

Blog entry 6/30/18: **Our repeating choice is our only responsibility; Jesus and Holy Spirit take care of the rest. Period.**

I begin by confirming that what I am about to share are ideas that are coming from my heart chakra area, as that is my current way for me to make sure I am sharing from my Awareness of our Oneness and my being in my right mind. And as others have shared: I realize I am awakening further each day, each moment perhaps, and I reserve the privilege to, perhaps, amend my any sharing to include even higher Insights, as they may occur.

My side note 6/30: Well, today's entry has turned out to be lengthier than I first anticipated. (Now 6 pages) It is full of great sharing, and I wouldn't change a thing! 😊

Jesus, in ACIM, tells us multiple times that the Path of the Course is not difficult. "The way is not hard, but it is very different" (T Chapter 11, page 199, III:4.), is one excerpt.

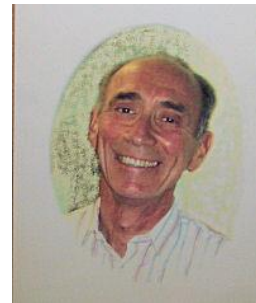
Yesterday I was introduced to the work (videos and books) of Kenneth Wapnick. And just this moment, I have discovered a website created by Joe Jesseph, which he devotes to what Ken has shared with us. Below is an excerpt from Joe's home page. It does include Joe's many links to further material:



1970's



1990's



2006

Ken Wapnick

By Joe Jesseph

I decided to publish this Web site of links to information about Ken Wapnick along with links to excerpts from some of his writings because I have seen on the Internet much misinformation about him, who he is and what he teaches. I did not ask Ken for permission to publish a site specifically about him, but I do have his permission to reproduce on the Internet certain excerpts from his writings which I thought might be helpful and of interest to readers. Those writings constitute the bulk of material comprising the [Miracle Studies](#) Web site.

I once told Ken that I thought his biography should be published. He said that [Helen Schucman](#) (scribe of [A Course in Miracles](#) as well as his loving colleague and friend) had once asked him to write an autobiography, which he did, but then he decided there was no good reason to publish it. At that time he simply told me "We (meaning he and his wife Gloria) are not important." While I understand what he meant -- "We are not special" -- I nevertheless think it important that accurate information about Ken be available on the Internet since he is a prominent figure and, as I said, there is much misunderstanding and misinformation about him on the Web already.

From time to time, as it seemed appropriate in connection with a book about *A Course in Miracles*, Ken has written some accounts of his personal life and spiritual journey. In addition, he and Gloria have permitted themselves to be interviewed and the results published. On this page I am offering links to some of that material along with a link to certain excerpts from Ken's writings about the Course itself.

While Ken may not regard his person as important, in my eyes and those of many others who are acquainted with him, what is important about Ken is his sincere and continuing dedication to Jesus and his Course. This dedication has required that he be both a writer and teacher, and has brought him into a public prominence which I'm sure he never sought and would have been horrified to contemplate in younger years before he found *A Course in Miracles*. He is now clearly the world's leading authority on the Course, the most widely published author of books about the Course, and, in my opinion at least, a wonderful teacher of God by example as well as by the agency of words.

In my opinion Ken is a living example of one who has responded to Jesus' request as found in the Course:

For this alone I need; that you will hear the words I speak, and give them to the world.
You are my voice, my eyes, my feet, my hands through which I save the world. (W-pl.rV.IN. 9:2-3)
He embodies the fulfillment of this prayer (not unlike the famous prayer attributed to St. Francis) found early in the *ACIM* Text:

I am here only to be truly helpful.

I am here to represent Him Who sent me.

I do not have to worry about what to say or
what to do, because He Who sent me will direct me.

I am content to be wherever He wishes, knowing
He goes there with me.

I will be healed as I let Him teach me to heal.

(T-2.V(A).18:2-6)

I have been personally acquainted with Ken since 1988 and served with him on the staff of the [Foundation for A Course in Miracles](#) from 1989 to 1992. Since that time I have continued to stay in touch with him and to offer volunteer services to the Foundation, primarily in connection with the Internet, to add a little more candle power to the beacon of the [Lighthouse](#), which is the logo and symbol of the Foundation as well as the title of its newsletter.

While I do not regard Ken as special, I do regard him as a teacher who has been faithful to his calling.

Every good teacher hopes to give his students so much of his own
learning that they will one day no longer need him.

This is the one true goal of the teacher. (T-4.I.5:1-2)

On the home-page of our ACIM Blog here, in the section of supporting materials at the top of the page, I have just added a link to Ken and Gloria Wapnick's YouTube videos. There are many topics to choose from there; they are short (approx. 10 mins. each); some are presented in sectioned parts and some are (*technically*) stand-alone.

