



A Course in Miracles Mentoring ©

DAY 19 – Inadequacy & Powerlessness

Key Topics:

- Call upon God and you will be answered
- Why is accepting God's Will important?
- Yours is the way of pain and suffering
- God's Will is mine!
- With God, there is only gain
- Nightmares turn to Happy Dreams
- Happy dreams come true because they are happy

Call upon God's Name and you will be answered

Many people have a hard time saying the word "God", much less accepting His Will as their own. This is usually because, in their past, His Name was used inappropriately to control, intimidate, or frighten them. Imagine a rainbow in front of you, with all of its beauty, gentleness, color, and magnificence. You could very well teach a child that rainbows are a sign of misery and pain, and that when rainbows appear, they must run and hide. **You could teach them this, but it doesn't mean that it is true.** I find it interesting that when little children speak of God, including those who have no spiritual training whatsoever, they use God's Name with happiness and joy. There are many instances where they are aware of God's Name, without any prior training or prompting. I have heard several stories where a child has said to their parent (at only 3 or 4 years old), "Don't you remember Mommy, when you and I were with God before we came here?"

In ACIM Lesson 183, it says, "God's Name can not be heard without response, nor said without an echo in the mind that calls you to remember. *Say His Name, and you invite the angels to surround the ground on which you stand, and sing to you as they spread out their wings to keep you safe, and shelter you from every worldly thought that would intrude upon your holiness.*"

ACIM Lesson 183.2

The Course teaches that even using God's Name will keep you safe. Perhaps this is why the ego encourages so many people to eliminate the word "God" from their vocabulary.

I always felt comfortable, due to my upbringing, in using the Name of God. I am also happy to use other words like: Divine Love, Higher Wisdom, Teacher of Peace, Higher Self, Universal Source, Jesus, etc., when referring to God in my communications, to make sure that other people are comfortable with the language I am using. As for myself, I spend hours in meditation each day and night, simply repeating the word "God" over and over again (pausing for long periods at a time). I really like the idea of Angels standing on the ground with me and spreading out their wings over me, among other amazing and miraculous benefits.

I remember reading Lesson 183 for the first time, where I learned of the significance of using the Name "God". As a result, I decided to do my first "God Meditation" (as I call it), where I sit quietly and repeat the Name of God, over and over again. I spent about 2 hours in mediation the first time while sitting in my office away from home. After I finished, I got into my car and drove home. As I got out of my car in my driveway, my stomach felt nauseous and I walked over and threw up in the bushes. I don't mean to be graphic here, but apparently, the meditation had been so powerful, that it significantly cleared something from my body. It felt like I had released something very old and heavy. And then it was gone and I felt much better.

Why is accepting God's Will important?

Once you get more comfortable using the Name of God, if you are not already, then the next step is to accept His Will for you. This sounds rather controlling (to the ego), but in truth, it is the furthest thing from the truth.

As the Holy Child of God, God created you to be happy and to have everything. You were also provided the means that this would be accomplished. Somewhere along the way, you decided against your True Self, and against God, by definition, by accepting the false idea of separation. By judging yourself, it would only make sense that your Creator must be responsible. By deciding against your Self and God, you also decided against your happiness and the Divine Inheritance that is already yours. It was as if you were the child of the richest and most loving family, and you declared, "This is not who I am. I am separate and I am going to prove this with my poverty, suffering, inadequacy, and lack" and you have been proving it ever since.

This happened so long ago, that you forget the decision was made. You are still accepting a false image of yourself in the place of truth. All of this can be undone, rather quickly, but first you must understand what happened, so you can choose otherwise. Every time you choose to accept God's Will, in the place of your own, you are reclaiming your True Identity, along with the love, happiness, abundance, wholeness, and joy that you are entitled to have.

Yours is the way of pain and suffering

The Course says this about following God's Plan for your happiness versus the plan that you made up for yourself, "The way is not hard, but it is very different. Yours is the way of pain, of which God knows nothing. That way is hard indeed, and very lonely. Fear and grief are your guests, and they go with you and abide with you on the way. But the dark journey is not the way of God's Son. Walk in light and do not see the dark companions, for they are not fit companions for the Son of God, who was created of light and in light. The Great Light always surrounds you and shines out from you. How can you see the dark companions in a light such as this? **If you see them, it is only because you are denying the light.** But deny them instead, for the light is here and the way is clear." ACIM Ch.11.III.4 It is for this reason, that I joyfully added "Thy will be done" to the end of all of my prayers, both verbal and written.

God's Will is Mine!

"O my child, if you knew what God wills for you, your joy would be complete! And what He wills has happened, for it was always true. When the light comes and you have said, **"God's Will is mine,"** you will see such beauty that you will know it is not of you. Out of your joy you will create

beauty in His Name, for your joy could no more be contained than His. The bleak little world will vanish into nothingness, and **your heart will be so filled with joy that it will leap into Heaven, and into the Presence of God.** I cannot tell you what this will be like, for your heart is not ready. Yet I can tell you, and remind you often, that what God wills for Himself He wills for you, and **what He wills for you is yours.**" ACIM Ch.11.III.3

By reading that last paragraph, you might feel concerned that if you accept God's Will, your world will vanish or you might disappear, and you would no longer get to enjoy the parts of your life you would like to keep. This is not so.

With God, there is only gain

First of all, with God, there is only gain because loss is a concept unknown to God. When you accept His Plan, in the place of your own, this is the one sure way that you will have no loss of any kind. If there is something that truly makes you happy (God's home language), then you will keep it as long as you wish.

From Nightmares to Happy dreams

The Course teaches, that as you accept God's Plan for your happiness, in the place of your own, your challenges, frustration, lack, loneliness, etc. and all forms of misery and suffering will be undone and healed for you. It refers to this healing process as going from the nightmare to the happy dream. Once you experience the happy dream (i.e., an abundant, happy life that works), this is a natural transition into a fully awakened state of mind.

Happy dreams come true because they are happy

For those that are worried about what lies ahead, there is no need to worry. You will get to experience all of the joy, happiness, and great things you've been hoping for, while you are in the "waking up" process, as orchestrated by the Holy Spirit. **"Happy dreams come true, not because they are dreams, but only because they are happy.** And so they must be loving. Their message is, **"Thy Will be done,"** and not, "I want it otherwise." The alignment of means and purpose is an undertaking impossible for you to understand. You do not even realize you have accepted the Holy Spirit's purpose as your own, and you would merely bring unholy means to its accomplishment. **The little faith it needed to change the purpose is all that is required** to receive the means and use them." ACIM Ch.18.V.4 We will talk about the little faith you need, that is required, in the Personal Coaching section of today's lesson.

The point to all of this is: if you are unhappy, miserable, or even suicidal, it is because you have accepted a false image of yourself in the place of truth. All of this will be undone for you, if you will allow it. I used to think of it this way, "I already knew what pain, lack, suffering, loneliness, and feelings of unworthiness were like, so what did I have to lose by inviting something greater than me to straighten the whole mess out?" Your part is the "little willingness" and God's part is the "strength and wisdom" to accomplish the healing for you. By accepting His Will, you are accepting your right to happiness, abundance, joy, and a life you will love and treasure. You can borrow my certainty until you have your own. Use your words to guide your intentions as follows:

"Whenever you question your value, say: God Himself is incomplete without me. Remember this when the ego speaks, and you will not hear it. The truth about you is so lofty that nothing unworthy of God is worthy of you. Return your part to Him, and He will give you all of Himself in exchange for the return of what belongs to Him and renders Him complete." ACIM Ch.9.VII.8