



Personal Online Coaching ©

DAY 19 – Inadequacy & Powerlessness

Key Topics:

- Alone in the dark
- The Little Willingness
- The healing is not up to you
- Trust your willingness, not your good intentions
- Your willingness + the Strength of God = Miraculous Healing
- Your part is little, God's part is Great
- Your inheritance is waiting for you
- You will remember everything the instant you desire it wholly

Alone in the dark

Depending on what is going on in your life, you might feel like you are alone, or you're in a dark room with no way out. Maybe you tried to find your way out before, and everything just got worse. Through the principles of A Course in Miracles, you are learning that "there is another way" and it is one that works!

The Little Willingness

You might think of the "holy instant" as the time of your release from the false image you made up about yourself. Because you accepted the false idea of separation, you in essence, declared yourself as unholy, unworthy, and undeserving of your own Divine Inheritance. With your desire and willingness, you are now reclaiming the light, truth, and innocence of all that you are, under the guidance of the Holy Spirit, your Teacher of Peace. You are on your way to remembering your holiness, as established by God, Himself.

The Course describes the **holy instant** this way, "The holy instant is the result of your determination to be holy. It is the answer. The desire and the willingness to let it come precede its coming. You prepare your mind for it only to the extent of recognizing that you want it above all else. It is not necessary that you do more; indeed, it is necessary that you realize that you cannot do more. Do not attempt to give the Holy Spirit what He does not ask, or you will add the ego to Him and confuse the two. He asks but little. It is He Who adds the greatness and the might. He joins with you to make the holy instant far greater than you can understand. **It is your realization that you need do so little that enables Him to give so much.**" ACIM Ch.18.IV.1

Here's an Example

Let's say that you are in a dark room, sitting up against the wall, and every time you try to get up and find your way out, you fall down or things get worse. You may feel like you are faced with insurmountable obstacles. In order to find your way out of the darkness, it is not up to you to get up and find your way out. Your part is to:

- have a desire and willingness to be free of the darkness
- imagine that there is more than the darkness you see
- trust your Teacher of Peace to Guide you out.

The healing is not up to you

If you want to escape darkness (in any form) your part is to invite the healing, and then not interfere or resist the healing process, otherwise, you will delay it. Divine Love will never decide for you, control, manipulate, or impose on you, therefore, your Guide must wait until leaving the dark room is what you really want. You may feel that this is what you want right now, however, it is easy to feel conflicted about it, especially if you have tried to get out before and you ended up in a worse situation. This time you are trusting in your Teacher of Peace to guide you out, instead of relying on your own volition. The other challenge is that your ego is whispering into your ears, that if you make it into the light, things will get worse or you will have nothing at all. All of these are attempts to hold you in darkness and away from the light that is your True Self.

Trust your willingness, not your good intentions

Your desire and willingness to find your way out of pain and darkness, is far more important than having good intentions. I think of it this way, **“The healing will occur when your desire and willingness to move beyond the pain is greater than your desire to stay in it.”**

In Chapter 18.IV, it says, “Trust not your good intentions. They are not enough. But trust implicitly your willingness, whatever else may enter. Concentrate only on this, and be not disturbed that shadows surround it. That is why you came. If you could come without them you would not need the holy instant. Come to it not in arrogance, assuming that you must achieve the state its coming brings with it. The miracle of the holy instant lies in your willingness to let it be what it is. And in your willingness for this lies also your **acceptance of yourself as you were meant to be.**” ACIM Ch.18.IV.2

Your willingness + the Strength of God = Miraculous Healing

Some people believe that they have to purify themselves first, before going to God for help. The Course teaches that the Holy Spirit is the purifier, and you need not purify yourself before you ask for help because it is not your function. The Holy Spirit is the purifier. Your part is to ask for help, exactly as you are, and receive help as it is given without hesitation. This is the quickest possible route to your freedom. It is your willingness, combined with the Power, Wisdom, and Strength of God that will teach you the conditions for peace, and then accomplish the healing on your behalf. Your willingness is needed only to make it possible to teach you what the conditions of peace are.

