



Miracles in Personal Coaching ©

DAY 46 – Recovering from Illness

Key Topics:

- Healing is accomplished when you have no more reasons for the pain
- Quick way to find out what some of your reasons are
- All Power is of God
- Stepping onto ego's playground
- Making room for the healing

Healing is accomplished when you have no more reasons for the pain

When you are sick, you are experiencing the effect of your unhealed thoughts and beliefs. This is not a judgment to hurt or judge yourself with. It is a fact to be understood because as you accept the truth in the place of what is not true, you also accept your healing and wholeness. "Healing is accomplished the instant the sufferer no longer sees any value in the pain." ACIM TM.5.I.1 As I shared before, you can substitute the word "value" for the word "reasons" in the last sentence to help you understand this concept more clearly. With this change, the sentence would be, "Healing is accomplished the instant the sufferer no longer has any reasons for the pain."

Quick way to find out what some of your reasons are

One of the quickest ways to find out what some your hidden reasons are for your illness or discomfort is to complete this sentence for yourself:

"I am sick or in pain because _____ .

Here are some examples:

- I was diagnosed with an illness
- I didn't take care of myself
- I made mistakes
- I ate the wrong thing
- I just had surgery
- I am getting old
- It runs in my family
- I caught this from someone else
- Someone did this to me (e.g., car accident, etc.)
- I don't have enough faith, support, energy, immune system, medical care, etc.

These are examples of beliefs and your beliefs always drive your experiences. In every single belief, there is an acceptance that something is happening to you, and there is not much you can do about it.

All Power is of God

When you assign power to something outside of you and you accept that it has the ability to hurt or alter you, you lose sight of where your true power is. You cannot accept truth and illusions at the same time. As you accept one, you deny the other. You also cannot alter the truth of who you are. You do have the capacity to deny who you are, and while you do this, you become unaware of the truth. In Chapter 11, the Course teaches that the truth is very simple, **“All power is of God. What is not of Him has no power to do anything.”** ACIM Ch.11.V.3.6-7

You cannot be a little bit in hell

You may not think that assigning power to what has no power is such a big deal, but remember this from the ACIM Teachers' Manual 13.7, **“Do not forget that sacrifice is total. There are no half sacrifices. You cannot give up Heaven partially. You cannot be a little bit in hell. The Word of God has no exceptions.** It is this that makes it holy and beyond the world. It is its holiness that points to God. It is its holiness that makes you safe. **It is denied if you attack any brother for anything.** For it is here the split with God occurs. A split that is impossible. A split that cannot happen. Yet a split in which you surely will believe, because you have set up a situation that is impossible. **And in this situation the impossible can seem to happen.** It seems to happen at the "sacrifice" of truth.” ACIM TM-13.7

The previous paragraph is so important, that you might want to reread it a few times for special emphasis.

Stepping onto ego's playground

When you tolerate or accept even one aspect of what is not true about yourself, you invite all of its undesirable cousins to join you. For example, by accepting the false idea that illness is real and possible, you unknowingly accept that lack, guilt, grief, pain, sorrow, misery, delay, conflict, loneliness, evil, and death are real also. You end up marrying yourself into the whole illusion family. This can be undone, of course, but while you entertain what is not true, you are on the ego's playground and your ego will appear to call all of the shots for you. By accepting a false image of yourself in the place of truth, you will end up feeling powerless and vulnerable. These feelings serve as a reminder that you have stepped onto ego's playground and it is wise to make another choice.

In Chapter 10, it says, “If you will accept yourself as God created you, you will be incapable of suffering. Yet to do this you must acknowledge Him as your Creator. This is not because you will be punished otherwise. It is merely because your acknowledgement of your Father is the acknowledgement of yourself as you are.” ACIM Ch.10.V.9.5

Making room for the healing

When I am worried, uncomfortable, or nervous about anything, I turn directly to my Teacher of Peace and ask for the healing of my mind. I spend the rest of the time focusing on who I am and who everyone else is through prayer and meditation. There are a few statements I like to use during my meditations. I usually pick one or two statements at a time and focus only on those. I repeat these statements to myself and then pause in between to be receptive to the truth. If my mind interrupts, I repeat the statement(s) again to bring my attention back to the truth.

- I ask for the Vision of Christ within me to do my seeing for me
(I abandon what I see, hear, or feel, and make room for True Vision that will be given me)
- I am as God created me.
- I listen to only One Voice, my Teacher of Peace. I am not bound to any other voice.
- I am the Light of God; free of all limits, safe, and healed, and whole.
- All Power is of God. What is not of God has no power to do anything.
- I am not a body. I am free. I am as God created me.
- I am the Holy Son of God, Himself. God's Son cannot suffer and I am His Son.
(I have no issue with the words, because it is the content of the message I am interested in.)
- I will there be light. Darkness is not my will.
- Let me behold the light that reflects God's Will and mine.
- God did not create sickness, therefore it is not real.
- God did not create _____, therefore it is not real.
- I am not my past. I have no past. I am free of the past.
- I am looking at the effects of my thoughts and beliefs, and nothing more.
I want the truth instead of this.
- Thank You, Holy Spirit, for handling the retaliation of my ego.
- God is the strength in which I trust.
- Illusions are not real and no harm can come to me.
- Let all things be exactly as they are.
- With God, there is no loss, and pain is impossible.
- Thy Will be done. I have no other will. I have no other plan.

If I am holding onto a judgment or grievance against another person, I focus on the light and truth of who they are, in oneness with me, as I say:

- God is the love in which I forgive you _____.
- You are as God created you.
- You are one with me.
- You can only bless me and I can only bless you.

Remember that it is not up to you to heal your own mind. I repeat these phrases to myself as an attempt to quiet my mind and focus on the truth, so my mind will not wander into fear and illusions. It is kind of like trying to remain still, while someone else (your Teacher of Peace) takes the thorn out of your finger. This is much easier to do when you are quiet and still.

My favorite meditation is one of complete silence and Being-ness, as it seems to bring me the highest level of peace, happiness, guidance, and fulfillment. This will come easier to you with practice. In the meantime, if you would like to experience lasting peace, remind yourself:

- Illusions are not real, and what is not real has no power to do anything.
- The healing is not up to you.
- Deny illusions wherever and whenever you see them, feel them, or experience them. (This does not mean to ignore them. It means look straight at them and declare that they are false, and that you want the truth instead of them.)
- Your part is to invite your Teacher of Peace to decide for you about everything.
- Listen without agenda.
- Focus only on the truth of who you are.
- Whenever you experience pain or a symptom of the illness, use it to remind you to re-focus on the truth of who you are.
- Release every reason you have for why you should be sick and give it to Holy Spirit. Ask for the truth instead of this.
- Do not decide that your healing is impossible or it is too complicated to solve.
- Love and forgive yourself, frequently, and let the healing of your mind unfold naturally at the direction of your Teacher of Peace.
- Do not fight yourself.
- Forgive yourself and everyone for everything. Hold no grievances.
- If you are judging yourself or someone else for any reason, you are focusing on illusions and this will delay your peace and also your experience of healing.
- Always follow what feels most peaceful and least fearful at the time.
- Be determined to be a “Happy Learner” without resistance, so that your Teacher of Peace can lead you out of pain and discomfort very quickly.
- Only love is real.

Remember to Expect Miracles!