



A Course in Miracles Mentoring ©

DAY 51 – Father & Mother Healing

Key Topics:

- There are no special relationships
- Strictly speaking, words play no part at all in healing
- God does not understand words
- God cannot give what you are uncertain of
- Uncertainty delays what you ask for
- Examples of being uncertain about what you want
- Exercise for releasing uncertainty and fear
- Your mother and father are also your brothers
- Forgiveness is not about condoning the wrongful actions of another
- True forgiveness – To forgive what never occurred in truth
- Forgiveness is not about denying yourself or ignoring how you feel

There are no special relationships

Healing in any relationship is universal because every person is a representative of your One Self. The ego defines relationships as special, with some relationships having more meaning, value, or significance than others. **In truth, there are no special relationships and every person is an equal and essential part of the whole, and the whole is within each one.** In the illusory world, parental relationships play a key role in how you are raised, how you feel about yourself, what you value, and your outlook on the world. For purposes of healing, we will look specifically at your parental relationships and then other relationships because your mind is accustomed to thinking about them in this way.

Strictly speaking, words play no part at all in healing

In A Course in Miracles, it says, **“Strictly speaking, words play no part at all in healing.** The motivating factor is prayer, or asking. **What you ask for you receive. But this refers to the prayer of the heart, not to the words you use in praying.** Sometimes the words and the prayer are contradictory; sometimes they agree. It does not matter. **God does not understand words, for they were made by separated minds to keep them in the illusion of separation.** Words can be helpful, particularly for the beginner, in helping concentration and facilitating the exclusion, or at least the control, of extraneous thoughts. Let us not forget, however, that **words are but symbols of symbols. They are thus twice removed from reality.**” ACIM TM-21.1

God does not understand words

It might be hard to accept (after reading the above quote) that God does not understand words, yet if you think about it, it is quite a relief. There are many times when people worry about whether they are praying right or using the right words. Isn't it nice to know that words do not matter? **Communication is always of the heart and the Holy Spirit is the Bridge of Consciousness between your heart and the Absolute Realm of Knowledge and Divine Intelligence.** The important thing is to be clear in your heart about your heart's desires and be consistent in your choice, for God cannot give you what you are unwilling to have.

God cannot give what you are uncertain of

In Chapter 21, it says, "Reason will tell you that you cannot ask for happiness inconstantly. For if what you desire you receive, and happiness is constant, then you need ask for it but once to have it always. And if you do not have it always, being what it is, you did not ask for it. For no one fails to ask for his desire of something he believes holds out some promise of the power of giving it. He may be wrong in what he asks, where, and of what. Yet he will ask because desire is a request, an asking for, and made by one whom God Himself will never fail to answer. God has already given all that he really wants. Yet **what he is uncertain of, God cannot give. For he does not desire it while he remains uncertain, and God's giving must be incomplete unless it is received.** ACIM Ch.21.VIII.3

Uncertainty delays receiving what you ask for

You may not understand what it means to want something with inconstancy or uncertainty, yet this is an important concept because if you are uncertain about what you want, your uncertainty will delay your receiving of what you ask for. The Course teaches that you have not really asked for something until you are wholly certain about your request. Until then, the answer must wait until you are certain about what you want. If the answer came before you were certain, then this would be a form of control of attack, and this is something your Teacher of Peace will never do.

Examples of being uncertain about what you want:

1. Let's say you really want a relationship with your mother because you have never been close before, yet you fear that she will be a negative influence on your children, or she will attack or hurt you in some way.
2. Let's say you really want a relationship with your father because he spent so much time working while you grew up, and you felt like you never got to know him, yet you are concerned that once you get together, you will have nothing to talk about and nothing in common.

Exercise for releasing uncertainty and fear

Fear always clouds the mind and causes delay. If you want something truly, then sit down with

a pad of paper and think of every reason you have against receiving it. Next, use EFT and the Tapping Cards to neutralize the negative charges that come up during the exercise and then turn all of your reasons against what you want over to your Teacher of Peace for healing through prayer.

Your mother and father are also your brothers

I know what you are thinking, but it's not that! A Course in Miracles does not refer to fathers or mothers specifically, since every person is a part of your one Self and the Sonship as a whole. The Course does use the words "brother" and "Sonship" extensively, as these words are intended to represent everyone. Every time the Course uses the words brother or Sonship, you can substitute those words with father, mother, sister, brother, friend, etc. (in your mind), and this will help you apply the principles in each one of your relationships. Specifics are helpful until they are no longer needed.

Forgiveness is not about condoning the wrongful actions of another

When you are mad at someone, or you feel that their behavior has hurt you, or has cost you in some way, it may seem really hard to forgive. Forgiveness is not about condoning the wrongful actions of another, and it is not about saying you are OK with what they did. **Forgiveness is a release of judgment that comes from the recognition that you are the dreamer of your dream, and in your dream, other people do and say exactly what you expect them to do, based on your beliefs about yourself.**

True forgiveness – To forgive what never occurred in truth

In A Course in Miracles, true forgiveness is accomplished when you forgive **"what never occurred in truth"**. This may be hard to hear, especially if you feel hurt or victimized by another person, and especially if they are your parent(s). You might say to yourself, "But this did occur and they did cost me something." Perhaps the only way to really wrap your mind around this is to think of it like a dream you have at night. If you were to dream that one of your parents hurt you or one of your children, when you wake up the next morning, would you call them up and ask them for an apology? The answer is no, because you would understand that it was a dream. There will come a time when you wake up from your "daytime dreams" and you will see, with great clarity and relief, that none of the pain you experienced and none of the horrors you endured have ever actually occurred. Until that time, you can borrow from the truth and head in that direction. The sooner you draw from the truth as it is, the quicker you will wake up and experience your freedom and release.

Forgiveness is not about denying yourself or ignoring how you feel

If your heart is hurting or you are still angry about what happened in times past, the Course is not suggesting that you deny your feelings or ignore the problem. We will be working through those feelings together, to help neutralize them, so they can be turned over to your Teacher of Peace for your healing and release. This cannot happen without your invitation and permission.