



A Course in Miracles Mentoring ©

DAY 60 – Love & Forgiveness

Key Topics:

- Love relationships can be genuinely happy or painfully devastating
- If you think about it, how can darkness possibly be real?
- Your daytime dreams are the same as your nighttime dreams
- Your ego's function is to keep you asleep and engaged in the dream
- Shadow figures offer you reasons to support your ego
- Time is unkind to the unholy relationship
- The ego seeks to resolve problems not at their source to guarantee no solution
- The Holy Spirit will uncover the beauty in your relationship and show it to you

Love relationships can be genuinely happy or painfully devastating

Love relationships, as the world perceives them, can be genuinely happy or painfully devastating, depending on your purpose for them. The purpose of the holy relationship (as guided by the Holy Spirit) is to prove that sin, error, and mistakes are impossible and your innocence is preserved forever, whereas the purpose of the special relationship (as guided by the ego) is to prove that sin is real, guilt is warranted, and fear, judgment, and attack are justified. In Chapter 19, it says, "When you are tempted to believe that sin (*i.e., mistakes, errors, failures, darkness, etc.*) is real, remember this: **If sin is real, both God and you are not.** If creation is extension, the Creator must have extended Himself, and it is impossible that what is part of Him is totally unlike the rest. **If sin is real, God must be at war with Himself.** He must be split, and torn between good and evil; partly sane and partially insane. For He must have created what wills to destroy Him, and has the power to do so. **Is it not easier to believe that you have been mistaken than to believe in this?"** ACIM Ch.19.III.6

If you think about it, how can darkness possibly be real?

If God is Love and the Creator of All in All, why would the Creator possibly create an opposing force to battle with or destroy Himself? A Course in Miracles teaches that God did not create darkness or an opposing force of any kind, for Love knows no opposite. In the presence of light, there is no darkness. Darkness, in all of its forms, is a concept that you accepted into your mind when you accepted the false idea of separation. And by accepting illusions in the place of truth, you are now looking at illusions in the place of truth. **Your eyes do not see. They report to you what you believe.** You have not changed the truth, yet you have blocked it from your awareness by choosing to see something in the place of what is true. The Course teaches that

only love is real, and in order for you to remember what is real, all the rest must be forgotten. This is because God cannot give you what you do not want, or what you are unwilling to have. Divine Love will never attack, impose, control, or decide for you. You will remember the truth, with the assistance of your Teacher of Peace, once this is what you wholly want.

In Chapter 17, it says, **“To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you. All the rest must be forgotten.** Forgiveness is a selective remembering, based not on your selection. For **the shadow figures** (*i.e., the false images you made up in your dream who are capable of error, sin, betrayal, attack, and evil*) you would make immortal are "enemies" of reality.

Be willing to forgive the Son of God for what he did not do

The Course teaches that true forgiveness is when you forgive someone for what “never occurred” in truth. If you forgive someone, while still believing that what they did to you is real, you will not truly let it go. **True forgiveness (the kind that frees you from the past, along with releasing all future pain and misery) comes from the recognition that what the other person did or did not do, never actually occurred in truth.** This might be hard to accept, yet when you compare your daytime dreams to your nighttime dreams, you will see how this makes sense.

Example:

If you have a dream tonight that one of your loved ones did something to you that was shocking, hurtful, inexcusable, or devastating, would you ask them for an apology in the morning when you wake up? The answer is no because once you wake up, you will realize that even though your dream appeared very real and hurtful, it was a dream. It never actually happened. You will not ask for an apology because you realize that you made it up. The Course asks that in every circumstance, you be willing to forgive the Son of God for what he did not do.

Your daytime dreams are the same as your nighttime dreams

Your daytime dreams are the same as your nighttime dreams, though you experience them more frequently. I once had a series of 4 nighttime dreams that continued on in sequence like an unfolding story and each dream picked up where the last one left off. I was amazed at how my nighttime dreams were so similar to my daytime dreams. There will come a time when you “wake up” from your daytime dreams and you will look back and say, “Oh, it was a dream!” If you will borrow from the wisdom of this understanding now, you can allow it to free you now, along with everyone else in your dream. Why wait for Heaven when it is already yours?

