



A Course in Miracles Mentoring ©

DAY 27 – Betrayal and Deception

Key Topics:

- Your eyes report what you believe
- I am sorry for what you have endured
- There is only one of us here
- You are responsible for what you see
- You are doing this to yourself
- The power of decision is your own
- The healing is not up to you
- There is only one problem
- Your belief in betrayal is false
- You are not guilty

Your eyes report what you believe

Everything you see is a picture of your thoughts turned outward. If you are treated with kindness, then this is a sign that you believe that you are worthy of kind treatment. If you are persecuted or rejected, then you believe you are guilty and deserve persecution or rejection. This is not easy to hear when someone is mistreating you, or even worse, they have betrayed you. It is much easier to think of them as an independent or unstable force that is guilty of causing your hurt and pain. I like to think of life as a radar screen in front of you, and what you find on your radar screen will tell you everything you need to know about what you think of yourself. If you sit back and take an overview of the people in your life on your radar screen, are they mostly kind and loving towards you, or do they challenge, reject, dismiss, or persecute you? Everything you see is a projection of your thoughts and beliefs. Your eyes are not seeing the truth, as God created it. They are reporting to you what you believe in the place of truth. Other people are mirroring your thoughts about yourself back to you. There are no exceptions.

I am sorry for what you have endured

Before we go on, I want to pause and tell you that I am sorry for all that you are going through. If you have been betrayed or deceived by someone you love, my heart aches for what you have endured. There is nothing more personally shocking and devastating than having someone you love and trust, turn on you through lies or betrayal (whether real or imagined). In this section, you will learn why this occurred and what you can do to release from the pain, but before we move on, I want you to know that I understand the depth of what betrayal feels like. It is this kind of terrible and devastating pain that the Holy Spirit is eager to release you from.

There is only one of us here

There is only “one of us” here. God has only one, unseparated Son. The word Son symbolizes the Sonship as a whole, without reference to gender.

You are responsible for what you see

In A Course in Miracles, it says, “This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you. Say only this, but mean it with no reservations, for here the power of salvation lies:

I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked.

Deceive yourself no longer that you are helpless in the face of what is done to you.

Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.”

ACIM Ch.21.II.2

You are doing this to yourself

The first time I read these words (above), they hit me right between the eyes. It is much easier to think that what you see and feel is being caused by “someone else”. The Course is helping you to understand that **you are doing this to yourself**. This may seem impossible, yet once you accept this inevitable truth, the pain can and will stop. This is not something to judge yourself about. It is something to be aware of because it unlocks the doors on your prison of pain.

The power of decision is your own

In Chapter 21, it says, “It is impossible the Son of God be merely driven by events outside of him. It is impossible that happenings that come to him were not his choice. His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. No accident nor chance is possible within the universe as God created it, outside of which is nothing. Suffer, and you decided sin was your goal. Be happy, and you gave the power of decision to Him Who must decide for God for you. This is the little gift you offer to the Holy Spirit, and even this He gives to you to give yourself. For by this gift is given you the power to release your savior, that he may give salvation unto you.” ACIM Ch.21.II.3

The healing is not up to you

If you are hurting, the good news is that the healing is not up to you. Your part is to decide who you want to guide you, your Teacher of Peace or your Teacher of Pain. In the above quote, it says, “Be happy, and you gave the power of decision to Him Who must decide for God for you.” It does not say that in order to be happy, you have to pretend to be happy over the top of your feelings of pain and devastation. If you want to heal from the pain you are feeling right now:

1. *Acknowledge that you are doing this to yourself*
2. *Be willing to forgive the “other person” for showing you your belief about what you think you deserve*
3. *Be willing to love yourself instead, and see yourself as worthy of receiving only love*
4. *Ask your Teacher of Peace to heal your mind for you*

The Holy Spirit, your Teacher of Peace, cannot intervene on your behalf and heal your mind, until you want peace more than you want to be right about the guilt of the other person. Once you desire peace more than pain, the healing process will be accomplished for you.

There is only one problem

Remember that there is only one problem, and this problem has already been solved. Your one problem is that you believe you are separate from God. The Course teaches that, at a deep level, you believe you are separated from God and that you somehow caused this condition to occur. As a result, you are carrying a deep sense of guilt, as though you have betrayed yourself and God. **You have never betrayed God or yourself**, yet it is important to understand where the concept of betrayal originated, so you can make another happier choice instead.

Your belief in betrayal is false

In Chapter 7.X.5, it says, **“Believing that he can betray, he believes that everything can betray him.”** In truth, you cannot be betrayed because God did not create betrayal, and what God did not create, does not exist. Betrayal exists in your mind because you believe that you can and have betrayed something else. This **misleading decision against yourself** is being “mirrored back to you” by the other person. If you are willing to pull up and out of the pain to get an overview, you will see that without the other person showing you your judgments against yourself, there would be no opportunity for you to see them so they could heal. It’s as if you have a dagger in your back (that you put there a long time ago) and it is causing you tremendous pain, and the other person is holding up a mirror to help you see what is causing your pain. Your ego is quick to have you believe that the other person is the one who put the dagger there, and this is false. Your ego’s function is to project guilt outside of yourself and to make it look like other people are doing this to you, so the origin of the pain and guilt will never be identified or undone.

You are not guilty

You have never betrayed God, or yourself, and the separation has never occurred. You are one with God, always and forever. No guilt has ever touched you, or anyone else. The fiery pain of betrayal is the result of accepting guilt for a crime that was never committed. If you are willing to forgive yourself and others for “what never occurred” in truth, the pain can and will stop. As the origin of the pain is undone, all of the effects of the pain are neutralized as well. As you pull this giant weed out of your garden, by the root, then you will have no more weeds to disturb the happiness you are entitled to have.

God has already judged you as innocent, free, loved, sinless, cherished, and blessed. If you will join Him in His assessment, then you are free to walk out of your self-imposed prison.

One important caution:

In order for you to be free, you must release your brother, and take him or her with you. Freedom is total, or not at all.