

EMBRACING the PRESENT

III

The Holy Instant



The Nature of the Present

Excerpts from A Course in Miracles

Reading: W 289, 308
Ch 15 I The Two Uses of Time
Ch 28 I The Present Memory

B: The Body
Br: Brothers
C: The Changeless
Ch: Christ
E: Effort
PE: Passive Effort
NE: None Effort
F: Forgiveness
G: Giving=Receiving
Gd: God
L: Love
M: Mind
HS: Holy Spirit
MS: Merged, Unity
OS: One Son
P: Portal
S: The Same

Quotes regarding the “changeless” have been included. There is a deep connection with the “changeless” to the present, the holy instant, and eternity, as you will see as you meditate on the following passage. Be open to the Holy Spirit’s guidance. Let Him lead you to the experience of the eternal present.

“Old ideas about time are very difficult to change, because everything you believe is rooted in time, and depends on your not learning these new ideas about it. Yet that is precisely why you need new ideas about time.”

W 308 Para 2 L 1 – 3

“His (the Holy Spirit’s) emphasis is therefore on the only aspect of time that can extend to the infinite, for now is the closest approximation of eternity that this world offers. It is in the reality of ‘now,’ without past or future, that the beginning of the appreciation of eternity lies. For only ‘now’ is here, and only ‘now’ presents the opportunities for the holy encounters in which salvation can be found.”

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Ch. 13 IV Para 7 L 5 – 7

HS

“Father, let me not look upon a past that is not there. For You have offered me Your Own replacement, in a present world the past has left untouched and free of sin. Here is the end of guilt. And here am I made ready for Your final step. Shall I demand that You wait longer for Your Son to find the loveliness You planned to be the end of all his dreams and all his pain?”

W 289 Para 2 L 1 – 5

L

“Reality is changeless. It is this that makes it real, and keeps it separate from all appearances. It must transcend all form to be itself. It cannot change.”

Ch. 30 VIII Para 1 L 6 – 9

C

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“The birth of Christ is now, without a past or future. He has come to give His present blessing to the world, restoring it to timelessness and love. And love is ever-present, here and now.”

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W 308 Para 1 L 6 – 8

Ch L

“This instant is the only time there is.”

W 308 Title

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- “The holy instant is a miniature of eternity. It is a picture of timelessness, set in a frame of time.” **
Ch. 17 IV Para 11 L 4 - 5
- “What time but now can truth be recognized? The present is the only time there is. And so today, this instant, now, we come to look upon what is forever there; not in our sight, but in the eyes of Christ. He looks past time, and sees eternity as represented there.” ** W 164 Para 1 L 1 - 4 Ch
- “...the whole of Heaven lies in this instant, borrowed from eternity and set in time for you.” **
Ch. 17 IV Para 11 L 8
- “Christ is still there, although you know Him not. His Being does not depend upon your recognition. He lives within you in the quiet present, and waits for you to leave the past behind and enter into the world He holds out to you in love.” **
Ch. 13 VII Para 8 L 7 - 9 Ch L
- “Now is the time of salvation, for now is the release from time. Reach out to all your brothers, and touch them with the touch of Christ. In timeless union with them is your continuity, unbroken because it is wholly shared.” * In Unity pamphlet Ch. 13 VI Para 8 L 1 - 4 MS Ch Br
- “The present offers you your brothers in the light that would unite you with them, and free you from the past.” * Ch. 13 VI Para 7 L 1 MS Br
- “Thanks for this instant, Father. It is now I am redeemed. This instant is the time You have appointed for Your Son's release, and for salvation of the world in him.” * W 308 Para 2 L 1 - 3
- “Why wait for Heaven? It is here today. Time is the great illusion it is past or in the future. Yet this cannot be, if it is where God wills His Son to be. How could the Will of God be in the past, or yet to happen? What He wills is now, without a past and wholly futureless.” ** W 131 Para 6 L 1 - 6 Gd
- “The little breath of eternity that runs through time like golden light is all the same; nothing before it, nothing afterwards. You look upon each holy instant as a different point in time. It never changes. All that it ever held or will ever hold is here right now. The past takes nothing from it, and the future will add no more. Here, then, is everything.” ** Ch. 20 V Para 5 - 6 L 8 - 5 C
- “And you will see the Christ in him because you let Him come to you. And when He has appeared to you, you will be certain you are like Him, for He is the changeless in your brother and in you.” ** Ch. 30 VIII Para 5 L 8 - 9 C MS Ch Br
- “I (Jesus) stand within the holy instant, as clear as you would have me. And the extent to which you learn to accept me is the measure of the time in which the holy instant will be yours. I call to you to make the holy instant yours at once, for the release from littleness in the mind of the host of God depends on willingness, and not on time.” ** Ch. 15 IV Para 5 L 1 - 3 M Gd
- “*Because* reality is changeless is a miracle already there to heal all things that change, and offer them to you to see in happy form, devoid of fear. It will be given you to look upon your brother thus.” Ch. 30 VIII Para 5 L 1 - 2 C Br
- “Reality is changeless. Miracles but show what you have interposed between reality and your awareness is unreal, and does not interfere at all.” ** Ch. 30 VIII Para 4 L 1 - 2 C

