

"THOSE WHO ATTEMPT TO HEAL WITHOUT BEING WHOLLY JOYOUS THEMSELVES CALL FOR DIFFERENT KINDS OF RESPONSES AT THE SAME TIME, and thus deprive others of the joy of responding whole–heartedly. To be whole–hearted, you MUST be happy. If fear and love cannot coexist, and if it is impossible to be wholly fearful and remain alive..." [ACIM Text]

Which of course isn't an option you have available to you.

" ...then the only possible whole state IS that of love." [ACIM Text]

So then, what's the first essential element in the healing of your mind that will constitute the healing of your world, of your neighbor, of your friend, your brother, et cetera? It is your willingness to abandon fear right where fear seems to be called for, whether it's behavior that arouses fear in you, whether it's a physical condition that arouses fear in you. You must be willing to abandon the fear and move into that Place in You where Love is felt, where your Love is available. That must be more important to you than reacting to fear.

That is part of the healing process. If you are going to be a healer, you would have to make commitment to that first step constantly. You would know that's the way it works and therefore this is my task. This is the way I do it. I consciously choose to abandon my inclination to react with fear, and instead I insist upon connecting with my ever–present capacity to feel and be the Presence of Love so that from that Love I may extend a singularity of intent and send out only one kind of messenger, so that it might return to me with confirmation of Its Energy, of Its Intent, and of Its Blessing.

~excerpt from ACIM Study Group with Raj/Jesus
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