



A Course in Miracles Mentoring ©

DAY 58 – Love & Intimacy

Key Topics:

- Jesus with Amnesia™
- There are two ways of seeing
- Ending the cycle of pain
- The only thing lacking is what you have not given
- The natural laws of cause and effect
- You receive miracles by giving them away

Jesus with Amnesia™

A Course in Miracles teaches that the way you find yourself is through your brothers. You must be willing to see the light and truth and perfection of others, in place of the false images you have made, before you will be able to recognize your True Self. Your eyes report to you what you believe to be true in the place of truth. Through your willingness to see the truth of others in the place of “your story” about them, your True Self will become known to you once again. I like to use simple reminders to stay focused on the truth. When I am tempted to judge another person, or to see them as challenging, unloving, flawed, or less than whole, I take a moment to see them as if they are “Jesus with Amnesia™”. This is a quick reminder that I am actually looking at the light of the world; God’s Holy Precious Child, someone who could heal the world if He knew who He was. This helps me to refrain from judgment and to be willing to see the truth of who they are instead.

There are two ways of seeing

In every moment, you decide whether to listen to the Holy Spirit, your Teacher of Peace, or your ego, your Teacher of Pain, and depending on who you listen to, this will determine what you see and experience.

In Chapter 7, it says, “As you can hear two voices, so you can see in two ways. One way shows you an image, or an idol that you may worship out of fear, but will never love. The other shows you only truth, which you will love because you will understand it. **Understanding is appreciation, because what you understand you can identify with, and by making it part of you, you have accepted it with love.** That is how God Himself created you; in understanding, in appreciation and in love. **The ego is totally unable to understand this, because it does not understand what it makes, does not appreciate it and does not love it.** It incorporates to take away. It literally believes that every time it deprives someone of something, it has increased.

I have spoken often of the increase of the Kingdom by your creations, which can only be created as you were. The whole glory and perfect joy that is the Kingdom lies in you to give. Do you not want to give it?" ACIM Ch.7.V.9

You might think of "learning to love" as the same as "learning to see the light and truth in others in the place of illusions". Every day, the ego bombards you with what is not true in the place of truth. It is tempting to use what you see to validate your unhealed thoughts and beliefs, and then the cycle repeats again and again.

Here's an Example:

Let's say that you would like to experience love, intimacy, and companionship, yet your underlying belief is that you are not attractive or physically "in shape" to have what you want. Then, you go on a blind date that was set up by a friend, and your date tells you they are a fitness trainer and how important fitness is to them, and then they never call you again. Hmmm... were they judgmental or compliant? Other people mirror your thoughts and judgments back to you – plain and simple.

Another Example:

Let's say that you are already in a relationship, and you would like to experience more love and intimacy in your relationship. Your underlying belief is that you have been together for a long time and the spark and passion has left your relationship. On one particular evening, you decide you would like to rekindle the passion, so you get dressed up, make a candlelight dinner, and put on some sexy music in the background. Then, your partner calls, unexpectedly, to tell you that they have to work late and to go ahead and go on to bed without them. Other people mirror your thoughts and judgments back to you – plain and simple.

These two scenarios are prime examples of other people mirroring your beliefs back to you. If you are not careful, you will use what you experience to validate your unhealed beliefs, and this will cause them to happen again and again. If you want this painful cycle to end, you will need to listen to your Teacher of Peace and respond in a new way.

Ending the cycle of pain

In the two examples above (before you ever go on the date in #1, and before you prepare dinner for your partner in #2) it is helpful to do the following in order to invite love and intimacy and end the cycle of pain:

1. Establish the goal of peace for both of you for the entire experience, and for everyone involved
2. Ask your Teacher of Peace to decide for you about all decision making and to guide you on what steps to take to ensure a peaceful outcome

3. Remind yourself through prayer that you are willing to release the past, along with all limiting thoughts and unhealed beliefs about yourself and others
4. Be willing to see yourself as worthy of having a wonderful, happy, and positive experience
5. Be determined to see the light and truth of yourself and the other person, no matter what they say or do. Imagine seeing them as “Jesus with Amnesia™” if that helps
6. Be determined to refrain from judging yourself or the other person and stay focused on listening to only One Voice, your Teacher of Peace

Remember that learning how to love is basically the same as learning how to see the light and truth of others. Most people refuse to acknowledge the light and truth of another person until after the person shows it to them. This is one sure way to delay the process.

A Course in Miracles teaches that you will not see the light in others until after you are willing to see it, as you are always looking at the effects of your past thoughts and beliefs. It is through your willingness to see the truth in others (even when they are not showing it to you, and even when they cannot see it for themselves) that you will see this light within yourself and have it shine back to you in your relationships.

In Chapter 7, it says, “Come therefore unto me, and learn of the truth in you. **The mind we share is shared by all our brothers, and as we see them truly they will be healed. Let your mind shine with mine upon their minds, and by our gratitude to them make them aware of the light in them.** This light will shine back upon you and on the whole Sonship, because this is your proper gift to God. He will accept it and give it to the Sonship, because it is acceptable to Him and therefore to His Sons. This is true communion with the Holy Spirit, Who sees the altar of God in everyone, and by bringing it to your appreciation, He calls upon you to love God and His creation. You can appreciate the Sonship only as one. This is part of the law of creation, and therefore governs all thought.” ACIM Ch.7.V.11

The only thing lacking is what you have not given

There was a time when I was feeling frustrated in my relationship and I reached for my A Course in Miracles book for inspiration. I remember flipping open to a random page and after reading what I was guided to read, I abruptly threw my book across the room. These are the words I read, “Only what you have not given can be lacking in any situation.” ACIM Ch.17.VII.4 Obviously, that reading was not what I wanted to hear, yet it is what I needed to hear. After I pulled myself together, I thought deeply about what it meant.

The Course teaches that you must give something away in order to have it because you cannot give what you do not have. The act of giving it away ensures that you will always have it and by giving it away (to yourself), this enables you to keep it. The ego believes that you must take something in order to have it and you will gain what you took and another person will lose.

The natural laws of cause and effect

If you feel you are lacking love, then you must give love in order to have it. If you feel you are lacking intimacy, then you must give intimacy in order to have it. If you are lacking companionship, then you must give companionship in order to have it. If you see another person as less than whole, then you must be willing to see them as whole, in order to experience them as whole. If you feel that you do not have it to give, then you can turn to your Teacher of Peace, the Restorer of Everything, and ask for help in your giving. Because there is only one of us here, in truth, everything you give is given to your Self, and this is how you will receive, have, and enjoy what you have given as part of your life.

With your willingness to see the love, light, wholeness, and perfection of another person (i.e., the truth in them) especially when they are not showing it to you, you are offering them love and intimacy by acknowledging their True Self, and this will ensure that love and intimacy are returned to you. When you are committed to seeing the light and truth of another person and that person is committed to “not returning this to you (yet)”, you will find that that person generally exits your radar screen, and then another person will step forward to mirror your healed thoughts back to you. We will talk more about this in the days and weeks ahead.

You receive miracles by giving them away

Above all, be vigilant in your willingness to offer love and intimacy to others by standing in your willingness to see the truth of them, and the consistency of your love will be returned to you in gratitude.

In ACIM Lesson 159, it says, “You understand that you are healed when you give healing. You accept forgiveness as accomplished in yourself when you forgive. You recognize your brother as yourself, and thus do you perceive that you are whole. There is no miracle you cannot give, for all are given you. Receive them now by opening the storehouse of your mind where they are laid, and giving them away.” ACIM Ch.159.2