



Miracles in Personal Coaching ©

DAY 53 – Communication

Key Topics:

- The body is a means of communication
- Attack is always physical
- The ego sends out messages of fear and guilt
- The boomerang of fear and guilt
- The body is guilt's messenger
- Love's messengers return with love and gentleness
- Quick steps for effective communication

The body is a means of communication

Once you are willing to see the body as a means of communication (instead of seeing it as your identity) with the purpose of joining minds together with Higher Consciousness, you will be guided by the Holy Spirit on how to use the body for loving and effective communication. The following are some helpful tips I learned to avoid the pitfalls and challenges, and to communicate more effectively.

Attack is always physical

The Course teaches that when attack in any form enters your mind, you are equating yourself with a body, since attack is the ego's interpretation of the body. **You generally attack someone when you are trying to get something you want.** Attack can be something physical, emotional, or you might be holding an angry or resentful thought towards another. Your temptation to attack is a signal that you are equating yourself with a body and you are using the body for ego's purposes.

In Chapter 8, it says, "Attack is always physical. When attack in any form enters your mind you are equating yourself with a body, since this is the ego's interpretation of the body. You do not have to attack physically to accept this interpretation. **You are accepting it simply by the belief that attack can get you something you want.** If you did not believe this, the idea of attack would have no appeal for you. When you equate yourself with a body you will always experience depression. When a child of God thinks of himself in this way he is belittling himself, and seeing his brothers as similarly belittled. Since he can find himself only in them, he has cut himself off from salvation." ACIM Ch.8.VII.1

The ego sends out messages of fear and guilt

Your ego is determined to send out messages of fear and to assign guilt wherever it can. This is an attempt to project guilt onto someone else as a means of getting rid of it. While the ego is

committed to sending out messages of fear and guilt, the Holy Spirit is eager to send out messages of love and peace. Your mind is split and the voice you listen to will determine whether you have peaceful or painful communication.

The boomerang of fear and guilt

If you listen to the voice of your ego and you offer messages of fear or guilt to another, you can be sure it will come back to you like a “boomerang”. Whatever you send out to another is going to ultimately be received by you because separation is not real. If you judge another person as guilty, you can be certain that feelings of guilt will find their way back to you. The Course teaches that insane messages seem to be returned to the mind that made them.

“From the world of bodies, made by insanity, insane messages seem to be returned to the mind that made it. And these messages bear witness to this world, pronouncing it as true. For you sent forth these messengers to bring this back to you. Everything these messages relay to you is quite external. There are no messages that speak of what lies underneath, for it is not the body that could speak of this. Its eyes perceive it not; its senses remain quite unaware of it; its tongue cannot relay its messages. Yet God can bring you there, if you are willing to follow the Holy Spirit through seeming terror, trusting Him not to abandon you and leave you there. For it is not His purpose to frighten you, but only yours. You are severely tempted to abandon Him at the outside ring of fear, but He would lead you safely through and far beyond.” ACIM Ch.18.IX.3

The body is guilt’s messenger

As long as you believe that guilt is real and that another person can attack, harm, betray, delay, or alter you, you will be tempted to use the body as guilt’s messenger. You see and experience these things because the world is mirroring your unhealed thoughts and beliefs back to you. In order to avoid this, you must be willing to see others differently and focus only on the light within them that is beyond the shadows of fear, attack, and guilt, remembering that only minds can communicate.

“The body will remain guilt's messenger, and will act as it directs as long as you believe that guilt is real. For the reality of guilt is the illusion that seems to make it heavy and opaque, impenetrable, and a real foundation for the ego's thought system. Its thinness and transparency are not apparent until you see the light behind it. And then you see it as a fragile veil before the light.” ACIM Ch.18.IX.5

Love’s messengers return with love and gentleness

While the ego is committed to finding and assigning guilt and blame, the Holy Spirit is eager to send only messages of love. The voice you listen to, being the Teacher of Peace or the Teacher of Pain, will determine what messengers are sent and what messages are returned to you.

