



## Personal Online Coaching ©

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### DAY 27 – Betrayal and Deception

#### Key Topics:

- The Two Worlds
- The frog in your pocket
- The circle of fear
- The circle of fear cannot stop you
- Pass through the dark clouds of guilt
- The world of light is within you, waiting to be remembered

#### The Two Worlds

In truth, you are one with God; infinite spirit and eternal love, as created by God, Himself. Somewhere along the way, you accepted the false idea that you could be separate from God, and by accepting this false idea as true, you now find yourself in a body; a little fenced off and separated version of yourself. Your body is not who you are, for your infinite Self could never be contained in a finite form, yet over time, you have accepted this false image of as your true identity. Now, instead of enjoying the real world where there is only love and happiness, without a trace of sorrow, darkness, or fear, as given to you by God, Himself, you are experiencing the world of separation you made up instead. You might think of it this way: You have fallen asleep and in your dream of separation, you forgot who you really are, along with the great happiness, peace, and abundance you are entitled to.

In Chapter 18.IX.3, it says, “From the world of bodies, made by insanity, insane messages seem to be returned to the mind that made it. And these messages bear witness to this world, pronouncing it as true. For you sent forth these messengers to bring this back to you. Everything these messages relay to you is quite external. There are no messages that speak of what lies underneath, for it is not the body that could speak of this. Its eyes perceive it not; its senses remain quite unaware of it; its tongue cannot relay its messages. Yet God can bring you there, if you are willing to follow the Holy Spirit through seeming terror, trusting Him not to abandon you and leave you there. For it is not His purpose to frighten you, but only yours. You are severely tempted to abandon Him at the outside ring of fear, but He would lead you safely through and far beyond.”

#### The frog in your pocket

Your ego represents the part of your mind that believes that you are separate from God, and also maintains that your physical body is who you are. As long as you experience being in a

physical body, you will have an ego to go with it. It's kind of like you bought a new suit and it came with a frog in the pocket. Your ego is the frog in your pocket and he never shuts up. Even when you try to zip the pocket closed, you will still hear him yelping in the background, always trying to get your attention. You can plan on him being with you as long as you are in your suit. In time, you will learn to ignore him and go on about your day. He's not even a real frog. As obnoxious and annoying as he is, he is fake. The ego's voice that you are listening to is a tape. Its sole function is to make you think you are separate from God, powerless, unlovable, vulnerable, weak, and subject to attack, rejection, and betrayal by others. This "tape" plays continuously and if you are not clear about where it's coming from, you will be tempted to think it is your own mind telling you the truth. Today, we choose to not listen to the fake and foolish frog in our pocket, as tempting as this may be. He has been yelping for so long, that we actually believed him for a while, but not anymore.

### **The circle of fear**

Through his many clever forms of distraction, your ego is guarding something very precious to him. He is programmed to keep you so distracted with what is happening around you, and what other people are doing or not doing, that you will never get quiet and turn inward. For if you turn inward, you will be shown (by your Teacher of Peace) how to move beyond the circle of fear that is holding your world of pain and separation in place. And then you will wake up.

In Chapter 18, it says, "**The circle of fear lies just below the level the body sees**, and seems to be the whole foundation on which the world is based. Here are all the illusions, all the twisted thoughts, all the insane attacks, the fury, the vengeance and **betrayal** that were made to keep the guilt in place, so that the world could rise from it and keep it hidden. Its shadow rises to the surface, enough to hold its most external manifestations in darkness, and to bring despair and loneliness to it and keep it joyless. Yet its intensity is veiled by its heavy coverings, and kept apart from what was made to keep it hidden. The body cannot see this, for the body arose from this for its protection, **which depends on keeping it not seen**. The body's eyes will never look on it. Yet they will see what it dictates." ACIM Ch.18.IX.4

### **The circle of fear cannot stop you**

As you are willing to zip the pocket on your ego, being the frog in your pocket, and move beyond its insane yelps and projections of distraction, pain, suffering, lack, and betrayal, you will ultimately turn inward, where your Teacher of Peace has been waiting for you. At first, you might see only darkness because your eyes have grown accustomed to darkness through the dark clouds of guilt you have laid upon yourself and others, yet the Course says this about the circle of fear, as you choose to reach beyond it and into the light of your True Self:

"This heavy-seeming barrier, this artificial floor that looks like rock, is like a bank of low dark clouds that seem to be a solid wall before the sun. Its impenetrable appearance is wholly an illusion. It gives way softly to the mountain tops that rise above it, and has no power at all to hold back anyone willing to climb above it and see the sun. It is not strong enough to stop a

button's fall, nor hold a feather. Nothing can rest upon it, for it is but an illusion of a foundation. Try but to touch it and it disappears; attempt to grasp it and your hands hold nothing.”

