



A Course in Miracles Mentoring ©

DAY 23 – Frustration & Disappointment

Key Topics:

- The origin of frustration and disappointment
- Reversing Effect and Cause
- Your daytime dreams are the same as your nighttime dreams
- The difference between daytime dreams and nighttime dreams
- You are the dreamer of the dream
- Don't shoot the messenger
- The abandonment of guilt

The origin of frustration and disappointment

Frustration and disappointment come from your belief that the circumstances in your life are happening “to you” and you are unable to change them or “make them happen” in the way that you want them to occur.

Here's an Example

Let's say that you are eagerly waiting to be paid by someone for some work that you did and you desperately need the money. You keep reminding the person to pay you and for a number of different reasons, the payment has been delayed several times. You might become frustrated because you need the money so badly, or you might be disappointed in the other person for not honoring your agreement, or both. In your mind, if you could just get the other person to do what you want them to do, everything would be fine. In this situation, your underlying declaration is that the other person is the one who has the power and you don't. Without realizing it, you are seeing the other person as capable of delaying your abundance or creating a situation where your peace could be disturbed. In other words, it is your assumption that the world is happening “to you” instead of “from you”.

Reversing Effect and Cause

One of the toughest concepts to understand in A Course in Miracles is the reversal of effect and cause. The Course teaches that you have the laws of cause and effect reversed in your mind.

You think that the world is happening “to you”, when in truth, everything is happening “from you”.

It is mind boggling to grasp that every person, act, event, and circumstance that you see, hear, feel, or experience, is being orchestrated and projected by your own mind. Perhaps the easiest way to comprehend this is to compare your daytime experiences with your nighttime dreams.

When you dream at night, you create people, places, things, events, positive and negative emotions, and happy and sad experiences, etc. It is not until you wake up the next morning, that you realize you were dreaming and you comprehend that what you saw in your dreams never actually occurred. You are familiar with dreaming, so when you wake up each morning, you are not surprised when you realize, time after time, that “it was only a dream”.

The reason this makes sense to you is because you have the benefit of waking up, so you can see with clarity, the difference between a waking state and a dreaming state. The old familiar statement “hindsight is 20/20” is true yet again. This means that it’s much easier to see with clarity when you look back on something after it has occurred.

Now, take a long deep breath before you read the next section because your ego isn’t going to like it very much. This is similar to the scene in the “Wizard of Oz” where the character, Dorothy, realizes that the “The Wizard” that she was so frightened of is actually a tiny little man behind a curtain. Your ego, in this example, is the tiny little man, and you are Dorothy. Let’s be brave and throw the curtain back. It’s time to expose your ego.

Your daytime dreams are the same as your nighttime dreams

The Course is helping you to understand that your daytime dreams (i.e., all of your life experiences) are the same as your nighttime dreams, and this is why they are referred to as “dreams or illusions”. **You are still dreaming right now, even though you think that you woke up this morning.**

I am a figure in your dream, and you have placed me in your dream to remind you of the truth of who you are. You have been praying for the end to your frustration, lack, and suffering, and God always provides an answer, even when His Children are dreaming. I am here to help you understand what is going on, so you can truly wake up and get back to the happy and abundant life that God created for you.

The difference between daytime dreams and nighttime dreams

The difference between your daytime dreams and nighttime dreams is this: **You don’t let yourself wake up from your daytime dreams because you value your special relationships and you want them to be true** (i.e., you want these special relationships to be your reality, so you are refusing to wake up). We will talk more about “special relationships” in the section on relationships. For now, you can think of special relationships as those relationships that mean more to you than others.

In Chapter 18.II, it says, “Dreams show you that you have the power to make a world as you would have it be, and that because you want it you see it. And while you see it you do not doubt that it is real. Yet here is a world, clearly within your mind, that seems to be outside. You do not respond to it as though you made it, nor do you realize that the emotions the dream produces must come from you. It is the figures in the dream and what they do that seem to make the dream. You do not realize that you are making them act out for you, for if you did the guilt would not be theirs, and the illusion of satisfaction would be gone. In dreams these features are not obscure. You seem to waken, and the dream is gone. Yet what you fail to

recognize is that what caused the dream has not gone with it. **Your wish to make another world that is not real remains with you. And what you seem to waken to is but another form of this same world you see in dreams.** All your time is spent in dreaming. Your sleeping and your waking dreams have different forms, and that is all. Their content is the same. They are your protest against reality, and your fixed and insane idea that you can change it. In your waking dreams, the special relationship has a special place. It is the means by which you try to make your sleeping dreams come true. From this, you do not waken. The special relationship is your determination to keep your hold on unreality, and to prevent yourself from waking. And while you see more value in sleeping than in waking, you will not let go of it.” ACIM Ch.18.II.5

You are the dreamer of your dream

The Course teaches that there is one thing you must do if you would like to reclaim the consistent happiness and abundance that God Wills for you. You must recognize that you are the dreamer of your dream. Your life is not happening to you. It is happening from you. Yes, this means that every good and horrible thing that has ever happened to you, every time you were paid late, delayed, complimented, persecuted, rewarded, adored, rejected, and/or every rotten thing that was ever said to you, was actually orchestrated by you (or by your ego to be precise).

