



A Course in Miracles Mentoring ©

DAY 6 – Distraction & Resistance

Key Topics:

- What is the ego?
- The ego's function
- Ego's chief device is insolvable problems
- Ego depends solely on your willingness to tolerate it
- The ego is not to be battled

What is the ego?

The ego (i.e., your lower mind) is the part of your mind that is committed to the false idea that you are separate from God. I call this part of the mind your “Teacher of Pain” because its motive is to lead you away from peace and to prove that God does not exist. Its evaluation of you is the exact opposite of the Holy Spirit's, because the ego does not love you. It is unaware of what you are, and wholly mistrustful of everything it perceives because its perceptions are so shifting. For a broader definition of the ego, refer to the glossary terms near the end of your daily email.

The ego's function

The ego's function is to distract you enough, so you will never remember the truth of who you are. To the ego, your Teacher of Pain, you are a separated body; physical, finite, vulnerable, weak, powerless, inadequate, prone to illness, and death. The ego sees you as the opposite of who you are in truth, and the opposite of what God created you to be. By accepting the false idea that you could be separate from God, you also allowed the idea of “darkness” (in all of its forms) to enter your mind.

God did not create darkness in any form, for love has no opposite and darkness is not possible in the presence of light. You are seeing many different forms of darkness in a world of separation because you have accepted that these false ideas are possible. Once your mind is healed by your Teacher of Peace, then you will not perceive darkness in any form, anywhere. Your eyes are only reporting to you what you have accepted as true in the place of truth. This is called, “projection”. You are now projecting your limited misperceptions and beliefs about yourself and others onto the world you see. Your ego's function is to make sure that you never recognize this, nor remember the truth about yourself or anyone else.

The ego's chief device is insolvable problems

The ego's chief device is "insolvable problems". This is one of the ego's many masterful ways in keeping you from remembering the truth of who you really are. Its goal is to keep you so distracted and preoccupied, that you will never have time or energy to turn inward, where all of the answers are. The truth is within you and healing is always an inside job. The ego's devices may seem like a huge predicament, if not for one thing – God introduced the Holy Spirit to be your Guide to Peace, and the Holy Spirit will not fail in leading you back to your true Self, however, this journey cannot begin until this is "only" what you want. If your Guide to Peace were to coerce you, push on you, or drag you back to peace by your heels, then this would be an attack on you. Your Guide to Peace is pure love, and pure love will wait for your invitation before your journey back to peace, and the truth of who you are, can begin.

Ego depends solely on your willingness to tolerate it

The Course says, "The ego depends solely on your willingness to tolerate it" T-9.VIII.6, and this sentence certainly got my attention. The ego is the effect of a false idea; the consequence of a misperception. It has no power of its own, and in truth, it does not exist at all. The many forms of darkness, as heralded by the ego, have no power of their own. They are the "effects" of your belief in separation, and these effects will be undone and dispelled in light, once the truth is remembered.

The ego is not to be battled

The ego is not to be battled. It is to be recognized as false, powerless, and unworthy of your time, interest, and attention. You are the Holy Child of God; eternal Spirit, free of all limits, safe, loved, healed, whole, and provided for. There is nothing lacking in you, and it is God's will that you are happy and that you have everything. Rejoice that this is so! If this is not what you are experiencing now, it is because you have forgotten your true identity, and you have accepted a false image of yourself in the place of truth. This is blocking your memory of all that you are. This may seem impossible, yet similarly, you can block the entire light of the sun simply by placing your hand over your eyes. It is amazing what a little block can do to skew your perceptions.

If you fight the ego by attacking or defending, then you are assigning power to the ego (which is impossible) and your cycle of pain, lack, conflict, and/or suffering will continue. The ego is not to be battled. It is to be seen, known, and recognized as false and powerless. Your Teacher of Peace will help you to understand and reinforce these concepts. Your part is to be willing to see what is going on, and choose the truth in the place of all false ideas, misperceptions, and illusions. Your Teacher of Peace will not fail in helping you all along the way, and will also handle all retaliation of your ego for you, at your request. The Course teaches that your success in remembering who you really are is guaranteed by God; Himself. It is His will that you would know him and also be aware of His great love for you.

When you feel tired, preoccupied, or distracted, and this is prompting you to delay your learning and/or realization of all that is rightfully yours, be certain that this is the work of your ego. The ego is not your friend. Notice the timing of the distractions. Perhaps when you sit down to study this curriculum, you might notice an increase in ego-driven distractions, such as: phones ringing, people needing something urgently, your computer stops working, you spill coffee on your desk, etc. With your willingness and determination to be vigilant, combined with faith in your Teacher of Peace, you will move forward quickly and your awakening to your happiness and true reality is assured.