



A Course in Miracles Mentoring ©

DAY 44 – Pain & Discomfort

Key Topics:

- You are not a body
- The voice of pain screams “I am real!”
- The bridge to the truth is already in your mind
- God builds the bridge, but the shame of guilt He cannot bridge
- So what now?
- Pain is an effect and not a cause
- Here’s what I do
- Just because you feel pain, doesn’t make it real
- Pain is not God’s Will for you

You are not a body

You have spent your whole life believing that you are a physical, finite body; prone to illness, suffering, aging, and death. **A Course in Miracles teaches that you are not a body. You are forever as God created you; infinite spirit, eternal light, free of all limits, loved, safe, healed, and whole.** The body is the effect (i.e., the projection) of accepting the false idea of separation and now the entire world you look upon seems to be separated. **Your eyes are reporting to you what you believe to be true in the place of truth.** Now that you have accepted yourself as a separated body, the body you have chosen in the place of truth comes with pain, sickness, lack, loss, and other features that represent the opposite of truth. It is kind of like you bought a house (in your mind), not realizing the foundation was cracked and the house was designed to fill your time with insolvable problems so that you will never be free. Now you are so busy trying to solve the problems in the house that it doesn’t dawn on you that God did not create houses like that, and that you made up this house in the first place. **The Holy Spirit, your Teacher of Peace, is standing by and eager to show you that your house and all of the problems with it are not real, yet you are so committed to your house after years of invested time and care, that your mind is not ready to see it differently or accept the truth.**

The voice of pain screams “I am real!”

Pain can be one of the most challenging illusions to declare as false because the voice of pain literally screams “I am real!” It is hard to imagine that something so intense and sometimes excruciating can also be false at the same time. Pain is false because God did not create it, and what God did not create does not exist. Once pain is seen and understood to be false in the light of truth, all effects of pain are undone because their cause will have been removed.

If you are in pain, it is because you have accepted the false idea that you are separate from God, and that you are a body instead of the infinite light-filled spirit that God created you to be. Pain is the effect of this misperception.

In Chapter 28, it says, **“The cause of pain is separation, not the body, which is only its effect. Yet separation is but empty space, enclosing nothing, doing nothing, and as unsubstantial as the empty place between the ripples that a ship has made in passing by. And covered just as fast, as water rushes in to close the gap, and as the waves in joining cover it. Where is the gap between the waves when they have joined, and covered up the space which seemed to keep them separate for a little while? Where are the grounds for sickness when the minds have joined to close the little gap between them, where the seeds of sickness seemed to grow?”**

ACIM 28.III.5

The bridge to the truth is already in your mind

There is already a bridge in your mind, that God placed there, that will lead you back to the truth, light, and peace of all that you are, and your Teacher of Peace is the Guide that will show you the way. In order to cross the bridge, you must want it whole-heartedly because **Your Teacher of Peace will never drag you across the bridge, even if you ask Him to.** Your Teacher of Peace represents Divine Love and Divine Love will never push, control, or manipulate you. It waits patiently for your invitation and your unified decision to focus on the truth instead of illusions.

God builds the bridge, but the shame of guilt He cannot bridge

You might be thinking, “OK, I’m ready to cross the bridge” without realizing that you are firmly holding onto the handrail on this side of the bridge. Your Teacher of Peace must wait until you release it before the journey across the bridge can continue.

There are many ways that you are holding onto the handrail, with guilt and sickness being two major obstacles. **Every time you choose to see yourself or someone else as guilty, sick, or less than whole, you are declaring that you (and they) are not the child of God. This presents a problem (in your mind) because only the children of God can cross the bridge to the truth.** Your ego has set up the false concepts of guilt, sin, sickness, and pain as clever traps to keep you focused on what is not true, so you will never cross the bridge of consciousness.

In Chapter 28, it says, “God builds the bridge, but only in the space left clean and vacant by the miracle. The seeds of sickness and the shame of guilt He cannot bridge, for He cannot destroy the alien will that He created not. Let its effects be gone and clutch them not with eager hands, to keep them for yourself. The miracle will brush them all aside, and thus make room for Him Who wills to come and bridge His Son's returning to Himself.” ACIM Ch.28.III.6

So what now?

