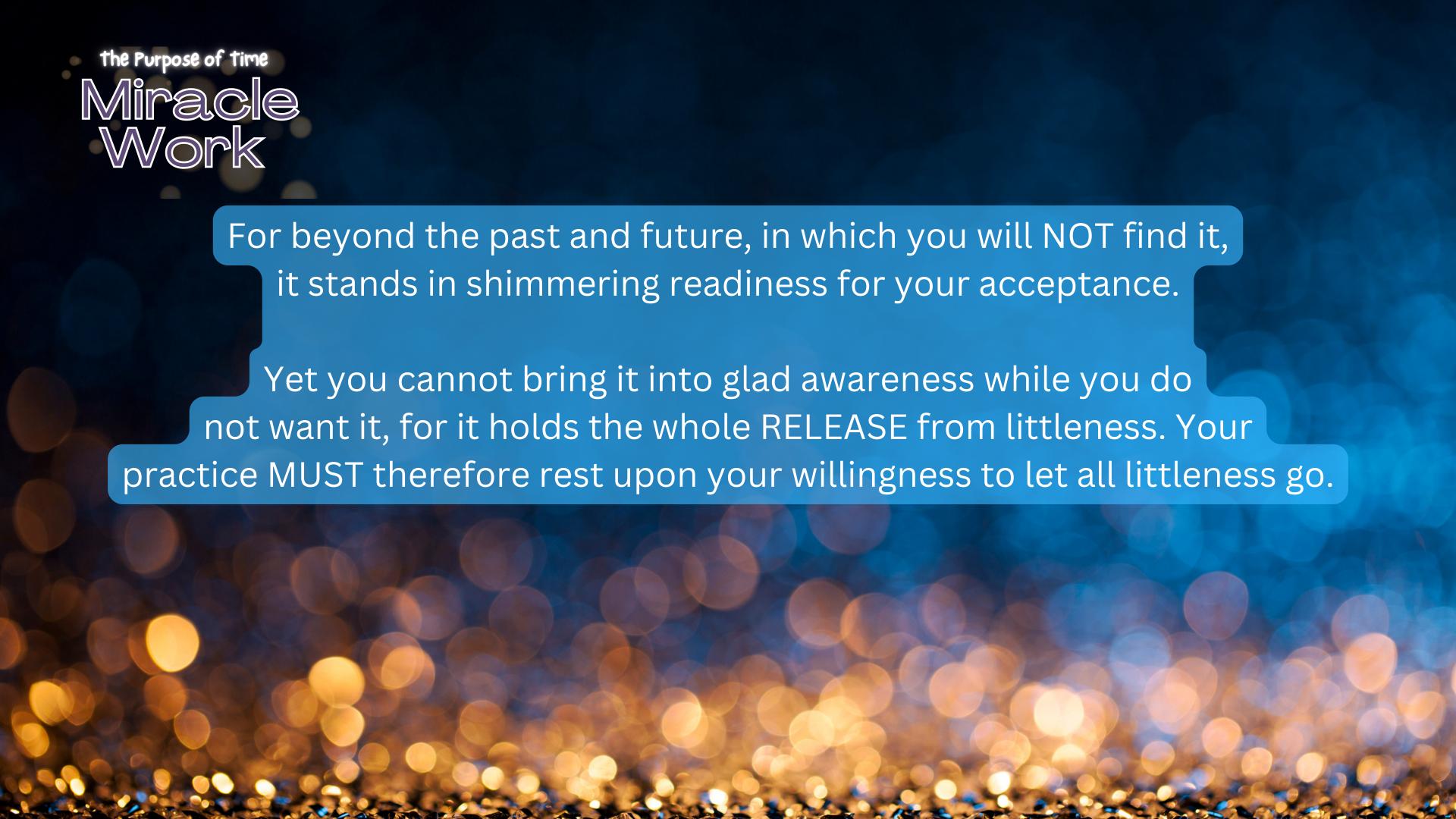
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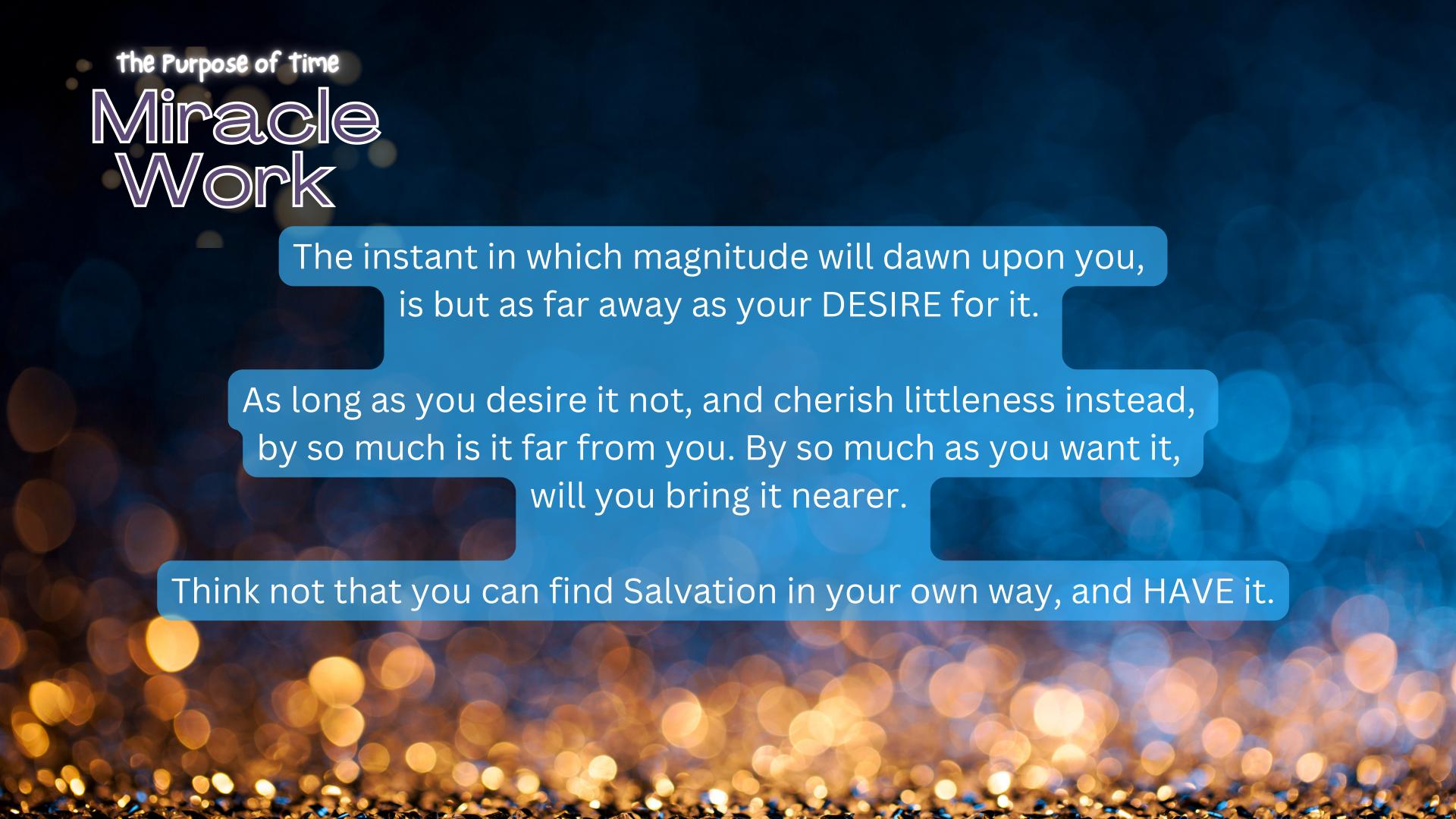
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Practicing the

