The Lord is my shepherd
I shall not want
I know if I have heaven
There is nothing to desire

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Inner Peace is a present moment State of Mind. The Foundation reflects the peace and stillness of a Single Mind which is incapable of judgment. Awakening is acceptance of What Is. And forgiveness is the doorway to Peace Eternal. Value no scrap of illusion and the experience of freedom leaps into awareness. Why wait for Heaven? It is here now! In extending God’s Love we are truly One Being. To extend One Self is to remain aware of the I Am. Giving all to all is what having means, and our Heavenly Kingdom is what One Mind has and what One Mind is. Miracles seem to cascade and collapse time, as water might cascade down a multi-layered fountain, until it is seen that the first and last miracle (the alpha and omega) are One. Thank You God for creating All as One.

“Peace and be still. The Grace of God extends forever. Awareness of God’s Grace begins with forgiveness of illusions. A mind emptied of idols is made ready to accept the awareness of the Eternal Nature of Being One with God. What else could there ever be? For Thy Will is perfect happiness forever!”

This publication is offered as a means to learn about who we are and what our mission is. We joyfully extend an open invitation of discovery.

“Be you perfect.
The kingdom of Heaven is within.
The things which are seen are temporal; but the things which are not seen are eternal. Blessed are the pure in heart, for they shall see God. Ask and it will be given to you; seek and you will find; knock and the door will be open to you.”
Welcome to all seekers of truth!

Enlightenment; constant peace, happiness, joy, love and freedom, is Life and is Reality! Seeing past all deception and coming to clarity and understanding is realistic, for such is the truth. Forgiveness, laying aside all judgment, is the key to clarity and understanding. Can you faintly imagine how freeing and wonderful is the State of Mind devoid of petty judgments? Such a Mind rests in It’s Source, in Perfection, and in Innocence! Such is Reality!

True Mysticism is dedicated to remembering the Source of Life. It requires emptying the contents of consciousness of all illusory thoughts and beliefs, that What Is forever true may be remembered. It is a joyful life, for love holds no grievances. It is a tranquil life, for love makes no comparisons. It is a peaceful life, for conflict is gone when love comes into awareness!

Our Being resides in the Mind of God. All seeking arrives at finding our Self in God. In God we are Home Now!

The name “Messengers of Peace” has been given to a collection of journals, audiocassette tapes, videotapes, MP3’s, CD’s and DVD’s, all of which shed light on the true meaning of forgiveness. The Foundation for the Awakening Mind makes these materials available without charge to those who request them. Love offering gifts and donations are gratefully accepted. We welcome all inquiries from anyone with a deep and sincere desire to awaken to peace, joy and eternal love. Send us a letter or an e-mail or feel free to call.

What is mysticism? I invite you to read my thoughts, which I share in the article entitled The life of Mysticism (p.3). Perhaps Mysticism has called to you. I pray for peace and happiness and joy and freedom for everyone, for we are One Mind.

Please write us and share your stories, experiences and questions on awakening to the truth. We do experience great delight in receiving your letters, emails and phone calls.

We all share One Mind and I am so very grateful that Love has no opposite! Love is the State of All Being and through which Love extends Love.

Blessings,

David
The life of Mysticism is one of devotion and reverence to God and therefore to all. It is a discipline of mind, of training the mind to hear and follow only the Voice for God. The goal is everlasting peace of mind and the humor, gentleness, happiness, freedom, and joy that flow from such a State of Mind.

The life of Mysticism is as spontaneous and playful as it is serene and tranquil. Alive and energized by the living moment, the need for rituals and rules and structures falls away from the mind. Mysticism learns mastery through love and compassion and kindness; everyday is like a painting full of opportunities to extend the Love of God.

Mysticism is not ruled by fear of consequences. The Law of Love reigns supreme in the Divine Mind, and there is no other. Love is without opposite, and this spiritual fact is finally approached and accepted without exception or compromise. In the Awakening it becomes clear that doubt is impossible.

Willingness to humbly accept oneself as a Child of God, created perfect in the likeness of God, grows and grows with each Holy Instant. The world of idols loses all of its former attraction as the heavenly light enfolds the heart of the mystic. When such vastness and magnitude become apparent, there is need of nothing else.