“Love’s messengers are gently sent, and return with messages of love and gentleness. The messengers of fear are harshly ordered to seek out guilt, and cherish every scrap of evil and of sin that they can find, losing none of them on pain of death, and laying them respectfully before their lord and master. Perception cannot obey two masters, each asking for messages of different things in different languages. What fear would feed upon, love overlooks. What fear demands, love cannot even see. The fierce attraction that guilt holds for fear is wholly absent from love's gentle perception. What love would look upon is meaningless to fear, and quite invisible.” ACIM Ch.19.IV.A.11

Quick steps for effective communication

If you are trying to communicate with someone and the conversation is not going well, or your peace is disturbed for any reason, you can refer to the following steps for help:

1. Establish your goal of peace

Whenever your peace is disturbed for any reason, make a reservation for peace and turn to the Holy Spirit, your Teacher of Peace, to accomplish your goal for you.

2. Ask for Guidance from your Teacher of Peace

Whenever you are not sure what to say, what to do, or when to do it, you can ask for Guidance from your Teacher of Peace. You will be given the words you need to communicate with love and gentleness and this will help to ensure a peaceful outcome. If there are other steps for you to take, you will be told what they are.

3. Follow what feels peaceful and compelling

While listening for Guidance from your Teacher of Peace, follow what feels most peaceful and compelling before taking action. If you are not clear, then ask again and continue to follow what you feel peacefully guided to do or say. Trust the information you are getting and trust that your Guide has not abandoned you.

4. Acknowledge and Go North

While in conversation with another person, be sure to invite your Teacher of Peace to give you all the thoughts and words to ensure a peaceful outcome. “Acknowledge and Go North” is a simple phrase I created to remind me to respond this way in the heat of the moment. In the midst of the conversation, it is helpful to acknowledge the other person and then head north (towards the answer). By responding in this way, the other person in the conversation will feel “heard” and this will help to diffuse tension.

Example:

Let’s say another person says, “You are not doing enough to help me.”

If you acknowledge and go north, it will sound something like this:

(Acknowledge) “I understand that you feel you are not getting enough help, but

(Go North) I won’t be able to help you until later this evening. Will that work for you?”

5. Ask yourself, “What is the truth of this?” and then respond from there

Another response that helps to diffuse tension is to **refrain from attacking or defending** in a conversation (as this will only perpetuate or increase conflict) and **respond with the truth instead** (as best as you know it).

Example:

Let’s say another person says, “I can tell that you are not listening to me.”

In this situation, it is tempting to attack or defend against the person’s judgment of you.

Instead, ask yourself “What is the truth of this?” and then respond from there, without attacking or defending. The answer might sound something like this.

“I want to hear what you are saying, but I am in the middle of this project and my attention is diverted until I finish. Can we talk in about 30 minutes? I want to give you my full attention.”

By staying focused on communicating with love, and staying away from attack or defense, you will keep the door open for your Teacher of Peace to guide you. If you focus on guilt, attack, defense, or judgment in order to get what you want, you close the door on your Teacher of Peace and open the door to your Teacher of Pain, and the messengers of guilt will be glad to bring guilt, blame, and attack back to you.

In order to have peaceful and effective communication with others, it is important to listen for the Guidance from your Teacher of Peace that will ensure a peaceful and happy outcome in every situation. Your Inner Guide cannot fail in leading you towards the world of light.

“This world of light, this circle of brightness is the real world, where guilt meets with forgiveness. Here the world outside is seen anew, without the shadow of guilt upon it. Here are you forgiven, for here you have forgiven everyone. Here is the new perception, where everything is bright and shining with innocence, washed in the waters of forgiveness, and cleansed of every evil thought you laid upon it. Here there is no attack upon the Son of God, and you are welcome. Here is your innocence, waiting to clothe you and protect you, and make you ready for the final step in the journey inward. Here are the dark and heavy garments of guilt laid by, and gently replaced by purity and love.” ACIM Ch.18.IX.9