Holy Instant

This course is not beyond IMMEDIATE learning, unless you prefer to believe that WHAT GOD WILLS TAKES TIME. And this means ONLY that you would rather DELAY the recognition that His Will IS so. The holy instant is THIS one, and EVERY one. The one you WANT it to be, it IS. The one you would NOT have it be, is lost to you. YOU must decide on WHEN it is. Delay it not.





Give over EVERY plan that you have made for your Salvation, in exchange for God's. HIS will content you, for there IS nothing else that can bring you peace. For peace is of God, and of no-one beside Him. Be humble before Him, and yet great IN Him. I call you to fulfill your holy part in the plan that He has given to the world, for its release from littleness. God would have His host abide in perfect freedom. Every allegiance to a plan of Salvation that is APART from Him, diminishes the value of His Will for you in your own minds.

the Purpose of time And yet, it is your mind that IS the host to Him. Would you learn how perfect and immaculate is the holy altar on which your Father has placed HIMSELF? This you WILL recognize, in the holy instant in which you willingly and gladly give over EVERY plan but His. For there lies peace, PERFECTLY clear, because you have been willing to meet its conditions.

I stand within the holy instant, as clear as you would have me. And the extent to which you learn to be willing to ACCEPT me, IS the measure of the time in which the holy instant will be yours. I call to you to make the holy instant yours AT ONCE, for the release from littleness in the mind of the host of God, depends on willingness, and NOT on time.



The reason why this course is simple, is that TRUTH is simple.

Complexity is of the ego, and is nothing more than the ego's attempt to obscure the obvious.

You could live forever in the holy instant,

BEGINNING NOW

and reaching to eternity, but for a very simple reason:

The holy instant is a time in which you receive AND GIVE perfect communication.