Meditation on the Divine is at first a practice, then a continuous living experience, until it finally yields to an eternally blissful and completely unalterable State of Being. Such is the State of Grace.

To move in the direction of this State of Absolute Being, the desires of the world of multiplicity must fall away.

Miracles lead the way, for the way of the true mystic is approach to God through attraction, not through avoidance or opposition. As error is seen as false and without a real cause, its foundation disappears in the light of truth. Perfect love casts out fear, for belief has been withdrawn and replaced by the Knowledge of Life in God. There is no battle to be fought, only a gentle awakening to the truth of what always was and always will be so.

All things are accepted exactly as they are, for that which is eternal is unchanged, unchanging, and unchangeable. It is understood that no arrangement of circumstances (no sense of controlling persons, events, and situations) and no amount of gain or personal improvement is necessary to "attain" the peace and happiness that is available now. Only a yielding to truth, a surrender of the belief in illusions, a stepping back and putting full trust in God is required. This is no sacrifice. Can the giving up of nothing for the remembrance of Everything be a sacrifice? Joy has no cost, for Love is without an opposite.

Mysticism is finally yielding to Absolute Happiness in God and Self. Only the Mind which knows "I and the Father are One" knows Absolute Happiness.

Thank you God, for leading us all Home to You. Your Way is certain, for your Plan cannot fail. Hallowed be your Name O God of Eternity, and hallowed be the Name of your Beloved Child.

My heart is beating in the joy of God. My mind is resting in the peace of God. My soul is invulnerable in the strength of God. Mine eye is single in the light of God. ☪

We are One. God is One. All is One. Amen.
Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not ego-seeking, it is not angered, it keeps no record of wrongs. Love rejoices with the truth. It always trusts, always hopes, always perseveres... Love can only be love and extend itself forever and ever. Thank you God for creating love perfect, eternal, and as infinite as your Being.

What is Enlightenment?

Enlightenment is a recognition of Reality. Acceptance of the Correction to faulty perception...opens the way. Forgiveness, seeing the false as false, is the door to Enlightenment. The eternal/changeless is true. The ephemeral/transitory is false. Who you are, as God created you, is eternal/changeless. What was made to substitute for Reality, is false. Enlightenment is awakening from the dream of fear. It requires laying aside all concepts of what you are and what God is. It requires emptying the mind of the temporal, and thus remembering the eternal nature of Self and God. Reality is Oneness. Duality is illusion. You are blessed as a Child of God. Love is what you are. Love is all there is!
Experiencing Enlightenment:
Changing Your Mind About Your Mind

If you're feeling frustrated about your life, and at times wonder what purpose it has, perhaps you'd like to read some thoughts on how to uncover the blocks to the truth within: your True Identity which God created perfect and loving. This Identity has nothing in common with the way you see yourself in this world, for this is a world of changing images, and your True Identity is changeless. Your concept of yourself in this linear (past-future) dualistic world is limited and little. This concept includes a private mind, with private thoughts about yourself and the world, and a body which senses itself and a world external to itself through the five senses. In contrast, your True Identity is eternal and infinite, like the Creator from which It is created. Eternal Spirit is Oneness and transcends all concepts and images and the time-space cosmos of duality.

In your current condition your True Identity is obviously unrecognized, and therefore it should not be surprising that at times you feel alone, afraid, anxious, depressed, or helplessly adrift. The good news is that your current state of mind is always a matter of choice, and you can learn to allow mistakes to be corrected by making better choices. It is possible to learn to choose to be happy, free, and at peace regardless of circumstances. It is possible to reach Enlightenment, awakening from the dream of fear and death to the Reality of Eternal Life!

Everyone who seems to inhabit a body on earth holds an erroneous or false thought system in mind and organizes his/her "earthlife" by it. This false, fear-based thought system is the ego, or Satan, in Biblical terms. The mind seems split or ununified in the "condition" of separation. Yet though it believes in falsity, the split mind also contains the Correction to error, which is always available. This spark of Light can never go out, it can only grow vast and bright as the flame of Remembrance. This Correction, or true thought system, is one's

Intuition, or the Holy Spirit, in Biblical terms. This Guide, when followed, leads to a unified Mind, a forgiven world, and is the gateway to remembrance of God, Truth, and one's True Identity as the Eternal Child of an infinitely loving God.

