



A Course in Miracles Mentoring ©

DAY 21 – Depression & Sadness

Key Topics:

- The reason for depression
- One with God Test
- You are listening to your teacher of pain
- Why frustration and pain has gone on for so long
- How do I get out from under my rock?
- Choose once again
- I am as God created me

The reason for depression

The Center for Disease Control reports that about 9% of the U.S. population reports symptoms of depression. This means that almost 29,000,000 people in the U.S. are depressed and that number is much larger on a global basis. When you feel depressed, you might reach for some form of therapy or medication that will treat the symptoms of the illness, and many times, you do experience some temporary relief. If you would like to move beyond the feelings of depression entirely, then it is important to address what is causing your depression in the first place. In A Course in Miracles, it says, **“Do you not see that all your misery comes from the strange belief that you are powerless?”** ACIM Ch.21.VII.1

For anyone that is depressed, the feelings of “powerlessness” are all too familiar. Many times, depression comes from trying to make something happen that doesn’t seem to happen, or trying to keep something from happening and it doesn’t stop happening. If either of these conditions occur over a prolonged period of time, feelings of powerlessness, inadequacy, and depression can easily set in.

One with God Test

The ego represents that false idea that you are separate from God. You might not think that you have accepted this false idea, but there is one quick way to tell if you have, or if you haven’t. If you have any feelings of worry, fear, anxiety, confusion, anger, sadness, depression, or discomfort of any kind, then you have a belief that you are separate from God. God created none of these conditions for you. These negative and uncomfortable feelings are the effects of accepting a false image of yourself (i.e., that you are separated, powerless, and vulnerable) in the place of the truth. Once this belief is healed (with help from Holy Spirit, your Teacher of Peace), your life will return to the consistent happiness, abundance, and joyful well-being that God Wills for you to have.

You are listening to your Teacher of Pain

If you are depressed or uncomfortable in any way, you are listening to your ego, which I refer to

as your Teacher of Pain. You have grown so accustomed to listening to its voice, that you no longer question it. Your ego keeps you so busy juggling between problems, challenges, discomfort, conflict, survival, late payments, and all the rest, and it frequently tosses in extra balls to make sure you never have time to get quiet. Over time, this juggling act becomes exhausting and you get to a place where you let the balls fall where they may, and you refuse to juggle any longer. This may feel depressing, or like pure devastation, however, it is a real point of change. It means that your ego is losing you, along with your interest in juggling, and this is a very good thing. Once you have no interest in being a world class juggler, then the ego's game is almost over. When the balls come down, you are very likely to listen for another voice, and the Holy Spirit, your Teacher of Peace, will always be right there to help you.

Why frustration and pain has gone on for so long

In Chapter 22.I, the Course reminds you that by accepting a false image of yourself, you are now looking at (or projecting) what you believe to be true in the place of truth, and as a result, you are listening to the ego's messages for guidance. This is why your misery has continued. It says, "You have received no messages at all you understand. For you have listened to what can never communicate at all. Think, then, what happens. Denying what you are, and firm in faith that you are something else, this "something else" that you have made to be yourself becomes your sight. Yet it must be the "something else" that sees, and as not you, explains its sight to you. Your vision would, of course, render this quite unnecessary. Yet if your eyes are closed and you have called upon this thing to lead you, asking it to explain to you the world it sees, you have no reason not to listen, nor to suspect that what it tells you is not true." ACIM Ch.22.I.3.2-9

As a result of all of this, many people feel that God is testing them, or that He has turned His back on them, when none of this has to do with God. The Course shares that, "God has no secrets. He does not lead you through a world of misery, waiting to tell you, at the journey's end, why He did this to you." ACIM Ch.22.I.3.10-11

How do I get out from under my rock?

You might be getting a better sense of what is going on here, and perhaps you are feeling more hopeful. I hope so. However, as much as all of this makes sense, you might still find yourself under a huge rock (symbolically), such as, illness, scarcity, loneliness, etc., and you have no idea how to get out from under it. Whether the rock is illusory or not, it may still feel very heavy and problematic. Perhaps the real question is: "How do I get out from under my illusory rock?"

There are a few major things that need to happen, in order for the Holy Spirit to free you from your illusory rock:

1. You must first be willing to accept and declare that you are the Holy Son of God, one with God, and there is no opposing power. All power is of God and what is not of God, has no power to do anything. You might have to remind yourself a thousand times, but that's OK. Be committed and vigilant to the truth of who you are. The only one that needs convincing is you.
2. You must recognize that you are the dreamer of your dream. If you are under any kind of a rock (symbolically) then you are the one that has placed yourself there, and the Holy Spirit is the One to help you out of your predicament. Do not judge yourself for

this, yet be aware that everything is happening “from you” and not “to you”. Once you accept this concept firmly in your mind, then your entire dream can change rapidly for the better, if not instantaneously.

