



A Course in Miracles Mentoring ©

DAY 47 – Challenges for Seniors

Key Topics:

- Your body is not who you are
- First forgive, then pray, and you are healed
- Judgment, guilt, and grievances block the light of communication
- This is not God's Will for you
- God's Will for you is perfect happiness
- There is no sin
- God did not create you to sin
- Do not confuse error with sin
- When you refrain from judging, the pain stops
- You may not think you are judging anyone or yourself
- What to do instead of judgment
- The Son of God can be mistaken, but he cannot sin

Your body is not who you are

After a lifetime of experiencing a physical body, it is tempting to believe that the body is who you are. Every day you wake up to the same physical appearance, though it matures over time, and the body begs your attention for food, exercise, hygiene, and other daily maintenance. The ego is very clever in creating something so preoccupying to distract you from the truth of who you are. Further, as the body ages, it is a common belief that its functionality declines and you are even more prone to illness, offering you more to focus on and tend to. For some, the body becomes such a major distraction due to pain or illness, it is nearly impossible to focus on anything else. If this is happening for you, then the first thing I ask you to do is to “forgive yourself”. It is during these times that we tend to be hardest on ourselves, certain we must have done something wrong to earn such a fate. You did not earn pain, and there is nothing you did to inflict this upon yourself. The problem is this: Your mind has convinced you that you are a body; separate from God, and prone to illness, aging, and death, and now you are experiencing the effects of these false ideas.

First forgive, then pray, and you are healed

In A Course in Miracles it says that you should first forgive, then pray, and you are healed. When I first read this sentence, the order of sequence got my attention, yet it actually makes a lot of sense. If you enter a state of prayer, being in communion with God, and you have not forgiven yourself or you are holding a grievance against another person, then you will be unable

to receive communication. Your grievance will stand like a heavy curtain that serves to block the light of communication.

Judgment, guilt, and grievances block the light of communication

I am mentioning this because many people feel like God is not listening to their prayers, and worse, they feel there is no response at all. This is not because God is not responding. It is because the heavy curtain of guilt, shame, judgment, and grievances are blocking the light of communication. It is kind of like you are listening through a funnel, yet there is a block on your end of the funnel (that you put there).

This is not God's Will for you

You might be facing many challenges right now, such as: health issues, pain, insomnia, loneliness, financial problems, fear of the future, feelings of abandonment, or something else. Any one of those is more than enough, yet they seem to travel in a group. A Course in Miracles teaches that pain, illness, misery, and suffering is not God's Will for you.

God's Will for you is perfect happiness

In ACIM Lesson 101, it says, "God's Will for you is perfect happiness because there is no sin, and suffering is causeless. **Joy is just, and pain is but the sign you have misunderstood yourself.** Fear not the Will of God. But turn to it in confidence that it will set you free from all the consequences sin has wrought in feverish imagination. Say:

*God's Will for me is perfect happiness.
There is no sin; it has no consequence.*

So should you start your practice periods, and then attempt again to find the joy these thoughts will introduce into your mind.

Give these five minutes gladly, to **remove the heavy load you lay upon yourself with the insane belief that sin is real.** Today escape from madness. You are set on freedom's road, and now today's idea brings wings to speed you on, and hope to go still faster to the waiting goal of peace. There is no sin. Remember this today, and tell yourself as often as you can:

This is the truth, because there is no sin." ACIM Lesson 101.6-7

There is no sin

Some people would be appalled to hear the words, "there is no sin" because sin has been taught as the origin and root of all evil. The ego loves the word "sin" because it is a heavy curtain, certain to block the Son of God from remembering who he is. You may not think you are sinful, yet every time you judge yourself, or anyone else, for being wrong, guilty, deficient, harmful, hurtful, mean, unattractive, deceptive, dishonest, or some other negative attribute, you are allowing the concept of sin to enter your mind.