In Chapter 18.IV, it says, “You merely ask the question. The answer is given. Seek not to answer, but merely to receive the answer as it is given. In preparing for the holy instant, do not attempt to make yourself holy to be ready to receive it. That is but to confuse your role with God's. Atonement cannot come to those who think that they must first atone, but only to those who offer it nothing more than simple willingness to make way for it. Purification is of God alone, and therefore for you. Rather than seek to prepare yourself for Him, try to think thus: I who am host to God am worthy of Him. He Who established His dwelling place in me created it as He

would have it be. **It is not needful that I make it ready for Him, but only that I do not interfere with His plan to restore to me my own awareness of my readiness, which is eternal. I need add nothing to His plan. But to receive it, I must be willing not to substitute my own in place of it.**" ACIM Ch.18.IV.5

Your part is little, God's part is Great

If you really want help and you'd like for things to change rapidly, "Release yourself to Him Whose function is release. Do not assume His function for Him. Give Him but what He asks, that you may learn how little is your part, and how great is His. It is this that makes the holy instant so easy and so natural. You make it difficult, because you insist there must be more that you need do. You find it difficult to accept the idea that you need give so little, to receive so much. And it is very hard for you to realize it is not personally insulting that your contribution and the Holy Spirit's are so extremely disproportionate. You are still convinced that your understanding is a powerful contribution to the truth, and makes it what it is. Yet we have emphasized that you need understand nothing. Salvation is easy just because it asks nothing you cannot give right now." ACIM Ch.18.IV.6-8, 7

You are learning that the healing is not up to you (at all) and you are asked to be willing to trust something to guide you that you cannot see. This can bring up feelings of anxiety, worry, and stress. Your trust is warranted. Placing your trust in your Teacher of Peace (i.e., the Highest Place of Clarity and Wisdom within your True Self) is the only way to reach lasting happiness and peace. I like to remember that if I got myself lost in the first place, that I am not the one to find my way out. Your Inner Guide has every answer and will not fail you. Until you have your own trust, you can borrow mine.

"Forget not that it has been your decision to make everything that is natural and easy for you impossible. If you believe the holy instant is difficult for you, it is because you have become the arbiter of what is possible, and remain unwilling to give place to One Who knows. The whole belief in orders of difficulty in miracles is centered on this. Everything God wills is not only possible, but has already happened. And that is why the past has gone. It never happened in reality. Only in your mind, which thought it did, is its undoing needful." ACIM Ch.18.IV.8

Your Inheritance is waiting for you

No matter what you are going through, or what you think you have done wrong, you cannot alter your Divine Inheritance, as given by God, Himself. It is waiting only for you to receive it, as it has already been given. "You have not failed to increase the inheritance of the Sons of God, and thus have not failed to secure it for yourself. Since it was the Will of God to give it to you, He gave it forever. Since it was His Will that you have it forever, He gave you the means for keeping it. And you have done so. Disobeying God's Will is meaningful only to the insane. In truth it is impossible. Your Self-fullness is as boundless as God's. Like His, It extends forever and in perfect peace. Its radiance is so intense that It creates in perfect joy, and only the whole can be born of Its Wholeness." ACIM Ch.7.IX.6

You will remember everything the instant you desire it wholly

“You are at home in God, dreaming of exile but perfectly capable of awakening to reality. You recognize from your own experience that what you see in dreams you think is real while you are asleep. Yet the instant you waken you realize that everything that seemed to happen in the dream did not happen at all...**You will remember everything the instant you desire it wholly**, for if to desire wholly is to create, you will have willed away the separation, returning your mind simultaneously to your Creator and your creations. Knowing Them you will have no wish to sleep, but only the desire to waken and be glad. Dreams will be impossible because you will want only truth, and being at last your will, it will be yours.” ACIM Ch.10.I.2,4

Today is your day of release and freedom. Only your desire and willingness to be free is needed. It is not up to you to find your way out of the dark room you find yourself in. Your part is to be willing to call upon your Teacher of Peace to show you your way out, and to not decide against Him as help is given. It is easy to say to yourself, “I have tried too many times before, and I am tired and unwilling to try again.” It is not up to you to try again. Your part is to understand that the healing is not up to you. If you are unwilling to see that healing is possible, **the turning point is when you are willing to be wrong about that.**

Suggestion to get things rolling:

Step out of the driver’s seat and say this to yourself,

“I will step back and let You lead the way.” And then do it.