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DAY 60 – Love & Forgiveness

Key Topics:

- The 4th Law of Chaos – Trying to get love from another person
- The love you are seeking is within you
- Your one problem has been solved
- Your function is forgiveness
- Judgment and assignment of guilt is a form of arrogance
- Forgiveness is a form of releasing judgment to make room for healing
- Your willingness to move beyond pain must be higher than your willingness to stay in it
- Healing must wait if you are not ready to forgive
- Every time you feel anger, you are holding a sword above your own head
- Release the negative charges of anger and resentment with your EFT Cards
- Turn to prayer and ask for help
- Forgiveness is the key to happiness

The 4th Law of Chaos – Trying to get love from another person

In the world of illusion, one of the deepest feelings of pain can come from wanting a certain person to love you or to treat you with love, and they won't, or they don't want to. In the meantime, it can feel like a part of your heart is missing. A Course in Miracles teaches that there are four laws of chaos as orchestrated by the ego, with the purpose of maintaining illusions and attacking the truth. **If you are in a relationship where you want love, or to be treated with love, and the other person is refusing or attacking you instead, then you are experiencing the fourth law of chaos. This law, as established by your ego, tries to convince you that the love you are seeking is inside another person; a priceless pearl or a hidden treasure that you must "get" in order to have meaning in your life. "And all your relationships have but the purpose of seizing it and making it your own."** ACIM Ch.23.II.12.12 **This fourth law of chaos is set up to ensure that you will never get the love you seek. This is because the love you are seeking is within you and cannot be obtained outside of you.** The ego's goal is to convince you that the love you want is outside of you and is "hidden inside someone else's body". This is a clever game of distraction, so that you will never find the love you are searching for which is within yourself.

In Chapter 17, it says, "My holy brother, I would enter into all your relationships, and step between you and your fantasies. Let my relationship to you be real to you, and let me bring reality to your perception of your brothers. **They were not created to enable you to hurt**

yourself through them. They were created to create with you. This is the truth that I would interpose between you and your goal of madness. Be not separate from me, and let not the holy purpose of Atonement be lost to you in dreams of vengeance. **Relationships in which such dreams are cherished have excluded me. Let me enter in the Name of God and bring you peace, that you may offer peace to me.**" ACIM Ch.17.III.10

The love you are seeking is within you

The love you are seeking is within you and one of the quickest ways to find it is to look there. Once you find love where it is, other people will mirror it back to you in all of your relationships. This is the result of the law of cause and effect.

Whenever I have a problem, no matter how big or complicated the problem seems to be, I stop and turn inward and remind myself that I am the Holy Child of God by saying, **"Spirit am I, a holy Son of God, free of all limits, safe and healed and whole, free to forgive, and free to save the world."** ACIM Lesson 97.7

This sentence has special meaning for me and is a reminder that:

- I am one with my Creator
- I am not a body
- I am not vulnerable to illusions
- Lack is impossible and there is no gap
- Love is within me and it is who I am
- I have the capacity to forgive myself and others
- I am free of all past mistakes and failures
- In the presence of the light, there is no darkness
- Only love is real

Your one problem has been solved

The Course teaches that you believe that you have many problems, yet in truth, you have only one and that problem has already been solved. The cause of all of your problems is that you believe that you are separate from God, and since God is love, you feel that you are separate from love. You are now searching outside of yourself for love, where it never will be found (courtesy of your ego).

Many people read the part about their one problem and how it has already been solved, and then they go back to trying to fix their emotional, physical, or financial problems at the level of the effect, as follows:

Examples:

- If someone is withholding love from you – you think about it, dwell on it, become upset, feel rejected, hurt yourself, try to get them to act differently, or you might try to make them feel guilty, etc.

- If someone is angry with you – you feel guilty, try to figure out what you did wrong, analyze the situation, or you might avoid them, distance from them, or try to get them to forgive you
- If someone betrayed you – you might get angry or resentful and focus on their guilt, you might distance yourself from them, try to get them to apologize or admit their guilt, or seek for comfort and alignment from others so you feel vindicated in seeing them as guilty

These types of responses address “the effects of the problem” and not the cause, and this will ensure that the problem never actually gets solved. Your problem may seem to get solved from time to time, only to show up again or through another relationship. If your ego thinks it is losing you and your willingness to play its game, it will throw you a “win” to get you to re-engage, though it will be temporary. The ego’s game is not set up to win. It is a dead-end street and it will always delay your happiness, until you choose to respond differently.

Your function is forgiveness

In ACIM Lesson 192, you are reminded that you have a function in the world and your function is forgiveness. This may seem like a tall order, especially if you feel hurt, sad, unloved, disrespected, attacked, abandoned, or violated by another person. **To forgive does not mean that you are condoning the wrongful actions of others. In the Course, it says that true forgiveness is when you forgive another person for what never actually occurred.** We talked about this previously and how you would not ask for an apology if you understood that the problem you have occurred while you were dreaming. If you want to be free of the pain you are in, even while you are still dreaming, this is something you must accept and then the Holy Spirit will accomplish the healing for you, for that is His function.

Judgment and assignment of guilt is a form of arrogance

The world perceives forgiveness as the act of dismissing the wrongful actions of another or being willing to forgive but never forget. This is not forgiveness. In A Course in Miracles, it teaches that if you judge someone as guilty, while still believing that they altered you, and then you decide that you are superior to them, spiritually or otherwise, and thus you are willing to forgive them, this is a declaration of separation and a form of arrogance. What God created as whole cannot be less than whole, and to judge any person as less than whole or capable of altering you is an alignment with the ego, your Teacher of Pain.

