

## *What Can I Learn from This?*

We have often heard it stated that all circumstances, events and situations are opportunities to heal. There is a lesson to be learned in each experience and if we give everything this single purpose, we open to receive miracles. When are we most likely to remember this? It is when we are in extreme pain. During these times we give up trying to figure out how to orchestrate our own freedom and fall on our knees and ask for help from our Inner Teacher. We may still have the urge to take control but we are at the end of our rope and do not know how to bring about relieve from the pain. This can be a transformative moment in our awakening *if* we truly are done letting the ego advice us and we have completely surrendered to Holy Spirit.

If we are not experiencing a shift from pain to peace, than we are still listening to the ego about what the problem is, what solution would make sense and what thoughts are the truth. Therefore we have not completely surrendered to Holy Spirit. Don't lose faith in this moment, but instead give your willingness to continue the surrender process so a miracle can happen.

What else do we need to surrender in order to birth a miracle? Our ideas of what we need to learn.

Holy Sprits' response to all of our distress calls is this:

- *You are not a body and that is why you are perfectly safe.*
- *All that you experience is only in your mind and that is why you are perfectly innocent.*
- *Your True Will and desire is not for "this" (your current experience).*
- *Nothing can ever come between your love for God and God's Love for you.*

We are calling out for help and He is giving freely and is always responding to our cry in the wilderness. What is He giving? He is giving us our Truth as the Answer to the pain but is *this* the Answer we are expecting? If this is not the answer we are expecting to hear, would we hear it? To ensure that we do, in any given moment make a commitment to learn:

- I am not a body.
- All that I experience is in the mind ONLY.
- My one and only desire is to experience God.
- Love asks no sacrifice of anyone.

If this is what we desire to learn in any situation, than we align ourselves to the frequency channel that He is communicating through. Now we can hear His Answer and will be able to recognize the Gift He is offering us.

His Gift is this: He hands us the memory of our innocence, our purity and wholeness and returns us to the awareness of God. He knows the *only need we have* is this. When we accept that this is what we need as well, our surrender is *almost* complete. What else needs to happen to receive the Answer that will wipe away all pain? All you need is one tiny instant free from attack upon yourself.

Bring to mind a moment when you were asking for healing and review what thoughts you believed. Did they include guilt, sacrifice, hatred, anger, loss, and rejection....etc? Even if you think you were attacking others with these thoughts, you were secretly attacking yourself. Below the loud screams of what they did, or what they are, are your secret attack thoughts about what you did and what you are. These attack thoughts occupy the space that the miracle wants to fill.

All that is required for healing is a willingness to lay down this burden and come to the holy instant with no thoughts you would hold onto **as** the truth. Let your awareness be lifted to a state of mind of love and innocence *by* surrendering the heavy thoughts that are weighing it down.

This is not difficult to do when you realize what awaits you is freedom from pain and any confusion that love is something to fear has disappeared because you have rested an instant from attacking yourself.

In any situation, circumstance or event you **can** learn of your innocence, purity and the Love that the Father has for you, if you want to learn His lessons and you free the moment of all attack thoughts so that you will accept the miracle of healing.

Holy Spirit is speaking to *you*. Holy Spirit wants to heal *your* mind. Now that your surrender is complete, everything becomes an opportunity to let yourself be healed, and will bless the world with what you have received. (Ref. T.27.V)