



Personal Online Coaching ©

DAY 28 – Grief & Loss

Key Topics:

- The pain of loss
- The Bear Trap™
- Every step towards peace is a step towards God
- Beware of ego's witnesses
- The 1st Step in undoing the pain
- Divine Love will never decide against you
- Pain, in any form, is an election
- What God did not create, does not exist
- What's next?
- Your freedom is my own

The pain of loss

If you are experiencing loss of any kind – it is painful and it hurts! Through the Course, you learn that, in truth, loss is impossible, yet in illusions, loss seems to be real, miserable, and devastating. Most people find it hard to focus on “what is true”, when “what is not true” is so loud, painful and in your face. It's kind of like trying to understand that fire is an illusion while you perceive that your pants are on fire. It is nearly impossible to do, if not for one thing – you have help. The Holy Spirit is eager to help you at your slightest invitation, yet He needs your invitation and your willingness to understand you are looking at an illusion, in order to proceed.

The Bear Trap™

When you are in the middle of the pain, no matter where the pain is coming from (and whether it is real or imagined in your mind) you are standing in “a bear trap”. While you are standing in a bear trap, it will be nearly impossible for you to listen to anyone, or do anything other than focus on the pain. Just think of this: If you are standing in a bear trap (in the grip of the pain, with no way of knowing how to make it stop) and then I come along and offer to share the secret to a happy and peaceful life with you, would you have any interest in listening to me? Probably not! The only thing you would be listening for is **how to make the pain stop**. This is called “**selective listening**” and this is what you are most likely doing now right now, out of self-preservation.

As you read through these materials each day, you are mostly listening for what will make the pain stop. Pain has many forms like physical pain, emotional pain, loneliness, lack, sadness, depression, anger, hurt, feelings of loss, etc. The problem with selective listening is that you are

likely to miss the part about how to have a happy and peaceful life, which is the answer you need to end the pain. **If you open your mind to the true answer, instead of the one that you think you need, you will also receive the answer that will end all pain for good.** Think of it this way, “Would you rather have someone help you out of the bear trap you are in, or would you rather receive a solution where the threat of bear traps of any kind are removed from our life forever and will never happen again?”

Every step towards peace is a step towards God

If you are in pain and you feel like you are standing in a bear trap, or like your pants are on fire (whichever example best describes your pain in your mind), you most likely want help in neutralizing the pain before your mind will consider anything else. This is normal and it is helpful if you will refuse to judge yourself about this. If you are hurting, it is important to do what is in front of you to do (with guidance from Your Teacher of Peace) to help minimize your fear and pain, and to maximize your feelings of peace. Every step towards peace is a step towards God.

God helps you right where you are

In Chapter 18, section IV on “**The Little Willingness**” it says, “You merely ask the question. The answer is given. **Seek not to answer, but merely to receive the answer as it is given. In preparing for the holy instant, do not attempt to make yourself holy to be ready to receive it. That is but to confuse your role with God's.** Atonement cannot come to those who think that they must first atone, but only to those who offer it nothing more than simple willingness to make way for it. Purification is of God alone, and therefore for you. Rather than seek to prepare yourself for Him, try to think thus: I who am host to God am worthy of Him. He Who established His dwelling place in me created it as He would have it be. It is not needful that I make it ready for Him, but only that I do not interfere with His plan to restore to me my own awareness of my readiness, which is eternal. **I need add nothing to His plan. But to receive it, I must be willing not to substitute my own in place of it.**” ACIM Ch.18.IV.5

Beware of ego’s witnesses

This means that right where you are and whatever pain you are in, help and relief are available to you, yet here is one caution: **Beware of ego’s witnesses.** You might find that through your own thoughts, or through the mouths of other people, you are hearing things like:

- Don’t expect the pain to stop
- The pain will never stop
- It has been going on too long
- Pain is a normal part of life
- Pain makes you stronger
- This problem is too big or complicated to solve
- The best you can hope for is temporary relief

- Maybe if you inflict pain somewhere else, you will feel better
- These kinds of things never heal
- You did this to yourself

These thoughts and statements, are divisively placed by your ego to reinforce that pain is real, and therefore, God is not. In Chapter 11.V it says, **“Do not underestimate the appeal of the ego's demonstrations to those who would listen. Selective perception chooses its witnesses carefully, and its witnesses are consistent.”** ACIM Ch.11.V.16.1-2

