



A Course in Miracles Mentoring ©

DAY 53 – Communication

Key Topics:

- The Garden of Eden
- You cannot lose your ability but you can use it inappropriately
- The detour into fear
- The escape from fear
- Direct communication was broken
- God did not leave His children comfortless
- The Voice of the Holy Spirit is the Voice for God
- Holy Spirit is your remaining communication with God
- The first step towards true communication

The Garden of Eden

All communication is of the mind and has nothing to do with the body. True communication is between you and God, and I thought it would be helpful for you to know how your channel of communication became disrupted. A Course in Miracles teaches that the “Garden of Eden” (i.e., the pre-separation condition) was **the state of mind in which nothing was needed**. Somewhere in time, you played “what if” and imagined that you could be something other than what you are. By accepting a false image of yourself in the place of truth, this thought was so devastating that you allowed fear to enter your mind. It goes on further to say that you do not have to continue to believe what is not true unless you choose to do so.

In Chapter 2, it says, “The Garden of Eden, or the pre-separation condition, was a state of mind in which nothing was needed. When Adam listened to the “lies of the serpent,” all he heard was untruth. You do not have to continue to believe what is not true unless you choose to do so. All that can literally disappear in the twinkling of an eye because it is merely a misperception. What is seen in dreams seems to be very real. Yet the Bible says that **a deep sleep fell upon Adam, and nowhere is there reference to his waking up**. The world has not yet experienced any comprehensive reawakening or rebirth. **Such a rebirth is impossible as long as you continue to project or miscreate**. It still remains within you, however, to extend as God extended His Spirit to you. In reality this is your only choice, because your free will was given you for your joy in creating the perfect.” ACIM Ch.2.I.3

You cannot lose your ability but you can use it inappropriately

You were created as perfect in the likeness of your Creator and given free will, with the same loving Will to create and extend. The Course teaches that you cannot lose your ability, but you can use it inappropriately. This occurs when you project the idea that some emptiness or lacks exists in you, and that you can fill this emptiness with your own ideas instead of truth. This process involves your belief in the following false ideas: 1) What God created can be changed by you, 2) What is perfect can be imperfect or lacking, 3) You can distort yourself and God's creations, and 4) You believe that you created yourself and that the direction of creation is up to you.

In Chapter 2, it says, "To extend is a fundamental aspect of God which He gave to His Son. In the creation, God extended Himself to His creations and imbued them with the same loving Will to create. You have not only been fully created, but have also been created perfect. There is no emptiness in you. Because of your likeness to your Creator you are creative. No child of God can lose this ability because it is inherent in what he is, but he can use it inappropriately by projecting. The inappropriate use of extension, or projection, occurs when you believe that some emptiness or lack exists in you, and that you can fill it with your own ideas instead of truth. This process involves the following steps:

First, you believe that what God created can be changed by your own mind.

Second, you believe that what is perfect can be rendered imperfect or lacking.

Third, you believe that you can distort the creations of God, including yourself.

Fourth, you believe that you can create yourself, and that the direction of your own creation is up to you." ACIM Ch.2.I.1

The detour into fear

By accepting what is not true in the place of truth, this was your "detour into fear". The separated world that you see with your eyes is a projection of your thoughts and beliefs, and none of it existed before the idea of separation was given meaning.

In Chapter 2, it says, "These related distortions represent a picture of what actually occurred in the separation, or the "detour into fear." **None of this existed before the separation, nor does it actually exist now.** Everything God created is like Him. Extension, as undertaken by God, is similar to the inner radiance that the children of the Father inherit from Him. Its real source is internal. This is as true of the Son as of the Father. In this sense the creation includes both the creation of the Son by God, and the Son's creations when his mind is healed. This requires God's endowment of the Son with **free will**, because all loving creation is freely given in one continuous line, in which all aspects are of the same order." ACIM Ch.2.I.2

The escape from fear

Now that you detoured into fear (in your mind), you are looking for a way to get out of it. The way to get out of fear is to accept the Atonement (i.e., the Atonement enables you to realize that the separation and your errors have never occurred, and in truth, you are already free).

