



Miracles in Personal Coaching ©

DAY 54 – Love & Dating

Key Topics:

- There is nothing outside you
- The love of God is within you
- The ark of peace is entered two by two
- The ego's promise – Seek love, but do not find it
- If you listen to the ego, your journey will end in self-defeat
- Steps to ensure that your love relationships are loving

There is nothing outside you

If you have ever “fallen in love” or you are involved in the dating scene, you become easy prey for your ego to make you feel vulnerable, inadequate, and powerless. The minute you decide you “want something” from outside of yourself (i.e., the illusion), you enter the ego's playground and this is where the ego calls the shots. It is impossible to get love or happiness from another person. When you attempt to do this, you will always feel vulnerable because you become completely unaware of where love is, which is within you. In Chapter 18, it says, “There is nothing outside you. That is what you must ultimately learn, for it is the realization that the Kingdom of Heaven is restored to you. For God created only this, and He did not depart from it nor leave it separate from Himself. The Kingdom of Heaven is the dwelling place of the Son of God, who left not his Father and dwells not apart from Him. Heaven is not a place nor a condition. It is merely an awareness of perfect Oneness, and the knowledge that there is nothing else; nothing outside this Oneness, and nothing else within.” ACIM Ch.18.VI.1 That being said, in Chapter 20, the Course teaches that the ark of peace is entered two by two.

The love of God is within you

The love of God is within you and it must be recognized there for love to be experienced outside of you. First within and then without; the order will never change as it is a result of the law of cause and effect. Everything you see with your eyes is a projection “or an effect” of your thoughts and beliefs. If you wish to see something outside of you, you must first know it within you. Your Teacher of Peace will help you to achieve this “state of knowing” if you will let Him, yet you must look for love where it is in order to find it. If you are trying to get love from another person because you are not aware of the love within yourself, you will find yourself vulnerable to the ego on a number of levels. It is similar to abandoning your infinite well of water in order to seek for water in a desert. Your thirst will never be quenched until you return to your infinite well of water. There is no water “out there”. There is only water “in here” and once it is reclaimed, there will be plenty of water for everyone.

The ark of peace is entered two by two

In Chapter 20, the Course says that the ark of peace is entered two by two. This is because the body is the ego's chief device in maintaining the illusion that you are separate from God and separate from others. If you are able to see the light and truth of just one other person, which is beyond the body, this realization can then be extended to everyone, thus dismantling the illusion of separation.

"The ark of peace is entered two by two, yet the beginning of another world goes with them. Each holy relationship must enter here, to learn its special function in the Holy Spirit's plan, now that it shares His purpose. And as this purpose is fulfilled, a new world rises in which sin can enter not, and where the Son of God can enter without fear and where he rests a while, to forget imprisonment and to remember freedom. How can he enter, to rest and to remember, without you? Except you be there, he is not complete. And it is his completion that he remembers there." ACIM Ch.20.IV.6.5-10

The ego's promise – Seek love, but do not find it

The Course teaches that everyone who believes that the ego is salvation seems to be intensely engaged in the search for love, and even though the ego actively encourages this search, it has one provision – do not find it! This is why love relationships can be so inviting and heartbreaking at the same time.

In Chapter 12, it says, "The ego is certain that love is dangerous, and this is always its central teaching. It never puts it this way; on the contrary, everyone who believes that the ego is salvation seems to be intensely engaged in the search for love. Yet the ego, though encouraging the search for love very actively, makes one proviso; do not find it. Its dictates, then, can be summed up simply as: **"Seek and do not find."** This is the one promise the ego holds out to you, and the one promise it will keep. For the ego pursues its goal with fanatic insistence, and its judgment, though severely impaired, is completely consistent." ACIM Ch.12.IV.1

If you listen to the ego, your journey will end in self-defeat

The goal of your ego is to defeat love and prove that it does not exist, for it believes that to find love would be its whole undoing. If you choose to be guided by your ego, the Teacher of Pain, in your search for love, you place yourself in the hands of disappointment and certain defeat.

"The search the ego undertakes is therefore bound to be defeated. And since it also teaches that it is your identification, its guidance leads you to a journey which must end in perceived self-defeat. **For the ego cannot love, and in its frantic search for love it is seeking what it is afraid to find.** The search is inevitable because the ego is part of your mind, and because of its source the ego is not wholly split off, or it could not be believed at all. For it is your mind that believes in it and gives existence to it. **Yet it is also your mind that has the power to deny the ego's existence, and you will surely do so when you realize exactly what the journey is on which the ego sets you.**" ACIM Ch.12.IV.2

Steps to ensure that your love relationships are loving

Now that you realize that your ego's goal for you in your search for love is, **“seek but do not find”**, you might be willing to change Teachers. In Chapter 20, the Course says, “The plan is not of you, nor need you be concerned with anything except the part that has been given you to learn. For He Who knows the rest will see to it without your help. But think not that He does not need your part to help Him with the rest. For in your part lies all of it, without which is no part complete, nor is the whole completed without your part.” ACIM Ch.20.IV.6

Here are a few steps to help ensure that your love relationships are actually about love instead of fear and that your relationships can be used for the Holy Spirit's purpose of entering the ark of peace.

1. Turn inward to find love

If you are searching for love outside of yourself or you are trying to get love from another person, it is time to pause and turn inward to your Source of Love. The Source of Love is within you and love will not be experienced outside of you, until this is remembered, recognized, and accepted. Once love is remembered, you will see and experience it everywhere outside of you.

