



A Course in Miracles Mentoring ©

DAY 18 – Busy-Mind & Insomnia

Key Topics:

- I need do nothing
- You are not a body. You are Infinite Spirit.
- Turn problem solving over to Holy Spirit
- You cannot judge
- What does “doing nothing” look like?
- Time to get a good night’s rest

I need do nothing

If your mind is busy or you cannot sleep, it is probably because something happened that you didn’t want to have happen, or something is not happening that you want to happen. A Course in Miracles teaches that problem solving is not up to you. If you are feeling worried, it is because you are relying on yourself to solve your problem. There is a place of perfect peace within you that knows every answer, and will guide you on every question of what to do. You are already whole and complete, and you need do nothing to earn or merit God’s Love.

You are not a body. You are Infinite Spirit.

A Course in Miracles teaches that you are not a body. You experience yourself as a body because you accepted the false idea that you are separate from God. Your mind is now projecting what you accepted to be true, in the place of the truth. Once you remember your True Self, the problems of complexity, lack, illness, and other forms of challenge will be undone.

In the Course, it says, “You still have too much faith in the body as a source of strength. What plans do you make that do not involve its comfort or protection or enjoyment in some way? This makes the body an end and not a means in your interpretation...” ACIM Ch.18.VII.1.1-3

By making the body “an end or a goal”, instead of the “means or the instrument” that it is, you are assigning it functions that it does not have. You look to your body to provide you with strength, power, comfort, happiness, and convenience, and you look to other bodies for love, validation, unity, etc. These are functions your body is not capable of providing you on a sustained basis. Once you make your transition and you leave your body behind, you will see that it was nothing more than a vessel for communication.

In the Course, it says, “There is one thing that you have never done; you have not utterly forgotten the body. It has perhaps faded at times from your sight, but it has not yet completely disappeared. You are not asked to let this happen for more than an instant, yet it is in this instant that the miracle of Atonement happens. Afterwards you will see the body again, but

never quite the same. And every instant that you spend without awareness of it gives you a different view of it when you return.” ACIM Ch.18.VII.2.1-5

Once you experience leaving your body, or having an “out of body” experience, your body will never again appear to rule your mind. After you leave and return, you will see that your body does exactly what your mind intends for it to do.

Your body is “an effect” of the part of your mind that believes in separation. I am bringing this up only because you will more deeply understand why problem solving has nothing to do with your body. The Course teaches that the body is nothing more than a communication device, if properly understood and applied towards some useful purpose.

Turn problem solving over to Holy Spirit

If you are lying awake at night and your mind is busy trying to figure things out, or you are mad, frustrated, fearful, anxious, or sad about something, then it is time to turn to your Inner Guide and ask for help. It is not only the right thing to do, it is the only way that your problem is going to be solved with lasting results that are a blessing to everyone.

In Chapter 16.I, it says, “Focus your mind only on this: I am not alone, and I would not intrude the past upon my Guest. I have invited Him, and He is here. I need do nothing except not to interfere.” ACIM Ch.16.I.3.9-10 In Lesson 47, it says, “If you are trusting in your own strength, you have every reason to be apprehensive, anxious, and fearful... The recognition of your own frailty is a necessary step in the correction of your errors, but it is hardly a sufficient one in giving you the confidence which you need, and to which you are entitled... There is a place in you where there is perfect peace. There is a place in you where nothing is impossible.”

ACIM Lesson 47.1.1, 6, 7.4-5

When the Course refers to your frailty, it is because you are still invested in fear. Once the fog of fear is cleared from your mind, you will no longer be frail. While fear is present, it is wise to rely on the clearest and wisest part of your mind that has no fear at all. By turning your problem over to the One Who knows how to solve it, this will also help you to get a good night’s sleep.

You cannot judge

If you are in a complicated or challenging situation, it is important to recognize not only that you should not judge your situation, but that you cannot judge. You do not have enough information to solve the problem. In Lesson 47, it says, “What can you predict or control?... What would give you the ability to be aware of all the facets of any problem, and to resolve them in such a way that only good can come of it?” ACIM Lesson 47.1.2, 1.4

In ACIM Lesson 151, it says, “You have often been urged to refrain from judging, not because it is a right to be withheld from you. You cannot judge. You merely can believe the ego’s judgments, all of which are false.” ACIM Lesson 151.4.2-4

In your journey back to peace and awakening, you are learning to listen to the highest and wisest part of yourself, and then be guided accordingly. The Course says that if you truly

understood that problem solving is not up to you, then you would also understand that this absolves you of all guilt. By turning your problem over to the Holy Spirit, the solution is not up to you, nor do you have any real way to evaluate what the answer should be. Your part is to establish the goal of peace for your situation, and then invite the Holy Spirit, your Teacher of Peace, to handle everything on your behalf, and Holy Spirit's function is to accomplish the healing for you. This is the one sure way to achieve the highest and happiest outcome, each and every time.

What does “doing nothing” look like?

When you read the words, “I need do nothing” in the Course, it can be confusing as to what this means, and also what you should do, or not do, as a result. I like to think of these words as a guideline that essentially means, “It is not up to you. You are not the problem solver here.” This means that instead of taking action, you are asked to listen for the action to be taken, if any. In the meantime, do what is in front of you to do, with as little judgment as possible. If you have a scheduled meeting, then go to your meeting. If you are ready to make dinner, then make your dinner. Ask about everything (especially those things that are disturbing to your peace), be open to guidance all along the way and live life without resistance. Let all things be exactly as they are.

If you ever have a question about what to do, how to do it, when to do it, and who you should do it with, your Inner Guide is the One to make that decision. Your Inner Guide and Teacher of Peace also knows you need answers, direction, and guidance while you are here, and these steps will be given accordingly. If you are listening for guidance and you are not sure if you are hearing it right, then ask again. Keep asking until you know for sure. Remember to listen without agenda. Listen with an open mind and heart. In this way, any guidance that comes through will likely be heard and received. Always follow what feels peaceful and compelling.

Time to get a good night's rest

Since you are absolutely not the problem solver, and your part is to not interfere with the solution, this should give you plenty of time to get a good night of rest. Turn your problem over and go off to sleep, trusting that everything is being taken care of in the highest possible way. You will get better at this with practice, and the solutions will get noticeably better too. The memory of God returns to an unclouded mind. Let's finish with this beautiful verse from ACIM Lesson 286:

The hush of Heaven holds my heart today

“Father, how still today! How quietly do all things fall in place! This is the day that has been chosen as the time in which I come to understand the lesson that there is no need that I do anything. In You is every choice already made. In You has every conflict been resolved. In You is everything I hope to find already given me. Your peace is mine. My heart is quiet, and my mind at rest. Your Love is Heaven, and Your Love is mine.” ACIM Lesson 286.1.1-7