



## Personal Online Coaching ©

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### DAY 17 – I AM SECURE

#### Key Topics:

- When in crisis, ask for the healing of your mind
- Your one problem has been solved
- You are looking at effects and not the cause
- You are looking at the consequence of a “causeless cause”
- You are not crazy
- How do I make it stop?
- The dog at the end of the driveway

#### **When in crisis, ask for the healing of your mind**

When you are in the middle of a financial crisis and phones are ringing, creditors are calling, late fees are accumulating, and there is not nearly enough money to go around, turn to God immediately and ask for peace, and also for the healing of your mind. This is happening because you have accepted the false idea that you are separate from God, and now you are looking at “the effects” of this misperception in the form of lack, scarcity, suffering, and delay. These effects are the result of accepting the false idea of separation. As a Child of God, if you validate these effects to be real and see them as having the power to hurt, harm, alter, or delay you, they become part of your illusory reality and also part of your belief system. It is important to remember that all power is of God, and what is not of God has no power to do anything. While the certainty of this truth is denied, other people, things, and circumstances will appear to have power over you, or the ability to hurt, harm, deprive, or delay you.

#### **Your one problem has been solved**

The Course says that you think you have many problems, but in truth, you have only one problem. **Your problem is that you believe you are separate from God.** This one problem is already solved because separation is not true, yet because you believe it is true, the effect is that it turns into a complicated web of many other problems. You will not see the healing of your problems, until you accept into your mind that your one problem (of separation) has been solved. Once the problem is healed at the root, which is in your mind, the effects of the original cause of your problems will be undone.

#### **You are looking at effects and not the cause**

Sometimes I use simple analogies to help explain complex subjects. You might be aware that when you look at the stars at night, the light you see that is shining from them was actually

emitted many light years ago. For many of the stars you think you see, the planet itself does not even exist anymore. You are looking at the residual light (i.e., the afterglow) from something that was over a long time ago. You are looking at “the effect” of something that no longer exists.

### **You are looking at the consequence of a “causeless cause”**

Similarly, when you are in a financial crisis, you are seeing “the effect or residue” from your previous acceptance that you could be separate from God. You are dealing with the effect of a thought-form that was false, at its inception, a long time ago. The Course calls this effect the **“consequence of a causeless cause”**. If you battle “the effects or residue” of something that is not true, you will in essence, make it true in your mind (by assigning it a reality and power it does not have) and then it will show itself again and again.

In ACIM Lesson 190, it says, “The world may seem to cause you pain. And yet the world, as causeless, has no power to cause. As an effect, it cannot make effects. As an illusion, it is what you wish.” ACIM Lesson 190.7 Illusions will not disappear while they are valued in any way because you are the dreamer of your dream.

### **You are not crazy**

You are not crazy and obviously, you don’t want your financial crisis to continue. You might be saying to yourself, “I have no value for this illusion, so why isn’t it going away?” In the Course, it says, “Whatever you accept into your mind has reality for you. **It is your acceptance of it that makes it real.** If you enthrone the ego in your mind, your allowing it to enter makes it your reality. This is because the mind is capable of creating reality or making illusions.” ACIM Ch.5.V.4

### **How do I make it stop?**

First of all, it is not up to you to make it stop. It is up to Holy Spirit, your Teacher of Peace, to make it stop through the healing of your mind. Your part is to invite this healing to be accomplished and to stop assigning power to what has no power.

As the Holy Child of God, your mind is capable of making illusions seem real, even when they are not. As long as you choose to do so, it will be as you wish. The Holy Spirit cannot fully intervene on your behalf while you are still invested in solving your problems or illusions, because in your mind, you are still making them real and giving them the power to hurt you. It makes sense, that you would not battle or try to solve something that you perceive as having no power, meaning, or reality. As long as you are battling it, you are making it real.

You can either be asleep and in battle with your illusions, or you can be awake where there are no illusions. It is not possible to have both experiences. The Holy Spirit cannot intervene on your behalf, until being awake and aware of the Love of God is all that you want.

The crisis will stop once you understand that you are one with God, you are looking only at the effects of your beliefs, and you are no longer willing to assign power to “what you see” to hurt, harm, delay, attack, or alter you. In other words, you no longer have an interest in dreaming or in being asleep, and all you want to do is wake up. You will not wake up, while you are committed to solving the problems you see in your dream.