Everyone in the world experiences the emotional roller coaster ride of unstable thoughts and perceptions. Again, this should not be surprising, considering the attempt to hold in mind two completely contradictory thought systems. What is love cannot also be fear. Fearful concepts are not true, but you can seem to believe in them. And when you do you seem to vacillate between the thoughts of love and the thoughts of fear and thus experience confusion and conflict. But fear and love can never co-exist, and the presence of one in awareness means the other is absent.

So what is the way out of this seeming conflict? What is the escape from the "human condition?" Give up what you do not want and what does not serve you (fear), and what you are (love) will return to your awareness. This is inevitable, for what you are has never changed and exists forever in the Mind of God. Allow your false beliefs and concepts and thoughts to be raised to awareness and release them. Since false beliefs limit your awareness, it must be clear that you must change your mind about your Mind (accept It as Changeless and Eternal) to recognize Your True Self as Spirit and remember God. Just remember, Help is given you from God and you are not alone in the task of learning to accept the Correction of error made for you.

I am joined with you in this task, for we share in the Purpose of healing. This joining is very powerful, as you will discover, because God is the Source and Power by which all healing is already accomplished. Healing requires only acceptance, for in truth Love is all there is and ever will be. Joyful is the adventure of accepting God's Correction to the erroneous belief in separation. Perfect love casts out fear! ☺
Come and See

Now is the time!

There is nothing left to seek for in this world when it can be exchanged for another one. What a wonderful world there is to behold in forgiveness! No thought of gain or loss, winning or losing, success or failure ever had any meaning. Fantasy is not real and dreaming is not Being One. You are ready to Awaken to Oneness. And as you awaken the whole world awakens as well. For the world was never more than a misperception. As perception becomes whole, the single mind sees only wholeness. At last you are ready to see with Inner Vision, and you realize that "physical sight" was nothing but the illusion of being in the dark. The Light has come and it is time to rejoice! It is time!

Teaching/learning materials such as journals, pamphlets, and video segments are offered freely and any talks or gatherings we sponsor are made available to the public for free. We accept donations to help extend our Internet ministry and to help sponsor public talks and gatherings. The work of our Foundation is charitable in that everything we offer, from talks and discussions to unlearning materials, are offered free of charge as a gift to those who express an interest in learning true forgiveness (unlearning the ego) and extending inner peace. The teachings and methods of learning provided by our Foundation are religious in that they are inspired by and based on the teachings of Jesus Christ and his messages of "turn the other cheek," "love thine enemy," and "love thy neighbor as thyself." The work of the Foundation is educational in that we believe forgiveness needs to be taught and learned and practiced repeatedly and consistently for real inner peace to be experienced. All the sponsored talks and discussions and learning materials are viewed as teaching/learning aids in the educational process of teaching and learning true forgiveness.

Teaching and learning true forgiveness is being aware that one is never upset by anything but erroneous thoughts, and that those erroneous thoughts can be released. True forgiveness is the release of all hurts and grievances and grudges that block the awareness of the Divine Love that is God-given and exists in everyone and everything. True forgiveness is releasing all anger and hatred and guilt and fear by seeing that they came from an error or mistaken belief that was only an attempt to forget the Love of God. Living and extending inner peace is the natural result of true forgiveness, for when error has been laid aside and a healing correction accepted in its place, peace prevails. To extend peace, one must be peaceful. To teach peace, one must learn for oneself. No one can offer a gift they do not already possess. Likewise, peace of mind cannot be found outside one's own mind, for it depends not on the world. Peace comes from God and is a natural extension of God. Therefore prayer and meditation are advocated as means to inner peace and harmony. Religion is the experience of inner peace and education (which is the unlearning of falsity) is but a means of coming to the experience of inner peace.

Divine Providence is our Source of Sustenance while serving the Plan of Awakening to Joy. We see that the travels and gatherings and work with brothers and sisters from all over the country have been orchestrated by the Holy Spirit as part of His Plan of Awakening. We attribute all our support to Him, though the forms of support have been many and varied. The meditations, video-gatherings, counseling sessions, and Internet ministry have always been offered entirely on a donation basis. No one has ever been turned away for lack of funds and everything has always been offered and freely given without any expectation of compensation. Our ministry continues today as it has in the past. Freely Christ has given His Gospel to us to live and to give and freely we have given and extended the gift. It is an honor and a joy to share the Love of God, and as Jesus...
once said: "The messenger is worth his keep." Everything we have ever thought we needed in serving God's Plan has been provided. Holy Spirit watches over all of us as we serve His Plan, and we are always assured that this Watchful Care continues. He has been with us always as we carry on our simple mission. Whatever we have seemed to need, be it a car, a meal, a place to stay, or a calm, gentle reminder, all our needs have been met by Him. There is a calmness of heart in turning all perceived problems and needs over to Him and listening for His sure guidance.

