



## A Course in Miracles Mentoring ©

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### DAY 54 – Love & Dating

#### Key Topics:

- Holy Relationships vs. Special Relationships
- You can invite the Holy Spirit to enter your relationship to make it holy
- The only difficult phase is the beginning
- Making, maintaining, and breaking off relationships
- Some people worry about losing “the spark” in their relationship
- Give the past to Him Who can change your mind about it for you
- Will you join with truth or illusion?
- Relationships were not created for you to hurt yourself through them

#### Holy Relationships vs. Special Relationships

A Course in Miracles teaches that there are two kinds of relationships, the Holy Relationship which is based on love and guided by the Holy Spirit, and the Special Relationship (aka “the unholy relationship”) which is based on fear and is guided by the ego. In Chapter 17, it says, “The holy relationship is the expression of the holy instant in living in this world... a major step toward the perception of the real world. It is the old, unholy relationship, transformed and seen anew.” ACIM Ch.17.V.1.1, 2.1-2 **In the Holy Relationship, minds are joined as one and the ego is not present, and in the unholy or special relationship, the ego attempts to join with the body that is not there.** The ego creates a fantasy version of what it would like to join with, in terms of a body, and then makes an attempt to join with the fantasy, which of course is impossible.

“In the unholy relationship, it is not the body of the other with which union is attempted, but the bodies of those who are not there. For even the body of the other, already a severely limited perception of him, is not the central focus as it is, or in entirety. What can be used for fantasies of vengeance, and what can be most readily associated with those on whom vengeance is really sought, is centered on and separated off as being the only parts of value.”

ACIM Ch.17.III.3.1-3

#### You can invite the Holy Spirit to enter your relationship to make it holy

If you are already in a relationship and it seems challenging, painful, or inconsistent, you can invite the Holy Spirit to enter your relationship and make it holy (i.e., happy). Once you have done this, you will find that the relationship will go through some changes as the Holy Spirit goes through the process of aligning the means to meet your goal of peace. If either one of the parties in the relationship are committed to the ego, then the relationship might feel even

more stressed and is sometimes broken off at this point. Peace and love cannot take the place of stress and challenge in a relationship unless this is wholly desired by both.

In Chapter 17, it says, “This invitation is accepted immediately, and the Holy Spirit wastes no time in introducing the practical results of asking Him to enter. At once His goal replaces yours. **This is accomplished very rapidly, but it makes the relationship seem disturbed, disjunctive and even quite distressing.** The reason is quite clear. For the relationship as it is out of line with its own goal, and clearly unsuited to the purpose that has been accepted for it. In its unholy condition, your goal was all that seemed to give it meaning. Now it seems to make no sense. Many relationships have been broken off at this point, and the pursuit of the old goal re-established in another relationship. For once the unholy relationship has accepted the goal of holiness, it can never again be what it was.” ACIM Ch.17.V.3

### **The only difficult phase is the beginning**

The period of turbulence you experience after you invite the Holy Spirit to make your relationship holy is experienced only at the beginning. It is similar to when a large ship changes its course of direction. There is so much investment in going in a certain direction, that any change of course appears turbulent, at least temporarily. This period of turbulence will pass once the ship is underway on its new and happier course (as guided by your Teacher of Peace).

In Chapter 17, it says, “The holy relationship, a major step toward the perception of the real world, is learned. It is the old, unholy relationship, transformed and seen anew. The holy relationship is a phenomenal teaching accomplishment. In all its aspects, as it begins, develops and becomes accomplished, it represents the reversal of the unholy relationship. **Be comforted in this; the only difficult phase is the beginning.** For here, the goal of the relationship is abruptly shifted to the exact opposite of what it was. This is the first result of offering the relationship to the Holy Spirit, to use for His purposes.” ACIM Ch.17.V.2

### **Making, maintaining, and breaking off relationships**

While you are in a relationship, the Course teaches that making, maintaining, or breaking off a relationship is a move towards further fragmentation and unreality. If you would like to experience the happiness of a holy relationship, your part is to listen to the Guidance of your Teacher of Peace and follow what feels peaceful and compelling. Without this focus, you will be tempted to make decisions that might delay your happiness.

If you are not currently in a relationship and you are looking to enter a new one, be sure to read through the 10 steps in the Personal Coaching Section. Establish your goal of peace for all relationships and ask that they be “made holy” by the Holy Spirit whether they are current, past, or in the future. This will help ensure that all of your relationships are based on consistent love without fear and happiness without pain.

“My holy brother, I would enter into all your relationships, and step between you and your fantasies. Let my relationship to you be real to you, and let me bring reality to your perception

of your brothers. **They were not created to enable you to hurt yourself through them.** They were created to create with you. This is the truth that I would interpose between you and your goal of madness. Be not separate from me, and let not the holy purpose of Atonement be lost to you in dreams of vengeance. Relationships in which such dreams are cherished have excluded me. Let me enter in the Name of God and bring you peace, that you may offer peace to me.” ACIM Ch.17.III.10

### **Some people worry about losing “the spark” in their relationship**

The one sure way to make sure that the spark is always present and never disturbed in your relationship is to let the Holy Spirit enter and hold the spark before you to light your way. Your part is to release the past and invite the Holy Spirit to enter and make your relationship holy. Then, let Him guide you all the way to peace and happiness.

### **Give the past to Him Who can change your mind about it for you**

“All this you will do gladly, if you but let Him hold the spark before you, to light your way and make it clear to you. God's Son is One. Whom God has joined as one, the ego cannot put asunder. The spark of holiness must be safe, however hidden it may be, in every relationship. For the Creator of the one relationship has left no part of it without Himself. This is the only part of the relationship the Holy Spirit sees, because He knows that only this is true. You have made the relationship unreal, and therefore unholy, by seeing it where it is not and as it is not.

**Give the past to Him Who can change your mind about it for you.** But first, be sure you fully realize what you have made the past to represent, and why.” ACIM Ch.17.III.7

### **Will you join with truth or illusion?**

“It is still up to you to choose to join with truth or with illusion. **But remember that to choose one is to let the other go.** Which one you choose you will endow with beauty and reality, because the choice depends on which you value more. The spark of beauty or the veil of ugliness, the real world or the world of guilt and fear, truth or illusion, freedom or slavery – it is all the same. For you can never choose except between God and the ego. Thought systems are but true or false, and all their attributes come simply from what they are. Only the Thoughts of God are true. And all that follows from them comes from what they are, and is as true as is the holy Source from which they came.” ACIM Ch.17.III.9

### **Relationships were not created for you to hurt yourself through them**

“My holy brother, I would enter into all your relationships, and step between you and your fantasies. Let my relationship to you be real to you, and let me bring reality to your perception of your brothers. **They were not created to enable you to hurt yourself through them.** They were created to create with you. This is the truth that I would interpose between you and your goal of madness. Be not separate from me, and let not the holy purpose of Atonement be lost to you in dreams of vengeance. Relationships in which such dreams are cherished have excluded me. **Let me enter in the Name of God and bring you peace, that you may offer peace to me.**” ACIM Ch.17.III.10