

Hi EveryONE,

The title of last Thursday's class was "The Pause That Refreshes". We talked about 3 ways to make alignment with the Holy Spirit in the right mind:

1 - The "slow motion" kind that you need when undergoing a big ego attack. The "storm" can take the form of depression, anger, grievances, conflicts, sickness and problems. At these times, to the extent possible, we hold the thought that whatever is of the ego will and must pass, just like weather. Whatever is of God is changeless and constant. Holding this thought will actually make the storm pass more quickly.

2 - Another pause that refreshes is the time we take in the morning to decide with the Holy Spirit what kind of day we want to have, moments of reflecting on this intention throughout the day, and the few minutes of quiet gratitude that we spend with God before sleep.

3 - The Course's mind re-training process leads us to discover the third helpful "pause": It may be a moment before you phone someone, or just as you pick up the phone when someone calls you, that you say: "Holy Spirit, speak through me, and listen through me." Or various thoughts we are given to say throughout the Course, such as "I could see peace instead of this. . . .We go together, you and I. . . .This need not be. . . .I will step back and let Him lead the way. . . .I want another way of looking at this. . . .There is no gap; we share one mind." Or anytime that we inwardly yell, HELP!!!!

A split second pause is all that's needed to end our perceived isolation and to join with that constant presence of love in our minds.

In addition to the chart I have included the lyrics of four songs that are all about resting in God's love.

love and blessings,

Resta

