



## A Course in Miracles Mentoring ©

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### DAY 12 – Breaking the Pattern of Lack

#### Key Topics:

- Where does lack come from?
- The Bell and the Ding
- The Cause must be healed for lasting results
- Your eyes and senses “report what you believe”
- You are always looking at your past thoughts
- Why does healing lack take so long?
- Step #1 – You are the dreamer of your dream
- Step #2 – Invite your Teacher of Peace to heal your misperceptions
- Step #3 – Neutralize negative charges from experiences of the past
- Step #4 – Forgive everyone, including yourself, for everything
- Step #5 – You must deny the denial of truth

#### Where does lack come from?

The experience of lack is the effect of accepting the false idea that you are separate from God. Many people think of “lack” as a condition or a cause, in and of itself, when actually it is the effect of a misperception. The only way to heal the experience of lack, being an effect, is to heal the cause that produced it in the first place.

#### The Bell and the Ding

Here’s an example of cause and effect to help explain this concept. If you were to strike a bell, it would make a ding, or a ringing sound. The bell is the cause of the ding, and the ding is the effect of the bell. If you don’t like the sound of the ding, you wouldn’t chase the ding around the room trying to change its sound. If you want to change the sound of the ding, the effect of the bell, then you would need to change out the bell.

The same is true with lack and scarcity. Lack is the effect of the misperception that you are separate from God. In order to effect or change your experience of lack, you must go back to where your lack is coming from and change it there. Your experience of lack is coming from your misperception that you are separate from God. If you try to change or heal it in any other way, you will not experience lasting change.

#### The Cause must be healed for lasting results

God did not create lack, nor any condition in which you would or could be lacking anything. If you are lacking something, it is because you have forgotten who you are, as the Holy Child of God. In order to solve the problem of lack, the problem must be addressed at the level of the cause that is producing it. Your misperception must be healed at its root. Your Teacher of Peace

is the One to accomplish the healing for you. If you are trying to solve your problem of lack by attempting to get more money, find a loan, or make more income, then you are “chasing the ding around the room” and you will not have lasting results. You might have temporary results (because you believe your efforts matter), but lasting consistent results and abundance will come only when the cause of the lack has been healed.

In the Course, it says, “A sense of separation from God is the only lack you really need correct. This sense of separation would never have arisen if you had not distorted your perception of truth, and had thus perceived yourself as lacking. The idea of order of needs arose because, having made this fundamental error, you had already fragmented yourself into levels with different needs. As you integrate you become one, and your needs become one accordingly. Unified needs lead to unified action, because this produces a lack of conflict.” Ch.1.VI.2.1-4

### **Your eyes and senses “report what you believe”**

It’s important to remember that your thoughts are creating 100% of the time. If you have fearful thoughts, then you will project fearful images. If you have peaceful thoughts, then you will project peaceful images. Everything you see is the outside picture, or a projection, of your thoughts and beliefs. It is like you are in a movie theater and your life is on the screen in front of you, and the projector is coming from your mind. Your eyes and senses are only “reporting to you” what you believe. If you have a pattern of lack, it simply means that you have accepted the misperception that you are separate from God, and you are investing your time in thoughts about lack. Without realizing it, you are likely using what you see (i.e., your projection) to validate your misperception, and the cycle of lack goes on and on.

### **You are always looking at your past thoughts**

This cycle of lack would seem to go on forever, due to your temptation to use what you see to validate your financial condition. If you look into your wallet or bank account and see there is not enough money, then you are likely to use what you see to decide how you are doing. The Course teaches that you are always looking at your past thoughts. This is a device your ego is using to keep producing the past over and over again. You have a fearful thought and then you project it as a fearful experience, and then you use the fearful experience to validate your fearful thought, and the cycle continues. Once you understand that you are only looking at your past thoughts and beliefs, this should give you a sense of relief in that what you are seeing is NOT the truth. What you see, is the result of what you believe. Once your beliefs are healed by your Teacher of Peace, your projections (i.e., external experiences) will shift and heal also, due to the natural laws of cause and effect.

In ACIM Lesson 8.1, it says, “No one really sees anything. He sees only his thoughts projected outward. The mind's preoccupation with the past is the cause of the misconception about time from which your seeing suffers. Your mind cannot grasp the present, which is the only time there is. It therefore cannot understand time, and cannot, in fact, understand anything.”

