



Miracles in Meditation ©

DAY 38 – Anger, Rage and Resentment

Key Topics:

- The anger needs to be neutralized
- What if I don't want to forgive them?
- Nothing can happen to you without your consent
- Do you prefer that you be right or happy?
- Miracles are seen in light
- Exercise for releasing grievances

The pain needs to be neutralized

When you are angry or “seeing red” as some may call it, your anger needs to be neutralized before you are likely to see things differently. Your anger will convince you that your illusions are real and that there is no escape from the darkness that you feel. Whenever you are angry, be sure to take time to pray and ask for help in your forgiveness, and then use the audio prayers, EFT cards, meditations, and videos in your daily email to diffuse and neutralize your negative emotions. Your negative emotions are an indicator that you have already decided against yourself and this will be undone with help from your Teacher of Peace with your invitation.

What if I don't want to forgive them?

You might be saying to yourself, “What if I don't want to forgive them?” I had to learn for myself that grievances block the light and also the miracles they would conceal. This may not sound like much, yet it is light and miracles that bring happy experiences. If you are angry, this is one quick way to shut down your peace, happiness, and prosperity. This is not because God is judging you. When you feel angry, it means that you have already decided that something is happening to you that you do not want to happen, or something is not happening that you do want to happen.

Nothing can happen to you without your consent

Your anger is an indication that you have accepted the false idea that power is outside of you and that you are powerless, which is impossible. You are also trying to find happiness where it does not exist. There is no power outside of you and nothing can happen to you without your consent. Your anger is a direct indication that you are engaging illusions, and while you engage illusions, the truth will be unknown to you. The truth is where God is and where you are in

oneness with Him, along with your happiness, peace, abundance, joy, and Divine Inheritance. In order to engage what is not true, you are giving up everything.

Do you prefer that you be right or happy?

Being right is of the ego and being happy is the natural result of following the guidance of the Holy Spirit. This does not mean that you are happy (but wrong) if you follow the Holy Spirit. The Holy Spirit knows nothing of “being wrong” because truth has no opposite. There is no wrong in heaven, even as it is reflected here on earth. Only love is real and in the presence of light there is no darkness.

In Chapter 29 it says, “Seek not outside yourself. For all your pain comes simply from a futile search for what you want, insisting where it must be found. What if it is not there? **Do you prefer that you be right or happy?** Be you glad that you are told where happiness abides, and seek no longer elsewhere. You will fail. But it is given you to know the truth, and not to seek for it outside yourself.” ACIM Ch.29.VII.1.6-12

Miracles are seen in light

Miracles are seen in light, therefore, you must focus on the light of truth in order to receive a miracle for yourself. As you choose to focus on anger and judgment, you are focusing on darkness and the miracle will be delayed. Whatever it is that you are angry about, it is likely that you would enjoy having a miracle to straighten everything out and to make things right again. You will not get there through anger or in being right.

In Lesson 78 it says, “Perhaps it is not yet quite clear to you that each decision that you make is one between a grievance and a miracle. Each grievance stands like a dark shield of hate before the miracle it would conceal. And as you raise it up before your eyes, you will not see the miracle beyond. Yet all the while it waits for you in light, but you behold your grievances instead.” ACIM Lesson 78.1

Exercise for releasing grievances

ACIM Lesson 78 offers the following exercise for releasing grievances. The Course teaches that the person you are angry with is actually your “savior”. This is because this person is the one that is showing you your unhealed beliefs, such that your unhealed beliefs can be healed and undone forever.

“Today we go beyond the grievances, to look upon the miracle instead. We will reverse the way you see by not allowing sight to stop before it sees. We will not wait before the shield of hate, but lay it down and gently lift our eyes in silence to behold the Son of God. He waits for you behind your grievances, and as you lay them down he will appear in shining light where each one stood before. For every grievance is a block to sight, and as it lifts you see the Son of

God where he has always been. He stands in light, but you were in the dark. Each grievance made the darkness deeper, and you could not see.

Today we will attempt to see God's Son. We will not let ourselves be blind to him; we will not look upon our grievances. So is the seeing of the world reversed, as we look out toward truth, away from fear. We will select one person you have used as target for your grievances, and lay the grievances aside and look at him. Someone, perhaps, you fear and even hate; someone you think you love who angered you; someone you call a friend, but whom you see as difficult at times or hard to please, demanding, irritating or untrue to the ideal he should accept as his, according to the role you set for him.

You know the one to choose; his name has crossed your mind already. He will be the one of whom we ask God's Son be shown to you. Through seeing him behind the grievances that you have held against him, you will learn that what lay hidden while you saw him not is there in everyone, and can be seen. He who was enemy is more than friend when he is freed to take the holy role the Holy Spirit has assigned to him. Let him be savior unto you today. Such is his role in God your Father's plan.

Our longer practice periods today will see him in this role. You will attempt to hold him in your mind, first as you now consider him. You will review his faults, the difficulties you have had with him, the pain he caused you, his neglect, and all the little and the larger hurts he gave. You will regard his body with its flaws and better points as well, and you will think of his mistakes and even of his "sins."

Then let us ask of Him Who knows this Son of God in his reality and truth, that we may look on him a different way, and see our savior shining in the light of true forgiveness, given unto us. We ask Him in the holy Name of God and of His Son, as holy as Himself:

Let me behold my savior in this one You have appointed as the one for me to ask to lead me to the holy light in which he stands, that I may join with him.

The body's eyes are closed, and as you think of him who grieved you, let your mind be shown the light in him beyond your grievances.

What you have asked for cannot be denied. Your savior has been waiting long for this. He would be free, and make his freedom yours. The Holy Spirit leans from him to you, seeing no separation in God's Son. And what you see through Him will free you both. Be very quiet now, and look upon your shining savior. No dark grievances obscure the sight of him. You have allowed the Holy Spirit to express through him the role God gave Him that you might be saved.

God thanks you for these quiet times today in which you laid your images aside, and looked upon the miracle of love the Holy Spirit showed you in their place. The world and Heaven join in thanking you, for not one Thought of God but must rejoice as you are saved, and all the world with you. We will remember this throughout the day, and take the role assigned to us as part of God's salvation plan, and not our own. Temptation falls away when we allow each one we meet to save us, and refuse to hide his light behind our grievances. To everyone you meet, and to the ones you think of or remember from the past, allow the role of savior to be given, that you may share it with him. For you both, and all the sightless ones as well, we pray:

Let miracles replace all grievances."