



Miracles in Meditation ©

DAY 42 – Accidents & Injury

Key Topics:

- You are always looking at the effects of your past thoughts and beliefs
- If you don't want to see the movie, you need to abandon the theater
- The only one that needed to be convinced of my healing was me
- Healing is accomplished once there is no more value in pain
- The miracle, or the correction of the problem, is the result
- The choice between peace and pain
- Acknowledge and Go North
- Choose peace and let God handle the details
- When a situation is dedicated to truth, peace is inevitable

You are always looking at the effects of your past thoughts and beliefs

When I am injured or a witness to an accident, I turn to prayer immediately to ensure the highest possible outcome for everyone involved. It is tempting to expect the worst after an accident or injury has occurred. You tend to use what you see to determine how you are and this is the worst thing you can do, as it will only delay your experience of healing and wholeness. You are always looking at the effects of your past thoughts and beliefs. If you use what you see to determine how you are, then you will reinforce the projection of your unhealed thoughts and beliefs and revalidate what is not true. This will ensure that your unhealed thoughts and beliefs are sent out, or projected again to be re-experienced in the future.

If you don't want to see the movie, you need to abandon the theater

There is a fine balance between turning to prayer when you are injured and also dealing with what is in front of you to do. It is possible to do both very effectively, while under the guidance of the Holy Spirit, your Teacher of Peace. There was a time when I was rollerblading with my husband, Terry, at the beach and as we came back to the car, I rolled right into a deep pothole that was right behind our car. I was talking with Terry at the time, so I did not see it before going in. I felt my leg snap twice and my shin hit the edge of the pothole, with the full force of my body behind it. The pain shot to my head and my Teacher of Pain (the ego) was right there to instantly assure me that my leg was broken. I had broken my arm before (while rollerblading) and I knew what a broken bone felt like. My mind quickly used the past to assess my condition, but I absolutely refused what my ego was offering. I turned, instead, to my Teacher of Peace and made another

choice. In the midst of the excruciating pain, I started saying a Prayer of Truth, out loud, so I could not only say it but hear it. The words went something like this:

There is only God.

There is only the power of God.

There is only the presence of God.

There is no opposing power.

Sin, disease, death, injury, and broken legs are not real.

I command these effects be lifted, as they are not based in truth.

I am the Holy Child of God, and God would never choose pain for me.

I want only what God wills for me.

I am entitled to happiness and peace.

After repeating this a couple of times, I told Terry that I wasn't going to get up until the pain was gone, so it was going to be a few minutes. I repeated the prayer again and again, as I had no interest in having a broken leg and the slow recovery process that typically follows. It was a movie that I had no interest in seeing again.

The only one that needed to be convinced of my healing was me

Fortunately, I am aware that all healing is of the mind, so the only one that needed to be convinced of my healing was me. I repeated my prayer of truth over and over, until the pain began to subside and my mind was able to align with the choice for peace that I had made.

Healing is accomplished once there is no more value in pain

The Course teaches that, "Healing is accomplished the instant the sufferer no longer sees any value in pain." ACIM TM.5.I.1 A value is any reason you have for why the pain should be there. In my mind, my Teacher of Pain was giving me several reasons why I should have this pain:

- I made a costly mistake
- I should have seen the pothole
- I was obviously an absent-minded clutz
- I had a break before and this is what it feels like
(to name a few)

The ego is quick to assign guilt, blame, and judgment

The Teacher of Pain (the ego) is very quick to assign guilt, blame, and judgment in order to justify pain. I heard what that part of my mind was offering, but I had zero interest in what it was dishing up. I chose peace instead and let the Higher Part of my mind escort me to the peace I had chosen. Every time I felt a twinge of pain, I would repeat my Prayer of Truth over again:

There is only God.

There is only the power of God.

There is no opposing power.

I am not a body. I am free. I am as God created me.

I am entitled to happiness.

There is no order of difficulty in miracles.

I choose Peace.

I kept going back to workbook lesson titles from A Course in Miracles, any one I could think of that would help me focus on the truth. The lesson titles are really helpful in a moment like that. Within about 10-15 minutes, I was able to stand up easily and I was absolutely pain-free. Even the place where my shin hit the edge of the pothole had no sign of injury or redness.

