

Becoming and Empty Shell with our Experiences and Feelings Pt.3

Part 3

All of our experiences/feelings of negativity come from our sense of separateness which also gives rise to guilt and fear, and whether we are conscious of it or not these feelings interfere with our relationship with God.

Our job in emptying ourselves, dying to our little self, or as Jesus put it, "Unless the grain of wheat fall to the ground and die unto itself, it shall not live."---is to continually to look deeply and honestly within ourselves and with the help of the Spirit to root out all that seems to keep us separate.

NTI Mt. 12(v 43 - 45) "1The thoughts you think are your evil doing, and so you may choose to let go of them. 2Let me tell you that it may not be that easy. 3For the belief that spawns the thoughts is like a deep root within you, and where you cut off its leaves, more will rise up to take their place. 4Be prepared to let go of many leaves, but know they will come back until the day you have rid yourself of their root. (v 46 - 50)1The belief in separateness and differences is the root you must let go. 2For if there is more than one Will, the truth is not true and death is all there is. 3Is this the final resting place of your faith? 4Or are you willing to put your faith in Life and Love and One? 5If you will put your faith in Me, I will lead you to the end of your root. 6There, shall you find the truth, and your truth will be you."

The ego can get in the way of our house cleaning using the tools of denial and projection. When we are experiencing anger, for instance, the directive in Corinthians is asking us to acknowledge the feeling as being our own, feeling it/ experiencing it and letting it go (move upwards see 1 Cor. Chap 7)
Again, this does not need to be big or dramatic.

Even though we might be working at rooting out some deep seated feelings of guilt, fear, and shame let us also be aware that we also have within us a core of peace, love, and joy, the Truth of Spirit. Let us also remember that no matter what we have experienced in life, no matter how bad or horrible we felt about ourselves, that this core of Truth has always been stronger than the sense of separateness. In other words where we have known it or not, we have always known the truth we have always been in touch with it, we have always acknowledged it.

SOME QUOTES FROM THE COURSE (from the Course in Miracles Society Original Edition)

"Yet what is it except a game you play in which identity can be denied? You are as God created you. All else but this one thing is folly to believe. In this one thought is everything set free. In this one truth are all illusions gone. In this one fact is sinlessness proclaimed to be forever part of everything, the central core of its existence, and its guarantee of immortality." Lesson #191

"You whose minds are darkened by doubt and guilt, remember this: God gave the Holy Spirit to you and gave Him the mission to remove all doubt and every trace of guilt that His dear Son has laid upon himself. It is impossible that this mission fail. Nothing can prevent what God would have accomplished from accomplishment. Whatever your reactions to the Holy Spirit's Voice may be, whatever voice you choose to listen to, whatever strange thoughts may occur to you, God's will is done. You will find the peace in which He has established you, because He does not change His Mind. He is invariable as the peace in which you dwell and of which the Holy Spirit reminds you." Perception of Knowledge: Guarantee of Heaven

"Never approach the holy instant after you have tried to remove all fear and hatred from your mind. That is its function. Never attempt to overlook your guilt before you ask the Holy Spirit's help. That is His function. Your part is only to offer Him a little willingness to let Him remove all fear and hatred and to be forgiven. On your little faith, joined with His understanding, He will build your part in the Atonement and make sure that you fulfill it easily. And with Him you will build a ladder planted in the solid rock of faith and rising even to Heaven. Nor will you use it to ascend to Heaven alone." Dream and Reality: The Happy Dream