3. Forgive, forgive, and forgive some more. It is going to be challenging for your mind to accept that your rock is not real, until you release some of the heavy negative charges and hurts from “prior rocks” you have been under in the past. We will continue to do healing work together, throughout this series, to help you release the hurts, pain, and other “rocks” from the past. (Once your pants are no longer on fire, it will be easier for you to see that your pants are not on fire and have never been on fire.) This will make more sense once you experience freedom from your rock, and you will.
4. You must be willing to set the Goal of Peace for every part of your life, and turn all decision making over to Holy Spirit, your Teacher of Peace. Your Inner Guide cannot and will not fail in freeing you from your rock. It is time to abandon the voice of the ego (although it will still be screaming into your ears) and to focus only on the loving, quiet, reliable Voice of your Teacher of Peace. It will take your determination, but it is possible to do. If you were in a very loud room, and you wanted to hear what someone was saying that had a very soft and loving voice, you would figure out a way, even if you communicated through hand signals. It is possible to do and you can do it.
5. You must be willing to look at what you see with your eyes and understand that you are looking at the effects of your beliefs. If you are experiencing illness, then you are experiencing your belief in illness. If you are experiencing lack, then you are experiencing your belief in lack. Your beliefs are driving everything you see. It is not up to you to heal your beliefs. This is the function of the Holy Spirit. Your part is to invite the healing to be accomplished, and then not decide against Him. If you fight or battle what you see, you will reinforce it because by fighting it, you are declaring that it has the power and you don't. The problem with this, is that by assigning power to what has no power, you will become unaware of where your true power is. All power is of God, and God is within you. There is no opposing power. Only love is real.

This might seem like a long list, but really it isn't. Let's shorten these steps down to some memorable steps. Whenever anything is disturbing your peace, say this, or some version of this, to yourself (edit the words to your preference):

1. I am the Holy Son of God, Himself. God's Son cannot suffer and I am His Son.
2. I am the dreamer of my dream. I am looking at the effects of my thoughts and beliefs. Everything is happening from me and not to me. I want peace and happiness instead of this. Thank You Holy Spirit, for healing my misperceptions, and correcting all the errors in my mind, and for handling the retaliation of my ego for me.

3. Forgive, forgive, and forgive some more. Say this to yourself whenever you are judging yourself or someone else, "God is the strength in which I forgive you _____. I am willing to realize that you _____, are mirroring my thoughts and beliefs back to me. I forgive you for playing this role and for what never occurred in truth.
4. My Goal is Peace. I listen to only one Voice, my Teacher of Peace. I am not bound to the voice of the ego, my teacher of pain. My Teacher of Peace will guide me on everything to do and every step to take to ensure peace is accomplished, and I will let Him.
5. Whenever you are disturbed for any reason, say some version of this to yourself as quickly as you can, "God did not create _____ (specify the disturbance, such as: illness, lack, pain, conflict, loss, etc.). I am looking at the effect of my past thoughts, and consequence of my misperceptions and nothing more. I ask the Holy Spirit to heal my mind and align the means for accomplishing my goal of peace. I am the Holy Son of God Himself; free of all limits, safe, and healed, and whole.

With these 5 steps, you will find that one day soon, the rock that you once thought was going to bury you alive, is suddenly gone. It is God's Will that you are happy and that you have everything. He created no rocks, no burdens, and no pain for you. With your willingness to accept your True Self and your vigilance to lay down your old false images and judgments, the rest will be done for you.

Choose Once Again

Anyone in this world can be a savior. All it takes to be a savior, is that you honor who you really are and you abandon the false idea of separation, along with all the images you made up about yourself and others. A willingness to see beyond them is all that is needed. Your part is to invite the healing to be done, and the Holy Spirit's function is to accomplish the healing for you.

"The images you make cannot prevail against what God Himself would have you be. Be never fearful of temptation, then, but see it as it is; another chance to choose again, and let Christ's strength prevail in every circumstance and every place you raised an image of yourself before. For what appears to hide the face of Christ is powerless before His majesty, and disappears before His holy sight. The saviors of the world, who see like Him, are merely those who choose His strength instead of their own weakness, seen apart from Him. They will redeem the world, for they are joined in all the power of the Will of God. And what they will is only what He wills."

ACIM Ch.31.VIII.4

I am as God created me

"Learn, then, the happy habit of response to all temptation to perceive yourself as weak and miserable with these words: **I am as God created me. His Son can suffer nothing. And I am His Son.** Thus is Christ's strength invited to prevail, replacing all your weakness with the strength that comes from God and that can never fail. And thus are miracles as natural as fear and agony appeared to be before the choice for holiness was made. For in that choice are false distinctions gone, illusory alternatives laid by, and nothing left to interfere with truth." ACIM Ch.31.VIII.5