



A Course in Miracles Mentoring ©

DAY 48 – Dealing with Symptoms

Key Topics:

- The temptation to validate what is not true
- The ego can use only what you give it
- Use this against me later
- Junk in the trunk
- Squeezing the ketchup bottle
- Emptying the trunk
- The Holy Spirit is the Answer
- You made the ego without love, and so it does not love you
- The Holy Spirit does not speak first, but He always answers
- Many forms; One correction
- The Holy Spirit offers release from every problem you think you have

The temptation to validate what is not true

When you are dealing with symptoms, such as: congestion, pain, lumps, headaches, dizziness, shortness of breath, cell counts, bumps, loss of mobility, memory, hair, or something else, it is very tempting to use what you see and feel to validate your false image of yourself. You are not a body. You are as God created you; Infinite Spirit, Eternal Wisdom, Loved, Safe, Healed, Whole, Complete, and Provided For. The ego represents the part of your mind that is committed to proving that you are a finite, physical body, separated from God, and your ego will do just about anything to convince you that this is true.

The ego can use only what you give it

The ego has no power of its own, as it is based on a false idea, and it can use only what you give it. It divisively uses your fearful thoughts and beliefs (from the past) as its arsenal of defenses against the truth. Once your mind is healed of all fearful thoughts and beliefs, with the help of guidance of your Teacher of Peace, the ego will have no more weaponry to use against you.

Use this against me later

Your ego's primary function is to preoccupy your mind and distract you from the truth.
"The ego will make every effort to recover and mobilize its energies against your release."
ACIM Ch.9.VIII.4.5

This might sound scary until you remember that the ego is powerless and has only the power that you assign to it. You might think of it this way: Every time you invest in a fearful thought, with any frequency, it almost like you place that thought in a trunk in the corner of the room, and you mark it with **“Use this against me later”**. The trunk is the ego’s domain and it will rummage through this trunk (each time it wants to get your attention, so it can distract you from the truth) and will pull out something from the past that is perfect for the occasion.

Here’s an Example:

Let’s say that someone you love passed away from cancer and this experience brought you great feelings of powerlessness, sadness, and despair. During the time that you were feeling this way, your ego was standing by, collecting each and every darkened and fearful thought (that you invested in with any frequency) to store away in its trunk for later use. Your ego has no interest in collecting happy or loving thoughts to store in its trunk. It is interested only in the opposite of love, light, happiness, and truth, for the purpose of convincing you that God does not exist, and to prove to you that you are separate, alone, and powerless.

Junk in the trunk

At a later time, when you least expect it and usually when you are trying to focus on the truth, your ego will assemble a scenario to get your attention. It will go through the trunk of the past and will pull out some of your old despairing feelings, in an attempt to get you to feel them all over again. **The situation will be different from the last one, yet the feelings will be the same.** Your ego is coming from your own mind and it is as clever as you are. It knows your “hot spots” and “places of sensitivity and vulnerability”. It’s almost like every time you are willing to wear an outfit of fear, guilt, sadness, anger, or despair, your ego is standing by, ready to collect that outfit when you are done and store it away. It will bring it back to you, at just the right time and place, for the purpose of distracting you from the truth. And most of the time, it works.

Squeezing the ketchup bottle

Every time you accept what is false in the place of truth, or you are willing to invest in fear, sadness, anger, guilt, despair, or some other negative emotion, you offer your ego material to put in its trunk for later use. **I call this “squeezing the ketchup bottle”**. Every time you validate what is not true with a frequency of negative thoughts, feelings, or emotions, you squeeze the ketchup bottle. This means that you are likely to see some ketchup, probably at an inconvenient time and when you are least expecting it, as orchestrated by your ego.

