



## A Course in Miracles Mentoring ©

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### DAY 57 – Separation & Divorce

#### Key Topics:

- The pain of separation will not heal until the cause is undone
- Separation from God was your first experience of change
- Change is always fearful to the separated
- The world of illusion is set up to fail
- Only God can make a home worthy of His creations
- Your loved ones mirror your beliefs back to you
- Will you redeem them or crucify them?
- You see your True Self in your partner, or you lose yourself

#### **The pain of separation will not heal until the cause is undone**

The experience of separation or divorce can be peaceful, painful, or even devastating on the physical plane, yet it is comforting to remember that in truth, separation is not real. While you are in the midst of a challenge or a painful experience, it is tempting to get preoccupied with your circumstances and forget how the situation came to be. **The pain of separation will not heal until the cause of separation is undone and resolved at its inception, which is in your mind.** In Chapter 4, Jesus offers this wisdom, “You dream of a separated ego and believe in a world that rests upon it. This is very real to you. You cannot undo it by not changing your mind about it. **If you are willing to renounce the role of guardian of your thought system and open it to me, I will correct it very gently and lead you back to God.**” ACIM Ch.4.I.4.4-7

#### **Separation from God was your first experience of change**

Some people that go through separation or divorce feel so devastated by the experience that they cannot eat, sleep, or function, at least for a while. If you are one of those people, you might ask yourself why you feel so lost, and you may be unable to answer that question.

A Course in Miracles teaches that your first experience of change was when you accepted the false idea that you could be separate from God, and by accepting what is not true, you experienced this separation as if it actually occurred. **This first experience of change was so devastating in your mind that, at a deeper level, you are inherently afraid of change, fearing that things will get even worse.** If you are feeling sad, lost, or devastated by your separation from your partner, part of this might be due to your present experience, yet a deeper part of the sadness might be from the rekindled pain and residue from your original experience of loss.

### **Change is always fearful to the separated**

In Chapter 4, it says, “Change is always fearful to the separated, because they cannot conceive of it as a move towards healing the separation. **They always perceive it as a move toward further separation, because the separation was their first experience of change.** You believe that if you allow no change to enter into your ego you will find peace. This profound confusion is possible only if you maintain that the same thought system can stand on two foundations.”

ACIM Ch.4.I.2.2-5 If you are feeling devastated, this might help you to understand why you are feeling as devastated as you are. Sometimes your reaction or feelings can seem bigger than the situation and you don’t really know why. Now you know why.

### **The world of illusion is set up to fail**

I don’t mean to sound like a pessimist, but it is important to realize that the world of illusion is set up to fail. A Course in Miracles teaches that the world of illusion (i.e., the world you see with your eyes) is orchestrated by your ego, and your ego’s intent is to keep you engaged and preoccupied with what is not true, so you will never seek for what is true. There will always be some gains and happiness in the illusion because your ego knows that if you were bombarded with only darkness and devastation, you would give up and stop playing its painful game.

### **Only God can make a home worthy of His creations**

In Chapter 4, it says, “The ego has built a shabby and unsheltering home for you, because it cannot build otherwise. Do not try to make this impoverished house stand. Its weakness is your strength. **Only God could make a home that is worthy of His creations,** who have chosen to leave it empty by their own dispossession. Yet His home will stand forever, and is ready for you when you choose to enter it. Of this you can be wholly certain. God is as incapable of creating the perishable as the ego is of making the eternal.” ACIM Ch.4.I.11

### **Your loved ones mirror your beliefs back to you**

Your loved ones, especially those closest to you, such as spouses, parents, and children hold the closest mirrors regarding your unhealed thoughts and beliefs. **If you have any fears or judgments that you are holding onto, you can expect your closest loved ones to shine them right into your face.** It may seem tragic at the time, yet if you look from a different angle, you will see that these people, the ones that make you want to stomp and scream, are the ones that are showing you your biggest, ugliest beliefs about yourself – so your beliefs can be healed. You can refer back to our discussion on Day 50 about “Bowling Balls from Heaven™” for more clarification. The people that are closest to you are typically the ones to reach into your bag and show you your biggest bowling balls (i.e., unhealed beliefs) that need healing. If they did not show them to you, you would not know they are there.

Your loved ones, especially those that challenge you, are showing you what you created in the place of truth, such that you can make another and more loving choice instead. Each time you

choose to see their holiness instead of their body, you gain another glimpse of truth in the place of illusions, where all pain is undone and suffering, lack, and loss are unknown.

### **Will you redeem them or crucify them?**

When you are upset with someone, it can seem nearly impossible to see their holiness in the place of their body and behaviors, yet this is what is required if you want to be free of the pain. Your Teacher of Peace will help you to accomplish this healing if you will let Him. Your decision to validate the illusion, or choose to see the truth in the place of illusions, will dictate whether you experience misery or happiness. There is no middle ground. The Course teaches that in every moment, you are choosing whether to redeem or crucify your brother and depending on which one you choose, this will determine whether your outcome is peaceful or painful.

### **You see your True Self in your partner, or you lose yourself**

You might think of it this way, every time your partner challenges you, judges you, or plays a role that you dislike, they are showing you one of your unhealed beliefs that need healing.

### **Here's an Example:**

Let's say that you believe that your partner is uncaring, irresponsible, and self-centered. If you pull back on this situation, you will see that they are showing you your beliefs that you are unloved, that other people are unreliable and unsupportive, and that they only care about themselves. If you don't look closely, you will miss it. The other people in your life are always mirroring your unhealed beliefs back to you. Everything you see is a "projection or an effect" of your thoughts and beliefs. A quick way to identify what they are showing you is to ask yourself, "What must I believe in order for this person to show me this behavior or act out in this way?" Once you have a sense of what those beliefs are, you can put them into a prayer like this:

*Dear God,*

*My partner is showing me my unhealed beliefs that I am unloved, that other people are unreliable and unsupportive, and that they only care about themselves. I want the truth instead of this. Help me to remember that You did not create darkness, and Your Holy Children are pure light and love and they can only bless me. Thank You for healing my mind of all false beliefs. I am willing to see the truth of myself and my partner, and I choose peace for both of us. Thank You, in advance, for the complete and total healing of my mind. Thy Will be done. Amen*

In Chapter 24, it says, "Before your brother's holiness the world is still, and peace descends on it in gentleness and blessing so complete that not one trace of conflict still remains to haunt you in the darkness of the night. **He is your savior from the dreams of fear.** He is the healing of your sense of sacrifice and fear that what you have will scatter with the wind and turn to dust. In him is your assurance God is here, and with you now... For He could never leave His Own creation. And **the sign that this is so lies in your brother, offered you that all your doubts about yourself may disappear before his holiness. See in him God's creation. For in him his Father waits for your acknowledgment that He created you as part of Him.**" ACIM Ch.24.VI.1