

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.

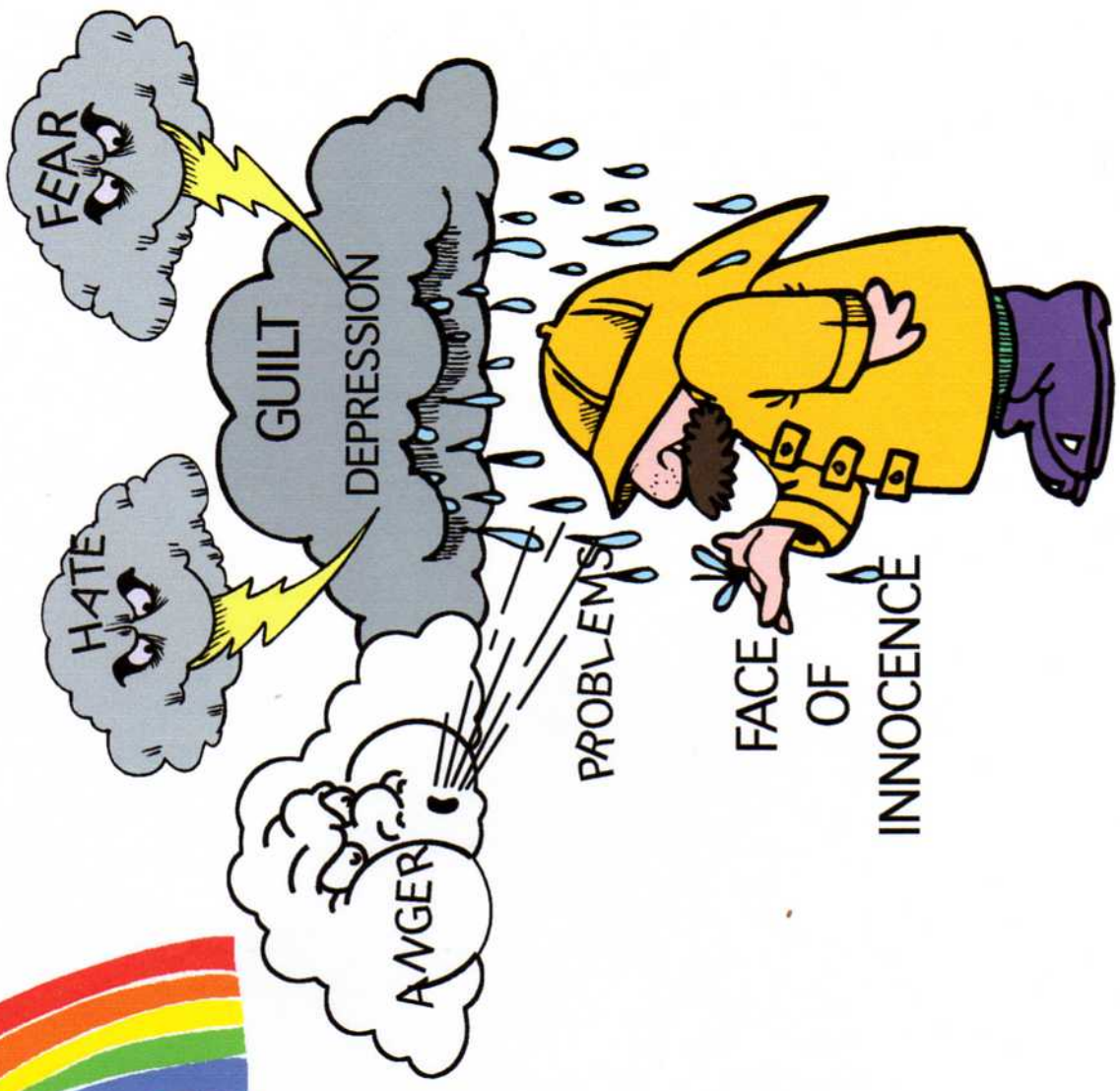
In addition to the chart I have included the lyrics of four songs that are all about resting in God's love.

love and blessings,

Resta



THE PAUSE THAT  
REFRESHES



# THE PAUSE THAT REFRESHES

November 30, 2006

W-pl.1.4. Forgiveness, on the other hand, is still, and quietly does nothing. 2 It offends no aspect of reality, nor seeks to twist it to appearances it likes. 3 It merely looks, and waits, and judges not.

