

## The Holy Instant

In A Course in Miracles the holy instant is described as a moment of divine connection and a direct experience of God's peace, love, and unity. It's a shift in perception from the ego's view of separation, fear, and guilt to the Holy Spirit's view of truth, forgiveness, and oneness. The Course emphasizes that the holy instant is not a distant, unattainable goal, but an immediate and available choice in every moment.



## How to enter a holy instant, based on the principles of "A Course in Miracles":

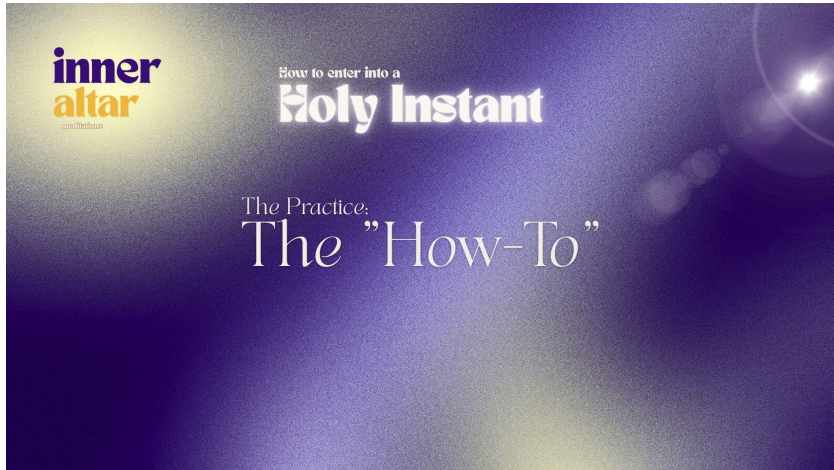


### 1. The Foundation: Willingness and Desire

- **You must truly want it:** The primary prerequisite for entering the holy instant is a sincere desire for it above all else. The Course states, "The instant in which magnitude dawns upon you is but as far away as your desire for it." This means you must be willing to let go of your attachment to "littleness" (the ego's world of pain, conflict, and specialness) and embrace the "magnitude" of your true Self.
- **Give up your own plans:** A holy instant requires you to surrender your personal plans for salvation and happiness, which are based on the ego's flawed thinking. You

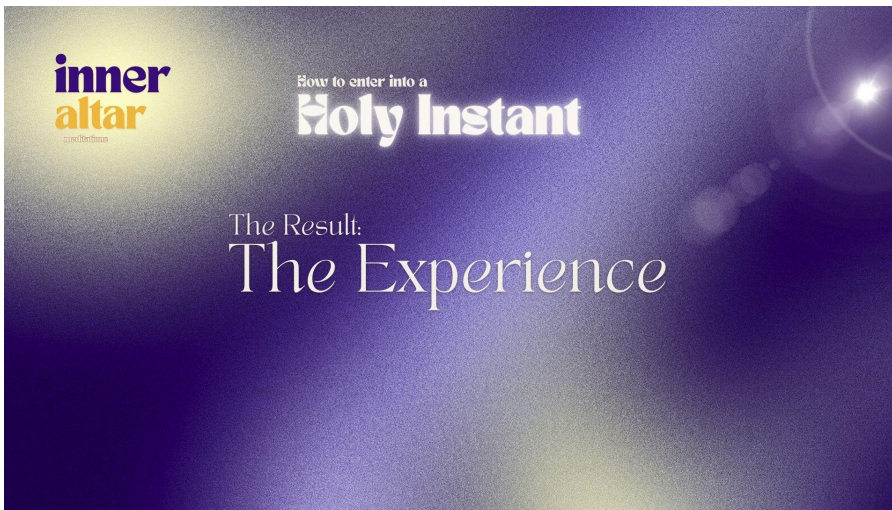
must be willing to exchange your way for God's way, trusting that His plan alone will bring you true peace.

- **Acknowledge your inability to do it alone:** A crucial step is the recognition that you cannot achieve this state by yourself. It's a gift from the Holy Spirit. Your part is to be willing to receive it.



## 2. The Practice: The "How-To"

- **Make a choice for forgiveness and love:** The holy instant is the moment you choose love over fear and unity over separation. It's an instant where you willingly let go of your grievances and judgments toward a brother.
- **Let go of the past and future:** The ego projects the past and anticipates the future, which prevents you from being fully present. To enter the holy instant, you must be willing to see no past or future, and instead, be completely here now.
- **Give the instant to the Holy Spirit:** This is a conscious decision to offer the present moment to the Holy Spirit. It's a prayer or an internal gesture of saying, "This holy instant would I give to You. Be You in charge. For I would follow You, certain that Your direction brings me peace."
- **Suspend judgment:** The holy instant's purpose is to suspend judgment entirely. Judgment is always based on the past. By choosing not to judge, you open your mind to a new perception and allow the Holy Spirit to reinterpret the situation through the lens of forgiveness.
- **Accept everything as it is:** In the holy instant, you do not seek to change anything but merely to accept everything. This acceptance is not passive; it's a recognition that all minds are in communication and that there is nothing to fear or attack.



### 3. The Result: The Experience

- **A shift in perception:** The holy instant is a shift in perception where you see beyond the body and the ego's illusions. You may see the "Great Rays" of light shining from your brother, recognizing the Christ in them.
- **Perfect communication:** In the holy instant, your mind is open to receive and give perfect communication, recognizing that all minds are in communication with each other and with God.
- **Release from guilt and fear:** The holy instant is a moment where you are completely absolved, free, and without condemnation. All fear of death and anxieties disappear, replaced by a profound sense of peace.
- **The beginning of a new way of life:** The Course teaches that you could live forever in the holy instant, beginning now. It's not a one-time event but a continuous practice that, with willingness, becomes a constant state of being.

In essence, entering a holy instant is not a complicated ritual. It is an immediate and simple choice to be fully present, to let go of judgment, to forgive, and to offer the moment to the Holy Spirit. It is a moment of total willingness to let go of the ego's story and embrace the truth of your and your brother's inherent innocence.

*"This holy instant would I give to You.*

*Be You in charge.*

*For I would follow You,*

*certain that Your direction brings me peace."*

This also available as video on YouTube:

This is the link: <https://youtu.be/rZQJ5kIQhIM>

