



## A Course in Miracles Mentoring ©

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### DAY 29 – Seizing Fearful Thoughts

#### Key Topics:

- Fear is voluntary
- God cannot take your fear away
- Fear is not justified in any form
- Fear is the result of trusting in your own strength
- Choosing what you want
- Fear indicates you have already decided against yourself
- How to stop my runaway train of fear

#### **Fear is voluntary**

When you are afraid, it is because you are choosing to be so. This is important to understand, otherwise, you might end up waiting around for something to happen, or someone else to take your fear away. Since fear is an election, it is not possible for anything other than you to take the fear away, or let it go.

#### **God cannot take your fear away**

God cannot take your fear away, because this would be an attack on your mind, yet your Teacher of Peace can help you with the conditions that have brought your fear about. When your mind is racing in fear and you want it to stop, it is helpful to pause and look at the reasons you are afraid, so they can be brought to the light of truth and dismissed, one by one.

#### **Reasons for fear**

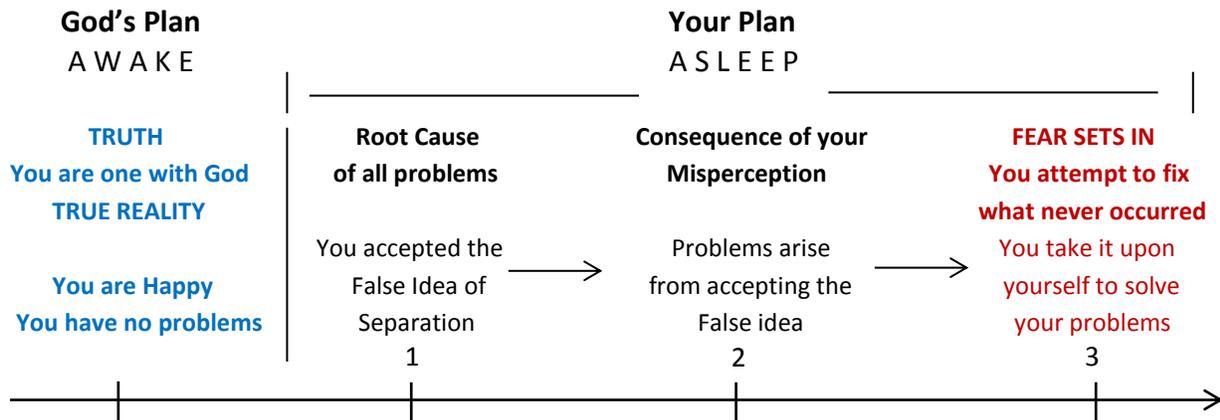
There are many reasons for fear, yet every form of fear is rooted in **one central false idea** and huge misperception. **You believe that you are separate from God and you are on your own.** This false idea is causing every problem you think you have, and these problems will not cease until this central false idea is healed and undone in your mind.

#### **Fear is not justified in any form**

In ACIM Lesson 240, it says, “Fear is not justified in any form. Fear is deception. It attests that you have seen yourself as you could never be, and therefore look upon a world which is impossible. Not one thing in this world is true. It does not matter what the form in which it may appear. It witnesses but to your own illusions of yourself. Let us not be deceived today. We are the Sons of God. There is no fear in us, for we are each a part of Love Itself. How foolish are our fears! Would You allow Your Son to suffer? Give us faith today to recognize Your Son, and set him free. Let us forgive him in Your Name, that we may understand his holiness, and feel the love for him which is Your Own as well.” ACIM Lesson 240.2.1-2

**Fear is the result of trusting in your own strength**

Because you believe that you are separate from God, you are now experiencing problems that are the effect of this misperception, and you are trusting in your own strength to solve them. You might think of your effort to solve your own problems as three times removed from reality. This might help you understand why your own problem solving doesn't work or last.



In ACIM Lesson 48, it says, **“The presence of fear is a sure sign that you are trusting in your own strength.** The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His strength take the place of your weakness. The instant you are willing to do this there is indeed nothing to fear.”

If you look at the above graph, you will see that **you abandoned God's Plan for your happiness the moment you accepted the false idea that you could be separate from Him.** If you were a train, you could say that this is where you got “off track”. By accepting the false idea of separation, you took an alternate track in your mind and this track comes with problems, challenge, illness, misery, despair, lack, suffering, and death, because this track represents the opposite of truth. By denying the truth of who you are in your mind, you are now accepting the opposite of truth in its place and this is driving your fear.

You are the Holy Child of God Himself; the extension of the all-Loving, all-Power, all-Wise Creator of All-in-All. There is no opposition and nothing that has ever taken your true reality from you. By accepting the false idea of separation, this created a great illusion in your mind and you now see yourself as lacking and powerless. You have the ability to create as God does, as His Holy Child, but you cannot create something that is not real, therefore, you are looking at a projection of what you believe in the place of the truth. Everything you see will correct and heal once the original root cause of the problem is seen as false and impossible.

**Choosing what you want**

The Holy Spirit, your Teacher of Peace, is the One Who will accomplish the healing of your mind for you, for that is His Function. He cannot intervene on your behalf until being “AWAKE” and “AWARE” of who you really are is the only thing you want. While you are invested in anything

other than truth and God's Will for your happiness, your Teacher of Peace must wait to intervene until you change your mind, otherwise this would be an attack on your mind.

Every time you let go of trying to fix, solve, change, or manipulate your perceived problem(s), and you say instead, "I want the truth instead of this, or Thy Will be done, or Decide for me", you are declaring that you want to be awake instead of asleep, you want happiness instead of pain, abundance instead of lack, and comfort instead of illness. In your choice to deny what is false and to accept what is true instead, you are inviting the Holy Spirit to guide you and this will lead you directly to happiness, abundance, and your own awakening.

### **Fear indicates you have already decided against yourself**

This is a really important point, so please read this one closely. **Fear is an effect of a decision you have already made against yourself.** If you have decided against yourself, and you don't do anything to change your mind, you will **"get to be right"** about what you are fearful about. This is not something to fear. It is something to be aware of, so that you will not be so tolerant of going into fear, or willing to maintain fearful thoughts. The Course asks if you want to be right or happy. Let's join together in our choice to always be happy. Here is a couple of examples to show you how fear is an effect of a decision you already made against yourself:

#### **Example #1:**

Let's say that a large expense shows up unexpectedly, and your mind races into fear. Your fear is the effect of an inner decision you just made that you won't be able to pay the expense. Fear is an effect and not a cause. As the Holy Child of God that you are, you will get to be right about the inner decision you have made, unless you abandon your decision in favor of the truth and God's Plan for your happiness.

#### **Example #2:**

Let's say that you are worried that you won't be able to find a job to pay your next month's rent. Your worry is a direct indication that you have already decided against yourself. The worry is the effect of deciding, in advance, that you won't get a job in time. If you do nothing to interrupt the decision you have already made against yourself, you will get to be right about your decision. You are always at choice. God will never decide against you, yet most people decide against themselves frequently throughout the day.

With this awareness, whenever you start to worry or go into fear, pause and turn directly to your Teacher of Peace instead. You are not required to have perfect thoughts or to be free of fear. You are asked to let your Teacher of Peace be your Guide in all decision making, and to refrain from deciding against yourself. Set your goal of peace at the beginning of any decision making process, or as quickly as you think of it. Refer to Prayer #7 in the Miracles in Prayer Book.

### **How to stop my runaway train of fear**

Look for suggestions in the Personal Coaching section