Your ego's functions is to keep you asleep and engaged in the dream

The ego's function is to keep you asleep and engaged in the dream because this is how it preserves itself, along with its false, finite, and fragmented identity. By accepting the false idea of separation, you now dream of a separated world with separated bodies, and you see yourself as separated into 7 billion forms. This is similar to watching a scary movie and then having a scary dream as a result.

In your awakened state of mind, only love is real and there is no darkness or separation of any kind, yet in your dream, the constancy of love you once knew is replaced by darkness, betrayal, attack, and evil. **The Course calls these figures in your dreams “shadow figures”. This does not mean that your loved ones are shadow figures. It means that the darkness, sin, mistakes, betrayal, and/or failures that you think they (or you) are capable of, are shadowing the truth of who they are.** In truth, they are not dark, evil, or even capable of sin or mistakes, as God created only light, love, innocence, and holiness. They represent what you believe to be true in the place of truth, and their innocence is shadowed by the beliefs that you have replaced them with. To you, they appear as shadow figures, yet to God, they are forever whole, pure, innocent, and loved, exactly as He created them in oneness with Himself.

Shadow figures offer you reasons to support your ego

In Chapter 17, it says, *“The shadow figures (i.e., the false images you made up in your dream who are capable of error, sin, betrayal, attack, and evil) are the witnesses you bring with you to demonstrate he did what he did not. Because you bring them, you will hear them.* And you who keep them by your own selection do not understand how they came into your mind, and what their purpose is. **They represent the evil that you think was done to you.** You bring them with you only that you may return evil for evil, hoping that their witness will enable you to think guiltily of another and not harm yourself. **They speak so clearly for the separation that no one not obsessed with keeping separation could hear them. They offer you the “reasons” why you should enter into unholy alliances to support the ego's goals, and make your relationships the witness to its power.”** ACIM Ch.17.III.1

The Course teaches that in your dreams, it is not the body of the other person with which union is attempted. It is even more obscure than that. Your ego sets you on a path to unite with the body of “who is not there”. In the Course, this is called “idol worship”. It means that you are trying to make or join with what you want the person to be, or wish they were, in the place of truth.

Here’s an Example:

Let’s say that in your dream, your partner appears uncaring, unsupportive, and self-centered. It is important to remember that everything and everyone you see with your eyes is “an effect” of your thoughts and beliefs, and that his behavior is a reflection of your unhealed beliefs (i.e., shadows) cast upon him. In order for him to act unlovingly in this way, it means that you believe that you are unloved, unworthy, and unsupported. The ego wants to hide the fact that you are looking at your unhealed beliefs (so you will not catch on) and the way it hides this fact is very clever. **Your ego keeps you focused on what you wish the person was or what you want them to be.** As a result, you spend your day wishing the other person was more caring, supportive, attentive, and loving. This double distraction is very clever in keeping you engaged in the dream and further delaying your happiness.

In Chapter 17, it says, **“In the unholy (*special*) relationship, it is not the body of the other with which union is attempted, but the bodies of those who are not there.** For even the body of the other, already a severely limited perception of him, is not the central focus as it is, or in entirety... **Every step taken in the making, the maintaining and the breaking off of the unholy relationship is a move toward further fragmentation and unreality.** The shadow figures enter more and more, and the one in whom they seem to be decreases in importance.”

ACIM Ch.17.III.3

Here’s another Example:

Let’s say that you own an ice cream factory, but you forgot that you did. Now, you spend your days and nights in search of vanilla ice cream because you love it, and everywhere you go, they make only chocolate and you dislike chocolate. You spend all of your time searching for vanilla ice cream, or trying to figure out ways to turn chocolate ice cream into vanilla, but it never works. Your ego’s function is to keep you so preoccupied with focusing on what you want, trying to get what you want, or attempting to fix what you have, that you will never pause to remember the truth – so you can have what you want with ease. You might say that the Holy Spirit is trying to remind you of your ice cream factory, where you can enjoy any flavor you want, yet you are too busy, distracted, and focused on finding the answer, or fixing the problem yourself.