We were brought together by God to serve His Plan, to treat each other with dignity, respect, kindness, holiness and to awaken to our Divine Love. We approach our Purpose for coming together with great reverence and devotion. It is the core of our Life in God. Our relationship is our Relationship with everything and everyone, for we live and love as God lives and loves, unconditionally, all-inclusively, and free of specialness. There is no jealousy or exclusion in love. We join with all in experiencing the all-inclusiveness of the family of God, where no brother or sister is seen as separate or apart from the Whole of God. Our hearts are filled with love and gratitude for our Relationship in God. We are glad that this joy is not dependent on where bodies seem to be or whether or not they seem to be "together." We are created by a Pure Idea, and we are like our Source. We are Spirit as God is Spirit, and we are overflowing with thankfulness that this truth is dawning in the Mind we share. Our walk together has been for the Purpose of accepting our Divine Source and laying aside all thought of the world as the source of anything.

This is a time of prayer and devotion and reflection on All that is of God. Our hearts know that love and kindness are the truth. We offer each other and God our willingness that we may remember to love and let go of any unloving thought that arises in mind. Our Relationship in God is a fact. Let us remember to laugh together at false ideas, for they have no place in our Holy Mind. There are no private thoughts that are real, and in gentleness and meekness is the Strength given us to overlook all illusions that would attempt to veil love. This is a time of praying and reflecting upon and experiencing Union. Let us join in love first and trust that all else will be subtracted. "By their fruits you will know them." Joy and happiness and peace and laughter are undeniable, for they come from our Source. Our focus always is releasing erroneous thinking and learning to think with God all the time. God's Will for All is Perfect Happiness.

Fairness is the realization that giving and receiving are the same. In this awareness there is no loss, no gain, no scarcity, no greed, no lack, no accumulation, and no "giving to get." Trust in God and fairness go hand in hand. There is no way to attempt to leave God out of awareness and experience fairness, for since God is All in All, fairness is as obvious as God is. The "bottom line" is trust in God, not money. The "price" of peace is not assets, for peace comes with humility, trust, surrender, and non-judgment. Security and stability do not come from "owning," but from releasing all attack thoughts and grievances. A Mind free of judgment is secure and stable in the Knowledge of its Self. "I cannot be unfairly treated" is a statement of fairness in action, for true fairness is Invulnerable. That Which is of God needs no protection or defense.

Integrity is of the Mind. Integrity is based entirely on trust in God. When faith is placed in the laws of economics, the laws of nutrition, the laws of medicine or other false beliefs, the awareness and experience of Integrity has been denied. Integrity rests on opening to our God-given function and not being ashamed or embarrassed to express our faith and trust in God in all aspects of living. If we have been in a closet of worldly beliefs and associations, Integrity Calls us "out of the closet" and beckons us to walk in Light. Integrity is open and has nothing to hide, for It is an open invitation to everyone to awaken to the Love of God. Honesty and Integrity go hand in hand. Honesty is the relinquishment of judgment, attack, and blame, for Innocence is what is true and can never be found in blame and guilt. Happiness, joy, and peace are honest, for honesty is always based in truth. Honesty comes from the Acceptance of God's eternal Law of Love and the realization that God's Law of Love is the only Law there is. Integrity is non-compromising for It makes no bargains, seeks no middle ground or gray areas, and is not concerned with appearances or opinions. Integrity and listening to the Voice for God are synonymous, and therefore Integrity seeks no "external" support or validation. The Support of God is Its sole requirement.