The miracle, or the correction of the problem, is the result

This may sound spectacular, or even made up, yet I have experienced miraculous healing many times. It is always the result of choosing to see the truth in the midst of what your eyes are showing you, and releasing any value for the pain (such as guilt, judgment, blame, etc.) and then the miracle, or the correction of the problem, is the result.

The choice between peace and pain

There was another time while I was at home, and I heard the sound of screeching brakes and then a very loud crash. Terry and I ran out the front door and down the block as fast as we could. We saw that a young man in a blue and white mustang with racing stripes had spun out as he took the corner, and blasted into a brick wall. The car was totaled and the young man (about 17 years old) was standing outside holding his head. Terry used his cell phone to call for help while I went to the young man. I asked if he was OK, and he said, "My life is over! My life is over!" I did my best to console him and remind him that he was OK, and that everything was going to be alright, and he said, "You don't understand. This is my best friend's brand new car and I just totaled it. My Dad didn't even know I was driving it. My life is over! My life is over!" (I knew how critical it was for him to choose peace if he was going to have a shot at a decent outcome.) I asked him to sit down with me on the curb, as I began the process of acknowledging him and helping him to make another higher choice.

Acknowledge and Go North

I said something like, "I know how worried you are, but it is really important that we expect the best so that this can turn out well for you." He kept saying, "You don't understand. There is no way for this to turn out well." I asked him if he believed in God or a Higher Power and he shook his head "yes". I said, "Well is it alright if I pray with you right now because I'm really good at prayer and I can do this for you." I only said this so that he could borrow my certainty while he was in fear. Our prayer went something like this:

“Dear God,

My friend here has been in a terrible accident and we need Your help. He is concerned that his friend will be devastated about the car and that his father will be mad at him. *(It is important to “Acknowledge and Go North”. This means that you acknowledge the problem or fear and then move towards peace.)* We are willing to turn this whole situation over to you and we ask for a peaceful and miraculous outcome. *(I paused to ask the young man if he would be willing to forgive himself if it meant that things would turn out better for him and his friend, and he said, “I guess so.”)* My friend here, is willing to completely forgive himself for this accident, and together, we choose a peaceful outcome for everyone involved. We have no interest in pain, anger, guilt, or delay. Thank You, in advance, for the highest and most peaceful outcome. We are willing to have miracles in the place of all judgment and fear. Thy will be done. Amen”

The young man had just quieted down as the paramedics arrived. He said, “I need to call my Dad” and Terry chimed in and said, “I will call him for you. What is your phone number?” Again, this was helpful because it kept the young man from going into more fear and expecting the worst. Terry was eloquent on the phone with the boy’s father. I could hear him say something like, “Hello Sir, I am here with your son and he’s just fine but he’s been in an accident. He is OK and doing well. I knew this would be your main concern and that’s all that matters.” He then went on with other details.

Choose peace and let God handle the details

We waited with the young man until his father arrived and we greeted him ourselves to help diffuse any tension. The father seemed to be handling the situation very well. As we prepared to leave the scene of the accident, I reminded the young man about his decision for a peaceful outcome and how proud I was of him for making it. This was definitely going to help things turn out better for everyone. I added that I would continue praying for him while he had to work through the details and that it would be helpful if he would keep his mind on peace, and see his friend as capable of forgiving him about the car. I reaffirmed that everything works out well when we choose peace and let God handle the details. Your part is to make the choice for peace and God’s part is to bring it to you. He nodded his head in agreement and Terry and I quietly left the scene for home.

When a situation is dedicated to truth, peace is inevitable

“We said before that **when a situation has been dedicated wholly to truth, peace is inevitable**. Its attainment is the criterion by which the wholeness of the dedication can be safely assumed. Yet we also said that **peace without faith will never be attained**, for what is dedicated to truth as its only goal is brought to truth by faith. **This faith encompasses everyone involved**, for only thus the situation is perceived as meaningful and as a whole. And everyone must be involved in it, or else your faith is limited and your dedication incomplete.” ACIM Ch.19.I.1

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