



Miracles in Personal Coaching ©

DAY 66 – Why Me, Why This, Why Now

Key Topics:

- My brother, choose again
- A shift in direction starts with the goal of peace
- There is no order of difficulty in miracles
- Your part is the “what” and not the “how”
- A healed mind does not plan
- His Voice will direct you very specifically
- The solution is really not up to you – Really!
- Your body has nothing to do with the solution
- The mind that plans is refusing to allow for change
- Any focus on the body will delay your happy outcome
- God is love and love is loving
- Being directed is different than deciding what to do

My brother, choose again

In today’s Mentoring section, you learned that the first step in undoing what is not true (*i.e., your unhealed beliefs*), is to look at what is false and to make another choice instead. This means that where you now perceive a lack of love, you choose to see love instead, and where you perceive guilt in anyone, you choose to see their innocence, and where you perceive lack, you choose to see abundance, and where you perceive pain, you choose to see only happiness, joy, and peace. **Until this choice is made by you, the dreamer of the dream, the Holy Spirit cannot show you the healed and happy picture instead.** Most people wait to see the happy picture before they choose to be happy and this is a formula for disappointment. The choice must be made before you will see the effects, in order for the Holy Spirit to accomplish the healing for you. The accomplishment is the effect of your choice.

In Chapter 31, it says, **“Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you.** In every difficulty, all distress, and each perplexity Christ calls to you and gently says, **‘My brother, choose again.’** He would not leave one source of pain unhealed, nor any image left to veil the truth. He would remove all misery from you whom God created altar unto joy. He would not leave you comfortless, alone in dreams of hell, but would release your mind from everything that hides His face from you.

His Holiness is yours because He is the only power that is real in you. His strength is yours because He is the Self that God created as His only Son.” ACIM Ch.31.VIII.3

A shift in direction starts with the goal of peace

You might think of yourself as if you are a very large ship, heading in a certain direction. In order for your ship to change directions, the Captain (being you) must choose, in advance, which direction your ship will go, and then your crew (being the Holy Spirit) will accomplish the change in direction for you. You cannot head east while you are still focused on going west, and you cannot be in peace while you are still focused on pain. **You must choose your direction and then the Holy Spirit, your Teacher of Peace, will accomplish the shift in direction for you.** Once your choice is made, your part is to let your crew handle the shift for you, without your interference and without changing your mind about the direction you have chosen.

There is no order of difficulty in miracles

No matter how challenging your situation is, remember that there is no order of difficulty in miracles. To God, all problems are the same, and size, complexity, and frequency do not matter. They are the effect of a misperception that needs correction, and do not call for pain or punishment. In Chapter 30, under **“Rules for Decision Making”** it says that you can decide your perfect day, and then let God bring it to you. **“If I make no decisions by myself, this is the day that will be given me.”** ACIM Ch.30.I.4.2 This is similar to you (el Capitan) choosing peace as your goal and then letting the Holy Spirit (your crew) accomplish the shift in direction for you.

Your part is the “what” and not the “how”

Once you have established peace and happiness as your goal, and the direction is set, it is time to sit back and let Holy Spirit handle the details and make the course corrections for you. **If you interfere, it will only delay the process. Your part is the “what” and not the “how”.** A Course in Miracles teaches that once you have established your goal of peace, **this is a time for faith.**

In Chapter 12, it says, **“This is a time for faith. You let this goal be set for you. That was an act of faith. Do not abandon faith, now that the rewards of faith are being introduced...**

The setting of the Holy Spirit’s goal is general. Now He will work with you to make it specific, for application is specific.” ACIM Ch.12.V.6, VI.1.4

A healed mind does not plan

One of my favorite lessons in the Course is Lesson 135. You might want to read it 3 or 4 times to make sure you really breathe it in, as it has many important concepts that will help you along the way. Once you have established your goal of peace, whether it is in the category of financial, physical, emotional, or relationship, you will need to step back and let Holy Spirit lead the way. **“A healed mind does not plan. It carries out the plans that it receives through listening to wisdom that is not its own. It waits until it has been taught what should be done, and then proceeds to do it. It does not depend upon itself for anything except its adequacy to fulfill the plans assigned to it.”** ACIM Lesson 135.11.1-4

His Voice will direct you very specifically

God, being love, loves you, and understands that you need specifics in order to walk through and beyond your illusions. Did you read the part above about **“It does not depend upon itself for anything?”** This is the place where you get bogged down and delay your healing. You ask Holy Spirit to heal your situation by guiding you to peace, and then you step in to decide what needs to happen and you start calling the shots and orchestrating the details. When the Course says, **“I need do nothing”** ACIM Ch.18.VII.5.7, **it really means it.** In Lesson 135.23.2, it says, **“If there are plans to make, you will be told of them”** and in Chapter 1.1.4, it says, **“All miracles mean life, and God is the Giver of life. His Voice will direct you very specifically. You will be told all you need to know.”** ACIM Ch.1.1.4

The solution is really not up to you – Really!

