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DAY 34 – I AM WORTHY

Key Topics:

- The Origins of Separation
- 1st Projection - What God created can be changed by your own mind
- 2nd Projection - What is perfect can be rendered imperfect or lacking
- 3rd Projection - You can distort the creations of God, including yourself
- 4th Projection - You can create yourself and direction of your own creation is up to you
- The Detour into Fear
- The Garden of Eden – Adam fell asleep
- You do not have the ability to usurp the Power of God
- Your escape from fear

The Origins of Separation

You are worthy of happiness, abundance, and the finest that life has to offer because you are the Holy Child of God; Eternal Spirit, Infinite Love, Free of All Limits, Safe, Healed, Whole, and Perfect. **You cannot be anything other than what God created you to be.** Somewhere in time, you accepted the false idea that you could be something other than what God created you to be, and this is still driving your thought-system today. This is the origin of your imagined separation from God, which never occurred, and also the reason for any and all feelings of unworthiness. Because of your likeness to your Creator, you are also creative. "No child of God can lose this ability because it is inherent in what he is, but he can use it inappropriately by projecting. The inappropriate use of extension, or projection, occurs when you believe that some emptiness or lack exists in you, and that you can fill it with your own ideas instead of truth. This process involves the following steps:" ACIM Ch.2.I.1.1-8

You fill your imagined gap with the following inappropriate projections:

1st Projection - What God created can be changed by your own mind

You believe that you have the power to change everything God created into what it is not. Every time you see anything or anyone as lacking, dark, deprived, evil, useless, awkward, lazy, mean, hurtful, etc., your underlying declaration is, "This _____ is not as God created them. I am the judge, and I have the power to decide that _____ is imperfect. I am the one to define and decide who and what they are." Because you rely on this imagined ability to do the impossible, you project this belief as if it is true, and then you see it with your eyes as a result.

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Everything you see is the effect of your thoughts and beliefs. You are not seeing the truth. You are seeing your version of the truth in the place of truth. The problem with this is that whenever you decide that anything is lacking, imperfect, or unworthy, you must also include yourself because you are one with everything.

2nd Projection - What is perfect can be rendered imperfect or lacking

The second belief that you are mistakenly holding onto is that you have the power to make what is perfect, suddenly imperfect. It is similar to the first inappropriate projection, yet the first one addresses a broader belief that you can change everything that God created, simply by deciding it is so. Of course, it is not so. The second inappropriate projection is more specific to your decision that you can make something imperfect or lacking. You do this every time you see yourself or anyone else as lacking, or without something you need, now, in the past, or in the future.

3rd Projection - You can distort the creations of God, including yourself

The third belief that you are mistakenly holding onto includes yourself. You believe you can distort who you are into something other than what God created you to be. You do this every time you judge or criticize yourself, or see yourself as inadequate, lacking, deprived, unsupported, unloved, unappreciated, rejected, attacked, vulnerable, etc. Each time you do this, your underlying declaration is, "I am not as God created me. I am flawed, inadequate, unloved, and abandoned." The problem with this, is that by believing in what is not true, you are denying what is true. The end result is that you will experience your beliefs as if they are true in the place of truth. You will get to be "right" instead of happy, whole, loved, and provided for, as God created you.

4th Projection - You can create yourself and direction of your own creation is up to you

The fourth belief that you are mistakenly holding onto is that creation is now up to you. You have the misunderstanding that somehow everything you see has meaning as defined and orchestrated by you. You are the self-assigned ruler of the kingdom. You do this every time you judge another person or situation, and see them capable of being a negative influence on you or anyone else. You are not seeing the truth. You are looking at your inappropriate projection in the place of truth.

The Detour into Fear

By accepting that you could be separate from God, which never occurred, you began projecting inappropriately, as noted above, and this was your detour into fear. The Course says, "These related distortions represent a picture of what actually occurred in the separation, or the

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"detour into fear" (along with feelings of inadequacy and unworthiness). None of this existed before the separation, nor does it actually exist now. Everything God created is like Him. Extension, as undertaken by God, is similar to the inner radiance that the children of the Father inherit from Him. Its real source is internal. This is as true of the Son as of the Father. In this sense the creation includes both the creation of the Son by God, and the Son's creations when his mind is healed. This requires God's endowment of the Son with free will, because all loving creation is freely given in one continuous line, in which all aspects are of the same order." ACIM Ch.2.I.2

It's important to understand the origin of the separation, and also where your feelings of inadequacy, guilt, and unworthiness come from. The more you understand where they came from, and that they were based on a misperception at their inception, the more likely you are to let them go.