The Course says, "All fear is ultimately reducible to the basic misperception that you have the ability to usurp the power of God. Of course, you neither can nor have been able to do this. Here is the real basis for your escape from fear. The escape is brought about by your acceptance of the Atonement, which enables you to realize that your errors never really occurred. Only after the deep sleep fell upon Adam could he experience nightmares. If a light is suddenly turned on while someone is dreaming a fearful dream, he may initially interpret the light itself as part of his dream and be afraid of it. However, when he awakens, the light is correctly perceived as the release from the dream, which is then no longer accorded reality. This release does not depend on illusions. The knowledge that illuminates not only sets you free, but also shows you clearly that you are free." ACIM Ch.2.I.4

Direct communication was broken

Direct communication is between you and God, and it was broken when you made another voice, being the ego. Through your ego, you try to convince yourself that you are not as God created you. Instead, you choose to see yourself (and others) as a self-sufficient body, and your ego believes that the mind and communication with God are no longer necessary. As a result, you try to join with other bodies in an attempt to communicate and this never works because the ego always uses the body to separate and never to join. All communication is of the mind and bodies cannot communicate.

In Chapter 5, it says, "God is not in you in a literal sense; you are part of Him. When you chose to leave Him He gave you a Voice to speak for Him because He could no longer share His knowledge with you without hindrance. **Direct communication was broken because you had made another voice.**" ACIM Ch.5.II.5.7

God did not leave His children comfortless

Even though communication was interrupted when you made another voice, God would never leave you without a way to communicate with Him. The Holy Spirit was introduced to ensure that you would always have a direct channel of communication with God, even though your mind is now split. "God did not leave His children comfortless, even though they chose to leave Him. The voice they put in their minds was not the Voice for His Will, for which the Holy Spirit speaks." ACIM Ch.5.II.6.8-9

The Voice of the Holy Spirit is the Voice for God

By choosing to listen only to the Voice of the Holy Spirit, your Teacher of Peace, you will be led out of fear and illusions (i.e., the nightmare) and back to the peace and happiness that is rightfully yours (i.e., the awakened mind). "The Voice for God is always quiet, because It speaks of peace... If you listen to the wrong voice you have lost sight of your soul. You cannot lose it, but you can not know it. It is therefore "lost" to you until you choose right." ACIM Ch.5.II.7.7-14

Holy Spirit is your remaining communication with God

You are always at choice in the voice you will listen to. True communication with God is possible

when you follow the guidance of Holy Spirit, your Teacher of Peace. Because your mind is now split, you will need to be more selective in the voice you are listening to. One Voice (the Holy Spirit) leads you to happiness, joy, abundance, and freedom, whereas the other voice (the ego) leads you to pain, lack, disappointment, loneliness, and death.

"The Holy Spirit is your Guide in choosing. He is in the part of your mind that always speaks for the right choice, because He speaks for God. **He is your remaining communication with God, which you can interrupt but cannot destroy.** The Holy Spirit is the way in which God's Will is done on earth as it is in Heaven. Both Heaven and earth are in you, because the call of both is in your mind. The Voice for God comes from your own altars to Him. These altars are not things; they are devotions. Yet you have other devotions now. Your divided devotion has given you the two voices, and **you must choose at which altar you want to serve.** The call you answer now is an evaluation because it is a decision. **The decision is very simple. It is made on the basis of which call is worth more to you.**" ACIM Ch.5.II.8

The first step towards true communication

You may have wondered, until now, why communication with others can seem so challenging. It is likely because you have been seeing yourself and others as separated bodies, in the place of the truth, and you are attempting to communicate from your ego to theirs, and the ego has no interest in communicating or joining. The ego uses the body for the purpose of separating, not joining.

In order to join with another person and be united in that decision, you must remember that communication is always of the mind, and not the body. The Holy Spirit will guide you in all communications, such that they will be calm, peaceful, and happy, if you will let Him. If you are willing to remember that you are infinite Spirit, and you are not a body, and you allow the body to be used only as a communication device at the direction of the Holy Spirit, then the body can serve a useful purpose. Otherwise, the body has no useful purpose. **Your willingness to see the body as a communication device, and allow it to be directed by the Holy Spirit, is the first step towards true communication.** With the Holy Spirit's help, your body can be used as a means of joining minds and uniting them through the light of true communication.

In Chapter 8, it says, "Remember that the Holy Spirit interprets the body only as a means of communication. Being the Communication Link between God and His separated Sons, the Holy Spirit interprets everything you have made in the light of what He is. **The ego separates through the body. The Holy Spirit reaches through it to others.** You do not perceive your brothers as the Holy Spirit does, because you do not regard bodies solely as a means of joining minds and uniting them with yours and mine. **This interpretation of the body will change your mind entirely about its value.** Of itself it has none." ACIM Ch.8.VII.2