



## A Course in Miracles Mentoring ©

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### DAY 28 – Grief & Loss

#### Key Topics:

- Ego has many forms of loss
- Where does loss come from?
- God's Will is mine
- Can I have it now?
- God's Will is your will
- I better do it my way
- From nightmares to happy dreams
- You are irreplaceable in the Mind of God

#### Ego has many forms of loss

God's will is your happiness and that you have everything without a trace of sorrow, and with light and joy and peace that constantly increases. The ego, on the other hand, offers something very different. You might think of "loss and sacrifice" as ego's middle name and its favorite distraction of choice. Ego offers loss and sacrifice in a variety of forms, hoping at least one of them will get your attention, just enough to distract and delay you from remembering the truth of who you are. Some categories of loss that the ego offers are: loss from separation, divorce, loss of loved ones, health, income, home, job, family, friendship, pets, mobility, functionality, memory, self-esteem, self-confidence, balance, sexual drive, dignity, eyesight, connection with others, and more. The ego's function is to convince you that you are a separated, vulnerable, guilty, finite being; deserving of punishment, and prone to illness, suffering, lack, sacrifice, pain, and death, and that there is no God. In every form of loss, suffering, and sacrifice that the ego offers you, it is wise to remember this: **"The ego depends solely on your willingness to tolerate it."** ACIM Ch.9.VIII.6 For today's topic on "Grief and Loss", we are focusing on a broader definition of loss. We will be covering "Loss of a Loved One" later in this program.

#### Where does loss come from?

God did not create loss, evil, pain, illness, sacrifice, or darkness in any form. **What God did not create, does not exist.** You see and experience loss because you have accepted that you are separate from God, and you are now identifying yourself as a separated finite body, prone to loss, illness, lack, delay, and death, and all the rest. **This is not who you are.** This is the false image of yourself that you made up to replace the truth. **The truth of you is that you are the Holy Child of God; Eternal Spirit, free of all limits, safe, loved, healed, happy, and whole, and it is God's Will that you are happy and that you have everything.**

By accepting this false version of yourself in the place of truth, you are now experiencing the effects (i.e., the consequences) of your misperception. In essence, you can think of yourself as asleep and dreaming that you are “something other than what are”, and in your dreams (which are nightmares really) darkness exists, terrible things happen, and loss, pain, and death seem very real indeed. The pain cannot be stopped in your dreams, for that is what dreams are for. The pain will stop when you no longer have an interest in dreaming and in being something other than who you really are.

### **God’s Will is mine**

In truth, you cannot be anything other than what God created you to be, yet you have the capacity to believe that you can be **something else**. Your commitment to this “separated self” that you made up in your mind, is the cause of all of your feelings of loss and despair. Once you are committed to reclaiming the truth of who you are, which is the same thing as accepting God’s Will for your happiness, then everything will begin to shift and heal.

In Chapter 11.III, the Course says, “O my child, if you knew what God wills for you, your joy would be complete! And what He wills has happened, for it was always true. When the light comes and you have said, **“God's Will is mine,”** you will see such beauty that you will know it is not of you. Out of your joy you will create beauty in His Name, for your joy could no more be contained than His. The bleak little world will vanish into nothingness, and your heart will be so filled with joy that it will leap into Heaven, and into the Presence of God. I cannot tell you what this will be like, for your heart is not ready. Yet I can tell you, and remind you often, that what God wills for Himself He wills for you, and what He wills for you is yours.” ACIM Ch.11.III.3

### **I want it now**

Many people read these words (above) from the Course and, at some level, accept the significance of them, yet they turn right around and go back to the dream of separation, pain, loss, and death that they made up. **This is because they believe that God’s Plan will not bring them happiness, at least not right now.** They want it now, and they believe that their best shot at getting it now is to follow their own plan. The ego never fully trusts anyone or anything other than itself. In the background, it is whispering into your ears that if you choose to accept God’s Will for you, you will lose, things will get worse, and/or you will end up with nothing at all.

