



Miracles in Personal Coaching ©

DAY 47 – Challenges for Seniors

Key Topics:

- A healed mind does not plan
- The “unlearning” of old habits
- The Holy Spirit needs a happy learner
- Your eyes are reporting to you what you believe
- The scariest words to the ego are “I do not know”
- First lesson from your Teacher of Peace – The truth is true
- Your faith in nothing is deceiving you
- With truth before you, you will not look back
- Let us gladly lay down our need to judge anyone for anything
- Accept this key to freedom from the hands of Christ

A healed mind does not plan

By now, you may have tried everything you think you know to solve the problems you are facing. Throughout your life, you may have relied on your instincts and best thinking many times to avoid danger, conflict, pain, injury, or loss. After years of practice, it is tempting to assign yourself the role of “Head Problem Solver”, at least when it comes to your own life. That is how it was for me. As a former Chief Financial Officer and Certified Public Accountant, my job was based on planning, forecasting, and strategy. Once I started studying A Course in Miracles, I learned that “a healed mind does not plan” and it is wise to never solve problems yourself, because your own mind is what got you into problems in the first place. This was a tough concept to adopt, yet over time, it proved itself in tangible ways.

The “unlearning” of old habits

One of the toughest things for me to do was to unlearn my old habits. I felt like my instincts were sharp, as I had relied on them successfully many times, yet, eventually, my instincts let me down and I had to “unlearn” using them. This is harder than it sounds because when your peace is disturbed, your quickly ego snaps to attention and starts judging the situation, along with all the people involved. Then, your instincts kick in (based on your past experiences) and your ego uses the past to determine what decisions need to be made with great authority. Most of us have this down to a science, yet in truth, this response will only delay your happiness.

The Holy Spirit needs a happy learner

The Course teaches that the Holy Spirit needs a happy learner. It’s almost like we have to forget

what we have learned, so we can open our minds to receive what is true in the place of what is false, otherwise, it is like trying to run good software on a broken computer.

In Chapter 14, the Course says, “The Holy Spirit needs a happy learner, in whom His mission can be happily accomplished. You who are steadfastly devoted to misery must first recognize that you are miserable and not happy. The Holy Spirit cannot teach without this contrast, for you believe that misery is happiness.” ACIM Ch.14.I.1-3

Your eyes are reporting to you what you believe

A happy learner is one who is willing to listen to the suggestions and guidance of another, without hesitation or resistance. The Holy Spirit, your Teacher of Peace is attempting to teach you the truth of who you are, and that you are the Holy Son of God; Infinite Spirit, Eternal Wisdom, Perfect Love, Light, Healed, Happy, and Whole. You do not believe this because you have accepted that you are a finite, physical body; separate from God, vulnerable, powerless, and less than whole. This is not who you are, yet it is what you believe you are. Your eyes and senses are now reporting to you what you believe to be true in the place of truth.

The scariest words to the ego are “I do not know”

Once you are willing to become a happy learner, it means that you are willing to understand that you do not know the answer, and you are willing to follow the guidance of your Teacher of Peace, without hesitation or resistance. This may be difficult after spending a lifetime of doing it differently, yet it is possible. The Course teaches that the scariest words to the ego are “I do not know” because the ego always thinks it knows and then acts as if it does know. Being a happy learner means that you will need to let go of thinking that you know what is right or best. In many respects, it is like becoming a little child all over again in your willingness to be taught based on love instead of fear.

First lesson from your Teacher of Peace – The truth is true

You may laugh at the first lesson offered by your Teacher of Peace, now that you are a happy learner, yet it is a lesson that is quite simple and easy to remember.

It is simply this: **“The truth is true.”** The truth is that you are as God created you, one with Him, Spirit, Eternal, Loved, Healed, Whole, and Free. God did not create darkness, evil, lack, pain, fear, illness, suffering, or death, and what God did not create, does not exist. You see and experience these false concepts to be true because you have accepted a false image of yourself in the place of truth, and now these concepts are the effects of your denial of truth. Once the truth is remembered and the false is denied, then the effects of all false ideas will be undone.