the Purpose of time

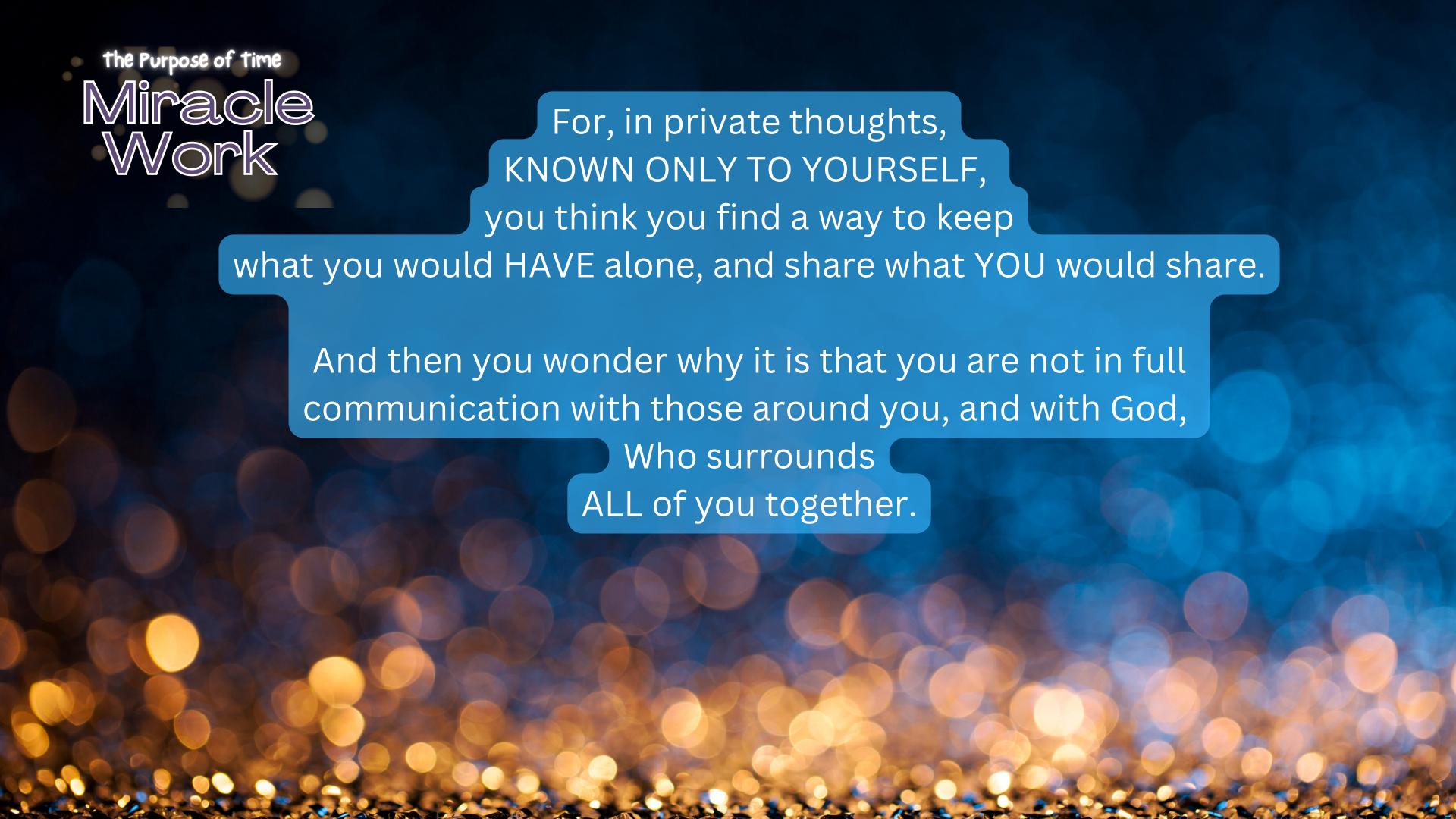
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