



## A Course in Miracles Mentoring ©

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### DAY 42 – Accidents & Injury

#### Key Topics:

- Your power of decision is the determiner of every situation
- Your thoughts must be healed if you want your world to change
- I am responsible for what I see
- All healing is of the mind
- The consistency of thoughts, words, and actions
- No accident nor chance is possible within the universe
- You will never find the light by analyzing darkness
- God does not test us or inflict pain
- The world you see is a witness that you were right
- Undoing is not your task, but it is up to you to welcome it or not
- Nothing created not by your Creator has any influence over you

#### **Your power of decision is the determiner of every situation**

It may seem impossible but your power of decision is the determiner of every situation you find yourself in. **It seems that things just happen to you, yet they are actually happening from you.**

The ego does not like hearing this, for its whole cracked and illusory foundation is likely to be discovered. The Course reminds you that the power of decision is always your own. It says, “The idea for today contains the only way out of fear that will ever succeed. **Nothing else will work**; everything else is meaningless. But this way cannot fail. **Every thought you have makes up some segment of the world you see. It is with your thoughts, then, that we must work, if your perception of the world is to be changed.**” ACIM Lesson 23.1

#### **Your thoughts must be healed if you want your world to change**

You are learning through A Course in Miracles that your thoughts make up the world you see and there are no accidents. If you want your world to change, it is your thoughts that must be healed. Everything you see is the effect of your past thoughts and beliefs. Your eyes do not see, they report to you what you believe. This is especially hard to hear when you are in pain, or your efforts to fix your problem(s) or end the pain have been unsuccessful. Once you are willing to embrace that you are the creator of the world you see, without judging yourself, and you are willing to be led by your Teacher of Peace, your entire world will shift for the better.

#### **I am responsible for what I see**

In A Course in Miracles, it says, “This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you.

Say only this, but mean it with no reservations, for here the power of salvation lies:

*I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked.”* ACIM Ch.21.II.2

You might still be thinking that this idea is crazy. After all, how can you or I be responsible for bigger or more global problems like starving children or rain forests being depleted? The ego is always quick to assign blame and figure out who is guilty. This has nothing to do with guilt or blame, yet it has everything to do with cause and effect. As we look into the world we see, the starving children and vanishing rainforests represent our false belief that God has abandoned us. Once this misperception is fully healed in our one mind (being the projector), then these problems will cease to exist. They are being held in place by our belief in separation from God. You see, it is not about blame, it is about clarity, understanding, and choosing to seek the truth to replace all misperceptions.

### **All healing is of the mind**

While all healing is of the mind, it is helpful to do what is in front of you to do. This will help you to stay focused on love and peace, and keep your mind out of fear, guilt, and judgment while the healing is being accomplished. You can easily send a donation to help feed the starving children or to repair the rain forests and this will align with the world you would like to see. Your extension of love through donation is an example of the loving expression of who you are and the awareness of your oneness with others. As you make your donation, it is helpful to see it more as an opportunity to extend your love through union with others, than as a means of closing a gap or solving a problem. If you extend your donation through fear, you will reinforce the problem you see and you will experience more fear. If you extend your donation through love, then only loving and happy experiences will result.

### **The consistency of thoughts, words, and actions**

Healing is accelerated when your thoughts, words, and actions are in alignment with love, acceptance, and peace. If you are in fear, or you are judging, attacking, or conflicted within yourself, this will delay your experience of peace and healing. For every decision, simply pause and be willing to ask for guidance, and then act on the loving guidance you receive that feels both peaceful and compelling. It is wise to wait until both are present, and then you will know if you are listening to your Teacher of Peace. If you are still unsure, then ask again through prayer, and listen for what is most peaceful. In every moment, choose what is most peaceful and least fearful, then you are certain to always be heading to greater experiences of peace and happiness.

### **No accident nor chance is possible within the universe**

A Course in Miracles teaches that there are no accidents in the universe. Everything is the result of cause (being the mind) and effect (being the world you see).