Holy Relationship is Content and not form of any kind. Holy Relationship is based on trust in God and cannot be experienced apart from this trust. Holy Relationship is Inclusive, for everyone is welcome in Its Sight. Divine Love is giving as God gives, freely and willingly and openly, without demands or limits or expectations. Holy Relationship is a reflection of our Divine union with God and as such is sacred. Holy Relationship is a State of Mind, which gives of Itsself to everything and everyone, radiating to all creation forever and ever. Devoid of categorization, comparison, and the "personal," Holy Relationship aspires to the State of God's Grace in which there is only Wholeness, Completion, and Perfection.
Finding Eternal Peace, Happiness, and Freedom:
Finding God Within Your Mind

Who am I? Where did I come from? Where am I going? These were the questions that wouldn't go away. They seemed to underlie my search for meaning and purpose in a world of shifting, changing images and pursuits. Who am I? I seemed to be answering this question every day with a slightly different definition, a different variation of thought, and with fluctuating emotions. Yet could there be a constant, stable, sane, consistent identity in such fluctuation?

Might I be more than an evolving personality, tossed about within a world of conflict and chaos and limited by the body? Might I be a Spirit Child who somehow got lost, who somehow forgot my Loving Original Creation by God? Deep down inside I longed for something more than the streams of thought that occupied my consciousness and the ever-changing emotions that filled my daily experience. I knew there had to be more to life than meets the eye.

There is a saying, "You get what you ask for." It has been stated many ways, "As ye sow, so shall ye reap," "giving and receiving are the same," and "the mind gets exactly what it wants." The One Basic Law of mind indicates that everything that I experience I have requested, I have desired; and that there are no exceptions to this Law. This Law applies to everything I believe, think, feel, and perceive. Once this Law has been even faintly grasped, chance and luck are seen as meaningless, and the natural direction of consciousness, towards a unified wholeness of peace and love, becomes apparent. This expansion of consciousness comes to complete fruition in the forgiven world, in which the blanket of peace spreads across all perception. And remembrance of the True Self, the True Identity in God, must follow, as the noon sun follows the dawn in this world.

We shall find our Self as One Being, united with the Loving Creator. I join you my brothers and sisters, for we share the same Loving Mind. I thank God for creating this Mind perfect and eternal and infinite. Our task is forgiveness of illusions, that we may remember, that we may recognize the Truth. We shall know the Truth, and in Truth we are free! ☮

The Messengers of PEACE

OUR INTENTION: To daily live the gospel message, not merely write about it or speak of it.

OUR FOCUS: To seek first the Kingdom of Heaven, our Reality. This focus insures peace of mind and is possible through ongoing inward attentiveness. This attentiveness welcomes the Spirit to uncover all that prevents complete focus on the Kingdom. Our work follows from this focus and is supported entirely by donation. All that is necessary has been, and continues to be, provided.

OUR MESSAGE: It is possible NOW to embrace the peace of mind that is our natural state and inheritance. With true peace comes constant joy, intimacy, freedom, and gratitude.

OBSTACLES TO EMBRACING PEACE NOW: Valuing idols or substitutes for God (anything not eternal) and believing them to be the source of peace, happiness, intimacy, and freedom.

REQUIREMENT FOR EMBRACING PEACE NOW: Willingness to forgive and have a change in perception - - to remove the beam in one's own eye, not focus on the speck in another's eye.

WHAT FORGIVENESS IS: Laying aside all judgment, all that we think we know is so, including all self-concept ideas and opening up to what is far more satisfying than what this world has to offer. It is a recognition that all experiences of separation (scarcity, guilt, fear, etc.) occur only because there is a hidden belief that there is something valuable about the idea of separation from God.

WHAT THE VALUE OF FORGIVENESS IS: With the Spirit's help, the hidden and insane belief in separation comes into awareness and is seen as false; no longer valued, the belief dissolves. Since the world merely represents the thinking of the mind, as that thinking changes, the need to repeatedly find evidence in the world in order to be "right" about the mistaken belief in separation falls away. What remains is a new and joyous experience of the world. ☮
Love is the experience that ends all questions.

There is an experience that brings an end to all uncertainty and an end to all questions. The experience of Love is Divinely Inspired and changelessly Eternal. Love does not come and go or arise and fall like the sun, nor does it shine brightly only to fade and disappear for a time. Love is not personal or specific. It is impossible to Love something specific, for Love is Whole and knows no parts. Love is without an opposite, being Everything God creates forever. Divine Mind is God, is Love, is You, is All.