In Chapter 9, it says, **“Fear of the Will of God is one of the strangest beliefs the human mind has ever made.** It could not possibly have occurred unless the mind were already profoundly split, making it possible for it to be afraid of what it really is. Reality cannot “threaten” anything except illusions, since reality can only uphold truth. The very fact that the Will of God, which is what you are, is perceived as fearful, demonstrates that you are afraid of what you are. **It is not, then, the Will of God of which you are afraid, but yours.”** ACIM Ch.9.I.1

### **God's Will is your will**

God's Will is your will and your will is God's Will, and happiness is available now. There is only one plan that will bring you happiness and it is God's Plan. Your plan is set up to fail, hurt, and disappoint you, and your final bonus is that you get to experience death at the end. Many people are afraid to turn to God because they think they will lose something they value. In the Course, it says, "... the Holy Spirit's function is to sort out the true from the false in your mind...

**The only source of fear in this process is what you think you will lose.** Yet it is only what the Holy Spirit sees that you can possibly have." ACIM Ch.9.I.4

### **I better do it my way**

The concept of things **"taking too much time"** is a big bargaining chip for the ego. It will tell you, **"Yeah, go ahead and pray to God and someday things will get better. In the meantime, here's what you/I need to do."** Sound familiar? Most people reject God's Plan before they have ever even considered what it might be, and then continue on with doing things the old way to their detriment.

"You may not realize that the ego has set up a plan for salvation in opposition to God's. It is this plan in which you believe. Since it is the opposite of God's, you also believe that to accept God's plan in place of the ego's is to be damned. This sounds preposterous, of course. Yet after we have considered just what the ego's plan is, perhaps you will realize that, however preposterous it may be, you do believe in it." ACIM Lesson 71.1

### **From nightmares to happy dreams**

As you recommit yourself to "waking up" and accepting the truth of who you are, along with accepting only God's Plan for your happiness (because only God's Plan will work), the Holy Spirit can then heal your mind and gently awaken you from your nightmares of pain, loss, and death. As you begin to wake up, your nightmares will turn to happy dreams because the light in your mind will extend into your dreams. Happy dreams are happy and as you begin to experience them in your life as you know it, they represent the happiest version of yourself, your relationships, your abundance, your health, and your life as a whole. The experience of happy dreams is a natural transition back into your awakened state of mind. **For those who "want happiness and abundance now", this is the quickest possible route to get there.**

It is possible for this waking up period to be instantaneous, yet this would require that you completely abandon your plan with no sense of loss. This is unlikely because you are very committed to the false image of yourself that you made up and the world that you have made. As such, the Holy Spirit will awaken you lovingly and gently, in perfect pace with your desire to let go of what is not true, and to receive what is true in its place. Love is loving, and with God, there is only gain and loss of any kind is impossible.

### **You are irreplaceable in the Mind of God**

In Chapter 9, the Course says, **“You are altogether irreplaceable in the Mind of God.** No one else can fill your part in it, and while you leave your part of it empty your eternal place merely waits for your return. God, through His Voice, reminds you of it, and God Himself keeps your extensions safe within it. Yet you do not know them until you return to them. You cannot replace the Kingdom, and you cannot replace yourself. God, Who knows your value, would not have it so, and so it is not so. Your value is in God's Mind, and therefore not in yours alone.

**To accept yourself as God created you cannot be arrogance, because it is the denial of arrogance. To accept your littleness is arrogant, because it means that you believe your evaluation of yourself is truer than God's.”** ACIM Ch.9.VIII.10

“... You did not establish your value and it needs no defense. Nothing can attack it nor prevail over it. It does not vary. It merely is. **Ask the Holy Spirit what it is and He will tell you, but do not be afraid of His answer, because it comes from God.** It is an exalted answer because of its Source, but the Source is true and so is Its answer. Listen and do not question what you hear, for God does not deceive. He would have you replace the ego's belief in littleness with His Own exalted Answer to what you are, so that you can cease to question it and know it for what it is.” ACIM Ch.9.VIII.11