



Miracles in Personal Coaching ©

DAY 44 – Pain & Discomfort

Key Topics:

- All healing is of the mind
- If this were the real world, God would be cruel
- Self-denial results in pain and suffering
- You are at war with the god of sickness you have made
- Avoid the temptation to judge yourself
- It is not up to you to heal your own mind
- Steps to accelerate your healing
- EFT Tapping Exercise to release pain and discomfort

All healing is of the mind

The false idea of separation and a separated self has become so engrained in your belief system that it is rarely questioned. All healing is of the mind because only the mind can decide on sickness. Physical pain and sickness can only happen to a body. If you accept the illusion that you are a body; limited, vulnerable and powerless, then sickness becomes a possibility, but only in your mind. The Course teaches that God did not create the body, nor did He create sickness, lack, pain, suffering, or death. These are false ideas that you accepted in the place of Truth when you accepted that you could be separated from God.

If this were the real world, God would be cruel

In Chapter 13, it says, **“If this were the real world, God would be cruel. For no Father could subject His children to this as the price of salvation and be loving.** Love does not kill to save (or create pain to hurt). If it did, attack would be salvation, and this is the ego's interpretation, not God's. Only the world of guilt could demand this, for only the guilty could conceive of it. Adam's "sin" could have touched no one, had he not believed it was the Father Who drove him out of Paradise. For in that belief the knowledge of the Father was lost, since only those who do not understand Him could believe it.” ACIM Ch.13.in.3

Self-denial results in pain and suffering

As a child of God, you are all-powerful, just as God is. God is the only true cause and you are the effect of the cause. It is like you are the ray of the sun and God is the sun or the Source of Light. You, being an effect, can never be anything other than what the Cause intended you to be, yet, **you do have the capacity to deny your True Self and it is this denial that is causing your pain and suffering.**

You are at war with the god of sickness you have made

In Chapter 10, section 4 called “The End of Sickness”, it says **“If God created you perfect, you are perfect. If you believe you can be sick, you have placed other gods before Him. God is not at war with the god of sickness you have made, but you are.** He (i.e., the god of sickness) is the symbol of deciding against God, and you are afraid of him because he cannot be reconciled with God’s Will. If you attack him, you will make him real to you. **But if you refuse to worship him in whatever form he may appear to you, and wherever you think you see him, he will disappear into the nothingness out of which he was made.** Reality can dawn only on an unclouded mind. It is always there to be accepted, but its acceptance depends on your willingness to have it.”

This may be frustrating to hear, especially when you are hurting. Many people get overwhelmed at this point, because they mistakenly think they now have something else to do on top of dealing with the pain. It is hard to imagine that you are doing this to yourself, but if you will consider that this is what is happening, you will also be shown how to end the pain.

Avoid the temptation to judge yourself

One of the most important things to remember is to not judge yourself and to do what is in front of you to do. For every decision, pause and ask for guidance and then follow what is most peaceful and compelling. **If you judge yourself or choose to feel guilty, then you will validate the illusion and this will delay your happiness.**

It is not up to you to heal your own mind

It is not up to you to heal your own mind. Your part is to accept that you have accepted what is not true in the place of Truth. You have accepted that you are a body; separated, vulnerable, limited, and powerless. Recognize that you have accepted an illusion in the place of Truth and then invite your Higher Wisdom (the Holy Spirit) to correct this error for you. Once your mind is healed of this misperception, then your body will be healed as a result (as the body is the effect of the mind).

Steps to accelerate your healing

Step #1 – As an awareness exercise, tune into your pain or your illness and **write down all the reasons** why you believe you have this pain or illness, such as:

- I was in an accident
- I injured myself
- I didn’t take care of myself
- I made a mistake
- The doctor says my pain is the effect of condition, illness, or surgery
- I deserve the pain
- I don’t know how to stop the pain
- Maybe I’m being punished, etc.