The 1st Step in undoing the pain *(Please read this paragraph at least 3 times)*

You're not going to like this one, but if you want the pain to stop for good, there is something you must do. You must declare for yourself that suffering in any form is false. Say out loud to yourself, **“God did not create _____ (be specific**) and therefore it is not real. I want the truth instead of this.”** You must take this first step in order for Holy Spirit, your Teacher of Peace, to begin the healing process of your mind on your behalf. If you believe that pain is real, valid, deserved, and/or unstoppable, then Holy Spirit must wait to intervene until you change your mind. *(** Use specific terms, such as: loss, lack, pain, cancer, late payments, income loss, unemployment, loss of companionship, toothaches, rape, murder, death, etc.)*

Divine Love will never decide against you

Once you have rejoined the team of your own Divine Heritage, where pain, loss, and sacrifice, are unknown and unelected, then the healing process can begin. If it were to happen sooner, then Divine Love would be attacking your mind, and this, It will never do.

In ACIM Lesson 187, it says, **“Accept not suffering, and you remove the thought of suffering.** Your blessing lies on everyone who suffers, when you choose to see all suffering as what it is. The thought of sacrifice gives rise to all the forms that suffering appears to take. And sacrifice is an idea so mad that sanity dismisses it at once.” ACIM Lesson 187.7.2-5

Pain, in any form, is an election

Pain, in any form, is an election. You cannot battle pain and hope to win. You cannot triumph over suffering and expect not to suffer. This is not the way to peace. You will never find the light any analyzing darkness or by choosing to move deeper into pain.

What God did not create, does not exist

The way to peace and freedom from all loss, suffering, lack, sacrifice, loneliness, and pain, is to deeply understand that these ego devices have no power because God did not create them. These forms of suffering are elections in the place of truth. What God did not create, does not exist. You see and experience these elections as real, because you are unknowingly choosing them in the place of truth.

What's next?

That being said – pain hurts, and while you are in pain, it is hard to think of anything else. In this 90-Day Program, we will be addressing the many forms of pain, loss, and suffering, as orchestrated by the ego, through our in-depth online healing videos and other tools. We will spend time together, with the goal of helping to neutralize the pain, fear, hurt, and feelings of loss. Watch for separate emails with the subject line: **90 Day Video on “Sample Topic”**, as these videos will offer you even more tools to identify and neutralize what is hurting and holding you back.

Your freedom is my own

As you read through these materials, it might be tempting to think that I don't understand or relate to the depth of your pain, yet this is far from the truth. The whole purpose of this program is to show you that there is a way out of pain, loss, lack, and suffering, and to give you specific and tangible steps on how to get there as quickly as possible.

Your freedom is my own. I am not free until every single one of you is clear about who you are, along with the tremendous and eternal Love that God has for you, and the great peace, happiness, and abundance that is your God-given right to have. At no time am I unaware of the tremendous suffering that you are going through, or have been through. I hope you never feel that I am dismissing your pain or discounting your experience, because that is never my intention.

My intention is for you to know and experience your freedom and I must stay focused on this. If we stop to give ego floor time, it will only slow us down. This does not mean that you should dismiss your feelings or try to pretend that the pain doesn't hurt. Together, we can look at where the pain is coming from, why it is there, what to do about it, and then release it at its root. Our goal is to look at what the ego has offered you, just long enough, to see that you are no longer interested, so we can let it go together with guidance from our Teacher of Peace.

I hope you will use the tools in the program over and over again, until the pain has stopped and there is no more pain. Be sure to use the tools as many times as you need to, until they are no longer needed. It is important to be patient with yourself and to ask your Teacher of Peace for help and guidance all along the way. If you already knew that pain isn't real, then this healing process would be completely unnecessary. In love, the Holy Spirit looks with us on every one of our illusions, and one by one, He helps us to understand “It is not so.” With great tenderness, He helps us to release every perceived thorn we have placed within our heart. Once the healing is accomplished, in happiness, He wipes our tears and we return to joy that is inherently ours.

“The purpose of this Guide is merely to remind you of what you want. He is not attempting to force an alien will upon you. He is merely making every possible effort, within the limits you impose on Him, to re-establish your own will in your awareness.” ACIM Ch.9.I.3.6-8

“Forgive all thoughts which would oppose the truth of your completion, unity and peace. You cannot lose the gifts your Father gave. You do not want to be another self. You have no function that is not of God. Forgive yourself the one you think you made. Forgiveness and salvation are the same. Forgive what you have made and you are saved.” ACIM Lesson 99.10

“God is incomplete without you because His grandeur is total, and you cannot be missing from it.” ACIM Ch.9.VIII.9.8