My husband, Brian, has been a student of ACIM for a few years now. Brian is a scholar (among other things), and he enjoys researching a subject thoroughly. He is often my go-to-guy when I have a question or want to share or confirm what I feel ACIM is teaching. I (Linda) have confirmed many of my Insights with Brian before sharing the idea with anyone else, including postings on this Blog. Brian has introduced me to his favorite ACIM-related books, videos, and other material, from authors who are considered to be True Teachers. Brian introduced me to the work of Kenneth Wapnick (and his wife, Gloria) last night.

During one of the short videos I watched last night, I heard Ken say something like: *Jesus tells us multiple times that the curriculum is not hard.* Ken then added something like: *nowhere did I read that it says that this is “easy.”*

I feel it is important to use discernment when listening to a Teacher. Whenever Ken is using the words “us” and “we,” I feel that he is relaying what the Course is teaching. When Ken uses the words “I” or “me,” I feel that he is sharing from his own personal experience of how he personally (Ken the body, in the world of form) is responding to what the Course is teaching. I (Linda), use those words (us, we, I, me) in that same context.

I feel drawn to (or led to) Ken’s sharings, and to point other people to his work.

I feel so strongly that Jesus and Holy Spirit is calling me, inviting me, encouraging me, and assisting me to “Point to the True Teachers.” That has been my ‘doing-purpose’ since my February (and continuing) deepening Awakening, and it is the Purpose of this Blog.

So, to me (Linda), when Ken says that he (Ken the body) did not understand Jesus to be saying “easy” when Jesus says “The way is not hard,” that is Ken’s personal experience. Of course, all of us in the world of form (of bodies, time, history and such) will each have our own personal experiences of what the Course teaches. But, for sure, I feel that we are all being taught the same thing in ACIM, and the words and the direction are the same for all of us, even though we will each have our various personal experiences with the way we apply or not apply.

Ken is not the first person I have heard say something like: This is not “easy.” My personal experience regarding this is different from Ken’s and from others who agree with him on this topic. I do feel that Jesus is saying to all of us that His Curriculum is indeed easy, every time He uses synonyms for the word. I do find the Way to be easy, haven been given the Direction to “Choose Differently,” and with my consistent application of that Direction. I expect the same ease could be True for everyone. Jesus assures us all that it is. I take His Word over anyone else’s word in the world of form.

Please do not misinterpret me to be saying that I operate from Jesus’ Right Mind constantly—never wavering—24/7. I am not saying that. I have repeatedly said that the Way of Right Mind is a practice—a continual being alert and aware practice—which the Course and the supporting material that I post here affirms.

So, I continue:

I feel it is important to summarize some of the characteristics of Right Mind and ego-mind:

- RIGHT MIND = Is Aware of our Divine Nature and Oneness, and It Rejoices in the Knowing. Our Right Mind: Enjoys, Remains in Present Moment Only, Effortlessly Agrees with All, Is Always Smiling Inside 😊, Feels Peaceful and Serene, Is All Inclusive and All Loving...
- ego-mind = is the mind that pays more attention to the *things (persons, personalities, places, things, or situations)* in / of the world of form, than to our Inner Divine Presence and Oneness. The ego-mind would have you believe that it is you. The ego-mind is the mind that: fears, criticizes, blames or feels guilt, judges as *wrong or bad*, finds fault, complains, stresses, worries about past or future, etc., which can all be directed at self or any other person or situation. The ego mind will be afraid that other ego minds will criticize, judge, and even condemn it. The ego-mind will resist and argue with the present moment.
- So, to be clear: All of the characteristics listed above for the ego-mind are of ego-mind only. None of the ego-mind characteristics are of the Right Mind. Ever. And none of the Right Mind Attributes are present in the ego-mind (although the ego-mind will find ways to pretend that it is something it is not).

So, again, to be clear:

We are choosing the ego-mind every time we focus on—allow our attention to become fixated on or securely rooted in—our (everyone’s) apparent differences (physical, spiritual, cultural, intellectual, etc.) in the world of form.

We are choosing the ego-mind every time we engage the need to strongly disagree with any person, place, thing, or situation in the present moment.

We are choosing the ego-mind every time we feel we need something or someone to be different (better) than they are right now.

We’re all gonna do it; don’t get me wrong; the ego-mind is gonna surface—we can’t do anything about that from here, lol 😊! Jesus tells us that He will correct of our “mis-creations” in the world of form—that not only are we **not responsible** for fixing or correcting our mis-creations, **we are not capable. That’s His Job. That’s His and the Holy Spirit’s Job.** Our job is to make the choice of Right Mind or ego-mind, continuously. We are, in fact, already making the choice continuously; Jesus asks us to be more Mindful of our continuous choices.

Jesus tells us that **the only thing we can do** is to recognize when the ego-mind does surface, and then make a decision to change our mind. 😊 That’s It! That’s the easy, not difficult, not hard Way. Period. I practice this all the time, and I remain in my Right Mind for most of the time. And it is a fabulous place to be.