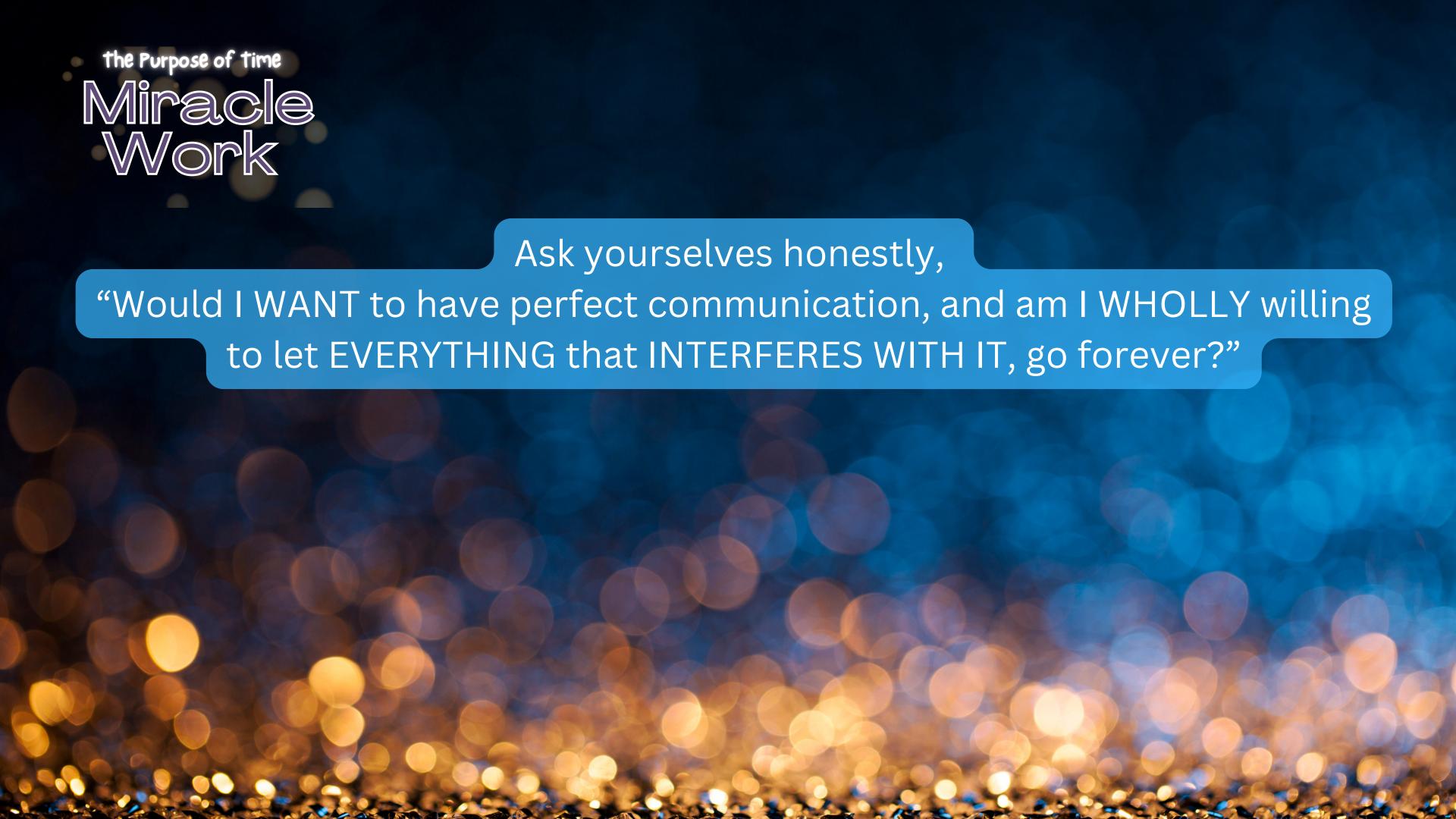
This means, however, that it is a time in which your mind is OPEN, both to receive AND give.