God did not create you to sin

In A Course in Miracles, it reminds you that the Son of God cannot sin because God did not create him to sin, and sin must not be confused with error. If you believe that you or someone else has sinned, then you will see the error as irreversible. Error, on the other hand, can be corrected and the wrong can be made right. This is an important distinction. If you are accusing yourself of something that is unforgivable, at a deeper level, then you will call punishment on yourself and your oneness with God, and all the happiness He has given you, will be unknown to you, until you change your mind.

Do not confuse error with sin

In Chapter 19, it says, “It is essential that error be not confused with sin, and it is this distinction that makes salvation possible. **For error can be corrected, and the wrong made right. But sin, were it possible, would be irreversible.** The belief in sin is necessarily based on the firm conviction that minds, not bodies, can attack. And thus the mind is guilty, and will forever so remain unless a mind not part of it can give it absolution. **Sin calls for punishment as error for correction, and the belief that punishment is correction is clearly insane.**” ACIM Ch.19.II.1

If you are judging yourself, or anyone else, and you feel that whatever was done in the past was “unforgiveable”, then you are labeling this action as a “sin”, and sin brings punishment with it. Illness, pain, lack, loneliness, and discomfort are some of the clever ways that the ego induces punishment with your consent.

When you refrain from judging, the pain stops

I am not saying this to judge or upset you. I have experienced enough of my own pain, through my own judgments, to last me a lifetime. Fortunately, I learned from A Course in Miracles that guilt, pain, judgment, and sin are elections, and I was taught how to elect otherwise with the guidance of my Teacher of Peace. The funny thing is that once you refrain from judging yourself and others, at least as much as you know how, then the pain stops and the illness goes away.

In Chapter 19, it says, “Sin is not an error, for sin entails an arrogance which the idea of error lacks. To sin would be to violate reality, and to succeed. **Sin is the proclamation that attack is real and guilt is justified. It assumes the Son of God is guilty, and has thus succeeded in losing his innocence and making himself what God created not.** Thus is creation seen as not eternal, and the Will of God open to opposition and defeat. Sin is the grand illusion underlying all the ego's grandiosity. For by it God Himself is changed, and rendered incomplete.” ACIM Ch.19.II.2

You may not think you are judging anyone or yourself

You may not think you are judging anyone, or even yourself, yet you are in judgment every time you see yourself, or anyone else, as less than whole, less than loving, less than honest, less than capable, less than helpful, less than perfect, or less than a blessing to you. You might be thinking, “Well, what if someone does something that is bad, hurtful, wrong, or evil. Am I just supposed to ignore it?”

What to do instead of judgment

The first thing to do whenever you see anyone doing anything that disturbs your peace, is to remember that you are looking at the effects of your own thoughts and beliefs. The “other person” (in this case) is unknowing playing a role with you, and they are mirroring to you what you believe in the place of truth. If you are feeling unloved, then you are likely to be treated as unlovable. If you are feeling vulnerable, then you are likely to be attacked. In every case, the other person is reflecting back to you what you believe to be true, in the place of truth.

If you would like to move beyond judgment and pain, you can take these steps. Anytime your peace is disturbed for any reason, pause and remind yourself:

- You are looking at your thoughts and beliefs
- You are not looking at the truth of this person
- Turn inward, and ask to see the light and truth instead of what you see
- Forgive everyone involved, including yourself
 - “First forgive, then pray, and you are healed”
- Ask your Teacher of Peace what you should do, what you should say, and how you should respond to ensure peace for everyone involved
- Follow the guidance you receive and be vigilant only for love
- Follow what is peaceful and compelling

This will help to free you from judgment and its effects of punishment and pain. This also opens the door to your awareness of your true inheritance of joy, happiness, peace, and abundance that God has already given you.

The Son of God can be mistaken, but he cannot sin

In Chapter 19, it says, “The Son of God can be mistaken; he can deceive himself; he can even turn the power of his mind against himself. But he cannot sin. There is nothing he can do that would really change his reality in any way, nor make him really guilty. That is what sin would do, for such is its purpose. Yet for all the wild insanity inherent in the whole idea of sin, it is impossible. For the wages of sin is death, and how can the immortal die?” ACIM Ch.19.II.3