### **Ignoring illusions doesn't work**

If you want to be done with illusions, and you are committed to waking up to the truth, remember this key concept. **Ignoring illusions doesn't work.** If you try to ignore them, while still believing they are real, you will likely find yourself defeated and under the heavy belly of your illusion. I will explain this with another analogy.

### **The dog at the end of the driveway**

Let's say the you are getting ready to go for a walk in your neighborhood, and you must turn either left or right at the end of your driveway. These are the only two options available to you. For this example, let's say that “the light of truth” is to the left, and “the darkness of your illusions” is to the right. At the end of your driveway, it is your goal to turn left and head towards the truth.

Now, once you get to the end of your driveway, you see a wild dog to the right, bearing his teeth and growling at you. You have seen this dog before and you know he can and will bite you. For this example, let this dog represent your financial crisis, or any other problem you can think of. The snarling dog represents all of your problems rolled together, and he is a REALLY BIG DOG!

You are very committed to turning left and heading towards the light and truth of all that you are, and enjoying your Divine Inheritance exactly as God has given it, but the dog has your attention. If you take even one step to the left, you believe he will run after you and chase you down because this has happened to you before, or you have seen it happen to someone else (same thing). This is where the illusion gets tough.

Your past experience with the dog has convinced you that the dog is real and that he can and will hurt you, if given the opportunity. A Course in Miracles is teaching you that the dog is not real, and he has no power to hurt, harm, or alter you. You are seeing him now, only because you accepted the false idea that you could be separate from God, which never occurred. Now your world is filled with separated forms that can attack, hurt, harm, and or threaten you on every turn. The idea that you could be separated from God was so devastating when you accepted it, that out of fear, you projected a darkened, and sometimes loveless world, right over the top of the truth. The truth is still true, yet it is temporarily out of your awareness because you cannot focus on truth and illusions at the same time.

So, here you are, standing at the end of your driveway, deciding what to do. If you turn left, you are sure the dog will chase and attack you. If you turn right, you are equally screwed. It would seem to be a “no win” situation, if not for one thing – the dog is not real.

The healing of your mind is not up to you. It is the Holy Spirit’s function to guide you back to the peace, safety, and the awareness of all that you are. In order to accomplish this, he asks that you do this:

1. Be willing to know you are one with God and separation has never occurred.
2. Establish the goal of peace in your mind, and ask Your Teacher of Peace to lead you there. You must want only peace and the light of truth, before he can show it to you, otherwise, He would be attacking you or deciding for you, which He will never do.
3. Do not attempt to solve, fix, change, or manipulate your illusions, as you will only make them real in your mind and this will delay your healing.
4. Forgive the dog for all past hurts, disappointments, and terrorizing events. This is much easier to do once you understand that you made him up, and he is doing exactly as you have asked him to do. He will stop attacking you when you stop making him real. Once the dog is truly forgiven and seen in light, he will no longer attack you. In the light of truth, you will see that he never attacked you in the first place, as God did not create darkness or attack. *We will be working together on forgiveness in the sections on relationship and emotional healing.*
5. Be willing to know that only love is real. Anything you see with your eyes that suggests otherwise is an illusion. You are seeing something other than love, because you accepted that something other than love was possible. Once this is healed in your mind, all of the effects or consequences of your misperceptions (i.e, the causeless cause) will be undone and healed.

This may seem like a lot to do, but what you are really doing is backing out of the tunnel that you crawled into (in your mind). It only seems hard at first, but once your determination kicks in, it will get easier. Plus, you have your Teacher of Peace that will drag you out by your feet, once you are convinced that this is what you want, and only this. If you are trying to escape the dog (or the dream), then you will remain in the tunnel for a while longer, because you are still convinced that your illusions are real and you are still trying to solve them. To every illusion, problem, illness, conflict, or seeming shadow over the light of truth, say this to yourself:

*I am looking at the effect of my past thoughts and beliefs, and nothing more.*

*I am not looking at the truth and I want the truth instead of this.*

*I call upon the Holy Spirit to heal my mind, and to undo all the consequences of my wrong decisions for me. And I will let Him.*

*I release the past. I forgive everyone and I choose to see only the light and truth in them.*

*My goal is peace and only love is real. God did not create darkness, scarcity, lack, pain, or suffering.*

*I am one with God. I am the Holy Child of God, Himself. What is not of God, has no power to do anything.*