“Reality is changeless. It does not deceive at all, and if you fail to see beyond appearances you *are* deceived. For everything you see will change, and yet you thought it real before, and now you think it real again.”

Ch. 30 VIII Para 1 L 2 – 4

C

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“In the holy instant there is no conflict of needs, for there is only one. For the holy instant reaches to eternity, and to the Mind of God. And it is only there love has meaning, and only there can it be understood.”

Ch. 15 V Para 11 L 4 – 6

M L Gd

“The past is over. It can touch me not.”

W 289 Title

“Unless the past is over in my mind, the real world must escape my sight. For I am really looking nowhere; seeing but what is not there. How can I then perceive the world forgiveness offers? This the past was made to hide, for this the world that can be looked on only now. It has no past. For what can be forgiven but the past, and if it is forgiven it is gone.”

W 289 Para 1 L 1 – 6

F

“And you will see the love beyond the hate, the constancy in change, the pure in sin, and only Heaven's blessing on the world.”

W 151 Para 11 L 3

L C

“I will remain forever as I was, created by the Changeless like Himself.”

W 112 Para 2 L 2

C

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“Nothing is asked of you but to accept the changeless and eternal that abide in him, for your Identity is there.”

Ch. 29 V Para 3 L 3

C MS Br

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“Let us join together in making the holy instant all that there is, by desiring that it *be* all that there is. God's Son has such great need of your willingness to strive for this that you cannot conceive of need so great.”

Ch. 15 VIII Para 2 L 4 - 5

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“The holy instant is truly the time of Christ. For in this liberating instant no guilt is laid upon the Son of God, and his unlimited power is thus restored to him.”

Ch. 15 X Para 2 L 1 – 2

Ch

“He Who transcends time for you understands what time is for. Holiness lies not in time, but in eternity. There never was an instant in which God's Son could lose his purity. His changeless state is beyond time, for his purity remains forever beyond attack and without variability. Time stands still in his (God's Son's) holiness, and changes not. And so it is no longer time at all. For caught in the single instant of the eternal sanctity of God's creation, it is transformed into forever. Give the eternal instant, that eternity may be remembered for you, in that shining instant of perfect release. Offer the miracle of the holy instant through the Holy Spirit, and leave His giving it to you to Him.”

Ch. 15 I Para 15 L 3 – 11

C HS Gd

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“The miracle reminds you of a Cause forever present, perfectly untouched by time and interference. Never changed from what It is. And you are Its Effect, as changeless and as perfect as Itself. Its memory does not lie in the past, nor waits the future. It is not revealed in miracles. They but remind you that It has not gone.”

Ch. 28 I Para 9 L 4 – 9

C

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“For a miracle is *now*. It stands already here, in present grace, within the only interval of time that sin and fear have overlooked, but which is all there is to time.”

Ch. 26 VIII Para 5 L 8 - 9

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“The instant's silence that His Son accepts gives welcome to eternity and Him, and lets Them enter where They would abide.”