In Chapter 14, it says, **“The Holy Spirit... begins His lesson in simplicity with the fundamental teaching that *truth* is true. This is the hardest lesson you will ever learn, and in the end the only one.** Simplicity is very difficult for twisted minds. Consider all the distortions you have made of nothing; all the strange forms and feelings and actions and reactions that you have

woven out of it. Nothing is so alien to you as the simple truth, and nothing are you less inclined to listen to. The contrast between what is true and what is not is perfectly apparent, yet you do not see it.” ACIM Ch.14.II.2

Your faith in nothing is deceiving you

When you believe in what is not true, it is the same as believing in nothing. You cannot hurt yourself by doing this, yet you can delay your happiness and peace. You may not believe that you are placing your faith in nothing, but to the degree that you are trusting anything other than God, the Source and Creator of All-in-All, with your health, happiness, finances, or well-being, you are placing your faith in nothing.

In Chapter 14, it says, **“To those unhappy learners who would teach themselves nothing, and delude themselves into believing that it is not nothing, the Holy Spirit says, with steadfast quietness: The truth is true. Nothing else matters, nothing else is real, and everything beside it is not there.** Let Me make the one distinction for you that you cannot make, but need to learn. **Your faith in nothing is deceiving you. Offer your faith to Me, and I will place it gently in the holy place where it belongs.** You will find no deception there, but only the simple truth. And you will love it because you will understand it.” ACIM Ch.14.II.3

With truth before you, you will not look back

“If you would be a happy learner, you must **give everything you have learned to the Holy Spirit, to be unlearned for you.** And then begin to learn the joyous lessons that come quickly on the firm foundation that truth is true. For what is builded there *is* true, and built on truth. The universe of learning will open up before you in all its gracious simplicity. **With truth before you, you will not look back.**” ACIM Ch.14.II.6

Let us gladly lay down our need to judge anyone for anything

As you become a happy learner, you will gladly lay down your need to judge anyone for anything because you realize that your judgment is costing you everything, in terms of your peace and happiness. The ego is quick to judge, and judge harshly. The problem is that every time you judge anyone for anything, you are declaring that they are not the Holy Child of God, and they are not entitled to God’s Will that they are loved and happy, and because you are one with them, you must include yourself in your assessment. This is only in your mind, of course, yet your mind is the determiner of the entire world you see.

Accept this key to freedom from the hands of Christ

By recognizing that the “truth is true” and nothing else is true, this simple lesson holds the key to the dark door that you believe is locked forever. You might be wondering how to get to that realization with certainty. Your Teacher of Peace was given the function by God, Himself, of making sure that you remember the truth who you are and the greatness of God’s Love for you, along with all of your Heavenly blessings and gifts. Your part is to be the happy learner who is willing to refrain from judgment (i.e., seeing yourself or others as less than whole) and the Holy

Spirit's function is to accomplish the healing for you.

In Chapter 14, it says, "The happy learner meets the conditions of learning here, as he meets the conditions of knowledge in the Kingdom. All this lies in the Holy Spirit's plan to free you from the past, and open up the way to freedom for you. **For truth is true.** What else could ever be, or ever was? **This simple lesson holds the key to the dark door that you believe is locked forever.** You made this door of nothing, and behind it *is* nothing. The key is only the light that shines away the shapes and forms and fears of nothing. Accept this key to freedom from the hands of Christ Who gives it to you, that you may join Him in the holy task of bringing light. For, like your brothers, you do not realize the light has come and freed you from the sleep of darkness." ACIM Ch.14.II.7

"The light in you will waken them, and they will not leave you asleep. The vision of Christ is given the very instant that it is perceived. Where everything is clear, it is all holy. The quietness of its simplicity is so compelling that you will realize it is impossible to deny the simple truth. For there is nothing else. God is everywhere, and His Son is in Him with everything."

ACIM Ch.14.II.8