T-30.1.1. Decisions are continuous. 2 You do not always know when you are making them. 3 But with a little practice with the ones you recognize, a set begins to form which sees you through the rest. . . Think about the kind of day you want, and tell yourself there is a way in which this very day can happen just like that.

T-30.1.2. (1) The outlook starts with this:  
 2 *Today I will make no decisions by myself.*  
 3 This means that you are choosing not to be the judge of what to do. 4 But it must also mean you will not judge the situations where you will be called upon to make response.

T-30.1.4. (2) Throughout the day, at any time you think of it and have a **quiet moment for reflection**, tell yourself again the kind of day you want; the feelings you would have, the things you want to happen to you, and the things you would experience, and say:  
 2 *If I make no decisions by myself, this is the day that will be given me.*

T-16.1.3. Your part is only to remember this; you do not want anything you value to come of a relationship. 2 You choose neither to hurt it nor to heal it in your own way. . . 7 **Step gently aside, and let healing be done for you.** 8 Keep but one thought in mind and do not lose sight of it, however tempted you may be to judge any situation, and to determine your response *by* judging it. 9 Focus your mind only on this:  
 10 *I am not alone, and I would not intrude the past upon my Guest.*  
 11 *I have invited Him, and He is here.*  
 12 *I need do nothing except not to interfere.*

LESSON 155. I will step back and let Him lead the way.

W-pl.155.2. The world is an illusion. 2 Those who choose to come to it are seeking for a place where they can be illusions, and avoid their own reality. 3 Yet when they find their own reality is even here, then they step back and let it lead the way. 4 What other choice is really theirs to make? 5 To let illusions walk ahead of truth is madness. 6 But to let illusion sink behind the truth and let the truth stand forth as what it is, is merely sanity.

W-pl.155.5. There is another road that leads away from loss of every kind, for sacrifice and deprivation both are quickly left behind. 2 This is the way appointed for you now. 3 You walk this path as others walk, nor do you seem to be distinct from them, although you are indeed. 4 Thus can you serve them while you serve yourself, and set their footsteps on the way that God has opened up to you, and them through you.

W-pl.155.6. Illusion still appears to cling to you, that you may reach them. 2 Yet it has stepped back. 3 And it is not illusion that they hear you speak of, nor illusion that you bring their eyes to look on and their minds to grasp. 4 Nor can the truth, which walks ahead of you, speak to them through illusions, for the road leads past illusion now, while on the way you call to them, that they may follow you.

W-pl.155.7. All roads will lead to this one in the end. 2 For sacrifice and deprivation are paths that lead nowhere, choices for defeat, and aims that will remain impossible. 3 All this steps back as truth comes forth in you, to lead your brothers from the ways of death, and set them on the way to happiness. 4 Their suffering is but illusion. 5 Yet they need a guide to lead them out of it, for they mistake illusion for the truth.

W-pl.155.10. Yet at the journey's ending there will be no gap, no distance between truth and you. 2 And all illusions walking in the way you travelled will be gone from you as well, with

nothing left to keep the truth apart from God's completion, holy as Himself. **3 Step back in faith and let truth lead the way.** 4 You know not where you go. 5 But One Who knows goes with you. 6 Let Him lead you with the rest.