Ch. 28 I Para 12 L 5

“And see, instead, the new effects of cause accepted *now*, with consequences *here*. They will surprise you with their loveliness. The ancient new ideas they bring will be the happy consequences of a Cause so ancient that It far exceeds the span of memory which your perception sees.” Ch. 28 I Para 7 L 7 - 9

“The present now remains the only time. Here in the present is the world set free. For as you let the past be lifted and release the future from your ancient fears, you find escape and give it to the world.”

W 132 Para 3 L 1 - 3

“Fear is not of the present, but only of the past and future, which do not exist. There is no fear in the present when each instant stands clear and separated from the past, without its shadow reaching out into the future. Each instant is a clean, untarnished birth, in which the Son of God emerges from the past into the present. And the present extends forever. It is so beautiful and so clean and free of guilt that nothing but happiness is there. No darkness is remembered, and immortality and joy are now.”

Ch. 15 I Para 8 L 2 - 7

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“He to Whom time is given offers thanks for every quiet instant given Him. For in that instant is God's memory allowed to offer all its treasures to the Son of God, for whom they have been kept. How gladly does He offer them unto the one for whom He has been given them!” Ch. 28 I Para 12 L 1 - 3 Gd

“There is no past to keep its (the mind of fear) fearful image in the way of glad awakening to present peace. The trumpets of eternity resound throughout the stillness, yet disturb it not. And what is now remembered is not fear, but rather is the Cause that fear was made to render unremembered and undone. The stillness speaks in gentle sounds of love the Son of God remembers from before his own remembering came in between the present and the past, to shut them out.”

Ch. 28 I Para 13 L 3 - 6

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“Time is inconceivable without change, yet holiness does not change. Learn from this instant more than merely that hell does not exist. In this redeeming instant lies Heaven. And Heaven will not change, for the birth into the holy present is salvation from change. Change is an illusion, taught by those who cannot see themselves as guiltless. There is no change in Heaven because there is no change in God. In the holy instant, in which you see yourself as bright with freedom, you will remember God. For remembering Him is to remember freedom.”

Ch. 15 I Para 9 L 1 - 8

C Gd

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“Begin to practice the Holy Spirit's use of time as a teaching aid to happiness and peace. Take this very instant, now, and think of it as all there is of time. Nothing can reach you here out of the past, and it is here that you are completely absolved, completely free and wholly without condemnation. From this holy instant wherein holiness was born again you will go forth in time without fear, and with no sense of change with time.”

Ch. 15 I Para 9 L 4 - 7

HS C MS

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“You could live forever in the holy instant, beginning now and reaching to eternity...”

Ch. 15 IV Para 6 L 3

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“Look lovingly upon the present, for it holds the only things that are forever true. All healing lies within it because its continuity is real. It extends to all aspects of the Sonship at the same time, and thus enables them to reach each other. The present is before time was, and will be when time is no more. In it are all things that are eternal, and they are one.”

Ch. 13 VI Para 6 L 2 - 6

MS

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“It takes far longer to teach you to be willing to give Him this (an instant) than for Him to use this tiny instant to offer you the whole of Heaven. In exchange for this instant He stands ready to give you the remembrance of eternity.”

Ch. 15 I Para 11 L 4 - 5

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“The constancy of joy is a condition quite alien to your understanding. Yet if you could even imagine what it must be, you would desire it although you understand it not. The constancy of happiness has no exceptions; no change of any kind. It is unshakable as is the Love of God for His creation. Sure in its vision as its Creator is in what He knows, happiness looks on everything and sees it is the same. It sees not the ephemeral, for it desires everything be like itself, and sees it so. Nothing has power to confound its constancy, because its own desire cannot be shaken.” Ch. 21 VIII Para 2 L 1 - 7 C L Gd

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“The Christ as revealed to you now has no past, for He is changeless, and in His changelessness lies your release.” Ch. 13 VI Para 3 L 2 C Ch

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“The joy of Heaven, which has no limit, is increased with each light that returns to take its rightful place within it. Wait no longer, for the Love of God and *you*. And may the holy instant speed you on the way, as it will surely do if you but let it come to you.” Ch. 16 VI Para 11 L 5 - 7 L Gd

