



LESSON 296
The Holy Spirit speaks through me today.

Sarah's Commentary:

The Holy Spirit can only speak through me when I am willing to release my way, my beliefs, my thoughts, and my investment in being right and thinking I know anything. He can speak through me when I get out of my own way and tune into Him. My thoughts interfere with His. My thoughts create a lot of noise in my mind. Truth can only come to the quiet mind. Our noisy minds, with their undisciplined, raucous thoughts, are what keep the truth away. Our way is hell. It is pain and suffering. The Holy Spirit gladly rescues us from the hell we made when we invite Him in.

What is this hell? It is a result of thoughts of worry, stress, self-worth, goals, plans, expectations, wishes, dreams, distress, anger, jealousy, pride, or anything that keeps us from peace. Peace is in us. It is in our right minds. When we are willing to release everything that interferes with it, we hear the guidance of the Holy Spirit. This is when we choose to no longer listen to the ego. In the silence of our right mind, we tune into the Thoughts of God. Truth dwells there, and from this place, God's love and His peace are reflected through us to others. When we are not thinking with God, we have no thoughts that are true. (W.296.1.2) Only God's Thoughts are true thoughts.

"Listen in deep silence. Be very still and open your mind. Go past all the raucous shrieks and sick imaginings that cover your real thoughts and obscure your eternal link with God. Sink deep into the peace that waits for you beyond the frantic, riotous thoughts and sights of this insane world. You do not live here. We are trying to reach your real home. We are trying to reach the place where you are truly welcome. We are trying to reach God." (W.49.4.1-8)

This Lesson is not about preaching to anyone about anything. In fact, to preach is to attack. To speak the truth is to be a channel of the Holy Spirit where we communicate only peace and love to our brothers. It is to be an extension of God's love in this world. It is to let the light that is in us shine forth.

What I always find interesting is that we sometimes communicate something we later learn has been of great value to someone without realizing it at the time. When I have experienced this, it has helped me to see that the truth is in me. It has not come from the false self---the me that identifies with the ego. It has come through me without my awareness of the perfection of the message being delivered through the Self. It is possible only when we get out of our own way and allow the body to be used as a vehicle of communication for the Holy Spirit.

I got an email from a friend today in which she said to me, "I very much appreciate your support and your way. It has touched my heart and stays with me in a way that is very strong! Sarah, when you say one is deserving, it's like you know it deeply and that has stayed with me." This is someone I only met at a workshop recently, and I must admit that I don't even remember saying this. It is interesting that this should come to me just as I am writing about it in this commentary. This is a reinforcement that it was not me, but the Holy Spirit communicating through me. **"We teach today what we would learn, and that alone."** (W.296.2.1) **"How gladly does the Holy Spirit come to rescue us from hell, when we allow His teaching to persuade the world, through us, to seek and find the easy path to God."** (W.296.2.3)

Why doesn't it seem easy? It is because Jesus says our goals are currently conflicted. If we only communicate love, peace, joy, and kindness, there would be no conflict, but we also communicate attack thoughts. These two ways of communicating conflict with each other. If we truly want to experience who we are as eternal loving beings, we must give up our conflicted learning goals. Our progress in the Course is hampered by our desire to attack, to meet our needs at the expense of our brothers, and to hold onto our opinions. Thus, the journey home does not feel like an easy path, and the learning does not seem as simple as he assures us it is. Today, he asks us to say, **"I am resolved to let You [the Holy Spirit] speak through me, for I would use no words but Yours, and have no thoughts which are apart from Yours, for only Yours are true."** (W.296.1.2) Make this your intention today. This is what makes our path easy when we focus our intention on what we truly want.

"The universe is waiting your release because it is its own. Be kind to it and to yourself, and then be kind to Me. I ask but this; that you be comforted and live no more in terror and in pain." (Song Of Prayer.3.IV.10.3-5) That is what our Father wants for us, but He needs our willingness. He needs us to agree that this is what we want for ourselves. He wants us to be free of the world we made by setting it free through the Voice of the Holy Spirit, speaking through us to our brothers, so we, in turn, can be freed. We find our escape from this world by setting our brothers free from our damnation of them. This can only be accomplished with the help of the Holy Spirit. We will hear the message He has for us when we communicate it. It is how it will be reinforced in us.

Let's look at what we are valuing today. Is it our thoughts, our opinions, our values, and our self-concepts, or are we prepared to release them and give them over, and listen, to Him? We have two requirements for today, as I see it. One is to stay vigilant with what we are thinking by watching the mind, and the other is to turn over our misperceptions to the Holy Spirit so we can hear His guidance. **"What would You have me do? Where would You have me go? What would You have me say, and to whom? "** (W.71.9.3-5) (W.71.11)

Sometimes we complain that we don't hear His guidance, but it is not generally a "literal" hearing. We need to listen to the prompts. The Holy Spirit may simply give us a thought on which we are guided to act. Today, I may feel prompted to call someone or send an email. Why? I don't know. It does not matter. Anywhere we are is where we are supposed to be. It is all for our learning and our healing and is, therefore, perfect if we use every situation and all encounters to allow us to remember our holiness.

This Lesson is clear that we have an important function in this world to reach out to our brothers and sisters and "**be a savior to the world I made.**" (W.296.1.3) We set the world free so we can be free. In other words, we release our judgments and grievances about the world so we can release ourselves from the pain of those judgments and grievances. All we must do is choose to allow this to happen; not by wishing it be so, but through our willingness.

Love and blessings, Sarah
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