



## Personal Online Coaching ©

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### DAY 12 – Breaking the Pattern of Lack

#### Key Topics:

- Your will vs. God’s will
- Vision Boards
- Results are “spotty” and then consistent

#### Your will vs. God’s will

In Chapter 30 in *A Course in Miracles*, on “Rules for Decision Making”, you are taught to think about your perfect happy day, and then let God bring it to you. Some people get confused by being told to “think about your perfect day” on one hand, and to “make no decisions by yourself” on the other hand. In every case, the Holy Spirit knows what will make you happy, because Divine Intelligence knows everything about you, past, present, and to come. The more you practice, the more you will trust your Teacher of Peace because of the results that are achieved. There will come a day when you wouldn’t think of deciding yourself, because you already know where the highest, happiest, and greatest answer will come from.

In the earlier stages of practice, I ask my students to think about their perfect day and imagine what it would feel like, and what you would see, if everything was just the way you’d like it to be. This will help you to practice being happy. Believe it or not, we all need practice at being happy, in the beginning stages of awakening, usually because we haven’t been happy in a while.

The practice of thinking of your perfect happy day and letting God bring it to you, is more of an exercise for the learner and a statement of fact, than anything else. It is a statement of fact because God’s will is your will. If you spend time thinking about happy, joyful thoughts, you will find that it is God’s will that you have what you are happy about, and it will come right to you.

#### Vision Boards

There was a time when Terry and I created a large vision board. We went to the store and bought a huge bulletin board and enough plush red velvet fabric to cover the board. In the center of the board, we placed a circle with the words “Peace of God” written in the middle, to signify that this was our primary goal. We spent a good amount of time thinking about what our joyful vision was, and we cut out pictures of things we would like to enjoy and placed them all over the board. Every time we looked up at the board, it brought up happy and joyful feelings. About a year later, I got up one morning and was guided to take down all the pictures and to

leave the “Peace of God” words in the center of the board. The pictures had helped to raise our expectations of life and our willingness to receive joyfully, and now the pictures were no longer necessary. It was very clear, at that time, that there is only one goal that is worthy of us and that is the “Peace of God”. To this day, the vision board is in our bedroom, with only those three words in the center. Many things have since manifested that were on the board, with a few more to come. I still think that going through this process is a good idea:

1. Start by thinking and/or meditating about experiences that bring up your joy, and let God bring them to you. This helps you raise your vibration of joy overall.
2. Create a vision board with all of your joyful and happy expressions on the board to look at every day, for a period of time. Place the words “Peace of God” in the center. I included a picture of our visioning board under the “other tools” in your daily email. Notice the beautiful “white orb” that is shooting across the board. Apparently the “Angelic White-Light Being” really likes our board. I notice that the orb did not show up until we took our pictures down.
3. At some point, when you feel ready, take down all the pictures and leave the words “Peace of God” in the middle of the board. It is a wonderful reminder of what your true goal is, and this one goal includes all happy and joyful experiences within it.

### **Results are “spotty” and then consistent**

When you are working on a breakthrough of a life-long habit or negative pattern, the results will show up “spotty at first” in glimpses, and then those glimpses will increase to form a steady flow of positive shift and change. The results are inconsistent at first, because you are inconsistent at first. Perhaps you are doing the prayers, your goal is peace, you are willing to see everything differently, forgiving everyone and yourself, you are denying that lack is possible wherever you see it, and you are asking Holy Spirit to guide your every step, and you are still not seeing the abundance you would like to see. You might have to honestly ask yourself if you have completely given up your “fear thoughts”, or if you are still giving them “floor time” in your mind. Once you are not willing to engage thoughts about lack, scarcity, suffering, misery, or fear, for any reason, your external circumstances will change completely. They have to because they are the effect of your thoughts. As your thoughts are healed, your experiences are healed as a natural result of cause and effect.