

August 7, 2005

Questioner: *A Course in Miracles* says, “You cannot give yourself your innocence, for you are too confused about yourself. But should *one* brother dawn upon your sight as wholly worthy of forgiveness, then your concept of yourself is wholly changed. Your “evil” thoughts have been forgiven with his, because you let them affect you not.”

What would you share with us regarding this text?

Answer: Practice is all the world is for. Since the world is but a dream, its only purpose is the practice of awakening. And within the dream, you are given forms with which to practice. It is your role to practice until your practice is made complete and the dream is no more.

Questioner: You speak in riddles, which I know is useful for questioning and finding internal answers, but now it is plain talk that I seek. How do I see one brother as wholly worthy of forgiveness? What steps shall I take?

Answer: First, notice your thoughts about your brother. You think thoughts about him automatically, and you often accept them as true without questioning them. You must slow down enough to observe your thoughts and question them with Me.

I’ve already told you that any thought you think apart from Me is illusion, yet it is illusion that you believe in. By observing your thoughts about your brother, you will see where you seem to be thinking apart from Me. And then, if you are ready to let illusions go, you will let those thoughts go, and you will no longer put your faith in them.

To trust in your brother is to trust in Me, for I am the Truth of who he is. Whatever you do to the least of my brothers, you do to Me. Whatever thoughts you accept regarding your brother, you accept regarding Me. Am I an illusion? Am I separate from you, and one who is to be kept apart if you are to be safe? Or am I your one and only Truth, the Love of All That Is? Whatever you see in your brother, you see in Me, and so you believe regarding yourself.

Questioner: So this is what is meant in *A Course in Miracles* when Jesus asks us to forgive him. I remember wondering what I had to forgive Jesus for, but that’s because I was thinking of him as separate.

Answer: The idea of Jesus is the same as the idea of your brother, and the idea is within your mind. It is the idea of separateness, and it is this idea you must forgive by seeing your brother as you. But you have not forgiven the thought if you hold one brother outside your ring of forgiveness, for oneness is whole. It can be nothing else.

Questioner: So why does the course say we only need to see one brother as wholly worthy of forgiveness?

Answer: “Wholly worthy of forgiveness” means it is all the same. Regardless of what that body may seem to do within the dream, you see him as wholly worthy of forgiveness. There is no exception. And this learning is transferable. For when you see one brother in this Light, you will see them all within this Light, for there can be no difference in your sight then.

Questioner: I can see that this is the example that Jesus set on the cross when he said, “Forgive them, Father. They know not what they do.” In his sight, they were wholly worthy of forgiveness without exception. There was no sin in his sight, not even what they seemed to be doing to his body.

Answer: One brother, *wholly worthy of forgiveness*, and you have forgiven the world.

September 15, 2005

Question: Holy Spirit, what would you like to share with us about “attack thoughts?”

Answer: Attack thoughts are literally any thought that sees your brother as separate from you. In this way, an attack thought can seem to be a thought of love, if this thought of love sees a brother as separate from you. If this thought of love includes expectations, it is an attack thought. If this thought of love includes the opportunity for judgment, it is an attack thought.

Attack thoughts may seem to be thoughts you have about another. They may seem to be thoughts another has about you. They may seem to be thoughts another has about another, or they may seem to be thoughts you have about yourself. It is all the same, since there are no others. Attack thoughts are any thoughts that seem to indicate the spirit of God is not one.

Whenever you notice an attack thought that seems to be in your mind or the mind of another person, notice that you are seeing an attack thought. Notice that there seems to be evidence or belief within your mind that separateness is a fact. And then remember that I have said it is not. Be willing to put your faith in Me over your evidence or belief. Let your mind rest with Me, in the peace of Me and take a moment to be grateful for the Truth. Let the attack thought pass from your awareness. Return to the Peace of God.