For those of us who are used to doing everything on their own (and I include myself here) “not being involved in the solution” is an unfamiliar concept, yet this is one you will want to adopt as soon as possible. You will find that about 80% of the time, your situation will be healed and it will not involve you at all. This percentage will rise as you no longer value being “center stage” or involved in the solution. **Solutions get easier and easier the less you need to be involved.** This is one of the hardest things to accept – The solution is really not up to you!

Your body has nothing to do with the solution (*Read twice, at least*)

The Course teaches that once you establish the goal of peace, the solution is not up to you. **You are not a body, so any emphasis on your body or someone else’s for the solution is misdirected.** There will be times when the Holy Spirit will make use of the body to bring the correction, yet these times are directed by Him and not you.

In Lesson 135, it says, **“A healed mind is relieved of the belief that it must plan,** although it cannot know the outcome which is best, the means by which it is achieved, nor how to recognize the problem that the plan is made to solve. **It must misuse the body in its plans until it recognizes this is so. But when it has accepted this as true, then is it healed, and lets the body go.”** ACIM Lesson 135.12

The mind that plans is refusing to allow for change

“The mind engaged in planning for itself is occupied in setting up control of future happenings. It does not think that it will be provided for, unless it makes its own provisions... **The mind that plans is thus refusing to allow for change.** What is learned before becomes that basis for its future goals. **Its past experience directs its choice of what will happen.** And it does not see that here and now is everything it needs to guarantee a future quite unlike the past, without a continuity of any old ideas and sick beliefs. Anticipation plays no part at all, for present confidence directs the way.” ACIM Lesson 135.16

Any focus on the body will delay your happy outcome

You are not a body. You are infinite spirit; one with God, free of all limits, loved, safe, healed, and whole, and anytime you focus on your body (or someone else's) as being the answer to your problem, you are focusing on illusions and this will delay your happiness, along with your happy outcome. There are times that your body will be involved in the healing process, yet those times are the exception and when they occur, you will be very aware of what your part is.

God is love and love is loving

Many people are confused by this principle of the Holy Spirit handling everything for you, because they are so used to trying to solve their own problems. They have had it ground into them that, **"God only helps those who help themselves."** Baaaagh! If you saw a little bird that was injured and struggling in the middle of the street, would you help him get to the side, or would you wait until he helps himself? You have your answer. **God loves you and Love will not wait until you are desperate before you are helped.** You have taught yourself that this is how it works and once this thought is healed, your experience will be radically different.

Being directed is different than deciding what to do

At the end of the day, being directed to do something is very different than deciding to do it yourself. If I decide to go to the grocery store, it is a completely different feeling and experience than someone asking me to go to the grocery store. When you are listening to guidance from the Holy Spirit, listen for instructions that drop in out of nowhere or come to you, almost as if you had no idea where it came from. If you are unclear about what you heard, then ask for clarity. **Follow what feels peaceful and compelling and remember that most of the time, the answer does not involve you at all.** A happy outcome to all things is sure, especially when your goal is peace and the Holy Spirit is accomplishing the healing for you.

"God loves His Son. Request Him now to give the means by which this world will disappear, and vision first will come, with knowledge but an instant later. For in grace you see a light that covers all the world in love, and watch fear disappear from every face as hearts rise up and claim the light as theirs. What now remains that Heaven be delayed an instant longer? What is still undone when your forgiveness rests on everything?" ACIM Lesson 168.4

"It is a new and holy day today, for we receive what has been given us. **Our faith lies in the Giver, not our own acceptance.** We acknowledge our mistakes, but He to Whom all error is unknown is yet the One Who answers our mistakes by giving us the means to lay them down, and rise to Him in gratitude and love." ACIM Lesson 168.5

"And He descends to meet us, as we come to Him. **For what He has prepared for us He gives and we receive. Such is His Will, because He loves His Son.** To Him we pray today, returning but the word He gave to us through His Own Voice, His Word, His Love: Your grace is given me. **I claim it now. Father, I come to You. And You will come to me who ask. I am the Son You love.**" ACIM Lesson 168.6