### **Why does healing lack take so long?**

It is not that healing lack takes so long. The problem is that you are very convinced and invested in your beliefs about lack. You see lack in the world just about everywhere because it is a very commonly held deep-rooted collective belief. You have taught yourself, or accepted the idea

that lack is not only possible, but it is expected. If you don't believe this, just ask yourself this question:

"I don't have enough money because \_\_\_\_\_" and then write down all of the answers you come up with. You will likely find that your ego has many reasons why you don't have enough money. Here are a few of the more common reasons:

- **I don't have a job**
- **I don't have a high-paying job**
- **I don't have an income**
- **I'm from a low-income family**
- **I'm not educated enough**
- **I didn't save enough**
- **I didn't invest enough**
- **I don't get enough support**
- **I'm too old**
- **I have too many expenses**
- **I don't have enough to invest**
- **The economy is down**
- **There are not enough jobs out there**
- **Someone took my money from me**
- **Etc.**

If you are allowing even one of the above reasons to have "floor time" in your mind, then your Teacher of Peace cannot heal your thoughts about lack for you, until you change your mind. Not to worry, as your Teacher of Peace is in charge of your healing and He is also responsible for making sure that you are successful. His plan for your healing is guaranteed, as long as you are willing to follow only His Guidance. He must wait until you want **ONLY** that. In the Teachers' Manual in A Course in Miracles, it says, "Healing is accomplished the instant the sufferer no longer sees any value in pain." ACIM TM.5.I.1 In this sentence, you can substitute the word "value" with the word "reason" and write the sentence this way, "Healing is accomplished the instant the sufferer no longer sees any more reasons for their pain." Without realizing it, you have been buying the common beliefs about lack, and you have been using them to delay your happiness and abundance.

This following is a list of some of the steps required to break your pattern of lack:

### **Step #1 – You are the dreamer of your dream**

The first step in breaking your pattern of lack is to reclaim who you are, as the Holy Child of God, Himself. **You are one with God** and you are the **dreamer of your dream**. This means you must take responsibility for what you see in your life. It is happening from you and not to you. This must be understood and accepted, otherwise effective and lasting change is impossible. It is not up to you to heal your mind, however, it is up to you to recognize that your thoughts and perceptions need healing.

### **Step #2 – Invite your Teacher of Peace to heal your misperceptions**

If you do not like the pattern of lack that you are experiencing right now, you must ask your Teacher of Peace to heal your mind for you. Your part is to abandon your old fearful thoughts and beliefs from the past, and to focus only on the guidance of your Teacher of Peace. Your Inner Guide cannot fail.

### **Step #3 – Neutralize negative charges from experiences of the past**

It is challenging to see things differently, or to gain a new perspective, when you are still hurting from past experiences. It's kind of like trying to see things differently while you believe that your pants are on fire. I will help you to neutralize the flames and release the negative charges from your past, over the next several weeks. We will work on this one together, with our Teacher of Peace as our guide.

### **Step #4 – Forgive everyone, including yourself, for everything**

This may sound like a tall order, but your judgments of other people are blocking you from the happiness, abundance, light, and miracles you desire. I will explain much more on this one later. I want you to know its coming, so you can practice forgiving others now. Forgive quickly and often, and be willing to see the light in them (whether or not they see it, or show it to you).

### **Step #5 – You must deny the denial of truth**

Until now, it is likely that you've been playing on ego's team as a willing player. **It is time to switch teams!** If you would like a heavenly life that you love, then you must join the heavenly light team, where there is only light, and no darkness or lack.

To be on the "light team" (in the awareness of truth) requires that you be willing to understand that God did not create suffering, delay, lack, evil, pain, sadness, illness, or any other form of darkness. You are seeing these conditions only because you believe they are possible. You adopted this belief system the moment you accepted that you could be separate from God, which has never occurred.

In the Course, this is called, "Denying the denial of truth". Instead of denying the truth, as you most likely have been doing, it is now time to **deny the denial of truth**. In plain language, this means that you are willing to commit yourself to the truth and only the truth. If you entertain "a little bit of darkness" then you are playing in ego's territory, and your ego is very skilled in its deception. Every day, I will be sharing ways for you to understand this more fully and what to do, to help you move forward and into the light, abundance, peace, and happiness that is already yours.

In the Course, it says, "Do not forget that sacrifice is total. There are no half sacrifices. You cannot give up Heaven partially. **You cannot be a little bit in hell.** The Word of God has no exceptions." ACIM TM.13.7