W-pl.155.14. And now He asks but that you think of Him a while each day, that He may speak to you and tell you of His Love, reminding you how great His trust; how limitless His Love. 2 In your Name and His Own, which are the same, we practice gladly with this thought today: **3 I will step back and let Him lead the way, For I would walk along the road to Him.**

W-p11.233.1. *Father, I give You all my thoughts today. 2 I would have none of mine. 3 In place of them, give me Your Own. 4 I give You all my acts as well, that I may do Your Will instead of seeking goals which cannot be obtained, and wasting time in vain imaginings. 5 Today I come to You. 6 I will step back and merely follow You. 7 Be You the Guide, and I the follower who questions not the wisdom of the Infinite, nor Love whose tenderness I cannot comprehend, but which is yet Your perfect gift to me.*

W-p11.254.2. Today we let no ego thoughts direct our words or actions. **2 When such thoughts occur, we quietly step back and look at them, and then we let them go. 3 We do not want what they would bring with them. 4 And so we do not choose to keep them.** 5 They are silent now. 6 And in the stillness, hallowed by His Love, God speaks to us and tells us of our will, as we have chosen to remember Him.

M-21.4. Is the teacher of God, then, to avoid the use of words in his teaching? 2 No, indeed! 3 There are many who must be reached through words, being as yet unable to hear in silence. 4 The teacher of God must, however, learn to use words in a new way. 5 Gradually, **he learns how to let his words be chosen for him by ceasing to decide for himself what he will say.** 6 This process is merely a special case of the lesson in the workbook that says, "I will step back and let Him lead the way." 7 The teacher of God accepts the words which are offered him, and gives as he receives. 8 He does not control the direction of his speaking. 9 **He listens and hears and speaks.**

W-p11.275.2. *Your healing Voice protects all things today, and so I leave all things to You. 2 I need be anxious over nothing. 3 For Your Voice will tell me what to do and where to go; to whom to speak and what to say to him, what thoughts to think, what words to give the world. 4 The safety that I bring is given me. 5 Father, Your Voice protects all things through me.*

S-1.1.5. **Prayer is a stepping aside; a letting go, a quiet time of listening and loving.** 2 It should not be confused with supplication of any kind, because it is a way of remembering your holiness. 3 Why should holiness entreat, being fully entitled to everything Love has to offer? 4 And it is to Love you go in prayer. 5 Prayer is an offering; a giving up of yourself to be at one with Love. 6 There is nothing to ask because there is nothing left to want. 7 That nothingness becomes the altar of God. 8 It disappears in Him.

T-18.VII.8. Yet there will always be this place of rest to which you can return. 2 And you will be more aware of this quiet center of the storm than all its raging activity. 3 This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent. 4 For from this center will you be directed how to use the body sinlessly. 5 It is this center, from which the body is absent, that will keep it so in your awareness of it.

W-pl.184.10. Thus what you need are intervals each day in which the learning of the world becomes a transitory phase; a prison house from which you go into the sunlight and forget the darkness. 2 Here you understand the Word, the Name which God has given you; the one Identity which all things share; the one acknowledgment of what is true. 3 And then step back to darkness, not because you think it real, but only to proclaim its unreality in terms which still have meaning in the world that darkness rules.

W-pl.109.2. "I rest in God." 2 This thought will bring to you the rest and quiet, peace and stillness, and the safety and the happiness you seek. 3 "I rest in God." 4 This thought has power to wake the sleeping truth in you, whose vision sees beyond appearances to that same truth in everyone and everything there is. 5 Here is the end of suffering for all the world, and everyone who ever came and yet will come to linger for a while. 6 Here is the thought in which the Son of God is born again, to recognize himself.

W-pl.109.3. "I rest in God." 2 Completely undismayed, this thought will carry you through storms and strife, past misery and pain, past loss and death, and onward to the certainty of God. 3 There is no suffering it cannot heal. 4 There is no problem that it cannot solve. 5 And no appearance but will turn to truth before the eyes of you who rest in God.

W-pl.109.5. In Him you have no cares and no concerns, no burdens, no anxiety, no pain, no fear of future and no past regrets. 2 In timelessness you rest, while time goes by without its touch upon you, for your rest can never change in any way at all. 3 You rest today. 4 And as you close your eyes, sink into stillness. 5 Let these periods of rest and respite reassure your mind that all its frantic fantasies were but the dreams of fever that has passed away. 6 Let it be still and thankfully accept its healing. 7 No more fearful dreams will come, now that you rest in God. 8 Take time today to slip away from dreams and into peace.

