Thought of Awakening # 187 Sami's contemplation 7 July 2025

Pain is another way of describing fear. Pain is experienced as physical sensation or as a "sigh of weariness" - anything that is not peace is pain. When I experience pain in any form, to any degree, I am in agreement with a fear thought that is promoting the current story. I am saying "yes, you're right, fear. I AM in pain, I AM unworthy, I AM confused." In this agreement, I have forgotten truth, reality - the Self. In this forgetting, I am confused and in pain.

Holy Spirit, pain is not the truth of me; it is not my will nor is it Your Will for me. A truer "I AM" statement is "I AM a holy One of God" "I AM as God created me" "I AM that which knows I AM". I choose to teach myself this truth. I choose to agree with these thoughts of Love.

Holy Spirit within me, You are always here. You have never once forgotten me; even when I have forgotten my Self. You speak to me within the story and encourage me to remember You. To remember You is to agree that the Truth is true. It is to give my believing attention to peace.

There is a longing present within me now. I long for You, Lord. But even that longing is a "sigh of weariness" that is confused because You are here. You have me. It is not a future attainment. It is NOW. I choose to use this longing as motivation rather than pain - my true desire is to remember *I AM YOU*. NOW. You are my story now.