Be thorough in your assessment. Once you have your list or reasons, you can do a prayer of invitation like this:

Dear God,

I have mistakenly accepted that I am a body and that I am separated from You. Along with that decision, I also accepted that I am vulnerable and prone to illness, pain, and suffering. Without realizing it, I also accepted many reasons for the pain that I am experiencing and I've been using these reasons to validate the pain and give it reason for being as it is. I turn all of this over to You. I give you my thoughts, my attention, my misperceptions, my list of reasons, and anything else that is contributing to this pain, illness, or discomfort. I am willing to see all of this differently. I am determined to know the truth of who I am. I am as You created me. I am not a body. I am one with You; eternal spirit, whole, complete, innocent, powerful, safe, healed, and loved. Thank You for healing every part of my mind that has accepted illusions in the place of Truth. I want happiness instead of pain. I want the Truth instead of this. I dedicate this whole situation to the Truth and my goal is peace.

Thy Will be done.

Amen

Step #2 – Use a combination of EFT and Prayer to ease the physical pain and discomfort.

You can download a free copy of my Miracles in Prayer handbook at FreePrayerBook.com.

The prayer book has 150 prayers for everyday living (on many different topics) and is focused on the healing of your thoughts. It is helpful to read the prayers and also apply the EFT tapping sequence on your body while you read them. You can refer to our free EFT Tapping Points Diagram to locate the tapping points.

EFT Tapping Exercise to release pain and discomfort

Let's go ahead and do some release work on this together. *If you would like to hear the audio version of this exercise, it is included in your "More Tools & Resources" section of today's lesson called, "Relief for Physical Pain & Discomfort".*

Go ahead and take a long deep cleansing breath

Tune into the physical discomfort or pain you are experiencing now. Give it a number between 1 and 10, with 10 being most significant.

Close your eyes and turn inward and bring your attention to the pain, discomfort, or illness (and modify my words as you need to) and now repeat after me:

Begin by tapping over your heart

- Even though, I have this pain
- and I don't know how to solve it

- I forgive myself
- I release all the frustration
- all the overwhelm
- and all the anguish this has caused me

Start tapping on the other side of your chest

- I have no use for this pain
- I surrender all my reasons for having it
- I want peace instead of this

Center of the chest

- Even though, this pain has been frustrating
- and it has been a disruption in my life
- I forgive myself for not knowing how to solve it
- I release the past
- I am willing to turn it all over to God
- and to be shown my way out of pain

Top of the head

- I am learning that pain is the effect of accepting what is not true

Eyebrow Point

- I am not a body; separated, vulnerable and powerless

Side of the eye

- I am as God created me
- I am spirit, eternal, infinite, all-powerful, loved, whole, and complete

Under the eye

- I am not a body, I am free
- I am as God created me

Pause and take a long deep cleansing breath and let your shoulders relax

Hold the intention to release the burden and see this differently

This may be a lot for your mind to process, but just give room to the idea that God would never choose this pain for you. It is His will that you know His love and have all the happiness, comfort, peace and abundance that He wills for you. All of this will be known to you once your reasons and decisions against His Will have been undone.

Begin tapping over your heart again

- I am aware that I have accepted pain as a possibility
- either for myself or someone else
- and now I am experiencing the effects of my decision
- I forgive myself

Other side of the chest

- I am determined to see this differently
- I want the Truth instead of this

Center of the chest

- I release all the pain
- all the discomfort
- all the frustration
- all the self-judgment
- and the guilt
- I accept that I am as God created me
- I am entitled to happiness

Tap along with this prayer

Eyebrow point

- Dear God
- Please give me the vision to see the Truth of who I am
- and who everyone else is.
- Heal my mind of all judgments, guilt, and misperceptions.

Side of the eye

- Let the Truth correct all the errors in my mind.

Under the eye

- I will step back and let You lead the way.
- I want the light instead of darkness.
- I want peace instead of pain.

On the chin

- I forgive myself and everyone else.

Inside the knees

- Thank you, in advance, for a peaceful and happy outcome.
- My goal is peace.