Time is unkind to the unholy relationship

Any relationship can be made holy by inviting the Holy Spirit to enter. Once this is accomplished, your Teacher of Peace will waste no time in transforming the relationship to one of love instead of ego and fear, yet if either party resists the healing, then it will appear to be turbulent for a time, or healing will be delayed until peace is accomplished.

In Chapter 17, it says, “Time is indeed unkind to the unholy (*special*) relationship. For time *is* cruel in the ego's hands, as it is kind when used for gentleness. The attraction of the unholy (*special*) relationship begins to fade and to be questioned almost at once. **Once it is formed, doubt must enter in, because its purpose is impossible.** The "ideal" of the unholy relationship thus becomes one in which the reality of the other does not enter at all to "spoil" the dream. And the less the other really brings to the relationship, the "better" it becomes. Thus, the attempt at union becomes a way of excluding even the one with whom the union was sought. For it was formed to get him out of it, and join with fantasies in uninterrupted bliss.”

ACIM Ch.17.III.4

The ego seeks to resolve problems not at their source to guarantee no solution

If you are upset, angry, or frustrated in your relationship, you are likely to try and solve the problem by attempting to get the other person to act differently. You might try talking to them, emailing them, writing them a letter, texting them, or giving them the silent treatment, in your attempts to get them to act differently and give you what you want. This will not work in a lasting way because you are trying to solve your problem by dealing with the effect (the behavior) and not the cause (your mind). Your ego’s goal is to keep you in pain and engaged in

the dream, so it cleverly keeps you focused on what will not heal your problem. **The cause is within you and all healing is of the mind.** If you want to be treated with more love, then you will need to turn inward, forgive yourself, forgive the other person, and ask your Teacher of Peace to decide for you about how you should be treated. Be willing to lay down the script for yourself and your partner, along with your other loved ones, and be willing to see everyone without a past. Your “story about them” is blocking you from seeing the light and truth of who they are, and this is blocking you from the love that you are seeking. **“The ego seeks to “resolve” its problems, not at their source, but where they were not made. And thus it seeks to guarantee there will be no solution.”** ACIM Ch.17.III.6.1-2

The Holy Spirit will uncover the beauty in your relationship and show it to you

While the ego’s function is to hide solutions from you with cleverness and distraction, the Holy Spirit wants only to offer you His complete and perfect resolutions. While you chase effects, as prompted by your ego, the Holy Spirit knows the source “or cause” of your problem and will accomplish the healing there, if you will let Him. This healing cannot be offered to you while you are:

- Seeing guilt in yourself or others
- Choosing to be angry and hurt instead of happy and peaceful
- Interested in trying to solve the problem for yourself
- Attempting to solve the problem at the level of the effect, instead of at its cause
- Trying to get the “other person” to change their behaviors
- Holding onto the past to prove that anger is justified
- Keeping the story of guilt for yourself or your loved one(s) in place
- Unwilling to acknowledge that you are looking at your unhealed beliefs
- Seeing your loved ones as capable of hurting, harming, rejecting, or altering you
- Continuing to invest your time and attention on what is not true

As you are willing to see all of this differently, you make room for the Holy Spirit to enter your mind and accomplish the healing on your behalf. The result is the healing of your relationship(s) and a giant step in the direction of your happy dream and awakening.

“The Holy Spirit wants only to make His resolutions complete and perfect, and so He seeks and finds the source of problems where it is, and there undoes it. And with each step in His undoing is the separation more and more undone, and union brought closer. He is not at all confused by any “reasons” for separation. All He perceives in separation is that it must be undone. **Let Him uncover the hidden spark of beauty in your relationships, and show it to you. Its loveliness will so attract you that you will be unwilling ever to lose the sight of it again.** And you will let this spark transform the relationship so you can see it more and more. For you will want it more and more, and become increasingly unwilling to let it be hidden from you. And you will learn to seek for and establish the conditions in which this beauty can be seen.” ACIM Ch.17.III.6.3-11