



Personal Online Coaching ©

DAY 4 – Prayer & Listening

Key Topics:

- Prayers of Supplication
- You are fully entitled to everything
- Holy Spirit, the Bridge of Consciousness
- Prayer vs. Problem Solving and Decision Making
- There is no order of difficulty in miracles
- Trust everyone to play their roles perfectly
- Expect the best and highest outcome

Prayers of Supplication

“Prayer is a stepping aside; a letting go, a quiet time of listening and loving. It should not be confused with supplication of any kind, because it is a way of remembering your holiness.”

ACIM Song of Prayer 1.5

A prayer of supplication is a prayer where you are asking for something from God. In your mind, you believe that you are lacking something you need, whether it is physical, emotional, spiritual, or financial, and you are asking God in prayer, to fulfill your needs, speed up progress, and/or close the gap.

You are fully entitled to everything

The Course teaches that in your holiness as the Child of God, you are fully entitled to everything that Love has to offer. If you use prayer to ask for something (i.e., a prayer of supplication), then you are declaring that you are not who you are. The minute you try to fill a gap (that you do not have in truth) you have bought the illusion. You are seeing yourself as something other than what God created you to be. It would be the same as a rich person from a very rich family going to his father to ask for money, when the money has already been given him and its sitting in his bank account. If the son did this, then he would obviously be unaware of his true identity, wealth, and/or financial condition. You are not seeing the greatness of your abundance and happiness now because you have accepted a false image of yourself in the place of truth.

Here’s the problem. You are either the Holy Child of God; eternal spirit, whole, complete, loved, safe, abundant, and fully entitled to everything, or, you are not the Child of God. You are a body; separate, vulnerable, powerless, lacking, and prone to illness and death. You cannot be both at the same time. Truth and illusions are irreconcilable. You cannot be awake and asleep at the same time, you cannot know love and fear at the same time, and you cannot experience light and darkness at the same time. They are mutually exclusive. As you choose to accept one, you forfeit your awareness of the other (at least until you change your mind).

Here's the good news! Just because you may have forgotten who you are (in truth), it doesn't mean that you have actually done anything to the truth or to your own Divine Inheritance. Figuratively speaking, your money is still in your account. The problem is that you have forgotten who you are and where your abundance is, so you are unable to claim it. You are still as God created you and this will never change. You cannot be anything other than what God created you to be. You are the rich Holy Child of the richest family and you are entitled to everything.

Holy Spirit, the Bridge of Consciousness

God introduced the Holy Spirit, the Bridge of Consciousness, to help you out of the predicament that you put yourself in. The Holy Spirit, being our Teacher of Peace, is aware of the absolute realm of God's perfect knowledge, and is also aware of our misperceptions, problems, fears, and illusions. In Lesson 166, the Course says, "God's Will does not oppose. It merely is. It is not God you have imprisoned in your plan to lose your Self. He does not know about a plan so alien to His Will. There was a need He did not understand, to which He gave an Answer. That is all." Out of pure love, God gave us the Holy Spirit as the answer to our problem that, in truth, does not exist.

Example:

Imagine your child is afraid of the dark because he's sure that there's a monster in the room. Now, you and I know there is no monster there, yet, out of your love for your child, you will probably come up with some clever way to help him deal with it, so he can return to peace.

The Holy Spirit is the interpreter and the problem solver, and He will answer your every question on what to do.

Prayer vs. Problem Solving and Decision Making

Here's a quick way to sort it out:

- **For Prayer and Listening**
Turn to God in quietness, with gratitude and without agenda, and listen for His Voice.
- **For Decision Making and Problem Solving**
Turn to the Holy Spirit (i.e., the Problem Solver) and ask what to do, where to go, what to say, and to whom, without agenda, and without deciding what the answer should be in advance. If there are steps to be taken, you will be told what they are, and then shown how to accomplish them. About 80% of the time, the answer will be provided to you and will not require your effort at all.

I'd like you to think of all of this as a fine-tuning of your prayers. It doesn't mean that you've been doing it all wrong. All prayers are sacred because they are attempts to reach the Creator, yet the clearer you are about whom you are, what you are asking for, and that which is answering you, you will have much needed clarity, certainty, trust, and conviction. Keep in mind that we are all one with God and there is no separation. I only introduce these concepts and analogies to help you begin to grasp and reclaim your true and infinite Self, in oneness with God.

There is no order of difficulty in miracles

The first line in Chapter 1 of A Course in Miracles says, “There is no order of difficulties in miracles.” Whenever you have a problem, make sure that you are not over-complicating it. To Holy Spirit, all problems are the same. They are errors or misperceptions that need correction. If you decide that your problem is too big, or too complicated, or its been going on too long, then Holy Spirit will have to wait to intervene (on your behalf) until you change your mind. Holy Spirit is purely loving, and pure Love will never invade, push, force, manipulate, control, or make your decision for you, even if it is in your own best interest, yet the Holy Spirit will respond to your slightest invitation. In Chapter 13 it says, “Love waits on welcome, not on time, and the real world is but your welcome of what always was.” ACIM Ch.13.VII.9.7

Trust everyone to play their roles perfectly

In A Course in Miracles it says, “Trusting your brothers is essential to establishing and holding up your faith in your ability to transcend doubt and lack of sure conviction in yourself.”

ACIM Lesson 181.1

Whenever you have a problem and other people are involved, you might be tempted to feel that the “other people” will block the healing because of their judgments, attitudes or behaviors. This is false. The Course says that “whoever is saner at the time” can invite the healing to be accomplished.

Once you have turned to Holy Spirit and invited the healing, it’s important to trust everyone to play their roles perfectly as part of the healing. Be willing to see them without their past, without “the story” you have about them, and without the previous judgments you have placed upon them. This will get easier as we go along. Your willingness to see the light in them and their capacity to join you in the healing is essential. You do not need to solve the problem or accomplish the healing. You do need to accept that healing is possible for everyone involved.

Expect the best and highest outcome

Now that you are learning a new way to respond to life’s challenges, you can expect different results than what you’ve had in the past. Be willing to expect the best, highest, and greatest outcome possible in every situation. Raise the bar on your expectations. Pull the plug on mediocrity! Don’t settle for anything less than the happiness you deserve. The more that you align with and expect the happiness, joy, light, truth, and abundance that you are entitled to, in all aspects of your life, the more you will see, know, and experience this in tangible perception.