Forgiveness is a form of releasing judgment to make room for healing

You might think of the words “forgive or forgiveness” as meaning “to release or let go of judgment in order to make room for the peace and healing you are seeking”. This might help you to see the significance of your willingness to forgive your grievances. As you forgive or release your judgments against another person, this lifts the shadows you have placed upon them, gives them the opportunity to lay down the script that they were playing, and allows the light of who they are to shine through and greet you once again.

In Lesson 192, it says, “Forgiveness gently looks upon all things unknown in Heaven, sees them disappear, and leaves the world a clean and unmarked slate on which the Word of God can now replace the senseless symbols written there before. Forgiveness is the means by which the fear of death is overcome, because it holds no fierce attraction now and guilt is gone. Forgiveness lets the body be perceived as what it is; a simple teaching aid, to be laid by when learning is complete, but hardly changing him who learns at all.” ACIM Lesson 192.4

Your willingness to move beyond pain must be higher than your willingness to stay in it

In order to forgive someone, **you must first have the desire to forgive them and your willingness to move beyond the pain must be higher than your willingness to stay in it.**

The desire will come to you once you cannot take the pain anymore, or when you realize all the blessings that will come as the result of your forgiveness, now and in the future. The ego will lose you one way or the other, thankfully so.

Healing must wait if you are not ready to forgive

If you try to forgive someone when you are not willing to forgive them, then the healing process must wait because you are more interested in being right than happy. The Holy Spirit will accomplish the healing for you, once you want to be happy instead of “right about your judgments, feelings of rejection, betrayal, etc.” You cannot wake up from the dream or even move towards the happy dream (which happens just prior to your awakening) while you are still invested in dreams of pain, guilt, lack, conflict, betrayal, attack, and death.

Every time you feel anger, you are holding a sword above your own head

In Lesson 192, it says, “Therefore, hold no one prisoner. Release instead of bind, for thus are you made free. The way is simple. Every time you feel a stab of anger, realize you hold a sword above your head. And it will fall or be averted as you choose to be condemned or free. Thus does each one who seems to tempt you to be angry represent your savior from the prison house of death. “ ACIM Lesson 192.9

Release the negative charges of anger and resentment with your EFT Cards

In order to forgive and release the past and make room for peace, it is helpful if you will neutralize your feelings of anger, resentment, and rejection with your EFT Cards. By the end of this program, you will have over 90 EFT Cards to choose from. If you try to forgive someone while you are still feeling hurt, angry, or resentful, you will find it very challenging to do so. Start tapping those negative feelings with the intention of releasing them and letting them go, so you can set yourself free. You have carried these feelings long enough, don’t you think?

Turn to prayer and ask for help

Once your negative feelings have been reduced or neutralized, turn to prayer (or tap along with the audio prayers) and ask Holy Spirit to accomplish the healing for you. Be determined to forgive what never occurred in truth, choose love instead of fear, innocence instead of guilt, abundance instead of lack, and happiness instead of pain, and be committed to your choice.

God is the love in which I forgive

When I am having trouble in forgiving someone, I like to use these words:

God is the love in which I forgive you _____ (name of person).

I choose to see only the light and truth and innocence in you, in oneness with me.

I love you. I forgive you. I release you.

You are as God created you and you can only bless me.

Thank You, Holy Spirit, for accomplishing this healing for me.

Say these words to yourself, until you feel the grievance dissolve and peace take its place.

It is through his/her freedom, through your forgiveness, that you will know your own.

“Be merciful today. The Son of God deserves your mercy. It is he who asks that you accept the way to freedom now. Deny him not. His Father's Love for him belongs to you. Your function here on earth is only to forgive him, that you may accept him back as your Identity. He is as God created him. And you are what he is. Forgive him now his sins, and you will see that you are one with him.” ACIM Lesson 192.10

Forgiveness is the key to happiness.

“Forgiveness is the key to happiness. **Here is the answer to your search for peace.** Here is the key to meaning in a world that seems to make no sense. Here is the way to safety in apparent dangers that appear to threaten you at every turn, and bring uncertainty to all your hopes of ever finding quietness and peace. Here are all questions answered; here the end of all uncertainty ensured at last.” ACIM Lesson 121.1

“Forgiveness is acquired. It is not inherent in the mind, which cannot sin. **As sin is an idea you taught yourself, forgiveness must be learned by you as well, but from a Teacher other than yourself, Who represents the other Self in you.** Through Him you learn how to forgive the self you think you made, and let it disappear. Thus you return your mind as one to Him Who is your Self, and Who can never sin.” ACIM Lesson 121.6

“Dwell not upon the past today. Keep a completely open mind, washed of all past ideas and clean of every concept you have made. You have forgiven the world today. You can look upon it now as if you never saw it before. You do not know yet what it looks like. You merely wait to have it shown to you.” ACIM Lesson 75.6

“Realize that your forgiveness entitles you to vision. Understand that the Holy Spirit never fails to give the gift of sight to the forgiving. Believe He will not fail you now. You have forgiven the world. He will be with you as you watch and wait. **He will show you what true vision sees.** It is His Will, and you have joined with Him. Wait patiently for Him. He will be there. The light has come. You have forgiven the world.” ACIM Lesson 75.7

The light has come.

I have forgiven the world.