



Exercise: What Do You Want *More* than the Peace of God?

1. Make two lists. These two lists will assist to bring your desires – both the positive and negative ones – up to the light so you can ask Holy Spirit to look upon them with you. In the light of true perception, you can ask Him to reveal what is valuable and what is not. This highly effective practice accelerates the healing process.
2. **List # 1 - Positives:** Find all the things you still believe you want here in the dream. Take your time and be radically honest and specific. These may include financial security, health or a better body, romance and sex, a home, a car, etc.
3. **List # 2 - Negatives:** Take a look at your very own “shield of fear.” Find all those beliefs, values, people, relationships, events, circumstances, things and experiences which cause you concern or stress. They may be in the past, occurring now, or fears of the future. These are areas of unforgiveness. This list may include unresolved factors in your own spiritual journey, or recurrent issues with a sense of unworthiness or unforgiveness. Please be radically honest and specific.
4. Remembering to ask Holy Spirit to look with you at the lists you have compiled, with radical self-honesty, take List # 1 and go through each of your desires, asking and answering the following questions:
 - 1) How would I really feel if this desire were accomplished or fulfilled?
 - 2) Is the fulfillment of this desire more valuable to me than the peace of God?
5. Secondly, with Spirit, review your issues in List # 2 and answer the following question:
 - 1) What does this concern or stress (unforgiveness) give me that is more valuable to me than the peace of God? What is the pay off for the ego?
6. Jesus leaves us with a meaningful question as we look upon our two lists: *“Is this what I would have, in place of Heaven and the peace of God?”*
 - a. *“This is the choice you make. Be not deceived that it is otherwise. No compromise is possible in this. You choose God’s peace, or you have asked for dreams. And dreams will come as you requested them. Yet will God’s peace come just as certainly, and to remain with you forever.” W-185.8:8,9:1-6*
7. **Final Step:** Which of these issues, in both List # 1 and List # 2, are you willing to offer to Holy Spirit for divine repurposing? Are there any beliefs, values or judgments which require forgiveness? The forgiveness process can be found in *The Seven Essential Principles of Quantum Forgiveness (Atonement)* on page 591.
8. Can we perhaps see how the ego is consumed by the delusional idea that these idols will either complete us, or destroy us? Everything we seek for here in the dream arises from some form of fear and lack. But in the peace of God there is no fear or lack. In this peace all is healed and complete.
9. We are not asked to give up that which we presently believe will give us what we want in the world. However, we are asked to give Holy Spirit our “attachment” to them. In other words, are we willing to allow Him to divinely reinterpret and repurpose these illusions? If we don’t do this, the ego will use them all, both positive and negative illusions, for self-sabotage and attack, because they represent fear-based substitutes for the peace of God as our one, shared and Holy Self.