



Miracles in Personal Coaching ©

DAY 48 – Dealing with Symptoms

Key Topics:

- Ask for Guidance and follow what feels peaceful and compelling
- Judgment is not part of God's vocabulary
- What is the purpose?
- Use your symptoms as a reminder to focus on the truth
- Problems repeat in different forms until they are answered for all time
- To Holy Spirit, all problems are the same

Ask for Guidance and follow what feels peaceful and compelling

By the time you have a symptom of illness, it means that you have already decided against yourself, and the symptom is the effect or evidence of that decision. This is not something to be worried about, yet it is something to be aware of, so you can make another happier choice instead. When anything is disturbing your peace, it is important to ask for Guidance and then do what feels peaceful and compelling, as you are guided to do it. As long as you are following what feels peaceful to you, then you are always headed towards greater peace, even if you are taking the scenic route. If you try to test your faith or jump ahead when you are not ready, you will be tempted to become fearful, and fear will delay your happiness.

Judgment is not part of God's vocabulary

If you are undergoing treatment for the symptom of an illness, it is helpful to turn inward and see what feels most peaceful for you in terms of your decision making and physical response. The goal is peace and now everything is a measure of whether it is moving you towards peace or away from it. If treating the symptom or illness with medical solutions is what is most peaceful to you, then do what is in front of you to do, without guilt, and with as little self-judgment as possible. At the same time, be sure to make a reservation for peace each day, and ask your Teacher of Peace to guide every decision and step you take to ensure the most peaceful outcome. Your Teacher of Peace will always work with you right where you are, and will walk with you step by step, until there are no illusions to cloud your mind or shadows to darken your path. You are dearly loved and judgment is not part of God's vocabulary.

"Divine love always has met and always will meet every human need." Quote by Mary Baker Eddy

What is the purpose?

If you would like to practice the principles of A Course in Miracles, in response to your symptoms, there are some helpful steps to practice along the way.

In Ch.4.V, it says, “This is the question that you must learn to ask in connection with everything, **‘What is the purpose?’** Whatever it is, it will direct your efforts automatically. When you make a decision of purpose, then, you have made a decision about your future effort; a decision that will remain in effect unless you change your mind.”

In terms of your symptoms or illness, if you ask yourself, **“What is the purpose?”** your ego and the Holy Spirit will have two entirely different answers. Your ego’s purpose for the symptoms is to engage you in what is not true, convince you the you are a body, vulnerable and separated, and to distract your attention away from the truth of who you are. As you align with the ego and allow your symptoms to be used for this purpose, you will find that healing seems illusive, problematic, delayed, and/or the illness or pain will shift to another area of the body. All of this is an attempt to offer you insolvable problems for the purpose of distracting you and leading you away from the truth of who you are. The Holy Spirit, on the other hand, would deem your symptoms as the consequence of your misperceptions, and being causeless, they have no power to hurt or cause harm, and He would gladly release you from them, as you are willing to join wholly in His assessment. The miracle (being the correction or healing) returns the cause of fear to you, who made it, so you can choose again, and make another happier choice instead.

Since the Course reminds us to ask, “What is the purpose?” in connection with everything, so our efforts can be directed towards what we want, I like to use any symptoms I have to remind me of the truth.

Here’s an Example:

Let’s say you have a bump on your skin and it is red and irritating. You could easily use this symptom to dwell on the problem and go into worry and fear, and if you are tempted to do this, then it would be wise to handle it with medical treatment. If you check in with yourself, and you are not fearful, then you might choose to practice with the principles in A Course in Miracles. If you always follow your peace, without judgment, then you are always headed towards greater peace and happiness.

Assuming that your fear is not heightened, then these are some steps that you can practice. If you find that your fear is increasing, turn inward, and ask for Guidance. Always follow what is most peaceful to you at the time, and without guilt or judgment.

Use your symptoms as a reminder to focus on the truth

Whenever you think of or feel your symptom, use it for you purpose like an alarm clock to focus on the truth of who you are. Let’s say the bump on your skin is painful and there are times when the pain increases. You can respond with one or more of the following statements, as they feel comfortable for you:

1. I am looking at the effects of my past thoughts and beliefs and nothing more.
2. I am seeing my past belief in sickness. I want the truth instead of this.
3. I am feeling my old belief in pain. I want the peace instead of this.

4. Thank You, Holy Spirit, for healing the part of my mind where I accepted that I could be separate from God, or vulnerable on any level.
5. God did not create sickness, symptoms, or discomfort of any kind.
I accept only what God has given me.
6. God did not create darkness, evil, lack, pain, death, or any condition that can deprive me of my eternal happiness, comfort, abundance, and peace.
7. God's Will is that I am happy. I accept His Will for me. I have no other plan.
8. I am the Holy Son of God, Himself. God's Son cannot suffer and I am His Son.
9. All healing is of the mind.
10. The body cannot be sick, therefore sickness is not real.
I want the truth instead of this.
11. I am as God created me; spirit, whole, healed, complete, loved, and safe.
12. I am not a body. I am free. I am as God created me.
13. All power is of God. What is not of God has no power to do anything.
14. Thank You, Holy Spirit, for handling the retaliation of the ego for me and for accomplishing the healing of my mind on my behalf.
15. My Inner Guide cannot fail.
16. I walk with God. In oneness, I have nothing to fear.

Problems repeat in different forms until they are answered for all time

Remember that it is not up to you to solve your problem(s). You might think of the statements above as helpful ways to open in your mind to the truth and not decide against yourself. As you open your mind to the truth, the Holy Spirit can then enter and intervene on your behalf. The healing is always accomplished by the Holy Spirit. Your part is to let Him enter, without resistance.

To Holy Spirit, all problems are the same

In Chapter 26, it says, "It is not difficult to understand the reasons why you do not ask the Holy Spirit to solve all problems for you. He has not greater difficulty in resolving some than others.

Every problem is the same to Him, because each one is solved in just the same respect and through the same approach. The aspects that need solving do not change, whatever form the problem seems to take. **A problem can appear in many forms, and it will do so while the problem lasts.** It serves no purpose to attempt to solve it in a special form. **It will recur and then recur again and yet again, until it has been answered for all time and will not rise again in any form. And only then are you released from it."** ACIM Ch.26.II.1

Above all, remember to love yourself, without judgment, and be willing to follow what feels most peaceful and least fearful for you at the time. Ask for help and guidance all along the way, and your Teacher of Peace will make sure that you have whatever you need to move towards greater peace as quickly as possible.