2. Focus on “who you are” instead of how to find someone

Instead of focusing on how to find a partner or on making yourself more desirable or attractive, focus on your true identity as the Holy Precious Child of God. It is God's Will that you are happy and that you have everything. You will not be aware of Your Divine Inheritance (which includes your heart's desires), until you remember and reclaim who you are. If it is your heart's desire to experience love, connection, and joy-filled companionship, then it is God's Will for you to have this. God's Will is your will and your will is God's Will. The joyful desires of your heart will manifest in form once you remember who you are. If there are steps to be taken along the way, you will be told what they are.

3. Follow what feels “peaceful and compelling”

While focusing on who you are and keeping your attention on your Teacher of Peace, continue to follow what feels peaceful and compelling along the way. Following what is most peaceful and least fearful will lead you to peace. In every decision, ask for Guidance without agenda, and then follow what feels peaceful and compelling.

4. Release hurts of the past

If you are aware of past experiences in your relationships that have been harsh, painful, unloving, or scary, it is important to neutralize the negative charges related to those experiences. Invite your Teacher of Peace to guide you as you use your Prayers, EFT Cards, Healing Videos, and Guided Meditations to specifically address and release the negative charges from those hurts from the past. You may not realize how much those negative experiences are still bothering you and if you are still carrying them, you will be tempted to defend against them happening again. The Course teaches that **“you create what you defend against”**, so be committed and thorough in releasing the hurtful experiences of the past to ensure you will not bring them into your new relationships.

5. Be willing to be wrong about your unhealed beliefs about love

The world is filled with many strong negative beliefs about love and if you are not careful, you will find yourself “living out those beliefs” in your own life, such as:

- a. Love never lasts
- b. The sparkle dies over time
- c. The honeymoon is over
- d. It will be different after you are married, etc.

The Course teaches **that the “turning point” is when you are willing to be wrong about what you think you know.** This opens a space for your Teacher of Peace to heal your mind and offer you the truth about love in the place of your illusions about love.

6. See yourself as worthy of love, happiness, joy, and everything good

One quick way to get to the bottom of why you do not have the loving relationship you would like to have right now is to complete this sentence for yourself:

“I don’t have my ideal love relationship right now because _____” and then list out your reasons on a piece of paper. You might come up with reasons like:

- a. I am not perfect
- b. I have more work to do
- c. I am not ready
- d. I don’t have time, etc.

If you have even one reason on this list (that you are committed to), then the experience of your ideal love relationship must wait until you change your mind. After making your list of reasons (as many as you can think of), be willing to abandon those reasons and turn them over to the Holy Spirit for healing. You can also take each one of your reasons and turn them into positive affirmations for yourself to post on your bathroom mirror, so you will see them every day as a reminder:

- a. I am the Holy Child of God and God created me as perfect.
- b. There is nothing for me to do to have and enjoy love.
- c. I am ready and willing to have the highest experience of love and happiness.
- d. I have all the time I need to do everything I want or need to do.

7. What God has given has already been given

The Course teaches that what God has given you, has already been given. God is not holding out on you. It is now up to you to receive what has been given. You might think of it like a bank account with your name on it. This account comes with everything you could want or need or desire, however, you cannot make a withdrawal unless you know who you are. You must claim your true identity as the Holy Child of God, and then all that has been given for your happiness will be known to you, unless of course, you still have reasons why you shouldn’t have it.

8. Be aware that your ego, the Teacher of Pain, will try to sabotage you

While you are focusing on who you really are and you are keeping your attention on your Teacher of Peace, your ego is likely to get very nervous and retaliate. Your ego’s function is to keep you from remembering the truth because it believes that it will die if you do.

We talked about this before in the example of the circle and your desire to expand into the area beyond the circle. Your ego is very threatened by this and is likely to cook up some good diversions for you to get your mind OFF OF LOVE! Be aware of what your ego is up to and stay focused on who you are and all the happiness you are entitled to. If you will step back, your Teacher of Peace will lead the way and ensure your success.

9. I will go anywhere and everywhere You want me to go

There was a time when I asked God to teach me about love because I wanted to experience consistent unconditional love and I didn't know how. Apparently, I asked the right Teacher because I now know the consistency of unconditional love through my husband, Terry. Now that I understand love, I am able to extend it to myself and also into all of my relationships. During this time that I was asking and listening for Guidance from my Teacher of Love, I used this mantra repeatedly:

"I will follow You anywhere and everywhere You want me to go" and I meant it. Above all, I learned to listen to the peace of my Inner Voice, regardless of my external circumstances or what others had to say. I stayed focused on who I was and my God-given right to happiness. Terry and I met one day at the beach, while I was face-down on a towel. He introduced himself to me at the Guidance of Spirit. This is not something I could have arranged nor prepared myself for.

10. Your greatest fear is finding the love you are looking for

As much as you are actively trying to find love, your ego is just as actively making sure that you never find it. Your ego has no interest in finding love because it believes that if you do, you will find God, and then it, being you, will cease to exist. IF you want to find love, you must turn to the Teacher of Love and be willing to listen without agenda. You are not listening to meet your next hot love partner. You are listening (period). This form of listening without agenda makes you a very happy learner and allows your Teacher of Love to lead you very quickly to your greater happiness. Your ego's greatest fear is that you will find the love you are looking for. Remind yourself frequently that "waking up" and remembering the Love of God is the happiest and most natural experience you will ever have. Look forward to it and open your mind, heart, and arms to receive it. The Love of God is within each and every person you meet. As you see and acknowledge the purity of this light and love in others, even when they do not show it to you, you will see and know it within yourself.