



Personal Online Coaching ©

DAY 21 – Depression & Sadness

Key Topics:

- Attainment of the Real World
- What does it take to reach the Real World?

Attainment of the Real World

A Course in Miracles teaches that **the world you see is not the real world**. You are looking at the world of separation you made up, and it is blocking the real world from your awareness. God did not create separation, darkness, pain, sadness, depression, illness, conflict, lack, or any other form of suffering. **His Will is your happiness and that you have everything**. If you believe that the world you see is all there is, then this is why you are feeling depressed. The following are a few paragraphs from Chapter 13 on “Attainment of the Real World”.

“Sit quietly and look upon the world you see, and tell yourself: **“The real world is not like this.** It has no buildings and there are no streets where people walk alone and separate. There are no stores where people buy an endless list of things they do not need. It is not lit with artificial light, and night comes not upon it. There is no day that brightens and grows dim. There is no loss. Nothing is there but shines, and shines forever.” ACIM Ch.13.VII.1

“The world you see must be denied, for sight of it is costing you a different kind of vision. *You cannot see both worlds*, for each of them involves a different kind of seeing, and depends on what you cherish. **The sight of one is possible because you have denied the other.** Both are not true, yet either one will seem as real to you as the amount to which you hold it dear. And yet their power is not the same, because their real attraction to you is unequal.” ACIM Ch.13.VII.2

“You do not really want the world you see, for it has disappointed you since time began. The homes you built have never sheltered you. The roads you made have led you nowhere, and no city that you built has withstood the crumbling assault of time. Nothing you made but has the mark of death upon it. Hold it not dear, for it is old and tired and ready to return to dust even as you made it. This aching world has not the power to touch the living world at all. You could not give it that, and so although you turn in sadness from it, **you cannot find in it the road that leads away from it into another world.**” ACIM Ch.13.VII.3

“Yet the real world has the power to touch you even here, because you love it. And what you call with love will come to you. Love always answers, being unable to deny a call for help, or not to hear the cries of pain that rise to it from every part of this strange world you made but do not want. **All that you need to give this world away in glad exchange for what you did not make is willingness to learn the one you made is false.**” ACIM Ch.13.VII.4

The real world is not accessed through physical death, as some may think. In the previous paragraph, it says that the real world can touch you even here, and all you need to do to attain the real world, is to be willing to learn that the world you made is false.

Once the blocks you have placed against your awareness of the real world are undone (with the help of Holy Spirit), you will receive the gifts and blessings that God has already given you. **“He comes with miracles a thousand times as happy and as wonderful as those you ever dreamed or wished for in your dreams.** His miracles are true. They will not fade when dreaming ends. They end the dream instead; and last forever, for they come from God to His dear Son, whose other name is you.” ACIM Lesson 106.4.1-4

This all seems simple enough. From what you just read, you might close your eyes and say to yourself, “OK, the world I made is false and now I want to see the real world” and then you open your eyes, and you see the same old world you saw before. If this happens, it is because you are still attached to the world you made. You will not be able to see the real world until it is the only one you want. **This may sound like sacrifice, but once you experience the real world, you will see that you sacrificed nothing to have everything.**

Here’s an Example

Let’s say that you are used to eating from an orchard and on certain days, the fruit is decent, and on other days, the fruit is scarce, rotten, and filled with worms. It is the only food you have and you don’t know which kind of fruit you have until you bite into it. (Sorry to be so graphic here, but I’m trying to make a point). You have grown very used to your orchard, and you are used to dealing with the ups, downs, and inconsistencies, and you are hungry all the time.

Now, let’s say, that someone comes to you and they say, “I want to show you a different orchard, but you will need to leave this one behind. The orchard I will show you has the most delicious fruit you have ever tasted, and so much more, and there is never any rotten fruit. You can have all you want, and eat as much as you want every day, and you will never be hungry again.”

The problem is that you need to make a choice: You can stay with your old familiar but inconsistent orchard and remain hungry, or you can trade it for an unfamiliar orchard with delicious fruit in great abundance, and more. Your ego will always try to convince you that if you leave your orchard, you will die of starvation, or you will have fruit that is always rotten and filled with worms. Fear always speaks first and loudest. Because you are not sure and you are already tired and hungry, you are likely stay with your current orchard. Your fear of the unknown orchard is greater than your willingness to try the new orchard.

What does it take to reach the real world?

Before you will reach for the real world, you will probably play out every option you think you have in the world you are in. Once you have exhausted all of your best ideas, and you find that you still are not consistently happy or peaceful. Then you will get depressed and you will rest out of exhaustion. Perhaps this is where you are now. The next step you take is likely to be the one that you’ve been waiting to take since time began. You are now reaching for Holy Spirit’s

Hand, and this is the best decision you will ever make. He will lead you to your own family orchard, which is far greater than anything you have ever imagined.

“Only the Holy Spirit knows what you need. For He will give you all things that do not block the way to light. And what else could you need? In time, He gives you all the things that you need have, and will renew them as long as you have need of them. **He will take nothing from you as long as you have any need of it.** And yet He knows that everything you need is temporary, and will but last until you step aside from all your needs and realize that all of them have been fulfilled. **Therefore He has no investment in the things that He supplies, except to make certain that you will not use them on behalf of lingering in time.** He knows that you are not at home there, and **He wills no delay to wait upon your joyous homecoming.**” ACIM Ch.13.VII.12

“When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort, and you will be led as gently as if you were being carried down a quiet path in summer. Only your own volition seems to make deciding hard. The Holy Spirit will not delay in answering your every question what to do. He knows. And He will tell you, and then do it for you. You who are tired will find this is more restful than sleep.” ACIM Ch.14.IV.6.1-7

For those who are tired, depressed, or sad, take time today and imagine falling into Love’s Arms and rest. You are “off duty”. Problem solving is no longer up to you. In fact, you are asked to stand down and not interfere, so the healing is not delayed. If there are steps to be taken, your Teacher of Peace will tell you what they are. Follow what feels peaceful and compelling. Rest and listen. Our goal is peace. It is now your Guide’s responsibility to show you how to get there.