



Personal Online Coaching ©

DAY 18 – Busy-Mind & Insomnia

Key Topics:

- Your problem is not what you think it is
- You must have forgotten you are one with God
- All problems are the same
- Ego's chief device is insolvable problems
- The Test of Truth

Your problem is not what you think it is

In A Course in Miracles, it says, "A problem cannot be solved if you do not know what it is. Even if it is really solved already you will still have the problem, because you will not recognize that it has been solved. This is the situation of the world. The problem of separation, which is really the only problem, has already been solved. Yet the solution is not recognized because the problem is not recognized." ACIM Lesson 79.1.1-5

You must have forgotten you are one with God

Every problem is a derivative of the same problem. If you don't have money to pay your rent, then you must have forgotten you are one with God. If you don't know how to heal your illness, then you must have forgotten you are one with God. If your toilet is clogged and you don't know what to do, you must have forgotten you are one with God (seriously)! I have been helped and walked through hundreds of problems and challenges with God, both large and small, and I am always amazed at the miraculous results.

Many students of the Course hear the words, "You accepted the false idea of separation, which never occurred" and then they continue on with their day. I am asking that you back up and read those words again. Separation is the root of every problem, and separation is the cause of every trace of misery, lack, conflict, or pain that you are experiencing right now. It's time to get vigilant about what is true, and to no longer engage with what is false.

One of my favorite lines in the Course is, "The ego depends solely on your willingness to tolerate it." ACIM Ch.9.VIII.6.1 This sentence reminds me that I am being "played and manipulated" by my ego. Our belief in separation, as encouraged by the ego, is causing every single problem we think we have and it is time to change teams!

All problems are the same

"Everyone in this world seems to have his own special problems. Yet they are all the same, and must be recognized as one if the one solution that solves them all is to be accepted. Who can see that a problem has been solved if he thinks the problem is something else? Even if he is given the answer, he cannot see its relevance." ACIM Lesson 79.2.1-4

“That is the position in which you find yourself now. You have the answer, but you are still uncertain about what the problem is. A long series of different problems seems to confront you, and as one is settled the next one and the next arise. There seems to be no end to them. There is no time in which you feel completely free of problems and at peace.”

ACIM Lesson 79.3.1-5

Ego's chief device is insolvable problems

The ego's goal is to keep you so preoccupied with insolvable problems, that you will never have time to realize that all problems are coming from the same place; the false idea of separation, and the Course reminds you over and over again, “Your one problem has been solved.” This is because you are not separate from God and the separation never occurred.

“The temptation to regard problems as many is the temptation to keep the problem of separation unsolved. The world seems to present you with a vast number of problems, each requiring a different answer. This perception places you in a position in which your problem solving must be inadequate, and failure is inevitable.” ACIM Lesson 79.4.1-3

Did you read those last three words, “failure is inevitable”? You must recognize what is going on if you really want things to change radically for the better. Once you realize that all problems are coming from the same place, and the answer is always the same, you will also realize that your entire life just got EASIER! One problem and one answer. Efficiency at last!

Do you realize that the whole purpose of your ego “flooding you with problems” is to keep you from turning inward and remembering who you really are? Its function is to keep you from remembering because it believes that if you do, it (being the ego) will cease to exist. The answer to all problems is the same. You do not see the answer because you are looking for another answer. Once you accept the answer, exactly as it is, it will solve every problem you think you have.

The Test of Truth

The Course says that this is the Test of Truth, “You have one test, as sure as God, by which to recognize if what you learned is true. If you are wholly free of fear of any kind, and if all those who meet or even think of you share in your perfect peace, then you can be sure that you have learned God's lesson, and not your own. Unless all this is true, there are dark lessons in your mind that hurt and hinder you, and everyone around you. The absence of perfect peace means but one thing: You think you do not will for God's Son what his Father wills for him. Every dark lesson teaches this, in one form or another. And each bright lesson with which the Holy Spirit will replace the dark ones you do not accept, teaches you that you will with the Father and His Son.” ACIM Ch.14.XI.5

Key point:

“All this complexity is but a desperate attempt not to recognize the problem, and therefore not to let it be resolved. If you could recognize that your only problem is separation, no matter what form it takes, you could accept the answer because you would see its relevance. Perceiving the underlying constancy in all the problems that seem to confront you, you would understand that you have the means to solve them all. And you would use the means, because

you recognize the problem... All that is necessary is to entertain some doubt about the reality of your version of what your problems are.” ACIM Lesson 79.6 and 79.8.3

For any problem you think you have, especially those that are preoccupying your mind or keeping you awake at night, say this to yourself, “My one problem has been solved. I am one with God. If I will give this to Him, everything will work out fine.” And then give it to Him. Then, roll over and get some much needed SLEEP!