The Garden of Eden – Adam fell asleep

The Course describes the Garden of Eden as a state of mind (a pre-separation condition) in which nothing was needed. It was not a physical place. It was a state of consciousness. You can imagine that when Adam fell asleep (to his True Self), he began listening to the "lies of the serpent". This is the same as listening to the lies of his ego.

In Chapter 2.I, it says, "The Garden of Eden, or the pre-separation condition, was a state of mind in which nothing was needed. When Adam listened to the "lies of the serpent," all he heard was untruth. **You do not have to continue to believe what is not true unless you choose to do so.** All that can literally disappear in the twinkling of an eye because it is merely a misperception. What is seen in dreams seems to be very real. **Yet the Bible says that a deep sleep fell upon Adam, and nowhere is there reference to his waking up**. The world has not yet experienced any comprehensive reawakening or rebirth. Such a rebirth is impossible as long as you continue to project or miscreate. It still remains within you, however, to extend as God extended His Spirit to you. In reality this is your only choice, because your free will was given you for your joy in creating the perfect." ACIM Ch.2.I.3

The above paragraph is loaded with important information. Let's break it down into bullet points:

- First it tells you that the Garden of Eden is a state of mind and not a physical place
- Next, it says that Adam listened to the lies of the serpent after falling asleep, but that he (and you) do not need to continue to listen unless you choose to do so
- Next, it says that your illusions can disappear because they are merely based on a misperception (which are not true in the first place)

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- Next, it reminds you that the Bible says that Adam fell asleep, and nowhere does it say that he woke up. (This means that you are still in Adam's dream)
- Next, it tells you that the world has not yet experienced a comprehensive reawakening
- Next, it tells you that a reawakening is impossible as long as you project or miscreate
- Last, it says that you are always at choice, with free will, to choose to extend and create as God created you to do, and that in reality, this is your only real choice (because everything else is based on your own made-up version of reality in the place of truth)

You do not have the ability to usurp the Power of God
With all of these inappropriate projections (to replace the truth), it is clear that the ego (you) believes that it (you) have more power than God, or that God doesn't exist at all.

In Chapter 2,I, it says, **"All fear is ultimately reducible to the basic misperception that you have the ability to usurp the power of God**. Of course, you neither can nor have been able to do this." ACIM Ch.2.I.4.1-2

Your escape from fear
Your escape from all forms of fear, guilt, pain, sickness, lack, feelings of unworthiness, inadequacy, self-doubt, and overall separation from God come from accepting that your errors never really occurred. This means that what you thought happened, being the separation, never actually happened. Once the cause has been recognized as false, then all of the effects that came from the original misperception are undone as well. The truth is that you are already free. You will see, know, and experience your freedom, and all that you are, once you let go of what is <u>not</u> true in the place of truth. This process of accepting what is true and recognizing that the separation never occurred, is called, "Accepting Atonement". I like to break the word Atonement down into three parts to make it easier to remember: At-one-ment. As you accept your ONEness with God, it means you have accepted the Atonement for yourself.

"Here is the real basis for your escape from fear. The escape is brought about by your acceptance of the Atonement, **which enables you to realize that your errors never really occurred**. Only after the deep sleep fell upon Adam could he experience nightmares. If a light is suddenly turned on while someone is dreaming a fearful dream, he may initially interpret the light itself as part of his dream and be afraid of it. However, when he awakens, the light is correctly perceived as the release from the dream, which is then no longer accorded reality. This release does not depend on illusions. **The knowledge that illuminates not only sets you free, but also shows you clearly that you *are* free**." ACIM Ch.2.I.4.3-9

You are worthy of everything good and the finest that life has to offer because is it God's Will that you are happy and that you have everything. Your errors never occurred in truth, and you have never usurped the power of God. You are as God created you, and only the truth is true.

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