Your mind is committed to what is not true and this is detaining you on this side of the bridge. You might be wondering what it will take to loosen your tightened grasp on the handrail, just long enough so your Teacher of Peace can lead you across the bridge from illusions to the truth.

Pain is an effect and not a cause

Let's begin with pain, because pain is one of the most convincing of all ego devices. First of all, pain is an effect. It is not a cause. Most people think that pain is happening to them, and they do not understand that they have actually chosen it. By accepting that you are separate from God, you now see yourself as a finite body and this body comes with pain. **Pain is the effect of your wrong decision.** In order to get this straight in your mind, your Teacher of Peace will accomplish the healing for you, yet you must want this with your whole heart.

Here's what I do

Whenever I experience pain of any kind, I reject it entirely as false and without reality. I have no tolerance for pain because I know that God did not create pain (or sickness) and I have no interest in experiencing what God did not create or will for me to have. **I remind myself that pain is false and it is also an election.** Every time I feel a twinge of pain, I use it to remind myself of the truth of who I am, almost like an alarm clock.

Example:

Let's say that you have a shooting pain in your back: You can pause right there and use the pain like an alarm clock to reaffirm who you are and reclaim all of the joy, happiness, and peace that you are entitled to. You can say one or more of these statements of truth to yourself, which will help to loosen your grip on the handrail:

- I am not a body. I am free. I am as God created me
- Thank You, God, that You did not create pain and therefore it is not real
- I want the truth instead of this
- Pain is not real
- I am experiencing the effects of my past thoughts and nothing more
- Thank You, Holy Spirit, for deciding for me about this
- I will not use my eyes and senses to define my reality
- I forgive myself completely for any wrong decisions I might have made
- I call upon the Holy Spirit to undo all the consequences of my wrong decisions
- I have no use or value for pain
- I choose peace instead of this
- Thank You, Holy Spirit, for accomplishing the healing for me
- God did not create darkness or pain, and what God did not create does not exist, and what does not exist has no power, and what has no power is not to be feared
- I want the truth instead of illusions

- I am the Holy Child of God, Himself
- I am entitled to only peace, happiness, abundance, and joy
- There is no order of difficulty in miracles
- My Inner Guide cannot fail

What the ego would use to hurt you or convince you that you are not the child of God, you can use to reaffirm who you are and reclaim your allegiance to the truth. It is not up to you to get it perfect. It is up to you to want this and this will loosen your grip from the handrail, so your Teacher of Peace can take your hand and begin the journey across the bridge.

Just because you feel pain, doesn't make it real

Most people tend to define pain as real because they feel it, yet feeling something does not establish its reality. **God establishes reality. When you feel pain, it is because you have accepted the origin of pain as real, and the origin of pain is the body.** You cannot be in pain without accepting that you are a body; prone to illness, suffering, and death. By accepting that you are a body, instead of the infinite light-filled spirit that you are, you inherited pain and sickness as a bonus package. It's kind of like you married into a family and your spouse brought all of their undesirable relatives to live with you. You bargained for one and instead, you got the whole family. It's time for a divorce – This is not your family!

Pain is not God's Will for you

All kidding aside, pain is rough and I am sorry if you are going through it. I want to remind you that pain is not God's Will for you, and if you will loosen your grip on that handrail, then your Teacher of Peace will guide you to the other side of the bridge where there is no pain.

Grievances superglue your hand to the rail

One more important point to remember is that when you hold a grievance against another person, or you choose to see guilt in anyone, this is like "supergluing" your hand to the rail on this side of the bridge. Your Teacher of Peace cannot walk you to peace while you are committed to seeing others as guilty. This does not mean that you should ignore the wrongful actions of others. Your Teacher of Peace will guide you through every perceived challenge and will tell you what to do, where to go, what to say, and to whom, to ensure your peace. It does mean that you remain committed to seeing the truth of others (regardless of what they are showing you) and that you do not join them in their illusions about themselves.

Note: If there is even one person you would want to leave or abandon on this side of the bridge, so that you can be free, then your mind is split and your freedom must wait.

Freedom is total or not at all. I will talk more on this in the Personal Coaching section.