



A Course in Miracles Mentoring ©

DAY 30 – Fear of the Future

Key Topics:

- You are the dreamer of your dream
- God did not create darkness or evil in any form
- Litmus test: If it doesn't feel like love, it is not of God
- The light did not go out
- You are always looking at the effects of your past thoughts
- Past and Future vs. the Present
- Speed Bump
- Pause, interrupt, and delete
- Turn your fears over to the Holy Spirit

You are the dreamer of your dream

If you look out into the world, **your eyes will always report to you what you believe.** Your eyes do not see. They “report to you” what you believe. You are the dreamer of your dream and everything you see, feel, hear, smell, and touch are the effects of your belief system. If you find that you are lacking, delayed, or deprived, or you have a friend who is having this experience, then this tells you that you have a belief in lack, delay, and deprivation. If you have an illness, or you see or hear of someone with illness, then this tells you that you have a belief in illness. If you find yourself in the middle of conflict, this means you have a belief in conflict. You are always looking at what you believe to be true, in the place of the truth. This is not easy to hear, yet once you accept where these effects are coming from, and you choose to wake up from your dream of pain, then your Teacher of Peace can show you how to release from every form of darkness, suffering, misery, lack, conflict, and pain – forever.

In Chapter 27, it says, “You are the dreamer of the world of dreams. No other cause it has, nor ever will. Nothing more fearful than an idle dream has terrified God's Son, and made him think that he has lost his innocence, denied his Father, and made war upon himself. **So fearful is the dream, so seeming real, he could not waken to reality without the sweat of terror and a scream of mortal fear, unless a gentler dream preceded his awaking, and allowed his calmer mind to welcome, not to fear, the Voice that calls with love to waken him; a gentler dream, (The happy dream) in which his suffering was healed and where his brother was his friend. God willed he waken gently and with joy, and gave him means to waken without fear.**”

ACIM Ch.27.VII.13

God did not create darkness or evil in any form

God did not create darkness in any form (i.e., lack, pain, delay, suffering, illness, loneliness,

attack, conflict, death, etc.), nor any condition that would take from you, hurt you, alter you, or deprive you of anything. **God is Pure Love, with no opposite**, and it is His Will that you are happy and that you have everything. Because this is His Will and He is your Creator, His Will has already been done and accomplished. You cannot be anything other than what God created you to be, and you cannot have anything other than what God created for you to have, which is everything.

Litmus test: If it doesn't feel like love, it is not of God

Here is one quick and simple test to determine the origin of anything you experience, so you can decide if you want to give it your attention or withdraw your attention:

If it doesn't feel like love, then it is not of God.

If it is not of God, then it doesn't exist.

If it doesn't exist, then it has no power.

If it has no power, then it is not to be feared.

by Robin Duncan

The light did not go out

Somewhere along the way, you accepted the false idea that you are separate from God, and by accepting this misperception, you denied your True Self. You did not change the truth with your denial of the truth, yet you are now blocking the awareness of all that is rightfully and joyfully yours. It is similar to placing your hand over your eyes, and then thinking that the lights went out. The light did not go out. You are still the Holy Child of God, exactly as God created you; whole, complete, loved, safe, abundant, free of all limits, cherished, and provided for. The Holy Spirit is trying to help you understand how to take your hand away from your eyes (figuratively speaking), so you can remember the light and joy and peace of all that is rightfully yours. Your Divine Inheritance is waiting to be claimed, not accumulated.

You are always looking at the effects of your past thoughts

You are always looking at the effects of your past thoughts. This is similar to driving a car, but you are focused only on the rearview mirror. In essence, you can only see what is behind you because that is where you are looking. Your mind is creating 100% of the time. Because you are always focusing on the effects of your past thoughts, you are very likely to recreate the painful experiences and patterns of the past, over and over again. If you are worried about the future, it is because you are looking in your rearview mirror and you are frightened by what you see from the past. If you don't do anything with your fear and you just keep driving forward, you are basically guaranteed to recreate what you fear. I don't mean for this to frighten you in any way. I share this only for the purpose of helping you to **"not do that"**.

Past and Future vs. the Present

The ego represents the idea that you are separate from God, which of course, has never occurred. The ego holds this misperception in place by getting you to feel bad, guilty, or angry **about the past**, or to get you to feel worried or anxious **about the future**. The past and future are the ego's domain because, in truth, they do not exist. The ego's entire plan is based on you never tuning **into the present**, which is where God is, along with your True Identity, your

freedom, your Divine Inheritance, and all the blessings that God has already given you. The Holy Spirit's function is to show you the present (as you are willing to see it) and to free you entirely from all that is not true. This might seem like it will take a lot of time, yet in Chapter 15, it says, "If you are tempted to be dispirited by thinking how long it would take to change your mind so completely, ask yourself, **"How long is an instant?"** Could you not give so short a time to the Holy Spirit for your salvation? He asks no more, for He has no need of more. **It takes far longer to teach you to be willing to give Him this than for Him to use this tiny instant to offer you the whole of Heaven.** In exchange for this instant He stands ready to give you the remembrance of eternity." ACIM Ch.15.I.11

Speed Bump

There is one major speed bump to watch out for in the healing process. In order for the Holy Spirit to heal your mind and show you your True Identity, and everything that you have been denying in the present moment, you must be willing to offer this same experience to everyone else. If there is even one person that you are not willing to free along with you, then this process must wait until you are willing to free them with you. **You cannot leave a part of yourself behind.** Just keep this in mind for now. We will cover more on this in the section on relationships.

