



DAY 66 – Why Me, Why This, Why Now

Key Topics:

- Sorting through your unhealed beliefs
- Fear is a homing device
- God ensured you would never lose your will by giving you His perfect Answer
- “Other people” show you what is in your backpack
- Your ego’s goal is to reinforce your unhealed beliefs
- You have a choice to make
- Ending the cycle of pain
- You owe them gratitude
- Deciding vs. Reacting
- Your first temptation is to react and reinforce
- You have another choice

Sorting through your unhealed beliefs

There are times when you find yourself in the middle of chaos, conflict, illness, or overwhelming circumstances that seem beyond your control, yet A Course in Miracles teaches that nothing happens without your consent. Since you are always experiencing the effects of your past thoughts and beliefs, then it makes sense that “looking at” your unhealed beliefs is the first step in their undoing. Imagine that you are carrying a heavy backpack filled with your beliefs, yet you are not sure what they are. If you want to lighten your load, it would make sense that you would dump out the contents of your backpack, and keep only the essentials. Now is the time to sort through the contents and keep only what you want, while you let the rest go. The Course says, **“It would not be kinder to shift the goal more slowly, for the contrast would be obscured, and the ego given time to reinterpret each slow step according to its liking. Only a radical shift in purpose could induce a complete change of mind...”** ACIM Ch.17.V.5

Fear is a homing device

When you face overwhelming circumstances, your ego would love for you to think that God is testing you, or that you deserve it, or someone did this to you, or you did something wrong and now its payback time. False. False. False. False. Imagine that you are sound asleep and you are having a nightmare and at this point in your dream, the nightmare has gone on too long. You are tired, frustrated, and exhausted from trying to fix or solve your problem(s), and even when they appear solved, another problem always rises up to take their place. Something inside of

you is longing for a more consistent experience of peace and happiness, yet you don't know how to get there. **The truth is that your ego is losing you and your attention.** The constancy of the ego's insolvable problems is wearing you down, and you are looking for a way out of misery. **I like to think of fear as a homing device and once you have had too much of it, you turn and look for home.** It is almost like the two-year old that ventures away from his parent, and if he gets too far away, he becomes frightened and runs back for safety.

God ensured you would never lose your will by giving you His perfect Answer

The ego is a false idea or a thought-form. It is not a force, an entity, or a force to be battled. The ego represents the part of your mind that accepted fear in the place of love, and as fear accumulates, there is a point at which your mind begins to question its whole foundation, primarily because it is false in the first place. **This sane part of your mind is the home of the Holy Spirit, placed there by God, Himself. The moment that you stepped away (in your mind) from all that is rightfully yours, God gave you His Answer (being the Holy Spirit) to guide you back home.**

In Chapter 30, it says, "How wonderful it is to do your will! For that is freedom. There is nothing else that ever should be called by freedom's name. Unless you do your will you are not free. And would God leave His Son without what he has chosen for himself? **God but ensured that you would never lose your will when He gave you His perfect Answer. Hear It now (i.e., listen to Holy Spirit), that you may be reminded of His Love and learn your will. God would not have His Son made prisoner to what he does not want.** He joins with you in willing you be free. And to oppose Him is to make a choice against yourself, and choose that you be bound."

ACIM Ch.30.II.2

"Other people" show you what is in your backpack

If you are overwhelmed or hurting right now, it means that you are facing your biggest and ugliest beliefs and fears, and since you cannot see what is in your own backpack, "other people" must reach in and present the contents to you. **They are your mirrors.** In order to release your unhealed beliefs from your backpack, other people must reach in and show them to you one by one, and you will choose to keep them or let them go. From my experience, it is usually your inside circle (i.e., *the loved ones closest to your heart*) that does this for you.

Your ego's goal is to reinforce your unhealed beliefs

Your ego's goal is to get you to reinforce your unhealed beliefs (*through projection*), so they will return to your backpack, whereas the Holy Spirit's goal is to help you to look at them, question them, release them, and free you from them with your consent.

Here is the problem:

Every time you see your unhealed beliefs (*as they are mirrored to you by other people*), you are very tempted to react to them as if they are true and then you reinforce them with your feelings and emotions. (*I call this giving them “juice” or “juicing them”.*) As a result, your unhealed beliefs are returned to your backpack, so they can be represented at another time.

Here is an Example:

Let’s say that at a deeper level, you feel inadequate as a person and unworthy of love, and you are carrying these heavy unhealed beliefs in your backpack. **It is likely that one of your closest loved ones will pull these beliefs out of your backpack and show them to you.** This might appear up as one of your loved ones saying or doing something that is unloving, unkind, hurtful, or they may be silent and distant, all in response to your unhealed belief that you are unworthy of love. **They will “act out” your unhealed belief right in front of you.**

You have a choice to make

At this point, you have a choice to make. **Either you align with your ego (by juicing and reinforcing your unhealed belief with your hurt feelings and emotions) and it will be returned to your backpack, or you will align with Holy Spirit (by pausing, questioning it, and turning it over for healing) and then it will be released from your backpack.**

Ending the cycle of pain

If you want the cycle of pain to stop, **you must accept that you are the dreamer of your dream. Other people are always mirroring your unhealed beliefs back to you. They are not “causing” your pain. They are “showing it to you”, so that you can choose again and free yourself. There are no exceptions.** If you want to end the pain and hurt, you will need to forgive them, release them, and turn inward to ask for the healing of your mind from your Teacher of Peace. **All healing is an inside job. One of the hardest concepts to accept is, “You are doing this to yourself.”** If you are still trying to get things to change outside of you, you are looking in the wrong place.

