

## PRACTICING THE MECHANICS OF THE HOLY INSTANT

"You can practice the mechanics of the holy instant, and will learn much from doing so. Yet its shining and glittering brilliance, which will literally blind you to this world" [ACIM Text]

. . . Uh-oh, blind you to this world that isn't real—this world and universe that's an illusion? No. It will blind you to the concepts and beliefs and ideas you have made up about the Kingdom of Heaven that have been flawed by misperceptions—that have been flawed by the fact that you chose to give them definitions different from what the Father was Being as the Kingdom of Heaven.

So, it's shining . . .

"Yet its shining and glittering brilliance, which will literally blind you to this world . . ." [ACIM Text]

. . . I'm going to add, that you made up . . .

". . . by its own vision, you cannot supply." [ACIM Text]

I'm will read it again:

"Yet its shining and glittering brilliance, . . ." [ACIM Text]

. . . what does that mean? That means the divine livingness, the divine vitality of the holy instant . . .

". . . which will literally blind you to this world by its own vision, you cannot supply." [ACIM Text]

The holy instant supplies it. It supplies it when you stop trying to supply it by means of your own vision, your own envisioning, your own imagining. You cannot supply it, you've been trying to supply it and you've been missing Reality.

Hey, if abandoning your attempts to supply the meaning to everything, even though it means giving up control that you think you have—control that you think you ought to have and control that you think your sanity

depends upon—if giving that up means you might have the experience of Atonement, that you might have the experience of returning to your sanity and experiencing what you've been calling the Kingdom of Heaven in which there is no sin, sickness or death, in which there is no conflict, then why the hell not try giving up the attempt to supply the meaning yourself! Or, as some of you would prefer I say, "Why in Heaven's name not abandon it!"

"You can practice the mechanics of the holy instant, and will learn much from doing so. Yet its shining and glittering brilliance, which will literally blind you to this world by its own vision, you cannot supply. And here it is, ALL in this instant, complete, accomplished, and given WHOLLY." [ACIM Text]

You can't supply it yourself, but here it is in its entirety—in an instant. That means that it's not something you have to earn that takes time, but the minute you completely step aside, the minute you completely abandon willfulness, all of it in its entirety replaces the ignorance you've been suffering from, not just as an idea, but as an experience—the undistorted experience of Reality. And again, I must say that it's available to you in any given moment of any day you're in the middle of, or any night.

Everything essential to your Awakening is present at any given moment. All of Reality in its entirety is available to you in a [snaps fingers] split second . . . when what? When you genuinely insist upon stopping whatever processes you're in, whatever ego satisfying processes you're in, and you say, "Father,"—you reach out, in other words, outside of your privacy, outside of your imagined separateness—"Father, what is the truth here?" Not only that, "What is the truth here about my brother? My brother deserves more than he's experiencing. He deserves to experience his Birthright, which is more than what he's experiencing. Help me mentor him by revealing to me how to be in his presence. I don't know how to do it. The holy instant has not yet happened to me, therefore, I'm going to stop trying to create the holy instant. I'm going to shut up. And in the silence I'm going to let You fill me with Yourself, which will constitute the holy instant. Why? [deep sigh] Because my brother has become more important to me, than me."

See, I'm still . . . and the Course is still keeping your nose to the grindstone, but a little more sweetly and a little bit more gently than last week. It's a little bit more palatable. But the definiteness with which I spoke last week needs to be something that you bring into your willingness to mentor or to be a philanthropist, as an expression of what is fundamental to your very being. Because someone has now told you that it is fundamental to your being and that your calling it forth by your giving your attention to it, is the means by which you escape sin, sickness and death, conflict, suffering and Wake up so that what the words "Kingdom of Heaven" mean is an actual experience and not just an incredible idea.

~excerpt from ACIM Study Goup with Raj/JESUS 1/17/09  
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