



Miracles in Personal Coaching ©

DAY 63 – I AM LOVED

Key Topics:

- There is no love but God's
- Love's meaning is lost to those who think that love can change
- Love is who you are
- Forgiving myself was not easy
- Your task is to find the barriers you have built against love
- The journey home

There is no love but God's

It took many years to learn how to love myself because I used to think that love was based on worthiness, kindness, or even success. I knew how to give love to others, but was not very good at receiving it or loving myself. Many people are taught that love is conditional and if you do what others want you to do, then love is given, and if you don't do what they want, love is taken away. As a result, you end up loving yourself or judging yourself based on whether you think you have earned love or not. In ACIM Lesson 127, it says, "Perhaps you think that different kinds of love are possible. Perhaps you think there is a kind of love for this, a kind for that; a way of loving one, another way of loving still another. **Love is one. It has no separate parts and no degrees; no kinds nor levels, no divergencies and no distinctions. It is like itself, unchanged throughout.** It never alters with a person or a circumstance. It is the Heart of God, and also of His Son." ACIM Lesson 127.1

Love's meaning is lost to those who think that love can change

From the Course, I learned that real love is consistent and if the love you are experiencing is not consistent, it is not love – it is fear. There is no love but God's and love never includes pain, lack, judgment, ego, attack, jealousy, or resentment, for God did not create these things. Once I learned the true definition of love, I realized that I did not understand the love of God and I had been experiencing the "illusion of love" in the place of love. At the time, I was so confused about love and what it meant, that I asked God to teach me about love and so He did.

In ACIM Lesson 127, it says, "Love's meaning is obscure to anyone who thinks that love can change. He does not see that changing love must be impossible. And thus he thinks that he can love at times, and hate at other times. He also thinks that love can be bestowed on one, and yet remain itself although it is withheld from others. **To believe these things of love is not to understand it.** If it could make such distinctions, it would have to judge between the righteous and the sinner, and perceive the Son of God in separate parts." ACIM Lesson 127.2

Love is who you are

Love is who you are because you were created by Love, being God, Itself. This means that love is your natural divine essence and True Self, and you cannot ever lose love or have it taken from you. **The Course teaches that you are not here to seek for love, for that is what you are, yet you are asked to seek for all the barriers that you have built against love.** In my early study of the Course, I realized that I was carrying a lot of guilt and it was blocking me from the greatness of God's love, along with all the benefits of my divine inheritance such as: light, happiness, peace, abundance, miracles, and ease. It is amazing what one little block can do, yet when you think about it, you can also block the entire light of the solar system, simply by placing your hand over your eyes.

In Chapter 16, it says, **“Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it.** It is not necessary to seek for what is true, but it *is* necessary to seek for what is false. Every illusion is one of fear, whatever form it takes. And the attempt to escape from one illusion into another must fail. **If you seek love outside yourself you can be certain that you perceive hatred within, and are afraid of it.** Yet peace will never come from the illusion of love, but only from its reality.” ACIM Ch.16.IV.6

Forgiving myself was not easy

I was one of those people who could tell you everything I ever did wrong in my life, as if I carried a list in my back pocket, and forgiving myself was not easy. There was a turning point where I finally decided to forgive myself and release the guilt, and it was soon after I read the following quotes:

“The disheartened are useless to themselves and to me, but only the ego can *be* disheartened.”
ACIM Ch.4.IV.7

“Miracles are seen in light. To you, then, light is crucial. **While you remain in darkness, the miracle remains unseen.** Thus you are convinced it is not there. This follows from the premises from which the darkness comes. Denial of light leads to failure to perceive it. Failure to perceive light is to perceive darkness. **The light is useless to you then, even though it is there.** You cannot use it because its presence is unknown to you. And the seeming reality of the darkness makes the idea of light meaningless.” ACIM Lesson 91.2

From these quotes, **I realized that by choosing to feel guilty, I was basically useless to God.** This is not a character assessment. This is a fact because you cannot be useful while you are denying yourself and asleep to who you are. I also learned that miracles are seen in light and that guilt blocks the light from your awareness. If I wanted to be useful to God, which I did, and I wanted to experience miracles in my life (and miracles are seen in light) then I would have to abandon my guilt. **For these two reasons, I finally gave myself permission to forgive myself. It was through forgiveness that I became aware of God's love within me and also felt the blessing of His Love shining through in all of my relationships.**

The journey home

What if you realized that the “other voice” in your mind (the one that says you are guilty, unworthy, unloved, unsafe, inadequate, and not enough) was a liar? What if you realized that everything it has ever offered you has never worked, and its only purpose is your misery, pain, suffering, loneliness, and ultimately, your death? What if you could walk out of the prison this voice has built for you? Would you let yourself be free, or is there more suffering that you need to do? Who is the jailer and who is the one he keeps? You are being held hostage by your ego with your own consent. Would you be willing to make another choice instead?

The door is open and God, being Love, is calling to you to rise up and reclaim the happiness that He Wills for you. There is no lock on the prison door.

“The journey that seemed endless is almost complete, for what *is* endless is very near. You have almost recognized it. Turn with me firmly away from all illusions now, and let nothing stand in the way of truth. We will take the last useless journey away from truth together, and then together we go straight to God, in joyous answer to His Call for His completion.”

ACIM Ch.16.IV.12.3-6

“Waken from time, and answer fearlessly the Call of Him Who gave eternity to you in your creation. On this side of the bridge to timelessness you understand nothing. But as you step lightly across it, upheld *by* timelessness, you are directed straight to the Heart of God. At its center, and only there, you are safe forever, because you are complete forever. There is no veil the Love of God in us together cannot lift. The way to truth is open. Follow it with me.”

ACIM Ch.16.IV.13.5-11

“Be not afraid of love. For it alone can heal all sorrow, wipe away all tears, and gently waken from his dream of pain the Son whom God acknowledges as His. Be not afraid of this. Salvation asks you give it welcome. And the world awaits your glad acceptance, which will set it free.”

ACIM W-pII.10.4.2-6

“This is God's Final Judgment: "You are still My holy Son, forever innocent, forever loving and forever loved, as limitless as your Creator, and completely changeless and forever pure. Therefore awaken and return to Me. I am your Father and you are My Son.” ACIM W-pII.10.5

Today, we join together in rising up and freeing ourselves from all darkness, pain, sin, mistakes, failures, and grievances. In relief and gratitude, we reclaim the light and truth and innocence of all that we are as we rush into the arms of God’s everlasting love. We open our minds and hearts to the greatness of His Love and the gentle welcome that assures us that we are home and safe.