In Chapter 21, it says, “It is impossible the Son of God be merely driven by events outside of him. It is impossible that happenings that come to him were not his choice. His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. **No accident nor chance is possible within the universe as God created it, outside of which is nothing.** Suffer, and you decided sin (error) was your goal. Be happy, and you gave the power of decision to Him Who must decide for God for you. This is the little gift you offer to the Holy Spirit, and even this He gives to you to give yourself. For by this gift is given you the power to release your savior, that he may give salvation unto you.” ACIM Ch.21.II.3

### **Here’s an example:**

Let’s say that you are pulling out of a parking space and you accidentally back into another car. It appears to be a random event, yet if you were to dissect it, you might find that you are feeling overwhelmed by the world you see, and you feel that problems are showing up one after the other. This accident will validate your belief, and help you to feel right and justified. Now the person you back into might be feeling that the world is unfair and that other people don’t love them, support them, or watch out for them. The person you backed into will have an “equal opportunity” to be right about their beliefs and this will make ego very happy. The accident would be a perfect situation to mirror these false beliefs and everyone gets to be right about their false beliefs in the end.

### **You will never find the light by analyzing darkness**

Now I shared that example, just to give you something to think about. It is not helpful to start judging yourself or dissecting your problem or accident in an attempt to figure out why something happened the way it did. This is the function of your Teacher of Peace. There are likely reasons that you and I will never see from our vantage point, due to deeply buried beliefs that we are not even aware of, plus, you will never find the light by analyzing darkness. Your part is to choose peace instead of pain, and let your Guide to Peace handle the details and accomplish the healing on your behalf. You will be shown what is blocking your peace along the way, so you can let it go.

### **Do you want to be right or happy?**

In the previous example, both parties in the accident got to be right about their false beliefs and they continued on their way. **The Course asks if you want to be right or happy.** If you want to be happy, then you must recognize that you are the dreamer of your dream 100% of the time, and then ask for your Teacher of Peace to heal your mind and guide you back to peace. This is the only road to consistent and lasting happiness.

### **God does not test us or inflict pain**

I have heard many people say that they thought their accident or injury had some useful purpose like, “Well, it brought my family together”, or “It made me slow down so I would take some time off.” **God does not test you and will never ask for you to learn through pain. Pain is an election.** The Course asks if you would rather learn through joy or pain. You are

always at choice. Once I learned this valuable lesson, I decided that I had no more use for pain for any reason and have never tolerated it since. I am happy to learn through only joy, and through the wise and loving guidance of my Teacher of Peace who cannot fail. God does not create our chaos. The Holy Spirit is the One Who is helping us to release from the pain that we created, so we can reclaim the peace, happiness, ease, joy, and abundance that is your God-given right.

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#### **The world you see is a witness that you were right**

“The world you see is but the idle witness that you were right. This witness is insane. You trained it in its testimony, and as it gave it back to you, you listened and convinced yourself that what it saw was true. You did this to yourself. See only this, and you will also see how circular the reasoning on which your "seeing" rests. This was not given you. This was your gift to you and to your brother. Be willing, then, to have it taken from him and be replaced with truth. And as you look upon the change in him, it will be given you to see it in yourself.” ACIM Ch.21.II.5

#### **Undoing is not your task, but it is up to you to welcome it or not**

“Be willing, for an instant, to leave your altars free of what you placed upon them, and what is really there you cannot fail to see. The holy instant is not an instant of creation, but of recognition. For recognition comes of vision and suspended judgment. Then only it is possible to look within and see what must be there, plainly in sight, and wholly independent of inference and judgment. **Undoing is not your task, but it is up to you to welcome it or not.** Faith and desire go hand in hand, for everyone believes in what he wants.” ACIM Ch.21.II.8

#### **Nothing created not by your Creator has any influence over you**

“It is as needful that you recognize you made the world you see, as that you recognize that you did not create yourself. They are the same mistake. **Nothing created not by your Creator has any influence over you.** And if you think what you have made can tell you what you see and feel, and place your faith in its ability to do so, you are denying your Creator and believing that you made yourself. For if you think the world you made has power to make you what it wills, you are confusing Son and Father; effect and Source.” ACIM Ch.21.II.11