



## **Miracles in Meditation ©**

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### **DAY 40 – Self-Love & Acceptance**

#### **Key Topics:**

- I didn't know how to love myself
- The launching point of change
- We have all made mistakes
- You are not the self you made up
- What am I?
- A thump on my forehead

#### **I didn't know how to love myself**

I was one of those people who seemed to be able to love everyone else, but I didn't know how to love myself. For some reason, I held myself to a different and higher standard. One day, while I was reading the Course, I began to realize that every time I judged myself, I was useless to God. It was kind of like I was going to sleep at a time when my help was needed most. In that moment, I made a decision. I decided that I didn't want to be useless to God. I wanted to be awake and useful, and if that meant that I would have to give up all my guilt, then so be it.

#### **The launching point of change**

I was new at loving myself but I was willing. I knew what it felt like to carry guilt, self-judgment, and criticism, and all of those feelings were a heavy burden. Once I learned that God did not create these feelings and they are in fact, elections, then I decided to elect otherwise. I wanted to know my True Self more than I wanted to hold onto my old version of myself, and this was the real launching point of change.

#### **We have all made mistakes**

If I was to hold onto my feelings of guilt from all of my mistakes and failures in the past, then I would have no reason to speak to you now. I should be sleeping on a sidewalk somewhere, scrapping for food and money and clothes. We have all made mistakes, but somewhere along the way, we taught ourselves that it wasn't OK. When we were toddlers, we would try to stand up and walk a hundred times and fall right back down again. As adults, failure is no longer an option. We have taught ourselves that our mistakes are unforgivable and our failures cost us dearly.

#### **You are not the self you made up**

I learned through A Course in Miracles that I was not the "self" I made up. This false image I had made was blocking the truth of what God created with me. It took me a while to catch on but once I did, I wanted the truth and only the truth. I had no idea that my ego was behind the whole

scam, making sure that I kept every scrap of guilt that was thrown my way. I used to wear my guilt on my sleeve like a badge of honor, yet once I figured out that it was blocking my awareness of my “True Self” and the light of God within me, then I had no more use for it. At that point, I became curious about who I really was. If I wasn’t this flawed and guilty person, then who was I?

In ACIM Lesson 139 it says, “Here is the end of choice. For here we come to a decision to accept ourselves as God created us. And what is choice except uncertainty of what we are? There is no doubt that is not rooted here. There is no question but reflects this one. There is no conflict that does not entail the single, simple question, “What am I?” ACIM Lesson 139.1

### **What am I?**

I decided to do a two-hour meditation and really focus on who I was, so I could love myself more deeply and allow my life to be more happy and peaceful. I didn’t notice anything in particular that came from my meditation other than when I came back to a conscious state, I felt more peaceful. I was a little frustrated that I had not gotten my answer from God about “What am I?”

### **A thump on my forehead**

After my meditation, I was guided to do a flip open in A Course in Miracles and I opened to ACIM Lesson 139 and it was like a thump on my forehead, “... **who could ask this question except one who has refused to recognize himself?** Only refusal to accept yourself could make the question seem to be sincere. The only thing that can be surely known by any living thing is what it is. From this one point of certainty, it looks on other things as certain as itself.

Uncertainty about what you must be is self-deception on a scale so vast, its magnitude can hardly be conceived. To be alive and not to know yourself is to believe that you are really dead. For what is life except to be yourself, and what but you can be alive instead? Who is the doubter? What is it he doubts? Whom does he question? Who can answer him?

Atonement remedies the strange idea that it is possible to doubt yourself, and be unsure of what you really are. **This is the depth of madness.** Yet it is the universal question of the world. What does this mean except the world is mad? Why share its madness in the sad belief that what is universal here is true?” ACIM Lesson 139.2-3, 6

I actually started sobbing after I read this. It was essentially telling me that if I didn’t know who I was then I was insane and my ego was bruised. After I dried my tears, I decided that I would never doubt who I was again. I am the Holy Child of God, Himself; free of all limits, safe, and healed, and whole, free to forgive, and free to save the world.

And it was on this day, that I began to love myself and I never looked back.

### **More excerpts from ACIM Lesson 139**

“Only acceptance can be asked of you, for what you are is certain. It is set forever in the holy

Mind of God, and in your own. It is so far beyond all doubt and question that to ask what it must be is all the proof you need to show that you believe the contradiction that you know not what you cannot fail to know. Is this a question, or a statement which denies itself in statement? Let us not allow our holy minds to occupy themselves with senseless musings such as this.

We have a mission here. We did not come to reinforce the madness that we once believed in. Let us not forget the goal that we accepted. It is more than just our happiness alone we came to gain. What we accept as what we are proclaims what everyone must be, along with us. Fail not your brothers, or you fail yourself. Look lovingly on them, that they may know that they are part of you, and you of them.

This does Atonement teach, and demonstrates the Oneness of God's Son is unassailed by his belief he knows not what he is. Today accept Atonement, not to change reality, but merely to accept the truth about yourself, and go your way rejoicing in the endless Love of God. It is but this that we are asked to do. It is but this that we will do today.

Five minutes in the morning and at night we will devote to dedicate our minds to our assignment for today. We start with this review of what our mission is:

*I will accept Atonement for myself, For I remain as God created me.*

We have not lost the knowledge that God gave to us when He created us like Him. We can remember it for everyone, for in creation are all minds as one. And in our memory is the recall how dear our brothers are to us in truth, how much a part of us is every mind, how faithful they have really been to us, and how our Father's Love contains them all.

In thanks for all creation, in the Name of its Creator and His Oneness with all aspects of creation, we repeat our dedication to our cause today each hour, as we lay aside all thoughts that would distract us from our holy aim. For several minutes let your mind be cleared of all the foolish cobwebs which the world would weave around the holy Son of God. And learn the fragile nature of the chains that seem to keep the knowledge of yourself apart from your awareness, as you say:

*I will accept Atonement for myself, For I remain as God created me.*

And in this final quote from Chapter 10.V says, **“If you will accept yourself as God created you, you will be incapable of suffering.** Yet to do this you must acknowledge Him as your Creator. This is not because you will be punished otherwise. It is merely because your acknowledgment of your Father is the acknowledgment of yourself as you are. Your Father created you wholly without sin, wholly without pain and wholly without suffering of any kind. If you deny Him you bring sin, pain and suffering into your own mind because of the power He gave it. Your mind is capable of creating worlds, but it can also deny what it creates because it is free.”

ACIM Ch.10.V.9.5-11