You can never leave behind or be separate from Love. Illusions will inevitably fall away, but Love remains Eternal and extends on and on forever. Love is all-encompassing and cannot be limited. Love can seem to be temporarily forgotten or covered over in awareness by the belief in linear time, yet the Holy Instant of Love is always now and is ever present.

God is Love. God, Being Love, is One and Abstract. God, Being Love, does not take different forms or come in a variety of degrees and gradations. In this world there appear to be many thoughts, emotions, and perceptions that conceal awareness of Love. Yet they are merely temptations to forget that Love is All there Is. Whenever the temptation to deny Love arises, remind yourself that You are Love and God is Love and nothing can separate the Oneness of God's Love.

God, Being Love, has no opposite. God is All-Knowing, All-Powerful, and All-Loving. Illusions brought to Love must disappear, as darkness vanishes in the Presence of Light. Love is All since God is All. God, Being Love, has nothing to do with fear. God, Being Love, has nothing to do with disease, depression, pain, sadness or any of the forms that fear seems to take. Illusions of time may seem to veil the Face of Love, but Love remains untouched. Love can be but Itself and knows only Itself.

Love and fear, God and the world, have no meeting point. The awareness of One implies the nonexistence of the other. The five senses of the body seem to deceive for a time, but Love is revealed as One and All through Inner Vision the world knows not. Pray sincerely and let your prayer be a unified desire for Love, for God. Inner Vision will lead to the remembrance of the Love that You Are and God Is, a Love without opposite.

Ego is make believe. Can make believe be real if only Love is real? Ego is opinion. Can eternal, unconditional Love know of opinion? Ego is falsehood. Can Love, being true, have awareness of falsehood? Love is true and real and only love is true and real. Love is One and is therefore beyond the "possibility" of comparison or compromise. What can the belief in duality, in past and future, have to do with Eternal Love? And what could break apart Love, which is forever One?

Love extends Itself, Being What It Is. Love is All-extending. In extending, Love remains loving, for Love remains Itself. There is no loss or gain in Love, for Love is completely without lack or limits. To know Love is to know completion and fulfillment. How could Wholeness ever understand anything but Itself? And what could Love "need," already Being Everything forever?

Do not question Love. If you believe in questions, question everything, which seems to be "not Love" and be willing to accept only That Which Is True Forever. End the wait now! Accept now the Eternal Love of God. What else could be more worthy of your acceptance? There is nothing to seek and nothing to find, only Everything to accept right now. I am Love. Such is the Truth. Thank You God for the simplicity of Oneness! Thank You God for Being Love and extending Love forever! ♥
I N S T R U M E N T F O R P E A C E
WORKING THROUGH UPSETS & HEALING YOUR MIND

The mind at peace is healed. The mind at peace has whole-heartedly welcomed peace. In this world, lack of peace appears in many forms. For permanent healing to occur, lack of peace must be traced back to its singular cause in the mind. Use of this instrument for that tracing back can help a willing mind let go of what it thinks it knows, see the world differently, and experience a present state of peace and joy.

1. When I think about
   (A) ___________________________________________ (past or future action, situation, or event), I feel (B) ______________________________ (specific upsetting emotions) because I think that (C) __________________________ (name) is to blame AND/OR I'm afraid (C) ____________________________________________________________________________ will occur in the future.

2. (A), (B), (C) prove that I am right about
   (D) __________________________________________________________________________ (my belief in lack, taking the form of an image of self/other/the world). I do not like how I feel now, so I am ready to consider the possibility that the way I am perceiving this is not the way it really is. As part of the healing process, I am willing to look beyond my perception of this upset (the meaning I have given it) and look within my mind.

3. I want to learn that there is a way that I can, without guilt, see the part I play in thinking
   (A) ___________________________________________ in feeling (B) __________________________________________________________________________ and in blaming (C) ___________________________________________ and/or in fearing
   (C) __________________________________________________________________________.

4. I release my wanting to be right about my perception of all of this: (A),(B),(C),(D). I want instead to be happy. Through the ego (distorted thinking/seeing), I perceive the cause of my upset and its resolution as outside my mind. This projection seems very real; its purpose is to distract my mind from looking inward.

