

# The Practice of the “Holy Instant”

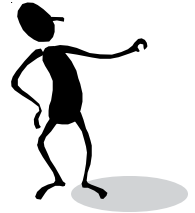
by Dan Joseph



According to *A Course in Miracles*, we were created to bask in God’s Love – to receive and extend divine peace and joy. Quite a lifestyle!

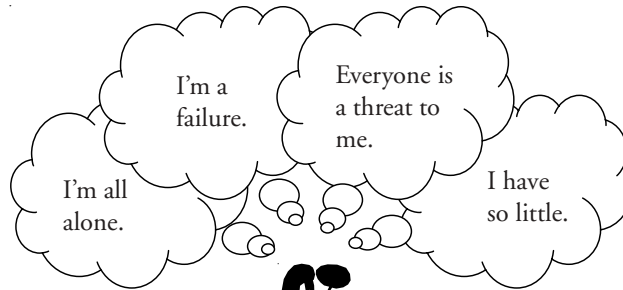


I think I’ve had enough of this love stuff. Let me try something else.



However, at some point, we decided to try something else. Instead of accepting and sharing the Love of God, we began to invent other types of thoughts: egocentric thoughts. Fearful thoughts. Violent thoughts.

This continued until we found ourselves surrounded by a vast number of unloving thoughts of our own invention.



It was a depressing place to be! Not only were the thoughts painful, but the Light of God seemed to have completely vanished.



And yet, here is where we can use a wonderful spiritual practice – what *A Course in Miracles* calls the “holy instant.”



In the practice of the holy instant, we become willing – *just for a moment* – to release all of our unloving thoughts, and once again accept (and share) the Love of God. Just for a moment.



The more “holy instants” we allow ourselves, the more we realize that the light of God’s Love has *not* gone out – it has simply been obscured. And we recall how wonderful it is to bask in it once again.