



Miracles in Meditation ©

DAY 41 – I AM ENOUGH

Key Topics:

- I didn't feel like I was enough
- I started listening to my ego, my Teacher of Pain
- The truth heals everything
- Darkness is not to be feared. It is to be seen as false.
- The temptation to see darkness as real
- What God did not create, does not exist
- Eliminating the idea that you are not enough
- The Big Fat Misunderstanding
- Reclaiming your Divine Inheritance

I didn't feel like I was enough

For most of my adult life, I didn't feel like I was enough, though I didn't have those feelings as a child. As a child, everything came easily to me and it seemed like there was nothing I could not do. Somewhere along the way, after making a few mistakes and hitting a few bumps in the road, I learned what fear was all about and my fear turned to doubt, and then into guilt and shame. In the illusory world of separation that you see with your eyes, it is tempting to use what you see to validate your false beliefs. This is the one of the ego's favorite methods of holding you in pain and disbelief. You are looking at illusions 100% of the time and it would be nearly impossible for some of it to not rub off on you. In the Bible, even Jesus was tempted in the desert during the 40 days he fasted, though he was able to stand up to this temptation by choosing to listen to only one Voice – the Voice of God. Once each one of us learns to listen to only one Voice; the Voice of God, being Love, then the ego will no longer distract us with what is not true. It's amazing how a little fear can accelerate into a lot of fear. As the Course says, "You cannot be a little bit in hell."

ACIM TM 13.VII.4

I started listening to my ego, my Teacher of Pain

Once I started listening to my ego, my Teacher of Pain, instead of the Voice of God which I knew well, I became confused, uncertain, and afraid, and instead of judging others, I mostly turned on myself. Somewhere deep within me, I knew that every person was a child of God and regardless of how they were acting or what they were saying. I knew these appearances were not their True Self, yet when it came to me, I didn't have that clarity. Once you give your ego your attention, it seems to take over like a cancer in your mind, at least until you redirect your attention back to the Voice of God. It's like stepping into a dark room and then forgetting where the light switch is. In the midst of your search for the light, you are likely to forget that darkness is impossible and in truth, it does not exist. You only stepped into a dark room because you thought it was possible to do so.

The truth heals everything

The truth heals everything because in the light of truth, there are no illusions and none can ever enter. The same is true for light. In the presence of light there is no darkness. The darkness doesn't escape or run to another room. It simply ceases to be and disappears into the nothingness from where it came.

Darkness is not to be feared. It is to be seen as false.

This is why darkness is not to be feared. It is to be seen as false and dismissed entirely with the light of Truth. Yet, while you entertain the idea that darkness is real, you are denying the light, and the light will appear to be absent. As you focus on one, you deny the other, for both cannot be present at the same time.

The temptation to see darkness as real

One of our greatest temptations is to accept the idea that darkness is real. Darkness, as we perceive it, has many forms that are all unknown to God, such as: evil, lack, pain, illness, conflict, attack, suffering, sacrifice, misery, death, and the whole idea of not being enough. Darkness is the effect of the misperception that you are separate from God, which is false and never occurred. Darkness is the consequence of a misperception, and if you think about it, that point is moot.

Here's an example:

Let's say that you are attending a conference and you believe that your wallet has been stolen. You might start suspecting the people next to you or across from you, casually glancing over their personal items to see if you can spot your wallet. Then, your suspicions might grow to include everyone in the room. Let's further say that your entire savings was in your wallet and you are already feeling devastated because your plan was to take it to the bank just after the conference. After you exhaust your search and do everything you can to find your wallet, you contact the conference leaders and ask that every person in the room be searched, so you can reclaim your wallet. Then, let's say that after returning to your seat, you realize that you had been sitting on your wallet the whole time, and it is wedged under the jacket on your chair. **This is what the consequence of a misperception looks like.** Once you realize the truth that your wallet has not been stolen, then all consequences are undone and the whole concept of your stolen wallet disappears into nothingness. If you will turn to the light of truth, in the presence of any perceived illusion or misperception, the light of truth will always guide you to a peaceful outcome.

What God did not create, does not exist

I like to think of what "God did not create" in a practical way through reasoning and logic, to firm it up concretely in my mind, as follows:

What God did not create, does not exist.

What does not exist, is not real.

What is not real, has no power.

What has no power, is not to be feared.

by Robin Duncan

Eliminating the idea that you are not enough

You cannot eliminate the idea that you are not enough by trying to make more of yourself through education, relationships, assets, or other outside methods. If you attempt to heal this concept outside of yourself, it is the same as trying to find your lost wallet that was never lost or stolen. All healing is of the mind and every unhealed thought must be healed at its source.

You have always been enough

God created you as whole, complete, loved, safe and provided for. You have always been enough because Your Creator created you with nothing missing. Every step you take to complete yourself or make more of yourself through achievement, relationships, or external conditions, is a step away from the truth of who you are. Through your quest to complete yourself, you are validating your misperception, instead of questioning it so it can be healed. What if the person with the lost wallet (that was never lost) had responded with prayer instead of accusation? They might have said a prayer like this, “Dear God, I seem to have misplaced my wallet, yet I know that nothing is lost in Divine Mind. Thank You for showing me where it is.” At this point, you have invited your Higher Wisdom to direct you, and now your Higher Wisdom may intervene on your behalf. This is typically where your attention is drawn to your jacket, or all of a sudden, you feel a lump on the chair underneath you. Happy is God’s home language and in the light of truth, a happy outcome to all things is sure.

The Big Fat Misunderstanding

In your mind, you are either the Holy Child of God; free of all limits, blessed, healed, happy, and whole, and entitled to everything, or you are a finite, physical body; less than whole, vulnerable, limited, lacking, powerless, and prone to sickness and death. You cannot be both and you cannot be a blend. As you choose one, you forfeit your awareness of the other.

What if today, you simply abandoned the idea that you are not enough and chalked it all up to a BIG FAT MISUNDERSTANDING! Together, we can turn directly to the truth and the truth will set us free. You can say to yourself with gratitude, “I am the Holy Child of God Himself. God’s Son cannot suffer and I am His Son.” With this declaration, your Teacher of Peace can do the rest.

Reclaiming your Divine Inheritance

The bonus is that once you accept that you are enough, this means that you are accepting your True Self, as God created you. This opens the door to your Divine Inheritance and all of the gifts and blessings that God has already given you. As you accept who you are, you can reclaim all that is rightfully yours. Your Inner Guide cannot fail in showing you the truth, once this is the only thing you want.