



Personal Online Coaching ©

DAY 29 – Seizing Fearful Thoughts

Key Topics:

- Fear prevents Holy Spirit from guiding you
- All thinking produces form at some level
- The Banks of Love & Fear
- Stopping the runaway train of fear
- Fear is like having broken glass in your mouth
- Seizing fearful thoughts
- Turn to prayer
- Spontaneous prayer
- Prayer of Truth
- Prayer by Topic
- Meditations
- Do something FUN!

Fear prevents Holy Spirit from guiding you

Being afraid seems involuntary, like it is happening to you without your control, yet the decision to be afraid is a choice and every time you choose it, you prevent Holy Spirit from guiding you. In Chapter 2.VI, your Teacher of Peace says, “Being afraid seems to be involuntary; something beyond your own control. Yet I have said already that only constructive acts should be involuntary. My control can take over everything that does not matter, while my guidance can direct everything that does, if you so choose. Fear cannot be controlled by me, but it can be self-controlled. Fear prevents me from giving you my control. The presence of fear shows that you have raised body thoughts to the level of the mind. This removes them from my control, and makes you feel personally responsible for them. This is an obvious confusion of levels.”

ACIM Ch.2.VI.1

All thinking produces form at some level

In every moment, you are choosing whether to listen to your Teacher of Peace and Love, or your Teacher of Pain and Fear, and who you choose to listen to will determine whether your experience is peaceful or painful. It’s important to remember that your thoughts are creating 100% of the time, and what you choose to invest them in will appear on your personal radar screen through projection.

The Banks of Love & Fear

You might think of it this way: Imagine you have two piggy banks in front of you. One is labeled as “**Love & Peace**” (under the guidance of your Teacher of Peace), and the other is labeled as “**Fear & Pain**” (under the guidance of your Teacher of Pain). Every time you have a thought,

your thought is deposited into one of the two banks, depending on the type of thought it is.

The piggy bank that grows is the one you feed!

The Holy Spirit is always helping you, yet true advances towards consistent peace and happiness will not occur until you are willing to invest in only one bank, being the Bank of Love & Peace. If you are still committed to investing in fear, worry, stress, sadness, disappointment, and other forms of fear, then your Teacher of Peace must wait until peace is your only choice. Once your choice is unified and you wish to invest only in the Bank of Love & Peace, then the Holy Spirit can intervene on your behalf and accomplish the healing for you. If He stepped in before this and attempted to bring you consistent peace, while you are still invested in pain, then this would be an attack on your mind, which He will never do.

Stopping the runaway train of fear

Now that you are clear that “fear is a choice” and it is not happening to you, it is helpful to focus on something you want more than fear and all the negative side effects it brings.

Fear is like having broken glass in your mouth

There was a time when I walked into my backyard and our new little puppy had a large piece of broken glass in her mouth. I was surprised to see this and had no idea where it came from. I immediately tried to take it from her, but she thought I was playing with her. The more I tried to take it from her, the more she resisted, and thought it was a game of tug-of-war. I started to panic because my mind was already filled with thoughts about her cutting herself or swallowing the broken glass. I didn't know what to do, so I paused and asked Holy Spirit what to do. Instantly, and I mean instantly, I was given the thought of a piece of turkey. I ran to my refrigerator and quickly got out a piece of turkey and ran back to my dog. As soon as I showed it to her, she chucked the piece of glass onto the concrete and eagerly waited for the piece of turkey. Whew! It is so wonderful to have a Teacher of Peace with you at all times.

My point here is that my little puppy had no idea that the broken glass could hurt her, and she was unwilling to give it up until she saw something she wanted more. I am here to tell you that **“Fear is like having a broken glass in your mouth!”** and it can and will hurt you. It is designed to hurt you and it is your ego's intention to get you to chew on it as frequently as possible. Now that you know this, you might be less willing to chew on it. Fearful thoughts created fearful experiences. If you do not want fearful experiences, it is time to find other things to do with your thoughts.

Seizing fearful thoughts

There are many different ways to stop or seize your fearful thoughts. The process will get easier over time, as you learn that fearful thoughts bring you only fearful experiences. It is like turning down the same dark and painful dead-end street, over and over again. There will come a time when you have had enough, and you are no longer willing to make that turn. As you continue to study A Course in Miracles, your tolerance for fear, pain, and suffering will drop dramatically, which is a very good thing.