You owe them gratitude

A Course in Miracles teaches that you owe gratitude to the ones that are showing you your unhealed beliefs because you would not be able to see them otherwise. Once you see your unhealed beliefs mirrored back to you (in plain view), you have a great opportunity to “choose again” and let the Holy Spirit free you from them forever. Your unhealed belief will be healed once you are willing to look at it, question it, and turn it over to your Higher Consciousness for healing. (Score: Holy Spirit 1, Ego 0)

If you look at your unhealed belief (*when it is presented*) and you “juice it” with your hurt feelings and emotions, this will reinforce your belief and it will be returned to your backpack, to be represented at another time for another painful experience. (Score: Holy Spirit 0, Ego 1)

In Chapter 21, it says, “It is impossible the Son of God be merely driven by events outside of him. **It is impossible that happenings that come to him were not his choice. His power of decision is the determiner of every situation in which he seems to find himself by chance or accident.** No accident nor chance is possible within the universe as God created it, outside of which is nothing. **Suffer, and you decided sin was your goal. Be happy, and you gave the power of decision to Him Who must decide for God for you.** This is the little gift you offer to the Holy Spirit, and even this He gives to you to give yourself. **For by this gift is given you the power to release your savior (i.e., your loved one that is showing you your healed belief), that he may give salvation unto you.”** ACIM Ch.21.II.3

Deciding vs. Reacting

If you would like to end the cycle of pain, you must learn to “decide” instead of “react” to your circumstances. Every experience is an opportunity to reinforce what you want instead of what you do not want.

Here’s an Example:

Let’s say that you have some unhealed beliefs that you are guilty, inadequate, and unworthy of love and respect. These false beliefs are heavy and they are making you feel sad, depressed, and vulnerable, yet you do not realize that you have added these beliefs to your backpack. All you know is that you are overwhelmed, burdened, and depressed most of the time from carrying the extra weight. Your ego’s goal is to mirror your unhealed beliefs back to you (*through projection*) as much as possible, because this will keep you distracted and focused on pain, so you will not remember the truth of who you are. On the other hand, the Holy Spirit is aware of the ego’s tactic to keep you distracted with hurt and pain (*as imposed by your ego*) and will use that same situation to free you, if you will let Him.

In this example, let’s say that a loved one of yours (*the Course calls this person your “savior”*) stole something from you and betrayed your love. If you could see this from a higher perspective, you would realize that they are taking your unhealed beliefs (*i.e., that you are guilty, inadequate, and unworthy of love and respect*) out of your backpack and they are “mirroring” these unhealed beliefs back to you.

Your first temptation is to react and reinforce

Your first temptation will be to react to your experience by reinforcing your belief. You will be tempted to react with feelings of sadness, hurt, and disappointment because you feel betrayed by this one you love. If you react this way, you will “juice” or refuel your unhealed belief and it will be returned to your backpack for a later showing. Obviously, this is NOT a good choice as you will feel pain in the moment, and you are also sending a painful experience ahead for yourself in the future – a DOUBLE DING!

You have another option

Imagine that you just found out that one of your loved ones stole something from you and you are already tempted to go into judgment, hurt, anger, sadness, and other negative emotions.

STOP right there, turn to God through prayer, and be determined to “decide to choose again” instead of “react”!

In Chapter 21.II, it says, “This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you. Say only this, but mean it with no reservations, for here the power of salvation lies:

I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked.

Deceive yourself no longer that you are helpless in the face of what is done to you. Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.”
ACIM Ch.21.II.2

You can follow it with:

“Holy Spirit, I am willing to see that I am looking at the effects of my unhealed thoughts and beliefs and nothing more. I forgive my loved one(s) and I choose to see the truth instead of this. Please decide for me about everything. I choose to see myself and my loved one(s) in the light and truth of all that we are. I have no interest in pain, betrayal, hurt, and abandonment. I want only what God created for me. I choose love instead of fear and happiness instead of pain. Let the truth correct all the errors in my mind. Thank You for accomplishing this healing for me. Thy Will be done. Amen”

With your decision to respond this way, you will have much more peace in the moment and you are also sending peace ahead for yourself – a DOUBLE BONUS! Plus, you are preparing fertile ground for miracles to occur. With your determination to “decide for love” instead of “reacting to fear”, the Holy Spirit can intervene on your behalf and accomplish the healing for you.

No matter what challenges you are facing, you are always looking at the effect of your unhealed beliefs. The root cause of every challenge is your belief that you are separate from God and this belief has multiplied itself into many other unhealed beliefs. This may sound too complicated to heal or solve, yet remember this: $1,000,000 \times 0 = 0$. No matter how many unhealed beliefs you have, they still are not true, they still have no power, and there is still nothing to fear. The Holy Spirit will gently and lovingly free you from every single one of them, if you will let Him.

“The real purpose of this world is to use it to correct your unbelief.” ACIM Ch.1.VI.4