M-16.4. This course is always practical. 2 It may be that the teacher of God is not in a situation that fosters quiet thought as he awakes. 3 If this is so, let him but remember that he chooses to spend time with God as soon as possible, and let him do so. 4 Duration is not the major concern. 5 One can easily sit still an hour with closed eyes and accomplish nothing. 6 One can as easily give God only an instant, and in that instant join with Him completely. 7 Perhaps the one generalization that can be made is this; as soon as possible after waking take your quiet time, continuing a minute or two after you begin to find it difficult.

M-16.5. The same procedures should be followed at night. 2 Perhaps your quiet time should be fairly early in the evening, if it is not feasible for you to take it just before going to sleep. . . 6 If possible, however, just before going to sleep is a desirable time to devote to God. 7 It sets your mind into a pattern of rest, and orients you away from fear. 8 If it is expedient to spend this time earlier, at least be sure that you do not forget a brief period,--not more than a moment will do,--in which you close your eyes and think of God.

## REST IN ME

Rest in Me. Rest in Me.  
 Spirit's singing to you as you dream.  
 You are safe in God's arms, loved and free.  
 Hear this sweet lullaby: Rest in Me.

Child, let go. Child, let go  
 all your struggles and pain. Let love flow.  
 Let the happiness rise in your soul.  
 I want only your good. Child, let go.

Gentle peace. Gentle peace  
 angels place over you while you sleep.  
 You are never alone; I'm ever here.  
 Call to Me and I'll give gentle peace.

You are Mine. You are Mine.  
 We are forever one light divine.  
 Hear the universe sing this hymn to Christ:  
 You are My holy child. You are Mine.

Rest in Me. Rest in Me.  
 Spirit's singing to you as you dream.  
 You are safe in God's arms, so loved and free.  
 Hear this sweet lullaby: Rest in Me.  
 (*Music of Christ*, Volume 3, Trk 11)

## REST YOUR SOUL

Rest your soul. Unburdened be. Give all your pain and fear to Me.  
 Child, I wait eternally. Come rest your soul in Me.  
 Leave behind your world of night. Lay down your cares within the light.  
 You are perfect in my sight. Come rest your soul in Me.

### *Refrain:*

*In the cradle of My love, you will remember we are one.  
 You are My Christ, My precious Son and evermore shall be.*

Let Me undo each foolish lie of life in bodies bound to die.  
 Then on the wings of truth arise. Come rest your soul in Me.  
 To stillness bring your troubled mind. Immerse your heart in peace divine.  
 Child, unto yourself be kind. Come rest your soul in Me. *Refrain.*  
 (*Music of Christ*, Volume 12, Trk 12)

## THE RESTING PLACE

Enter now the resting place. Enter and be still.

Holy is God's Resting Place. With its peace be filled.

Bring your problems. See them fade, dissolving in the light.

Grievances are here unmade by the love of Christ.

Deep within the resting place, Spirit calls your mind

to join with His, remembering the truth you are divine.

Bring your brothers to be healed. Draw them in. Forgive.

Share with them the Rest of God. As one in Him you live.

Offer love a resting place and love will meet you there.

In the silence of Love's arms, be safe and free from care.

In the light of miracles born within your Home,

you'll see your brothers' innocence reflecting back your own.

Enter now the resting place. Enter and be still.

Holy is God's Resting Place. With its peace be filled.

*(Music of Christ, Volume 12, Trk 8)*

## IN THE CENTER

*"...you are directed straight to the Heart of God. At its center,  
and only there, you are safe forever,  
because you are complete forever." ACIM*

In the center, a Presence tender  
clears away my anxious thoughts.

In the silence, soft and quiet,

I surrender all to God.

### *Refrain*

*Peace enfolds me. Spirit holds me,  
and God knows me as I am.*

*Light is blessing. Mind is resting.*

*I'm confessing love for God.*

In the spaces between the moments

Love erases all that's not.

In the vastness within the atoms  
life in gladness sings of God. *Refrain*

*(Music of Christ, Volume 1, Trk 5)*