



Good morning!

Look, I am waving to you, with the coming light,  
from Montana, with my hand and with a joyful  
blinking of my eyes!

Before you continue reading even one more line - close your eyes and, turning inwardly, sing a line of praise. It may be anything – your own words of praise with your own melody, a mantra, a repeated OM, a church song ... And only then go on reading.

Today, before beginning this letter to you, I observed a chickadee, steadily and purposefully tampering with a ball of bird fee that I placed in a bird house on the garden table.

With the same centeredness (perhaps) you also eat your meal when your body calls for it.

My observation made me contemplate on the longing of the heart for *that* bread and water of which Jesus spoke but also others that forever quench hunger and thirst.

And also on the self discipline necessary for perseverance and focus which become increasingly essential to our search. Self discipline for staying on the path which **seems** to become narrower and narrower as we are orienting ourselves less on the outside; as “the old” in us breaks increasingly and “the new” while coming into being, is however, not yet stable.

How is it for you? Do you still hope that you will not “have to” leave the broad path – consisting of habits, commonplace thought patterns of what is necessary, nursing attachments to things and people and, **above all, to your own identifications and preferences?**

Do you still try to find stimulation in seminars, speeches and books (and lessons such as this) where you hear and read truths, which you already heard and read years ago - and which you have already recognized in your heart, knowing they could guide you if only you trusted them?

Or do you - very soon after their re-appearance - sink back into your old routine, into the all-familiar, forgetting that it could also be different?

Are only your thoughts filling up with newness, or also your life? New wine in old wineskins?

I know this is not news to you:

***The path to peace, well-being, healing, joy and wholeness is an inner path visible outside.***

However, it does require self-discipline. And not because somebody against whom you can rebel demands it of you, but because only you yourself can recognize your longing. Take it serious and support it. – Just now I am laughing because I have hardly ever guided anyone who did not struggle with a great deal of defiance and rebellion, with great difficulties in giving them up and not without wild defense – as if they

had a right to defiance and with it a right to joylessness. But they do, you will say. Yes, they do. But defiance is not strength but a stubborn persistence of a view that leads to nothing.

And here I am asking, as Jesus asked the stubborn Helen Schucman - the one who wrote down *A Course in Miracles*: "Do you want to be right or happy?"

One cannot discuss truth. Or do you think so?

All mind acrobatics - which many people tend to enjoy - rather delay thing, while it is tiring. The human *mind* cannot grasp what it is all about, no matter how familiar the spiritual language has meanwhile become to us, or from which old corner the shit has been shoveled into which new corner.

***Only your own experience of God and the heart's knowingness that comes with it will make you see clearly. It will only stay if you cherish it and not let it become a side effect in your life and every day living.***

May you fully allow yourself to be freed and feel the presence of God in yourself.

Maybe you will have to/or will want to keep reminding yourself to stop and consider or that you will have to/or will want to have sisters and brothers on the path remind you.  
Do you want to?

Even Jesus would withdraw from time to time to gather himself.  
Who could possibly believe not to need it or do without?

I know that HE dwells in all of us and that you and I are at home in HIM. This knowledge will never again leave me and I wish for you the same assuredness.

O, the beauty of HIS Life  
O, the beauty of HIS Love  
O, the beauty of HIS Grace

Sincerely

*Christa*