



A Course in Miracles Mentoring ©

DAY 40 – Self-Love & Acceptance

Key Topics:

- Your task is to seek for barriers you have placed against love
- You did not create yourself
- The Vision of Christ is within you
- You will look upon that which you feel within
- What if I don't feel worthy of love?
- Exercise for reclaiming your worthiness
- God knows His way to you
- Welcoming God is one way to love your Self
- The worst you see in another is the best you will know within yourself

Your task is to seek for barriers you have placed against love

Learning to love yourself can be difficult given that your ego is dead set against it. The ego's function is to convince you that you are less than whole, unworthy, incapable, lacking, and powerless, and most of the time it is very good at it. The Course teaches that your task is not to seek for love. It is to seek and find the barriers within yourself that you have placed against love. Further, it says that it is not necessary for you to seek for what is true, for the Holy Spirit will guide you to the truth. Your function is to seek for what is false, as every illusion is always one of fear, whatever form it takes.

You did not create yourself.

Every time you judge or criticize yourself, you are judging and criticizing God, your Source and Creator, since you did not create yourself. You are seeing yourself through your dark glasses of fear – the ones you put on when you decided that you were separate from God (which never occurred). Because you are seeing through the dark glasses of fear, everything you see, including yourself, is now distorted in the shadows of darkness. The Course reminds you that there is a light within you that the world can not perceive, and you will not see this light with your eyes while you believe in fear, guilt, suffering, and sacrifice.

In Lesson 189 it says, "There is a light in you the world can not perceive. And with its eyes you will not see this light, for you are blinded by the world. Yet you have eyes to see it. It is there for you to look upon. It was not placed in you to be kept hidden from your sight. This light is a reflection of the thought we practice now. To feel the Love of God within you is to see the

world anew, shining in innocence, alive with hope, and blessed with perfect charity and love.”

ACIM Lesson 189.1

The Vision of Christ within you

It might be hard to imagine seeing yourself or the world as innocent or alive with hope, yet this is what you will see when you call upon the Vision of Christ within you to do the seeing for you. The Vision of Christ sees only the real world; the world the Love of God reveals.

In Lesson 189 it says, “This is the world the Love of God reveals. It is so different from the world you see through darkened eyes of malice and of fear, that one belies the other. Only one can be perceived at all. The other one is wholly meaningless. A world in which forgiveness shines on everything, and peace offers its gentle light to everyone, is inconceivable to those who see a world of hatred rising from attack, poised to avenge, to murder and destroy.” ACIM Lesson 189.3

You will look upon that which you feel within

In order to see yourself as worthy of love and acceptance, you must first feel it within. You will never accept or see anything outside of yourself that you have not first experienced within because you are the dreamer of your dream. If you are not feeling worthy of love, then it is because you are committed to seeing yourself through the dark glasses of fear and guilt. You will never see your innocence or right to happiness through these darkened glasses. Your innocence and worthiness will be known to you when you choose to see through the Vision of Christ that is within you. You are always at choice in what you see and how you see yourself. The problem is that you have grown accustomed to seeing yourself and others as guilty, unworthy, and less than whole.

In Lesson 189 it says, “What would you see? The choice is given you. But learn and do not let your mind forget this law of seeing: **You will look upon that which you feel within.** If hatred finds a place within your heart, you will perceive a fearful world, held cruelly in death's sharp-pointed, bony fingers. If you feel the Love of God within you, you will look out on a world of mercy and of love.” ACIM Lesson 189.5

What if I don't feel worthy of love?

You might be saying to yourself, “What if I don't feel worthy of love or see worthiness within myself. What do I do now?” The Course offers exercises on how to reclaim the truth of who you are, along with your feelings of worthiness.

In Lesson 189 it says, “Today we pass illusions, as we seek to reach to what is true in us, and feel its all-embracing tenderness, its Love which knows us perfect as itself, its sight which is the gift its Love bestows on us. We learn the way today. It is as sure as Love itself, to which it carries us. For its simplicity avoids the snares the foolish convolutions of the world's apparent reasoning but serve to hide.

Exercise for reclaiming your worthiness

Simply do this: Be still, and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, or good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God.” ACIM Lesson 189.6-7

God knows His way to you

In the Course, you learn that God knows His way to His Son, being you. You do not need to know your way to Him. I found this very comforting. Your part is to allow all the obstacles between you and God to be quietly removed by your Teacher of Peace. This may sound easy, yet many people fight and resist this process all along the way.

In Lesson 189 it says, “Is it not He Who knows the way to you? You need not know the way to Him. Your part is simply to allow all obstacles that you have interposed between the Son and God the Father to be quietly removed forever. God will do His part in joyful and immediate response. Ask and receive. But do not make demands, nor point the road to God by which He should appear to you. The way to reach Him is merely to let Him be. For in that way is your reality proclaimed as well.” ACIM Lesson 189.8

Welcoming God is one way to love your Self

I love the concept that God knows His way to us and our part is to allow the blocks we have placed against Him to be undone. It is very consoling to know that we don’t have to figure it all out. We don’t make demands, because in truth, we have no idea what needs to happen to facilitate this process of our awakening, and to have the memory of God restored to our mind.

“And so today we do not choose the way in which we go to Him. But we do choose to let Him come. And with this choice we rest. And in our quiet hearts and open minds, His Love will blaze its pathway of itself. What has not been denied is surely there, if it be true and can be surely reached. God knows His Son, and knows the way to him. He does not need His Son to show Him how to find His way. Through every opened door His Love shines outward from its home within, and lightens up the world in innocence.” ACIM Lesson 189.9

The worst you see in another is the best you will know within yourself

Loving yourself is the same as loving others and God. We are all the same in our oneness with each other. If there is even one person you are unwilling to love or see in the light and truth of who they really are, then you will be unable to love yourself. I like to think of it as, **“The worst you see in another is the best you will know within yourself.”** This is because when you judge another person or you see them as less than whole, you are placing a limit on the light you are willing to see. Since you are one with everyone, your ability to “see the truth” overall will be reduced to the “lowest limit” you have placed with your thoughts, opinions, and judgments.