



Week 16

Cameo 18: Meditation and Guidance

- **Suspend judgment:** control of judgment is seen as a defense of self, so as not to be punished because of our judgmental thoughts. To suspend judgment, or weaken our control of it, is perceived as a dangerous vulnerability. (1)
- **Ask for guidance:** signifies willingness to give over own control. Failure to ask for guidance is a sign of fear. (4)
- **Follow the guidance:** involves needing to suspend judgment (of what we think is the 'right' option), trusting that any guidance from Jesus will "lead to good for everyone". (5)
- The result of these 3 - Asking for guidance, following guidance, and suspending judgment/control - is the giving of miracles

Week 16

T-4.IX Asking and Following

- **Unburden ourselves of the kind of responsibility we cannot meet:** anticipating what others are going to do. (6) **Devote self in peace to responsibilities we can 'discharge without strain':** let what others do be utilized for good by following Jesus' guidance. (6) Recognize the difference between trying to predict vs following guidance in how to respond. (7)
- "It does not matter whether the people you *think* have hurt you have really thought hurtfully. You have. You must undo this, and your attempts will surely be blessed." (7:6-8)
- "...these teachings add up to the same idea: It doesn't matter what they are going to do. It doesn't matter what they have done. All that matters is what you've done, what you've thought, what you're going to do. Your contribution is the only relevant issue here. And if you ask for Jesus' guidance and work with him in the situation, then anything others may do or may have done can be utilized for good. You can transform it all into a blessing. You can give them a miracle. And you can heal the damage your hurtfulness has done to yourself in the process."
(RP)

*There will never be a time when I do not will to try again.
You might be gladdened by remembering that. (10:4-5)*

Week 16

T-4.X Complete and Direct Communication

Contrast between two modes of communication:

- Ego communicates to reinforce separateness; it's all about *limiting* communication
 - Disrupts communication when it experiences threat
 - Highly selective in whom it deems worthy of communication
 - Keeps much of what is inside us private
- Spirit communicates to bring about joining
 - No limits in communication
 - In the state of being, we communicate everything that we *have* and everything that we *are*
 - We are always, and in all ways, in complete and direct communication with every living mind and with God - with "everything that is real" (6:4)

*God is praised whenever any mind learns to be wholly helpful.
This is impossible without being wholly harmless, because the two beliefs must coexist.*

Week 16

T-4.X Complete and Direct Communication

- **Revelation:** The experience in which God reveals Himself to us in direct, wordless experience of union with Him (traditionally called the mystical experience). Experiences of revelation in this world are temporary, but they reveal to us what awaits us at the end of the journey. (Appendix III Glossary p1941)
- Miracles are the means by which to reach this end, and are more valuable than revelation right now.
- God “cannot share His joy with you until you know it with your whole mind. Even revelation is not enough, because it is communication from God, but it is not enough unless it is shared. God does not need revelation returned to Him, which would clearly be impossible, but He *does* want revelation brought to others. This cannot be done with the actual revelation, because its content cannot be expressed and is intensely personal to the mind which receives it. **But it can still be returned by that mind to other minds through the attitudes which the knowledge (*knowing reality through direct union with it, without the mediation of physical senses or mental interpretations*) from the revelation brings.” (9)**

Week 16

T-4.XI Being Truly Helpful

- “I will direct you to wherever you can be truly helpful, and to whoever can follow my guidance through you.” (1:2) “So often I have answered “Help your brother” when you have asked me to help you.” (3:2)
- Every mind which is split needs rehabilitation - healing the split mind - rehabilitation is for everyone. (2:1)
- Ego cannot tolerate weakness - it is afraid of its own weakness and the weakness of its chosen home. That is why we recoil from the demands of the dependent and from the sight of a broken body. Our ego is threatened and blocks our natural impulse to help, placing us under the strain of a divided will.
- Need to stop obeying the “ego’s need to avoid and withdraw” (7:6) and instead follow our own “natural impulse to help” (5:2)
- “Rehabilitation is an attitude of praising God as He Himself knows praise. He offers praise to you, and you must offer it to others.” (7:1-2) - We must praise their God created wholeness. We offer gratitude and praise to God by offering gratitude and praise to our brothers.
- The Truly Helpful Prayer - designed to take us out of the self-concern that blocks our attempts to be helpful, so that our own helpfulness can shine forth unimpeded.