Pause and take a long deep cleansing and relaxing breath

Letting go of what is not true to make room for your Teacher of Peace

Remember that your part is the invitation and it is the Holy Spirit, or your Higher Wisdom, that will accomplish your goal of peace. Your willingness combined with the strength of God is what brings miracles. A miracle is the result of a shift in perception. As your perceptions shift away from worry and fear to peace and happiness, the effect is that everything you see and feel will be healed as a result. All healing is of the mind. As the mind is healed, the body, or the effect of the mind, is healed as well.

Pause and take a long deep cleansing and relaxing breath

Take a moment to reflect on your primary reasons for having this pain or discomfort. Now, let's join together and release those reasons and make room for God to intervene on your behalf.

Center of the chest for remaining prayer

- I am willing to release all of my reasons for having this pain.
- I will not dwell on those reasons.
- I will place my focus on the truth of who I am
- and give my full attention to my Source and Creator.

Top of the head

- I will refrain from judging myself, or my condition, or judging others, or deciding on a negative outcome.
- I will leave a space for you in my mind
- that is free of judgment
- that you may intervene
- and heal my thoughts for me.

Eyebrow Point

- I want peace instead of pain.
- I am as You created me.
- I am your holy child
- I want to know the freedom and the happiness that is your will for me.

Over the heart

- Thank you for showing it to me in a way that I can understand it.

Pause and take a long deep cleansing and relaxing breath

Imagine a wave of beautiful light going down and through your body

Release and let go of any tension or tightness and let the light come through

On a final note, tune inward and determine if there is any person that you are judging or seeing as less than whole. It might be yourself or someone else. **The Course states that sickness is anger taken out on the body.** If there is any person you are angry at, or that you are seeing as flawed, inadequate, evil, or less than whole, your judgment against them is holding you in pain. Remember that you can forgive them because in Truth, they cannot alter what God created within you. Your decision to see yourself as damaged or altered by them is holding the idea of separation in place. Would you be willing to forgive them and release them so you can set yourself free? If your answer is yes, then let's do this together.

Start by tapping over your heart

- Dear God
- I am aware that I've been holding some judgments and grievances against other people
- I have been seeing them as less than whole and capable of altering me.

Other side of the chest

- I am willing to release all of my judgments.
- I am willing to see past their words, their annoying habits, their behaviors, and even through their appearance

Center of the chest

- Please give me the vision to see the Truth of them
- to acknowledge the innocence and the light within them
- the light that you created.

Top of the head

- I'm willing to see that this other person is
- whole, innocent, and complete as you created them
- and I am one with them.

Eyebrow Point

- I release all judgments against them
- I am determined to focus only on what is true.
- As I forgive them, I am forgiven.
- As I release them, I am released because I am one with them.
- Thy will be done.
- Amen

Remember that once you invite your healing to occur, it will happen in exact proportion to your willingness to accept it without deciding against it. If you hold onto the idea that you are a body, vulnerable, and powerless, separated from God, you will delay your happiness. If you hold onto your reasons for having your pain or illness, you will also delay your happiness. God is pure love and will never decide against you, or force you to think differently. The Course states that **love waits on welcome, not on time.** Once you lay down your misperceptions, your judgments against yourself and others, and you lay down all defenses against the Truth, and you welcome God to heal your mind, and you want only truth instead of illusions, then healing is total. It's not as hard as it sounds because it is the undoing of what never was, and if you will invite Him, the Holy Spirit will accomplish it for you. Your part is to set the goal of peace and then make room for Him without resistance.

“Do not despair, then, because of limitations. It is your function to escape from them, but not to be without them. If you would be heard by those who suffer, you must speak their language. If you would be a savior, you must understand what needs to be escaped. Salvation is not theoretical. **Behold the problem, ask for the answer, and then accept it when it comes. Nor will its coming be long delayed.** All the help you can accept will be provided, and not one need you have will not be met. Let us not, then, be too concerned with goals for which you are not ready. **God takes you where you are and welcomes you.** What more could you desire, when this is all you need?” ACIM TM.26.4

Together, we place our future in the hands of God.
Remember always to expect miracles.