ACIM Ch.18.IX.6

### **Pass through the dark clouds of guilt**

“So should it be with the dark clouds of guilt, no more impenetrable and no more substantial. You will not bruise yourself against them in traveling through. Let your Guide teach you their unsubstantial nature as He leads you past them, for beneath them is a world of light whereon they cast no shadows.” ACIM Ch.18.IX.8

### **The world of light is within you, waiting to be remembered**

The ego, (i.e., frog in your pocket) is very committed and even programmed (by you) to preserve the false image of yourself that you made up. Its goal is to prove that there is no God, and that you are a separated, finite, physical being that is prone to suffering, lack, illness, attack, betrayal, and death. The ego's ultimate triumph is your death, for through your death, it hopes to prove that eternal life is not real. It cannot prove this, of course, because it is false. The problem is – we listen to it and then act as if it's true.

As you forgive yourself and others, for what never occurred in truth, you pass through the dark and heavy clouds of guilt and into the light and truth of the real world, as created for you by God, Himself. In Chapter 18, it says, **“This world of light, this circle of brightness is the real world, where guilt meets with forgiveness.** Here the world outside is seen anew, without the shadow of guilt upon it. Here are you forgiven, for here you have forgiven everyone. Here is the new perception, where everything is bright and shining with innocence, washed in the waters of forgiveness, and cleansed of every evil thought you laid upon it. Here there is no attack upon the Son of God, and you are welcome. Here is your innocence, waiting to clothe you and protect you, and make you ready for **the final step** in the journey inward. Here are the dark and heavy garments of guilt laid by, and gently replaced by purity and love.” ACIM Ch.18.IX.9

### **God will take the final step**

Once you have abandoned the voice of ego, your Teacher of Pain, and you have forgiven everyone, including yourself, for what never occurred in truth, and you have turned inward and moved through the dark clouds of guilt, and you have found the light within, then you are ready for God to take the final step. At this point, there is nothing in the way to interfere with love.

“Here you are led, that God Himself can take the final step unhindered, for here does nothing interfere with love, letting it be itself. A step beyond this holy place of forgiveness, a step still further inward but the one *you* cannot take, transports you to something completely different. Here is the Source of light; nothing perceived, forgiven nor transformed. But merely known.”

ACIM Ch.18.IX.10.4-7

## **The Journey's End**

All healing is an inside job. It is important for you to understand where you are headed, so you will understand the significance of moving past the distractions and seeming obstacles along the way. Your Guide and Teacher of Peace will show you everything, and even move the obstacles for you, if you will let Him. You are on your way to the memory of God, and your oneness with Him. According to the Course, this memory is so lovely and happy, that your physical heart cannot contain the joy. Your success in reaching your final destination is guaranteed by God, Himself, for He is more eager for you to remember His love than you are to remember it for yourself. Perhaps today, you will open your mind to see why your ego is so defensive and is doing everything it can to keep you from the truth. It believes that its very survival depends on it. Yet, with God, loss is impossible and there is only gain.

I remember the first time I left my body and the complete freedom and weightlessness I felt. It happened very naturally. I was sitting in my mother's house one morning after my brother, Scott, was telling me how he enjoyed leaving his body. I had never thought about it before. It was as if he opened a door in my mind that I had long forgotten. After our conversation, I laid down to take a nap. Just as I was beginning to wake up, while my eyes were still closed, I could see the light streaming through the window over my head. The light was so pleasant, warm, and inviting, and as I focused on it, I shot right out of my body. I was so startled that I remember thinking to myself, "Oh my gosh, oh my gosh, I'm out of my body!" and then I quickly returned like a jet returning to the launch pad. "Wow! What a rush!"

Leaving your body is not the same thing as turning inward and finding the light of God, yet it does help to loosen your old fixed beliefs about who you are and what is possible. My point is this: My brother gave me the gift of reminding me of something I had forgotten. He reminded me of a door that I had forgotten was even there. Perhaps today, you will move beyond the shrieking voice of your ego, and forgive everyone for what never occurred in truth, and then you will turn inward and pass through the circle of fear (made up by the dark clouds of guilt) and into the light and truth of all that you are. Your Teacher of Peace will guide you all along the way. I am here to tell you about the door, but your Teacher of Peace is the One to take you through it and beyond it.

It is waiting when you are ready.

With God, there is only gain.

Only love is real.

"And when the memory of God has come to you in the holy place of forgiveness you will remember nothing else, and memory will be as useless as learning, for your only purpose will be creating. Yet this you cannot know until every perception has been cleansed and purified, and finally removed forever. Forgiveness removes only the untrue, lifting the shadows from the world and carrying it, safe and sure within its gentleness, to the bright world of new and clean perception. There is your purpose *now*. And it is there that peace awaits you." ACIM Ch.18.IX.14