In Chapter 15, it says, "You will never give this holy instant to the Holy Spirit on behalf of your release while you are unwilling to give it to your brothers on behalf of theirs. For the instant of holiness is shared, and cannot be yours alone. Remember, then, when you are tempted to attack a brother, that his instant of release is yours. Miracles are the instants of release you offer, and will receive. They attest to your willingness to be released, and to offer time to the Holy Spirit for His use of it." ACIM Ch.15.I.12

Pause, interrupt, and delete

So, here you are driving in your car and you are looking backwards in your rearview mirror (with your thoughts), and you are worrying that the future is going to look like the past, or even worse, and this is why you are afraid. **Stop right there. You must pause, interrupt this process, and hit delete.** If you are worrying about the future in any way, then you are listening to your Teacher of Pain and your Teacher of Pain will always lead you to more pain. God will never lead you to pain or offer you anything to be fearful about. If you are afraid that something bad will happen, then you are deciding against God and your Self. Your decision is what will determine the outcome of your experience. It doesn't alter the truth whatsoever, yet it will determine the outcome of your experience.

Turn your fears over to the Holy Spirit

If you are worried about the future because of your personal situation, or your income, expenses, lack of savings, health, relationships, no relationship, loved ones, economy, earthquakes, drought, weather patterns, war, or something else, pause and turn all of your fears over to the Holy Spirit, your Teacher of Peace. Be willing to let your Teacher of Peace **"Decide for you"** about every single one of them. This is the way to ensure a peaceful and positive outcome on your behalf and for everyone involved.

In the Course, it says, “Say to the Holy Spirit only, **“Decide for me,”** and it is done. For His decisions are reflections of what God knows about you, and in this light, error of any kind becomes impossible. **Why would you struggle so frantically to anticipate all you cannot know, when all knowledge lies behind every decision the Holy Spirit makes for you?** Learn of His wisdom and His Love, and teach His answer to everyone who struggles in the dark. For you decide for them and for yourself.” ACIM Ch.14.III.16

God is your safety in every circumstance

If you are in fear about the future, this means that you have already decided against yourself and it is very important for you to “switch teams” immediately, if you would like to have a peaceful and positive outcome.

In Lesson 47, it says, **“God is your safety in every circumstance. His Voice speaks for Him in all situations and in every aspect of all situations, telling you exactly what to do to call upon His strength and His protection. There are no exceptions because God has no exceptions. And the Voice which speaks for Him thinks as He does.”** It is also necessary that you not judge yourself, for this will delay your happiness. If you are in fear, you can offer a simple prayer like this:

Dear God,

I am feeling worried about the future, and I recognize that this means that I have already decided against myself. The feeling of fear is a signal that I have chosen wrongly. I want a happy and peaceful outcome instead. I want only what You want for me. Please heal the part of my mind that is committed to choosing against You and Your Love for me. I accept Your Plan for my happiness as my only plan. I will not create another plan that is alien to Your Will. Peace is my only goal. Thank You, Holy Spirit, for aligning the means to accomplish my goal of Peace on my behalf. I will let You and I will not interfere.

Thy will be done.

Amen

I realize that this is not the most conventional prayer, but it works. The most glorious day is when you will realize that, if you are experiencing any form of suffering, you are doing this to yourself, and then it can be undone with the help of your Teacher of Peace. Thank you for your willingness to hear this information without throwing tomatoes at me. Your escape from every form of suffering is contained in these very words. **I walk with you, in gratitude, that you will join me in our decision to receive God’s Love and God’s Plan, and our Divine Inheritance, exactly as it was given. And so it is done. Amen**

As a child, I remember learning these words to a song called, “I Walk With Love Along The Way” written in 1890 by Minnie Ayers. I would refer to them whenever I felt threatened by anything:

“I walk with Love along the way, And oh, it is a holy day! No more I suffer cruel fear—
I feel God’s presence with me here; The joy that none can take away is mine: I walk with Love today! Who walks with Love along the way, Shall talk with Love and Love obey. God’s healing truth is free to all; Our Father answers every call: ’Tis He dispels the clouds of gray. That all may walk with Love today. Come, walk with Love along the way! Let childlike trust be yours today; Uplift your thought, with courage go— Give of your heart’s rich overflow: And peace shall crown your joy-filled day. Come, walk with Love along the way!”