You might reject this idea entirely, but what I can tell you is that my life made a remarkable turn for the better, once I took responsibility for my role as the dreamer of my dream. Your part is not to heal the dream you have created. Your part is to accept that you are the one that created your dream as it is, and then ask Holy Spirit to heal your mind. As your mind is healed, your life experiences will reflect this healing.

Don't shoot the messenger

You may not be happy to hear this, yet until you realize that you are the dreamer of your dream, nothing can effectively change. If you believe that the world is happening to you, then you are at the mercy of the world and you must wait around until the world decides to be nicer to you (and your ego will not let this happen). If the world is happening from you, then there is plenty you can do to change your world. **All you have to do is change your mind because your mind is projecting everything you see and experience in your dreams.** Since the healing of your mind is accomplished by the Holy Spirit, your Teacher of Peace, your part is not as challenging as you think. It is your willingness combined with the strength and wisdom of God, that accomplishes the healing.

In Chapter 28.II, the Course says, “Nothing at all has happened but that you have put yourself to sleep, and dreamed a dream in which you were an alien to yourself, and but a part of someone else's dream. **The miracle does not awaken you, but merely shows you who the dreamer is.** It teaches you there is a choice of dreams while you are still asleep, depending on the purpose of your dreaming. Do you wish for dreams of healing, or for dreams of death? A dream is like a memory in that it pictures what you wanted shown to you.” ACIM Ch.28.II.4

The abandonment of guilt

The reason this concept is so tough for many people to accept is because it means that anyone who is treating you unfairly, delaying you, persecuting you, or being unkind to you, is actually

doing exactly as “your ego” is asking them to do. In this case, guilt doesn’t make any sense at all. Would you accuse someone of being guilty for playing a role that you asked them to play in advance? Are they guilty because they played the role you assigned to them? Tough questions. The bottom line is that, in truth, no one is guilty because you are not looking at the truth, you are looking at the effect of your belief that you are separate from God.

You are not condoning wrongful actions of others

By accepting that you are the dreamer of your dream, this does not mean that you are condoning the wrongful actions of others. Rape, murder, theft, attack, mistreatment, abuse, etc., will always be wrong because they are out of alignment with the truth. God would never choose these experiences for you, whether they occur in your nighttime dreams or your daytime dreams, yet you will be tempted to feel victimized in either case.

By recognizing that you are the dreamer of your dream, you are realizing that your eyes are not reporting the truth to you. They are reporting what you believe in the place of truth. The Holy Spirit is trying to wake you up from your dream, so that all of your suffering and misery can end. God did not create suffering. Suffering, in any form, is the effect of accepting the false idea that you could be separate from God. Suffering is the consequence of this misperception, and all forms of lack, suffering, and misery will be undone by the Holy Spirit, with your invitation.

Did I really create all of this?

You might be asking yourself, “Did I really create all of this?” For some people, this can be a frightening thought, especially if you are in pain, conflict, or you are dealing with an illness, etc. I know my first thought when I learned this was, “Am I really doing this to myself? Wow, I must really be screwed up!” The Course asks that you NOT judge or attack yourself. It says that once you stop judging other people in your dream, you will be tempted to judge yourself. This is the same thing and it will delay your happiness.

The whole point is to help you release from judgment entirely, so you can wake up from this long and suffering dream as quickly as possible. If you invest in judging anyone in your dream, then you will remain asleep until you withdraw your investment.

The Holy Spirit will take care of the entire healing process on your behalf, yet it must be at your invitation, and you must understand your role, or you will not be willing for your thoughts to be healed. If you are not clear about who is assigning the roles here (being you), then you will stay fixated on the guilt of “other people” in your dream, and this will keep you asleep. The Holy Spirit cannot wake you up, until “being awake and happy” is the only thing you want.

Keep in mind, that as you wake up, you will first get to experience the “Happy Dream”. The happy dream is a happy and abundant life that you love, and the happy dream is a natural transition to your awakened mind.