5. If the cause of my upset and its resolution were outside my mind, I would, in fact, be powerless to change my state of mind. My use of projection (seeing outside what I don't want to see within) is why I seem powerless, why (C) ___________________________________________ seems to be the cause of my upset.

6. Thinking (A) ________________________________ feeling
   (B) __________________________________________________________________________ and blaming (C) __________________________________________________________________________ result from my belief in lack (taking the form of an image of self/other/the world) (D)
   ________________________________

7. I am only upset at someone or something when they/it mirror(s) back to my mind a belief, which I have denied from awareness. When I blame/fear something in the world, it is to avoid seeing the upset and resolution as they really are (a decision in my mind) and to instead maintain an image of self/other/the world as I wish. This mind trick seems to displace guilt and fear, but actually maintains feelings of upset. To blame or fear an image of self/other/the world requires that I believe I am limited to a body and world of bodies, and denies the spiritual abstract reality of my being. As a first step in letting go of all upset, I want to see in my mind what I thought was outside it. Being upset about (A) ___________________________________________ is only another attempt to make (C) ___________________________________________ the cause of my guilt and fear.
8. Upset seems valuable and justifiable when (A) runs counter to what I want(ed). What I want(ed) and expect(ed) is (E)_________________________________________________________ (action, situation, or event). I still believe in some form of lack (D) __________________________so I think I need (E) to be happy, complete, and at peace. Is this belief in lack and the resulting expectation more important to me than peace of mind?

9. Everything in the world works together for my good. What I think is the cause of my upset is not the cause at all. The choice to be upset is a choice not to see the cause, my belief in separation/lack, as a present decision in my mind. It's an attempt to see the cause in the past/future and the present as its effect.

10. What I want RIGHT NOW, above all else, is peace. I question (D)______________________________ and I voluntarily let go of (E)______________________________________________in order to reconnect with my one goal: peace.

11. Peace of mind is a present decision, which I gratefully choose RIGHT NOW! Guilt and fear of consequences only seemed possible because I was determined to hold on to a belief in past/future cause. I let go of the meaning I gave to the past/future and open my mind to the present, absolved and innocent.

12. I am grateful for the realization that the cause of my upset, which I thought was in the world, was actually only an unquestioned belief and decision in my mind; I have decided anew for my PEACE OF MIND.

_The Instrument for Peace may be copied without permission._
Movie Watchers Guide to Enlightenment
Welcome to seekers of truth who use movies on your inner journey. This Guide to Enlightenment or Salvation will list movies that can be helpful in Awakening to Truth. Metaphysical and forgiveness themes will be the focus. True forgiveness is completely laying aside the ego, the belief in linear time/space. Movies can be used as a way of expanding consciousness and, ultimately, experiencing the depth and meaning of the Inner Self. They can be a means to get in touch with and release limiting beliefs and come to a resolution of inner conflict. They need not be used as a means of escapism, distraction, or fantasy fulfillment, all of which are ego reinforcement. Movies are like modern-day parables. They offer a backdrop for experiencing deeper awareness and purpose, the detached, fearless Perspective from which it is apparent "all things work together for good." For those who have the ears to hear and eyes to see, movie watching can offer insights a plenty into the very heart of the Soul. This guide is a list of movies that can help uncover the Innocence and Beauty that is the Real Self as God created It. This wonderful resource is available online at our web site:

www.awakening-mind.org

or contact us for a printed copy.

Why Support Awakening Mind?
Our Foundation is a freely given resource and an offering of peace. Through the Grace of God and in the Spirit of Love we are honored to serve and reflect the Spirit by offering literature, audio & video clips, tapes, gatherings, and quiet retreats. All of our tools and resources are made available to anyone desiring the experience of forgiveness. These materials are available without charge to those who request them. Donations are gratefully received. You can support Awakening Mind's mission by making a donation to us at any time. Gifts may be targeted to a specific project. These contributions have enabled us to maintain a base of operations, retreats, audio /video and computer based ministries, and our traveling missionaries called Messengers of Peace. Our Foundation has supported our friends around the world to experience a greater joining in God's Love.

INTERNATIONAL NOTE:
David and the Messengers have traveled North America, South America, & Europe sharing the ideas and joy of Awakening. Invitations continue to arrive and our global ministry is happy to respond. Please contact us if you are interested in hosting a gathering in your country: requests@awakening-mind.org