



## **A Course in Miracles Mentoring ©**

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### **DAY 1 - Crisis & Emergencies**

#### **Key Topics:**

- A Course in Miracles, a Calm Voice in the Storm
- A Course in How to Love Yourself
- Love Doesn't Judge. It simply Is.
- Important Steps to Take
- When Does the Shift Occur?

#### **A Course in Miracles, a Calm Voice in the Storm**

There are moments in your life when startling things happen, and you have no idea what to do, who to turn to, or how to respond. Life can take rapid turns, shifting abruptly from calm to chaotic waters in the flash of an instant. You might feel like your boat is flipping over, or it's just about to, and you find you are unprepared to deal with the challenges ahead.

It wasn't until I started studying A Course in Miracles, that I learned how these turbulent times could be transformed into a comforting melody of peace and happiness. There is a calm voice in the storm that will tell you what to do, what to say, how to respond and when, to ensure your safety and a peaceful outcome. It is my pleasure to share with you some of the reliable concepts and tools I learned, that have helped me to rapidly move through and beyond every one of my fears and heart-pounding challenges.

The principles in A Course in Miracles ("ACIM") will prove themselves to you as you go along. You will learn how to release fear, worry, stress, and concern, while a gentle sense of peace naturally emerges from within you. You will find out why things are happening the way they are, and be shown specific steps on how to move beyond the worry, stress, and challenges.

The principles in the Course will feel like the hand of a loving and reassuring friend, right there to guide and steady you, and remind you that you are loved, safe, and secure. The more you reach for that hand, your sense of inner peace and confidence will grow, your relationships will heal, your circumstances will shift, and things that used to bother or frustrate you, will no longer be a factor. It will feel like you have an "inner compass" that can be relied on for guidance during emergencies and tranquil times, and everything in between. My goal is to help you locate and learn how to use your inner compass, with the help of your Higher Wisdom, so you will never lose your way.

## **A Course in How to Love Yourself**

A Course in Miracles could be summed up as, “A Course in How to Love Yourself.” You will be shown the barriers you have placed against love, and even more importantly, how to lay them down so you can receive the great happiness that is rightfully yours. For some people, every day is another day of challenge and survival. For others, the days pass by with disappointments, frustration, loneliness, conflict, or perhaps circumstances that rage out of control. Whatever your challenges are, you will find answers here. A Course in Miracles offers practical wisdom on how to respond when help is needed, so you can be gently guided to a peaceful outcome. By practicing the principles in A Course in Miracles with consistency, you will find that the challenges you once faced will heal and disappear from your life, replaced by a consistent state of peace and happiness.

## **Love Doesn’t Judge. It Simply Is.**

God is pure love, with no opposite. Love doesn’t judge. It simply is. In the light of love, there is a feeling of absolute safety. That’s how you know you are in Love’s Presence. If it doesn’t feel like love, then it is not of God. If it is not of God, then it is time to tune back in and turn to God. If you ever feel “outside of love” then all you need to do is invite love to enter, and it will rush to meet you and remind you that you are loved and safe.

## **Helpful Steps To Take in a Crisis**

When you are facing a crisis or an emergency, there are a few helpful steps to take to calm your mind, regain your sense of direction, and bring light to the path ahead.

1. The moment your peace is disturbed for any reason, turn directly to God through prayer. Prayer is the medium for communication with God and the vessel for inviting miracles. You can get a Free Download of my Miracles in Prayer Book at [FreePrayerBook.com](http://FreePrayerBook.com), a resource for prayer support that is available to everyone.
2. If you’d like to create a prayer of your own, you can include these three components “**A.S.C.**” in your prayer, to give you a quick and reliable structure to turn to for help:
  - a. **A** – Acknowledge the Problem and Ask for Help
  - b. **S** – Surrender the Problem and Turn it Over to God
  - c. **C** – Choose Again and Make a Reservation for a Peaceful Outcome
3. Be willing to know that there is no order of difficulty in miracles. This means that there is no problem that is too difficult, too complex, or too large for God to solve. When you turn to God, be willing to expect that your problem will be peacefully and easily resolved. Your level of trust will increase over time through your own practice, experience, and results.
4. Your part is to invite the healing through prayer and to make a reservation for a peaceful and positive outcome. The Holy Spirit’s function is to accomplish the healing for you. It is important that you understand your function, so you are not tempted to

take on the Holy Spirit's function and try to solve the problem yourself. If you resort to doing this, then the Holy Spirit must wait until you change your mind.

The Holy Spirit, as defined by A Course in Miracles, is the bridge of consciousness between you and God. The Holy Spirit is aware of perfect knowledge as given by God, and is also aware of your fear, frustrations, circumstances, and concerns. God knows no fear, therefore, the Holy Spirit was the Answer (given by God) to help you in healing the conditions that brought your fear about.

5. Trust that God will answer you and that every person in your situation will rise to do their part in the accomplishment of the healing, as needed. Raise the bar on your expectation for a peaceful and positive outcome.

**Remember:**

- Your part is to invite the healing
- The Holy Spirit's part is to accomplish the healing for you

**When Does the Shift Occur?**

A Course in Miracles teaches that your only problem is that you have accepted the false idea that you are separate from God; being pure Love. By accepting this false idea, you are now looking at a world that seems separate, fragmented, filled with conflict, suffering, lack, loneliness, and despair; a place where it is easy to feel vulnerable and powerless. This one problem of believing that you are separate from God, is driving all of your other problems. Once this false idea of separation is healed in your mind, then all other problems begin to resolve and heal.

The shift or healing you are looking for begins when your willingness to move beyond the worry, fear, and pain, is higher than your willingness to stay in it. Once you have reached this level of eagerness, then Holy Spirit (upon your invitation) can show you your way back to peace.