

## HOW DO I OVERCOME CHRONIC FATIGUE SYNDROME WITH CANDIDA, ALLERGIES, AND ADDICTIONS?

I've found myself, as you said, "unable to muster up sufficient energy to continue abusing myself." Now I am meditating and allowing my Guidance to come through more and more. But right now I feel I need some clarity on what you said about \*thinking\* and how it separates me from the unfolding of my Being. So what is the place of thoughts, and also the place of imagination, if any?

ANSWER: It is an interesting phenomena that when one is down, one deigns to reach out for help and enjoys and values it, and then as a result of the help, one feels better and then begins to think that he or she can take hold of the reins again, instead of having found the help so valuable that a willingness can occur to continue to utilize the guidance, to continue not to be an active authorizer of your life. And that is where you are. And you are just beginning to take the bait.

You do not listen to get Guidance to be clearer so that you can then be a better authorizer. Guidance is not present to turn you into a better ego. It is the ego that is saying, "Well, let's get on the ball. It's about time for things to begin moving, etc." Hey, you get twenty gold stars for hanging in there for two years. But I would like to talk to you at the end of your third year, and hear the good news that you have to share of not having picked up the ball again and resumed authorizing your life.

This wasn't a test to see how much you could take so that you might say, "I did real well, but now let's be through with this shit."

You actually crossed over a threshold that in your mind you thought you could move back over. And it's gone. It's nowhere to be found. You are not going to be able to take charge again. And you don't need to. You have moved into a level of safety within yourself, not as a withdrawal, but as an embrace of that which has substance in you. And the point is now to remain there and be in the world from there.

Now you ask what the place of thinking is, or the place of thought. I will tell you that the place of thought is to help you give expression to what you find you know when you are listening. As a general rule, all of you use thinking in order to arrive at conclusions that you call knowledge or knowing, and you have the cart before the horse. What you do is, you learn to be still and listen and experience which is thoughtless, and then you use thought to

give expression to what you find you are knowing in the silence. Then your thoughts congeal into expressions that convey truth, that convey what is truly meaningful.

And the interesting thing is that when you are sharing from yourself, people are better able to hear because they can tell that you're not trying to change them, you are not indirectly addressing them, you are sharing your Self. And so they are less defended and you are saying something more meaningful, so the experience of relating to each other becomes fuller.

Thoughts are not illusions. But when you use them for a purpose that they do not really serve, you create confusion for yourself, every single one of you. Now you haven't known any better and there's no penalty for it, except that you haven't had relief from your confusion or your dilemmas. And I am sharing with you that which answers the dilemma because it causes you not to have the cart before the horse.

Imagination spontaneously comes into play as a part of the process of finding words to express what you have experienced. Imagination, therefore, is not an illusion either. You could call it the open-endedness of mind, if used along with thinking or thoughts that are present for the purposes of serving to express what one has experienced, what one finds himself knowing. It isn't the means of coming to knowledge or knowing.

Now you see how it is so cohesive, so congruent. You listen. You be still and become receptive so that you might discover what you know without having gone through any cognitive process in order to arrive at the knowing. This experience of knowing what you have not the means to know through any logical process, demonstrates for you that there is a unity between you and All That Is. Not only that, it is a conscious unity. This gives you a new perspective about who you Are and how you function.

The second thing is that in listening, as I said yesterday, you break the self-imposed isolation that has caused your misery. By listening, you are listening for something from something. The act of listening, the act of inquiry, unavoidably constitutes a joining. And in that joining, the ego cannot continue to exist. It depends upon isolation. It depends upon your being ignorant of the truth so that you will believe its lies.

And so you could say, in specific terms, listening connects you with yourself. And in universal terms, you could say that listening connects you

with yourself on infinite terms where your sense of isolation from your brother is broken down.

Awakening opens you up to You in both specific and universal terms, because you exist specifically and universally simultaneously; something I cannot explain to you in words. It is only understandable experientially. But it is the fact. I am expressing meanings. Paul is listening. Words become obvious to him that express the meaning that he finds himself hearing and knowing as a result of listening.

Now here's the interesting thing: He is saying the words, apparently the sound waves are traveling through the air, you are hearing the words, and I am present where you are listening from and renewing the meaning of what I have said, so that you might have words within you that are congruent with the words Paul is expressing. At all points the communication is a communication of Meaning. And as is obvious, other than at the times when Paul becomes self-conscious, he has no shortage of words. Words and thoughts are present to express meaning that one experiences when one is listening.

The Paul who came in this morning experiencing great waves of fear, who shared with you what he was experiencing, was speaking from the level of words, not the level of meaning. And I will tell you something: he didn't say one meaningful thing until he said what I told him, which was, "No, we will not hold you up, you must let go into our arms." When he came in, he wasn't expressing what he found himself knowing as a result of listening. And he was caught in the same eddy or trap that all of you are when you are just operating at the level of cognitive thought processes. And what was his experience? His experience was anxiety, which is your experience also out... it's not your Birthright. And the peace of your Being, and the knowing that is present inseparably from it, is available to you at any moment; it never goes anywhere.

So stop valuing words and logic and their coordinative use in order to arrive at what you call an understanding, which you then denote as knowledge and you say, "I know this." You cannot call that knowing because it didn't come from a place of meaning; it did not come from a place of experience.

Now, you will find that I am always practical. And until you have something to replace logic and thinking, don't stop using it. But do begin to introduce into your day more and more frequently, a simple casual inquiry as to the

appropriateness of this or that, or whether there is anything you need to know. And begin to actually invite the conscious experience of not being alone; not as an idea, but as an actual experience of communion. And bring that into your life more and more consistently.

Then whether you are at work and everyone else is in a miserable state of frustration, you are likely to be the one, because you are choosing for your peace and you are asking what needs to be known, you are likely to be the one who will be able to very simply, with very few words, cut through to the solution; even though everyone else thought that their frustration was totally justified even though it was getting in the way of their finding the answer.

End of comments

~excerpt from Gathering with Raj/Jesus

Conducted by the Northwest Foundation for ACIM

[www.nwffacim.wordpress.com](http://www.nwffacim.wordpress.com)

FaceBook:<https://www.facebook.com/groups/183859725130360/>

All of the activities of the Northwest Foundation for "A Course In Miracles" are provided without charge or obligation. This is possible because of thoughtfulness, love extended without conditions. Such is the nature of Gift. As a result these materials are available to you, because someone like you has already gifted you with them. And, at Raj's instruction, these materials will never be sold. If you would like to add your thoughtfulness and love, to gift others with the availability of these materials, please contact [www.nwffacim.org](http://www.nwffacim.org)