



Personal Online Coaching ©

DAY 3 – Faith, Trust & Surrender

Key Topics:

- Never go to your own mind for healing
- You cannot find the light by analyzing darkness
- Trusting someone other than yourself
- Will I still get what I want?
- What happens if I fail?

Never go to your own mind for healing

There are some important points that I had to get straight in my mind before I experienced a significant level of healing. One of them is, **“Never go to your own mind for healing.”** In Chapter 9, it says, “The Holy Spirit is the only Therapist. He makes healing clear in any situation in which He is the Guide. You can only let Him fulfill His function. He needs no help for this... Trust Him, for help is His function, and He is of God. ‘The good is what works’ is a sound though insufficient statement. Only the good can work. Nothing else works at all.”

ACIM Ch.9.V.8.4-7, 11, 14-16

This makes a lot of sense when you think about it. If you were the one that got yourself lost, it makes sense that you are not the one to find the right direction. While your mind is clouded by fear, or you are confused as to your true identity (as given by God Himself), then it is essential that you ask a Guide to help you, if you want to find your way.

The Holy Spirit is your Inner Guide. I call Him my “Teacher of Peace” because the Guide or Teacher is always the one who guarantees the success of their students. In the Course it says, “There is another advantage, – and a very important one, – in referring decisions to the Holy Spirit with increasing frequency. Perhaps you have not thought of this aspect, but its centrality is obvious. To follow the Holy Spirit's guidance is to let yourself be absolved of guilt...To return the function to the One to Whom it belongs is thus the escape from fear. And it is this that lets the memory of love return to you. Do not, then, think that following the Holy Spirit's guidance is necessary merely because of your own inadequacies. It is the way out of hell for you.

ACIM TM.29.3.1-3, 8-11

Did you read that part about being “absolved of guilt” on your “way out of hell”? This is a very nice feature. By following the guidance of your Teacher of Peace (as He leads you out of the hell you made), all decision making is now on His shoulders. It is now up to Him to guide you back to peace and to make sure you find your way. The Course teaches that your Inner Guide cannot fail. Hopefully, you are already feeling the relief of this realization. Once I turned all decision making over to my Teacher of Peace, I felt a 1,000 pound boulder come off of my shoulders. I hope you are feeling the same sense of relief as you join me.

In Chapter 9, it says, “This course offers a very direct and a very simple learning situation, and provides the Guide Who tells you what to do. If you do it, you will see that it works. Its results are more convincing than its words. They will convince you that the words are true. By following the right Guide, you will learn the simplest of all lessons: By their fruits ye shall know them, and they shall know themselves. ACIM Ch.9.V.9

You cannot find the light by analyzing darkness

Many people spend their entire lives dissecting the past, or trying to figure out what went wrong, why someone else did what they did, or why they or someone else is unhappy.

You cannot find the light by analyzing darkness. Once this is understood, you will be far less willing to waste your time on it. Your Teacher of Peace is the One Who is leading you now, and He guarantees that you will find the light, along with happiness, peace, and abundance. Perhaps today, you will lay down all the reasons for analyzing darkness or carrying the past with you. Now that you know it’s an election, are you willing to let it go? I invite you to focus only on the Light and Truth in yourself and others, if you want to speed things up. If you are still committed to judging yourself, someone else, or analyzing the past, then your Teacher and Guide will wait patiently until you change your mind.

In Chapter 11, it says, “The Holy Spirit cannot speak to an unwelcoming host, because He will not be heard. The Eternal Guest remains, but His Voice grows faint in alien company. He needs your protection, only because your care is a sign that you want Him. Think like Him ever so slightly, and the little spark becomes a blazing light that fills your mind so that He becomes your only Guest. Whenever you ask the ego to enter, you lessen His welcome. He will remain, but you have allied yourself against Him. Whatever journey you choose to take, He will go with you, waiting. You can safely trust His patience, for He cannot leave a part of God. Yet you need far more than patience.” Ch.11.II.5

You cannot move forward and be led to light and joy and peace while you are invested in darkness, judgment, and pain. This is not a judgment of you, as we all do it. Yet, the quicker you let it go, the more easily heaven can be placed in your hands, along with more happiness than you can ever imagine.

Trusting someone other than yourself

Trust is not something you can just decide to do. You can “be willing” to trust, but real trust must be developed through experience. If you met a new friend today and they seemed nice and friendly, would you be willing to let them make all future decisions for you? Most likely the answer is NO! Yet, this is what your Teacher of Peace is asking you to do. Can you see why there might be some hesitation? My suggestion to you is to build up your trust with some smaller concerns like: help with lost items, guidance on what to wear, wisdom for what to say in a tough conversation, etc. Start small and work up to trusting your Guide with the bigger

concerns like: help for a relationship, illness, healing a broken bone, money for a major purchase, the end of poverty in your life, etc.

Here's an Example:

Let's say that your new friend went to interior design school and they offered to redecorate your home for you. You might be leery, not having seen any of their work, so maybe you decide to let them redecorate your bathroom first. Next, let's say they completed the bathroom and it was far more beautiful and amazing than you ever thought possible. As a result, your trust in their work is growing. Next, you allow them to redecorate your bedroom, and again, you are thrilled with the outcome. You can imagine that it wouldn't be too long before you throw them your house keys and say, "See what you can do with the rest of the place."

Trust is developed and established over time. Your Teacher of Peace will prove His love for you through His loving accomplishments on your behalf, His miraculous work, and His meticulous eye for detail! There will come a day when you wouldn't think of making a decision without consulting your Inner Guide first. This is because you are already aware that this is the quickest route to the highest and happiest outcome in every situation. Your Inner Guide is all-knowing, all-wise, all-loving, and without fear or confusion of any kind, and knows every detail of your past, present, and future, along with everyone else's. With this kind of resource available, who wouldn't turn there first for help in all decision making?

Will I still get what I want?

Yes, and much more! God's will is your will and your will is God's will. They are one and the same, except that God has a much higher vision of happiness for you than you do.

What happens if I fail?

The healing process is not up to you, therefore you cannot fail. Your part is to invite the Holy Spirit to enter and ask that your mind be healed of all errors and misperceptions. The Holy Spirit will respond to your slightest invitation, and will then accomplish the healing for you. Your Inner Guide and Teacher of Peace cannot and will not fail, as assured by God, Himself.