Turn to prayer

One of the quickest ways to release your fear thoughts is to turn to prayer. When you turn to prayer, you are placing yourself under the guidance of the Holy Spirit, your Teacher of Peace. Once you do this, you have nothing to fear. Keep in mind that you do not have to have perfect thoughts, and you do not have to be free of fear. **Your part is to have no fearful thoughts that you would keep.**

Spontaneous prayer

There are different prayers to turn to for help, depending on your situation. You can say a spontaneous prayer of your own, with help from the video tutorial on “How to Pray” included in your Day 1 email. I prefer spontaneous prayers because the wording is straight from your heart and more specific to your situation.

Prayer of Truth

During an emergency, I always turn to **Prayer #150 in the Miracles in Prayer book** called the “**Prayer of Truth**”, or some shortened version thereof. The words that are in this prayer are powerful, decisive, and direct in dealing with any emergency, and this prayer has helped to bring me and others many miracles. The words are:

“There is only God. There is only the power of God. There is only the presence of God. There is no opposing power. Sin, disease, and death are not real and there is nothing to fear. Pain and suffering are never required. In the presence of God, there is only good. In the light of Truth, there is no darkness. In the awareness of joy, happiness, wholeness, and abundance, there is no pain, sadness, illness, or deprivation. Only the Truth is true. I dedicate this whole situation to the Truth and peace is inevitable. Thy will be done. Amen”

Prayers by Topic

For any non-emergency, you can look up **Prayers by Topic in the Miracles in Prayer book**. Many people have told me that when their mind was in fear, they would sit and read through different prayers in the prayer book, over and over again. They reported that this helped their mind to stay focused and centered on peace.

Meditations

If your mind is still racing in fear, then click on one of our guided meditations to do the thinking for you. Listen to them again and again, until your mind literally plays them for you. I have heard of a few people that have downloaded the meditations and they linked them together into a stream, and now they are sleeping to them. This is vigilance and vigilance pays off in peaceful and happy rewards!

Audio Lectures

There are many audio lectures included with this program, along with a large ACIM Free Audio Library at ACIMLibrary.com. You can play these audios on your computer, cellphone, or ipad. You can listen to them directly, or play them in the background while you are doing laundry.

It is helpful for you to have a steady flow of positive, peaceful information, as much as possible while you are training your mind to stay out of fear. Once you are successful, fear will no longer appeal to you for any reason.

Do something FUN!

One of the greatest ways to stay out of fear is to play, create, engage with something you love to do, or something that is fun. Maybe you like to paint, create, build things, decorate, help someone with something, cook, sing, bake, play with the kids, run, bike, walk in the park, listen to music, feed the ducks, write a poem, plan your next vacation, take a hot bath, watch a funny movie, decide where you would live if you had no budget, or do something that takes you up and into the level of ideas, creation, relaxation, and fun. You cannot be happy and fearful at the same time. As you focus on one, you will let the other go. Also, selfless service is a great way to get your mind off of your problems and focused onto love and miracles. Your Teacher of Peace will always guide you on where help is needed.

Get quiet and listen

One of the toughest things to do when your mind is racing in fear, is to get quiet, yet this is likely to pay off in the biggest way. When you get quiet, you will listen, and when you listen, you will hear the guidance from your Teacher of Peace. You are very likely to hear the guidance you have been asking for, or the answer that you need to hear. As you turn inward, imagine spreading a soft white blanket in the center of your mind, and then step onto it all by yourself. Leave all busy thoughts at the edge and come to the center with an empty mind and a willing heart. Then, invite your Teacher of Peace to join you, either as a presence or as a being. You can even imagine him coming onto the blanket as a little wise messenger bird if you want to. There are no limits. The point is to get quiet, tune in, and listen. Let your Higher Consciousness know that you want to be guided and that you are listening. This will open the doors so that more support can be added more quickly on your behalf.

“Let us not save nightmares, for they are not fitting offerings for Christ, and so they are not fit gifts for you. Take off the covers and look at what you are afraid of. Only the anticipation will frighten you, for the reality of nothingness cannot be frightening... Help is here. Learn to be quiet in the midst of turmoil, for quietness is the end of strife and this is the journey to peace. Look straight at every image that rises to delay you, for the goal is inevitable because it is eternal. The goal of love is but your right, and it belongs to you despite your dreams.”

ACIM Ch.12.II.5

“We are therefore embarking on an organized, well-structured and carefully planned program aimed at learning how to offer to the Holy Spirit everything you do not want. He knows what to do with it. You do not understand how to use what He knows. Whatever is given Him that is not of God is gone. Yet you must look at it yourself in perfect willingness, for otherwise His knowledge remains useless to you. Surely He will not fail to help you, since help is His only purpose. Do you not have greater reason for fearing the world as you perceive it, than for looking at the cause of fear and letting it go forever?” ACIM Ch.12.II.10