



Personal Online Coaching ©

DAY 6 – Distraction & Resistance

Key Topics:

- The Dynamics of the Ego
- Divisiveness of the Ego
- Frankenstein is taking over
- Suspicious at best and vicious at worst
- The source of real power is within you

The Dynamics of the Ego

In ACIM Chapter 11.V on “The Dynamics of the Ego” it says, “Be not afraid, therefore, for what you will be looking at is the source of fear, and you are beginning to learn that fear is not real. You are also learning that its effects can be dispelled merely by denying their reality. The next step is obviously to recognize that what has no effects does not exist...”

Yet the truth is very simple:

All power is of God.

What is not of Him has no power to do anything.

When we look at the ego, then, we are not considering dynamics but delusions. You can surely regard a delusional system without fear, for it cannot have any effects if its source is not real.”

Divisiveness of the Ego

The divisiveness of the ego cannot be over-emphasized. Although the ego has no power of its own, it will appear to have power whenever you assign it power. Now, in truth, you cannot assign power to anything that has no power, yet the problem is this – When you assign real power to that which has no power, you become unaware of where your real power is. All power is of God and what is not of Him has no power to do anything.

As the Child of God, you have the capacity to decide against yourself, however you cannot alter the truth of who you are. You might agree with your ego’s assessment that you are inadequate, vulnerable, or powerless at times, but it doesn’t mean that this is true, or even possible. Your eyes are always showing you what you believe or have decided is true, in the place of truth.

Frankenstein is taking over

Your ego, being the lower part of your mind, is as clever as you are because you created it. It’s almost like you created Frankenstein, a monster of sorts, and now he is taking over your laboratory. You created him and all you have to do is unplug him, however, you have become frightened of your creation and now you are trying to attack him or defend yourself against him. In other words, you are trying to solve the problem at the level of the problem,

instead of taking steps to correct the problem at its root, and take back the power you assigned to him in the first place. If you fight him, he will win because you created him to be durable, strong, and relentless. Your safety depends on your recognition that you are the one who assigned him power, and you can just as easily un-assign it.

Suspicious at best and vicious at worst

There is another layer of complexity in this scenario. You have taught Frankenstein (i.e., your ego in this example) to be suspicious on its best day, and vicious whenever he feels threatened. So, the moment you start looking for the electrical plug, or the source of where his power is coming from, he is programmed to fight for his survival.

Again, there is nothing to fear, because he has no real power of his own. He has only the appearance of power because you assigned it to him. However, because you believe he “does have power”, you feel quite intimidated when you are in the room with him. He is 100% committed to what you taught him to do, while you might be only 80% committed in his undoing. The math alone will make you feel like he is more powerful than you, but it’s still not true.

This may all seem like a great big problem, and one you cannot get around, except that the Holy Spirit (i.e, your Teacher of Peace) is eager to help you at your slightest invitation. The Course says that God is as eager for us to remember Him as He is to welcome us home. One of the many clever ways that your ego fights for survival is to distract you with insolvable problems or whatever will work. Spilled coffee, late payments, noisy neighbors, barking dogs, and other forms of distraction work pretty well too.

The source of real power is within you

The ego can be dismantled in one of two ways. You can identify the power you previously assigned to him and then un-assign the power (with the help of Holy Spirit), or you can recognize the power of God within you, where it is, and then it will be obvious that ego has no power of its own. What is not of God, has no power to do anything.

This is why the ego is “hell-bent” on distracting you 24 hours a day. Do not underestimate its cleverness or divisiveness. You have trained it to fight for its survival and you are a very good trainer. The easiest way to undo your ego (i.e, the monster you created) is to remember where your true power is. The quickest way to do this is to turn inward, and spend time with God in the light and truth of who you are. Once you know where your true power is and the memory of God returns to your mind, you will have no interest in playing foolish games that only hurt you in the end.

Of course, your ego will do whatever it can to try to keep you from doing this. If you watch closely enough, you will see its defense tactics, and it will make you laugh. Be of good cheer, your Teacher of Peace is with you, and will ensure that you find your way. Your Inner Guide cannot fail.