Emptying the trunk

The trunk empties out once you no longer validate what is not true with your thoughts, feelings, and emotions. This may seem like an insurmountable task, yet by following the guidance and direction of your Teacher of Peace, you will no longer place anything in the trunk for later use. Your part is to invite the Holy Spirit, your Teacher of Peace, to respond for you in any situation where your peace is disturbed, and this will ensure a peaceful outcome. By not

investing in fear, worry, anger, guilt, or sadness, there will be nothing for your ego to file away to use later in its plan against your happiness.

The Holy Spirit is the Answer

In Chapter 6, it says, “Remember that the Holy Spirit is the Answer, not the question. **The ego always speaks first. It is capricious and does not mean its maker well.** It believes, and correctly, that its maker may withdraw his support from it at any moment. If it meant you well it would be glad, as the Holy Spirit will be glad when He has brought you home and you no longer need His guidance. The ego does not regard itself as part of you. Herein lies its primary error, the foundation of its whole thought system.” ACIM Ch.6.IV.1

You made the ego without love, and so it does not love you

The ego is not to be feared. It is to be seen for what it is, false and powerless, and then dismissed entirely. As you learn to listen to only One Voice, being your Teacher of Peace, your ego will have less and less influence over you, until ultimately, it has none at all. The Course teaches that you made the ego and it raised the first question that was ever asked, “What are you?” and this was the beginning of doubt. The ego knows only how to ask questions but not to answer them. Asking questions and raising doubt are tactics used by the ego to distract you for remembering the truth of who you are.

In Chapter 6, it says, “When God created you He made you part of Him. That is why attack within the Kingdom is impossible. **You made the ego without love, and so it does not love you.** You could not remain within the Kingdom without love, and since the Kingdom is love, you believe that you are without it. **This enables the ego to regard itself as separate and outside its maker, thus speaking for the part of your mind that believes you are separate and outside the Mind of God. The ego, then, raised the first question that was ever asked, but one it can never answer. That question, "What are you?" was the beginning of doubt.** The ego has never answered any questions since, although it has raised a great many. **The most inventive activities of the ego have never done more than obscure the question, because you have the answer and the ego is afraid of you.**” ACIM Ch.6.IV.2

The Holy Spirit does not speak first, but He always answers

“You cannot understand the conflict until you fully understand the basic fact that the ego cannot know anything. **The Holy Spirit does not speak first, but He always answers.** Everyone has called upon Him for help at one time or another and in one way or another, and has been answered. Since the Holy Spirit answers truly He answers for all time, which means that everyone has the answer now.” ACIM Ch.6.IV.3

Many Forms; One Correction

When you are experiencing symptoms, especially when they are painful, frequent, annoying, or frightening, it is essential that you turn to Holy Spirit, your Teacher of Peace, to ask for help. Instead of investing in worry or fear, do what is most peaceful for you to do, in terms of your

physical response, and ask your Higher Consciousness to decide for you about everything. If you are not judging your symptom or using it to frighten you, then you are not squirting ketchup or leaving anything behind for your ego to store in its trunk for later use.

The Holy Spirit offers release from every problem you think you have

It is important to remember that it is not up to you to solve your problem, no matter how big or complicated it seems to be. Whenever your peace is disturbed, for any reason, you can turn inward to your Teacher of Peace, and say:

I do not know what anything is for, and so I ask the One Who Knows to respond for me. I am looking at the effects of my past thoughts and beliefs, and nothing more. I will not use what I see or feel to validate what is not true. The body cannot be sick. I want the truth instead of this. Thank You, Holy Spirit, for responding for me and for accomplishing the healing on my behalf.

In Chapter 26, it says, **“The Holy Spirit offers you release from every problem that you think you have... One mistake is not more difficult for Him to bring to truth than is another. For there is but one mistake; the whole idea that loss is possible...This one mistake, in any form, has one correction. There is no loss; to think there is, is a mistake. You have no problems, though you think you have. And yet you could not think so if you saw them vanish one by one, without regard to size, complexity, or place and time, or any attribute which you perceive that makes each one seem different from the rest. Think not the limits you impose on what you see can limit God in any way.”** ACIM Ch.26.II.2-3