



## **Personal Online Coaching ©**

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

#### **Key Topics:**

- Coach in the Corner
- It Is Not Up To You To Solve This
- Your Inner Guide and Teacher of Peace
- God is Pure Love
- Reality vs. Projection or Illusion
- Avoid the Temptation to Write a Bad Ending
- Bite-Size Pieces

#### **Coach in the Corner**

As your Personal Online Coach, I will be using this section to talk with you directly, almost like a coach in the corner of a boxing ring. My goal is to help you to reclaim your peace of mind and the happy life you were intended to have. I will remind you frequently of your worthiness, your capacity to move beyond challenges, and I will introduce you to your Light Team of Supporters that you have on your side, including me, to reinforce your steps along the way. I will ask you to love yourself, be patient with yourself, and to turn inward to your Inner Guide and Compass, where you will find all the answers you are looking for. If this seems unfamiliar, I will show you step-by-step how this is done.

#### **It Is Not Up To You To Solve Your Situation**

Whenever you are faced with a crisis or an emergency, the most important thing to do is to turn to God immediately and choose a peaceful outcome. You might call “God” by a different name, such as: Source, Higher Self, Wise Mind, Divine Intelligence, Universe, Holy Spirit, Jesus, or some other name. For now, the name is not as important as your recognition that there is something Loving and Wise to turn to that will help you, any time help is needed.

It is not up to you to solve your situation. In fact, if you try to solve it yourself, you are likely to get in the way and delay the healing. This is not because you are flawed or incapable of doing things yourself. You are very capable on every level. The problem is that you still have fear in your mind, and fear is like a cloud that blocks you from knowing what to do. Once the fog of fear is gone, you will hear the voice of Higher Consciousness directly, and you will know what to do in every situation. Until then, A Course in Miracles offers that you should never go to your own mind for healing, for it is your own mind that brought you the situation you are in.

### **Your Inner Guide and Teacher of Peace**

You have an Inner Guide that I call “The Teacher of Peace.” Your Teacher of Peace (being the Wisdom of Holy Spirit, God, Higher Consciousness) is always standing by and eager to assist. Your Teacher of Peace has no fear and knows every answer on what to do and what needs to happen to ensure a peaceful outcome for everyone involved. Your part is to set the goal of peace, and then ask your Teacher of Peace to guide you there. The Course teaches that the Holy Spirit, being your Teacher of Peace, will respond to your slightest invitation. You might have experience in doing this, or perhaps you don’t. I will start at the beginning, just in case you haven’t done this before.

### **God is Pure Love**

You may or may not realize this, but God, the Cause and Creator, is Pure Love, with no opposite. Pure Love will never push you, manipulate you, force you, control you, or decide for you because It is loving. You are the Beloved Child of God, and it is your Creator’s will that you are happy and that you have everything.

### **Reality vs. Projection or Illusion**

Somewhere along the way, you accepted the false idea that you could be separate from God, and now you look upon a world that reflects your belief in separation. This is called “projection or illusion” because what you are seeing now is not based in Truth. Your eyes are not seeing. They are “reporting to you” what you believe. Once the false idea of separation is healed in your mind, you will see everything differently and your eyes will show you an entirely different and much happier life experience.

### **Avoid the Temptation to Write a Bad Ending**

When you are faced with a crisis or an emergency, it is tempting to expect the worst to happen or to anticipate disaster, devastation, loss, financial ruin, or persecution from others. As your Personal Coach, I am asking you to NOT do this, as it will only delay the healing you would like to have. Imagine that you are holding a book in front of you, and it contains all the details of your life within its pages. Further imagine that you came upon a chapter that you are finding stressful, and you are tempted to fill in the rest of the pages with what you fear will happen. Stop right there and put the pen down. Instead, imagine leaving the pages blank and turning them over to God to be filled in for you. If you are tempted to pick the pen back up, then put it down again, and again. It is not in your best interest to fill in the pages yourself because your mind is still invested in fear. Your part is to leave the pages blank, set the goal of peace, invite your Teacher of Peace to take over, and be willing to see everything differently. This is what creates fertile ground for miracles to occur. Be sure to go through the Prayers, Tools, Meditations, and Tutorials to help you release fear and make room for a peaceful outcome.

### **Bite-Size Pieces**

In this world, there are many demands on your time and attention, so I will be sharing many life-changing concepts with you in “bite-size” pieces. If you are thirsty for more and at a faster pace, you are welcome to enjoy our **Free ACIM Audio Library** at: [ACIMLibrary.com](http://ACIMLibrary.com). You can also subscribe to our **Free ACIM Audio Workbook Lessons** (365 Lessons delivered 1 per day via email) at: [ACIMAudioLessons.com](http://ACIMAudioLessons.com). These free public resources are available to everyone.