



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

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### **DAY 17 – I AM SECURE**

#### **Key Topics:**

- Let me remember I am one with God
- Who walks with me?
- No miracle is denied to those who know they are one with God
- Saying the words leads to recognition and awareness
- Your benefit will not be less if nothing happens
- You will see your transformation
- Add – I am one with my brothers and my Self
- Be patient with yourself – All is well

#### **Let me remember I am one with God**

The single, greatest thing you can do to feel secure and rid your mind of worry and fear, is to remember that you are one with God. In our opening quote for today's lesson, you are asked to devote a half an hour to the thought that you are one with God. To make this easy for you, I created a 30 minute meditation (in the meditation section) dedicated to this idea. Your part is to make time for meditation and listen to it.

#### **Who walks with me?**

Whenever you are worried, or you feel nervous or afraid for any reason, remember Who walks with you. In Lesson 156, the Course says to say this to yourself, "Who walks with me? This question should be asked a thousand times a day, till certainty has ended doubting and established peace. Today let doubting cease. God speaks for you in answering your question with these words: I walk with God in perfect holiness. I light the world, I light my mind and all the minds which God created one with me." ACIM Lesson 156.8

#### **No miracle is denied to those who know they are one with God**

After years of studying the Course, I have found the most soothing, comforting, helpful, and important part of the curriculum is the reminder that you are one with God. This may seem like a simple concept, and you might feel as if you already know this. The memory of God is no little thing. The Course teaches that once you have remembered your oneness with God, your mind will not know a trace of fear or sorrow. If you ask yourself now, "Am I free of all fear and sorrow?" Depending on your answer, you will know if you have remembered God or not. If you have not remembered yet, this is an excellent way to spend your spare time.

Once you know you are with God, the Course says that no miracle will be denied you. Along with miracles, you will have the power to heal all forms of suffering in anyone. I find these thoughts very comforting. Enjoy the peace and safety of these words from Lesson 124, "No

miracle can ever be denied to those who know they are one with God. No thought of theirs but has the power to heal all forms of suffering in anyone, in times gone by and times as yet to come, as easily as in the ones who walk beside them now. Their thoughts are timeless, and apart from distance as apart from time.” ACIM Lesson 124.6

### **Saying the words leads to recognition and awareness**

At first, you may not feel the peace, calm, and safety that comes with knowing that you are one with God. This is probably because you have accepted the idea of separation and you haven't looked back since. You can invite the memory of God to return to your mind with your intentions, thoughts, words, and actions. The Course offers this guidance, “We join in this awareness as we say that we are one with God. For in these words we say as well that we are saved and healed; that we can save and heal accordingly. We have accepted, and we now would give. For we would keep the gifts our Father gave. Today we would experience ourselves at one with Him, so that the world may share our recognition of reality. In our experience the world is freed. As we deny our separation from our Father, it is healed along with us.”

ACIM Lesson 124.7

### **Your benefit will not be less if nothing happens**

There are times I have prayed and meditated for hours on end, and at the end of my meditation, it seemed as if nothing of significance happened, however, and after several rounds of doing this, my mind feels like a fortress of peace. It is a place of strength and solitude I can go to at any time. In Lesson 124, it says, “Your benefit will not be less if you believe that nothing happens. You may not be ready to accept the gain today. Yet sometime, somewhere, it will come to you, nor will you fail to recognize it when it dawns with certainty upon your mind. This half an hour will be framed in gold, with every minute like a diamond set around the mirror that this exercise will offer you. And you will see Christ's face upon it, in reflection of your own.”

ACIM Lesson 124.9

### **You will see your transformation**

“Perhaps today, perhaps tomorrow, you will see your own transfiguration in the glass this holy half an hour will hold out to you, to look upon yourself. When you are ready you will find it there, within your mind and waiting to be found. You will remember then the thought to which you gave this half an hour, thankfully aware no time was ever better spent. Perhaps today, perhaps tomorrow, you will look into this glass, and understand the sinless light you see belongs to you; the loveliness you look on is your own. Count this half hour as your gift to God, in certainty that His return will be a sense of love you cannot understand, a joy too deep for you to comprehend, a sight too holy for the body's eyes to see. And yet you can be sure someday, perhaps today, perhaps tomorrow, you will understand and comprehend and see.”

ACIM Lesson 124.10-11

### **Add – I am one with my brothers and my Self**

After spending a half an hour, focused on your oneness with God, it is helpful to intentionally add in “your oneness with your brothers” and you will heighten your overall experience. It says, “Add further jewels to the golden frame that holds the mirror offered you today, by hourly repeating to yourself: Let me remember I am one with God, at one with all my brothers and my Self, in everlasting holiness and peace.” ACIM Lesson 124.12

### **Be patient with yourself – All is well**

While you are going through the awakening process, it is easy to become impatient and frustrated. You begin to see why things are the way they are, and you want to release from the past more quickly than ever before. You are right on track, and your healing is assured by God, Himself. Here are some final reminders to secure your peace today:

- Stay focused on your Oneness with God
- Say to yourself, “Who walks with me?” several times a day, at least
- Remain committed to seeing and knowing the truth of who you are
- Use your thoughts, words, and actions on behalf of what you want
- Remind yourself that your safety and your healing are not up to you
- Keep your faith firmly planted on your Teacher of Peace, Who cannot fail

In ACIM Lesson 224, it says, “My Name, O Father, still is known to You. I have forgotten It, and do not know where I am going, who I am, or what it is I do. Remind me, Father, now, for I am weary of the world I see. Reveal what You would have me see instead.” ACIM Lesson 224.2

You are SECURE in the Wisdom, Power, Strength, and Love of God. There is nothing to fear. Remember Who walks with you, and remind yourself a thousand times if you need to. Continue to leave a space (in your mind) for guidance from your Teacher of Peace, where He can communicate with you and handle the retaliation of your ego for you.

“The Holy Spirit will undo all the consequences of my wrong decision if I will let Him.”  
ACIM Ch.5.VII.6.10

I always follow this statement with, “And I will let Him”.