



Personal Online Coaching ©

DAY 34 – I AM WORTHY

Key Topics:

- Guilt is a package deal
- Guilt is an election
- Guilt leads to feelings of unworthiness
- How to get rid of guilt
- Forgiveness
- It was only a dream
- Sacrifice is a notion totally unknown to God
- I can elect to change all thoughts that hurt

Guilt is a package deal

I used to carry a deep sense of unworthiness because of all of my mistakes and failures. Somewhere in my mind, I thought that guilt was something I was supposed to feel and that this made me a more conscious, loving, and compassionate being. I had been taught that guilt is a necessary way of life – a deterrent to doing the wrong thing, and a positive catalyst for doing the right thing. I wore my guilt like a badge of honor on my sleeve, not realizing that by choosing to feeling guilty, my guilt brought along its friends called punishment, struggle, pain, lack, delay, and suffering. **Guilt is a package deal.** When you choose to feel guilty, you will also get to experience the effects of your choice, being punishment, delay, lack, missed opportunities, persecution, alienation, and judgment from others. My caution to you is this: Before you choose to feel guilty, make sure you are willing to marry its whole family. It is one tough family and your guilt will bleed you for all you've got.

Guilt is an election

I had felt guilty for so long, that I never knew that it was an election. I learned from A Course in Miracles that God did not create guilt, and that guilt is an election. Our first experience of guilt was when we thought we got separated from God, and we also thought that somehow we caused this to happen. This was our first self-generated election of guilt. The Course reminds us, repeatedly, that the separation never occurred, yet as the Child of God, we have the capacity to believe what is not true and then project what we believe in place of truth. (See the ACIM Mentoring Section for more explanation on inappropriate projection.)

Guilt leads to feelings of unworthiness

Guilt leads to feelings of unworthiness which leads to punishment, almost like a “domino

effect”. The problem with unworthiness is that when you see yourself as unworthy, you will automatically deny the abundance, gifts, and blessings that God has already given you. The Course teaches that what God has given, has already been given. He is not holding out on you. You are not seeing the extent of His Holy Heavenly Gifts because you are projecting your illusions over the top of the truth. As you reclaim the light and truth of all that you are, you will be able to see His Enormous Blessings and Miracles shine through in every aspect of your life.

How to get rid of guilt

Through studying the Course, I had finally learned that guilt was an election, and that it brought punishment, feelings of unworthiness, pain, delay, lack, and sorrow, and that it was absolutely not useful for any purpose. I understood this intellectually, but I couldn’t figure out how to get rid of it on the emotional and physical levels. It was like gum on my shoe. Through guidance from the Holy Spirit, I learned that the quickest way to get rid of guilt was to forgive myself and others for all mistakes and failures, and to focus on the truth of who we are, instead. This was easier said than done, until I learned the true meaning of forgiveness.

Forgiveness

In the Course, **forgiveness is the process of forgiving someone for “what never occurred”**. This is the highest level of forgiveness because you are acknowledging that your errors, or theirs, cannot alter the truth of what God created. This does not mean that you are condoning the wrongful actions of others. It means that you are acknowledging that the wrongful actions cannot and have never altered the truth and wholeness of what God created within each one of us. In other words, the wrongful actions never occurred in truth.

It was only a dream

Now someone might say, “Well, of course it happened. I was attacked in an alley and someone stole my wallet and then they hit me!” I want you to think of this: When you go to sleep tonight, you could have this very same dream: that you were walking down the street and then someone attacked you and stole your wallet. When you wake up tomorrow morning, you will be relieved to find out that IT WAS ONLY A DREAM! You will not know it was a dream until you wake up, yet once you wake up, it will be clear. You wouldn’t think of calling up the person in your dream and asking for an apology. This is because you understand that you are the dreamer of your dream and that, in truth, the attack never occurred.

I want you to imagine that you are still dreaming right now, and that you are just in another layer of the dream state. You will wake up at some point, and then you will look back on your life as you know it now, and say, “IT WAS ONLY A DREAM!” This may be hard to fathom, but not so hard to understand. Since you already know what dreaming is, and how real your dreams seem to be while you are in them, then it is not too much of a stretch to accept that

you are still dreaming right now. If you can just borrow on this idea (even though you haven't woke up yet), this will give you what you need to forgive others entirely – for everything!

Once I understood dreaming versus the truth as God created it, I was able to forgive other people (in my dreams) for their mistakes, and most importantly, I was finally able to forgive myself. This opened me up to an entirely new world of love, friendship, happiness, abundance, and deep connection with God. I had no idea that I had sacrificed so much to have so little, yet all of it was undone, once I was willing to free myself and others along with me.

Sacrifice is a notion totally unknown to God

“Sacrifice is a notion totally unknown to God. It arises solely from fear, and frightened people can be vicious. Sacrificing in any way is a violation of my injunction that you should be merciful even as your Father in Heaven is merciful.” ACIM Ch.3.1.4

I can elect to change all thoughts that hurt

If you are judging yourself, seeing yourself lacking, or you are feeling unworthy, you can elect to change all thoughts that hurt. With your willingness to deny your illusions about yourself, the Holy Spirit, your Teacher of Peace, can intervene, heal your mind for you, and accomplish the healing on your behalf.

In Lesson 284, the Course offers this exercise to practice changing out your illusions for the truth, “I can elect to change all thoughts that hurt. Loss is not loss when properly perceived. Pain is impossible. There is no grief with any cause at all. **And suffering of any kind is nothing but a dream.** This is the truth, at first to be but said and then repeated many times; and next to be accepted as but partly true, with many reservations. Then to be considered seriously more and more, and finally accepted as the truth. **I can elect to change all thoughts that hurt.** And I would go beyond these words today, and past all reservations, and arrive at full acceptance of the truth in them. Father, what You have given cannot hurt, so grief and pain must be impossible. Let me not fail to trust in You today, accepting but the joyous as Your gifts; accepting but the joyous as the truth.” ACIM Lesson 284

Today, let's join together and forgive ourselves completely for what we made up in our dreams. We also extend our forgiveness to others that we feel have hurt us, or cost us in some way. As we free them, we free ourselves. As we forgive them, we are forgiven. In Oneness, we accept only what is true, and then all the effects of our illusions will be undone and corrected for us. If you do your part, the Holy Spirit is eager and willing to do His Part. You are worthy of happiness, abundance, and the finest that life has to offer because it is God's Will that you are happy and you have everything. Only the truth is true. Today, we receive only what God has given and we let the rest go.