Jesus tells us that He cannot change our mind for us. He tells us repeatedly that we have to decide to change our mind. Changing our mind from ego-mind to Right Mind is not only **a** choice, it is the **only** choice presented us, and Jesus asks us to realize that.

Which brings me back to more examples of recognizing the ego-mind when it surfaces:

We are choosing the ego-mind every time we speak of a past or future event.

(This is certainly true when speaking of any unpleasant or unwanted aspects of events. However, I have found that if I am reminiscing about or pondering a pleasant, lovely, joyful, Awareness-Filled event, I feel Holy Spirit and Jesus there, smiling, so I feel that then as more of a now moment of gratitude, which I feel is an aspect of Love, which is Right Mind. I may learn differently later on, but for now, this is my understanding.)

We are choosing the ego-mind every time we think we have a “problem” and we need to do something to “fix” it. *Yes, lol, I do hear what I’m saying. I understand that the whole idea of this seems foreign and must be incorrect. That’s what the ego-mind is telling you—that this could not possibly be true. LOL.* Realize: We can never “fix” things in the world of form. That is the ego-mind’s domain and calling. Jesus tells us in ACIM to **focus only on our this moment internal choice**. He asks us to be continually aware of which teacher are we choosing or following: Holy Spirit or ego.

We are choosing the ego-mind every time we ask Jesus or Holy Spirit or God to remedy or heal something in the world of form, of which God has no Knowledge, and Jesus and Holy Spirit use only for Higher Purpose.

We are choosing the ego-mind every time we allow ourselves to linger in an ego-mind state of being / feeling offended.

Or scared (fearful), or worried, etc. *(see previous list near the top of page 4 above)*

Jesus asks us to bravely, simply admit it to at least ourselves that the ego-mind has surfaced whenever it does. We do not need to deny it, hide it, or feel guilty about it. Jesus and Holy Spirit understand that the ego-minds are going to surface—a zillion times, perhaps—They never fault us or belittle us when that happens. They are telling us that we also know when it happens, and if we could just admit it in that moment (or as soon as possible, otherwise), and make a decision to change our mind to Right Mind, we are doing our full Part.

Spirit Rejoices when we use an ego-mind opportunity to choose Right Mind and rest, relax, rejuvenate in Our Expanding Awareness.

Here are 2 ways I use to change my mind, and I encourage others to use them as well. The first is posted on our Blog already in some other entry:

CHOOSING DIFFERENTLY

❖ *(Use whichever of the following you choose)*

AS SOON AS I REALIZE THAT THE ego-mind HAS SURFACED, I:

❖ SIMPLE 3-STOP PROCESS

- 1) Say to myself something like: “Okay, I notice that the ego-mind has surfaced.
- 2) The only reason that the ego-mind does ever surface is because of the ‘false belief in separation,’ and I choose Holy Spirit’s Truth instead.”

3) Direct my full Attention to my Inner Energy Body, which is my Inner Divine Presence.
Rest in this Peaceful, Joyful, Everlasting, Ever-Expanding Place.

❖ The following can be directed toward self or any other person or situation;
Observing silently:

“I SEE NO ERROR IN THE THINGS YOU SAY OR DO, BECAUSE IN REALITY,
YOU ARE GOD’S PERFECT SPIRIT, JUST AS WE ALL ARE, AND I CHOOSE TO
FOCUS ON THAT.”

Notice if you have any resistance or otherwise uncomfortable feeling as you silently affirm that statement. If you notice that you do, that would mean the ego-mind has surfaced and it is trying to get you to side with it. Choose again. Right then, in that moment, choose differently; Choose Right Mind, and don’t give the ego-mind another thought.

We make this choice—this **Choose Again, Choose Right Mind**—choice each and every time we notice that the ego-mind has surfaced.

In the beginning of this INTENSE PRACTICE, it may seem that the ego-mind is more prevalent than we had thought it was, LOL, but do not be discouraged or tempted to strengthen the ego-mind with thoughts of self-lack or failure, or any other ego trick. Go ahead and Laugh Out Loud if this presents itself, LOL!

I find that whenever I can find it funny, I am headed in the right direction. 😊

We can actually celebrate whenever we notice that the ego-mind has surfaced, because it has just provided us with an opportunity to come back into Right Mind and strengthen our Awareness of Presence and Oneness.

And as our Awareness Expands and Strengthens, the ego-mind will surface less and less, as we remain predominantly in states of Love, Peace, and Joy. Heaven.

*Thank you for allowing me to share and for considering my sharing.
As always, I welcome your positive sharing as well. If you would like to share on this topic, please email me at: Linda@LindaFP.com and type **Blog 6/30/18** in the subject line.
I will post appropriate comments to our Blog, as sub-headings of the topic.*

*In Love and Peaceful Light,
Linda FP*