that. The Father is gathering us to Him. Is there anything we need know, or must do, other than unmoor ourselves and join Him?

67 Constant Presence

Your constant presence is all that we need,
Your constant presence is always right here.
We are your children, we are nothing more;
We are your children, we are nothing less.
If we can serve You please show us how,
If we can serve You, we're ready right now.

We cannot forget the fact that we are connected with the reality beyond this world because the humming is here, the light is here. Clear seeing and clear hearing are simple sensing antenna that allow anyone to be unmistakably clear about the fact that God exists, or whatever terms might otherwise be used, by those who prefer other terms, to satisfy any inquiry in regard to how actually limiting to the physical dimension is the totality of our existence.

When we meet up with each other, whether it is by appointment or by happenstance, the most important thing to accomplish is to hold in our minds the truth of who we are. When true selves meet, there is no past because the light of the true self shines it away. It is by this new custom we elevate together and put more distance, for all of us, between what the body sees- another body, and what the love of God sees- a luminous presence that needs to be recognized to strengthen the recognition of our own holiness. There is no surer way to transmute any vestiges of hesitation obscuring our unequivocal acceptance of the fact that God keeps His promises.

The world will be a kinder place, a more peaceful place, when more people are picking up the broadcast sounds of the universe's music. Once the server can lock down on your "device," that is, your inner auditory receiver, an increased streaming of love and insight will come aboard the current of sound entering your consciousness.

A child of God cannot be unhappy. We can confirm the truth of this by thinking about something that should be a very good reason for unhappiness, something we have done or not done that can be interpreted as a failure of the best common sense. Ask yourself if the worst you can lay on yourself as a culprit in stealing happiness away from yourself actually has any effect. We do not feel any effect because unhappiness is not possible for a child of God. The inner sound confirms only truth can be true.

No matter how relevant anything, once upon a time, may have seemed from a different point of view, a point of view based on inaccurate self-identification, it no longer holds because we have welcomed God without reservation and are no longer able to interpret anything incorrectly because we no longer interpret. A child of God is totally whole and complete so there is no need to interpret.

Interpretation was seemingly needed in a different state of mind, an illusionary state of mind, in which being different than who we are seemed to be a desirable objective. The shifting from two points- who we seem to be and who we might rather be, if we just behaved a little better, or thought things through more diligently- is this another layer of camouflage the phantom self employs to distract and deter? Perfect happiness is not achievable, only receivable. Interpreting, therefore, has no reason to exist and stops existing.

We are no longer partially this and partially that. Being unified in God, means heart and mind are in complete accord, and any semblance to the contrary is a shadowy whisper of nothingness with no effect.

We remain in the world for the while of remaining remains but we are essentially not here. We are essentially functioning and living in our Father's home. Nothing else is credible. The constancy of the inner sound confirms nothing else is credible.

What are we doing with the while that remains? We are enrolled in the inner sound treatment plan. This is the curriculum that tides us over, that carries over. We participate by contributing our willingness to receive treatment. We will not be distracted by the reappearance of shadowy utterances meant to discourage, to set our sights lower. That is why we need treatment and the treatment is working, obviously, by the more continuous reception and increased strength of the divine humming.

The opaqueness from the world has no effect on our seeing. God chooses moments to make Himself that much clearer still. Ego absences get longer as the inner sound grows stronger. We can be thankful for the foil of the ego that has served its transitory purpose in the caterpillar becoming a butterfly. We are grateful for what it really is, nothingness. Understanding what is nothing helped us clarify what is everything.

As cohesion builds in our hearts and minds to want nothing of this physical world except some nature appreciation, the inner sound acts as a system override for distractions from having just this. God has provided all the resources we need to succeed in the only earthly ambition we have ever really, truly wanted.

ACIM says forgiveness is the final dream. What replaces the final dream? Constant presence. In constant presence there is no gap. There is no separation. The inner sound of constant presence never stops. Our great enjoyment of heaven's music is the attraction that draws us gradually away, and then, firmly away, from anything else we once thought was interesting or important. By this demarcation we can part ways from error because we are only drawn to the sound within which leads us home to the peace of God. The Inner Physician has done His job.