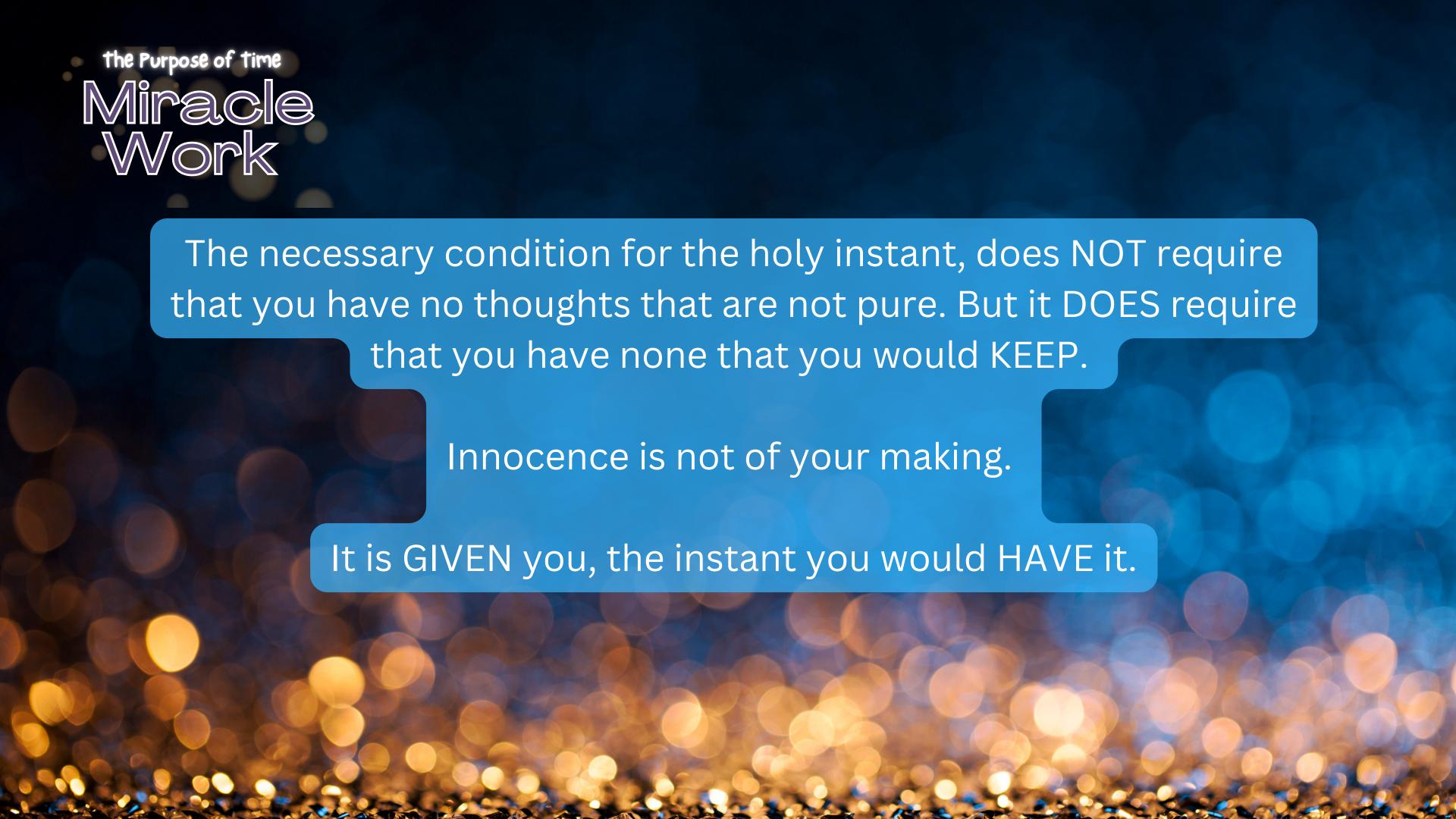
It is the recognition that all minds ARE in communication. It therefore seeks to CHANGE nothing, but merely to ACCEPT everything.

How can you do this when you would prefer to have PRIVATE thoughts, AND KEEP THEM?

The ONLY way you COULD do this, is to DENY the perfect communication that makes the holy instant WHAT IT IS. You BELIEVE that it is possible to harbor thoughts you would NOT share, and that Salvation lies in keeping your thoughts TO YOURSELF ALONE.







the Purpose of time

Virele

V/Vork

Lesson 340 "I can be free of suffering today."

"Father, I thank You for today, and for the freedom I am certain it will bring. This day is holy, for today Your Son will be redeemed. His suffering is done. For he will hear Your Voice directing him to find Christ's vision through forgiveness, and be free forever from all suffering. Thanks for today, my Father. I was born into this world but to achieve this day, and what it holds in joy and freedom for Your holy Son, and for the world he made, which is released along with him today."

Be glad today! Be glad! There is no room for anything but joy and thanks today. Our Father has redeemed His Son this day. Not one of us but will be saved today. Not one who will remain in fear, and none the Father will not gather to Himself, awake in Heaven in the Heart of Love.