

## THE CAUSE OF ALL SUFFERING AND DEPRESSION....

We've been discussing the fact that the human condition with all of its suffering and misery and depression and so on, is a result of one thing only. The attempt to be autonomous, the attempt to be an independent authorizer, the attempt to see and think about everything while leaving God out of the picture, and to determine what everything is for yourself.

"Prayer is the restatement of INCLUSION, directed by the Holy Spirit under the laws of God. God created you to create. You cannot EXTEND His Kingdom until you know of its wholeness." (Text: H-#135)

In other words, nothing you do will be Real until you take the steps necessary in order to abandon projection and engage in extension. And it's very simple. You will not feel/know what to extend until you let the Father, or the Holy Spirit, inform you of What The Truth Is, because when you know the Truth, that is what you will spontaneously extend, as a light bulb going on. "Ah! Ha! That's what it is!" And when you say, "That's what it is," the messenger has gone out. And in that instant, the messenger will come back confirming it because your thought is parallel with God's. In other words, there is no bias applied to it that gets it just a little bit out of sync with the Truth.

Now it may seem as though your world is feeding back to you information that says there are urgencies and emergencies of various kinds that call for you to respond with fear, with emotion, with rejection, with fear, something other than your choice to let the call remind you to turn within to the Holy Spirit so that you might gather the Truth of things from where the Truth is available to you, so that you might extend the Acknowledgement of Truth rather than project your conditioned reaction to the illusion. And this is very important.

"I will. Okay. Okay. I will. I'll get to the Truth of this, but first I've got to deal with the ruckus that's going on. If I don't deal with the ruckus that's going on, it will mean that I'm insensitive. It will mean that I'm not compassionate. It will mean that I have no humanity in me whatsoever." But remember this, folks. You can't correct the problem from the level of the problem. You can't correct the flaws in the mutually-agreed-upon definitions from the level of the mutually-agreed-upon definitions.

If you want to be sensitive, compassionate, humane then go to the Altar immediately so that you don't get churned up emotionally. And so that your feelings might arise out of the influx of Truth that the Holy Spirit which is nothing more than your Right Mind infills you with so that then your actions constitute an extension of the Acknowledgement of Truth that elicits an entirely different response and effect in your world that will be recognized as loving, thoughtful, humane, considerate.

"Oh, but the problem is real! The problem is dire. It calls for a spontaneous knee-jerk reaction, or response. It calls for me to respond from my best common sense. It requires...." What you're saying is that it requires you to respond having neglected to go to the place where the response that would correct the situation comes from, which is your reunion with that which is nothing more than your Right Mind, the Holy Spirit, God.

And you must get it through your heads that the only truly corrective response is one that comes from that joining. One that comes not from assessing the human condition, but one that comes from quickly [finger snap] turning within and saying, "Father, what do I need to know here? Father, what is the Truth here that will correct the situation? I wish to be the Place where the Truth that would correct the situation can shine through." And that needs to become your knee-jerk response.

That needs to become your knee-jerk response: to check in with the Father [finger snap] instantly because you've done it so often that it has become a habit. Right now your habit is to engage in everything with reaction, whether it's a reaction of joy, or a reaction of fear, or a reaction of vulnerability, a reaction of depression. You see what I'm saying?

And I'm saying that nothing that you might be faced with, or have been faced with recently, nothing requires you to neglect to go to the Holy Spirit first. And nothing will correct an emergency... nothing will correct an emergency that doesn't arise out of inclusion. And inclusion will not arise from your current conditioned minds, your current conditioned thinking.

Correction will come from the inspiration that infills you because you have turned instantaneously to the Source of the Knowledge of Truth so that it might dawn in your mind, so that you might see it with your eyes,

and having seen it you are your eyes extending the Acknowledgement of Truth into your world which is not outside of your mind and is not outside of you, but is some aspect of the Infinitude of Your Being so that the whole corrective procedure, if you will, is one of conscious, inclusive Wholeness.

Raj/JESUS

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