“The holy instant is this instant and every instant. The one you want it to be it is. The one you would not have it be is lost to you. You must decide when it is. Delay it not. For beyond the past and future, where you will not find it, it stands in shimmering readiness for your acceptance. Yet you cannot bring it into glad awareness while you do not want it, for it holds the whole release from littleness.” Ch. 15 IV Para 1 L 4 - 9

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“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.” Ch. 15 II Para 5 L 4 - 6

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“The miracle enables you to see your brother without his past, and so perceive him as born again.” Ch. 13 VI Para 5 L 1 Br

“Let no dark cloud out of your past obscure him from you, for truth lies only in the present, and you will find it if you seek it there. You have looked for it where it is not, and therefore have not found it. Learn, then, to seek it where it is, and it will dawn on eyes that see. Your past was made in anger, and if you use it to attack the present, you will not see the freedom that the present holds.” Ch. 13 VI Para 5 L 4 - 7

“You can claim the holy instant any time and anywhere you want it.” Ch. 15 IV Para 4 L 4

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“Start now to practice your little part in separating out the holy instant. You will receive very specific instructions as you go along. To learn to separate out this single second, and to experience it as timeless, is to begin to experience yourself as not separate. Fear not that you will not be given help in this. God's Teacher and His lesson will support your strength. It is only your weakness that will depart from you in this practice, for it is the practice of the power of God in you.” Ch. 15 II Para 6 L 1 - 6 MS Gd

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Practice giving this blessed instant of freedom to all who are enslaved by time, and thus make time their friend for them. The Holy Spirit gives their blessed instant to you through your giving it. As you give it, He offers it to you. Be not unwilling to give what you would receive of Him, for you join with Him in giving. Ch. 15 I Para 13 L 3 - 6 HS Br

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In this one, still dimension of time that does not change, and where there is no sight of what you were, you look at Christ and call His witnesses to shine on you *because you called them forth.* Ch. 13 VI Para 7 L 5 C Ch

In You (God) time disappears, and place becomes a meaningless belief. W 264 Para 1 L 3 Gd **

We look straight into the present. And we give our trust to the experience we ask for now. Our sinlessness is but the Will of God. This instant is our willing one with His. W 181 Para 9 L 5 – 8 Gd **

Release the future. For the past is gone, and what is present, freed from its bequest of grief and misery, of pain and loss, becomes the instant in which time escapes the bondage of illusions where it runs its pitiless, inevitable course. Then is each instant which was slave to time transformed into a holy instant, when the light that was kept hidden in God's Son is freed to bless the world. Now is he free, and all his glory shines upon a world made free with him, to share his holiness. W 181 Para 9 L 5 – 8 **

“If you would remember eternity, you must look only on the eternal. If you allow yourself to become preoccupied with the temporal, you are living in time. As always, your choice is determined by what you value. Time and eternity cannot both be real, because they contradict each other. If you will accept only what is timeless as real, you will begin to understand eternity and make it yours.” Ch. 10 V Para 14 L 5 - 9 **

“Reality is changeless. It does not deceive at all, and if you fail to see beyond appearances you *are* deceived. For everything you see will change, and yet you thought it real before, and now you think it real again.” Ch. 30 VIII Para 1 L 2 – 4 C **

“And so each instant given unto God in passing, with the next one given Him already, is a time of your release from sadness, pain and even death itself.” In Darkness to Light pamphlet W 194 Para 3 L 4 Gd **

“The stillness and the peace of *now* enfold you in perfect gentleness. Everything is gone except the truth.” Ch. 16 VII Para 6 L 5 - 6 **

“Between the future and the past the laws of God must intervene, if you would free yourself. Atonement stands between them, like a lamp shining so brightly that the chain of darkness in which you bound yourself will disappear.” Ch. 13 IX Para 1 L 7 – 8 Gd **

“Yet the awareness of changelessness comes swiftly as the veil of time is pushed aside.” Ch. 15 VI Para 4 L 4