



DAY 67 – Care for the Caregiver

Key Topics:

- If you are a caregiver, you are a teacher of God
- Where do teachers of God come from?
- What are the characteristics of God's teachers?
- How do God's teachers advance in their gifts?
- The truly helpful are God's miracle workers
- Every teacher of God will go through a development of trust process
- The sole responsibility of the miracle worker
- The healer who relies on his own readiness is endangering his understanding
- All of your gifts are received as they are given
- The role of Heaven's messengers

If you are a caregiver, you are a teacher of God

I think of "caregivers" as those who see others as worthy of their love, time, and attention, and are committed to the help, care, and well-being of another. These include caregivers for the elderly, children, and those with special needs, doctors, nurses, therapists, practitioners, counselors, veterinarians, hospital staff, paramedics, ambulance drivers, policeman, fireman, and other individuals who wish to be of loving service to others. **A Course in Miracles teaches that a teacher of God (or a teacher of Love) is someone who does not see their own interests as apart from someone else's.** In this definition, I feel that all caregivers are teachers of God. In the ACIM Teachers Manual, it says, "A teacher of God is anyone who chooses to be one. His qualifications consist solely in this; somehow, **somewhere he has made a deliberate choice in which he did not see his interests as apart from someone else's.** Once he has done that, his road is established and his direction is sure. A light has entered the darkness. It may be a single light, but that is enough. **He has entered an agreement with God even if he does not yet believe in Him. He has become a bringer of salvation. He has become a teacher of God.**"

ACIM TM 1.1

Where do teachers of God come from?

You may not think of yourself as a teacher of God (or a teacher of love), yet if you are committed to the well-being of just one other person, then at some level, you are aware of your union with them. Your desire to love and be helpful to others opens your mind to healing because the love, care, and messages you extend to others must first be received by yourself.

In the Course, it says this about God's teachers, **"They come from all over the world.**

They come from all religions and from no religion. They are the ones who have answered.

The Call is universal. It goes on all the time everywhere. It calls for teachers to speak for It and redeem the world. **Many hear It, but few will answer.** Yet it is all a matter of time. **Everyone will answer in the end,** but the end can be a long, long way off. It is because of this that the plan of the teachers was established. **Their function is to save time.** Each one begins as a single light, but with the Call at its center it is a light that cannot be limited. And each one saves a thousand years of time as the world judges it. To the Call Itself time has no meaning.”

ACIM TM-1.2

What are the characteristics of God’s teachers?

The Course teaches that God’s teachers (i.e., caregivers) do not look alike and they come from vastly different backgrounds. It also says that God gives special gifts to His teachers, though they are only temporary, and that their function is to save time by leading others out of time.

In the Teachers’ Manual, it says, “The surface traits of God's teachers are not at all alike. They do not look alike to the body's eyes, they come from vastly different backgrounds, their experiences of the world vary greatly, and their superficial "personalities" are quite distinct. **Nor, at the beginning stages of their functioning as teachers of God, have they as yet acquired the deeper characteristics that will establish them as what they are. God gives special gifts to His teachers, because they have a special role in His plan for Atonement.** Their specialness is, of course, only temporary; set in time as a means of leading out of time. These special gifts, born in the holy relationship toward which the teaching-learning situation is geared, become characteristic of all teachers of God who have advanced in their own learning. In this respect they are all alike.” ACIM TM-4.1

How do God’s teachers advance in their gifts?

At the beginning stages of choosing to be a caregiver, you are already acting on your capacity to love others unconditionally by choosing to love, help, and support them even when they do not show their gratitude, their kindness, or return your generosity. At times, they might even be quite hostile. There is something with you that sees the light and innocence of who they are and their worthiness of being helped, even when they do not show it to you or have an awareness of it themselves. **The Course teaches that the ultimate aim for the teacher of God is to see others as guiltless and innocent, for therein lies their own salvation.** If you can see the innocence in another person, especially one who is not showing it to you, this is how you will know it within yourself.

The truly helpful are God’s miracle workers

The Course teaches that those people who are truly helpful to others are God’s miracle workers, and that they are invulnerable and directed by Christ Himself. **“God is praised whenever any mind learns to be wholly helpful...”** The truly helpful are invulnerable, because they are not protecting their egos and so nothing can hurt them. Their helpfulness is their praise of God, and He will return their praise of Him because they are like Him, and they can rejoice together. God goes out to them and through them, and there is great joy throughout the Kingdom. Every mind that is changed adds to this joy with its individual willingness to share

in it. The truly helpful are God's miracle workers, whom I direct until we are all united in the joy of the Kingdom. **I will direct you to wherever you can be truly helpful, and to whoever can follow my guidance through you.**" ACIM Ch.4.VII.8

Every teacher of God (i.e., caretaker) will go through a development of trust process

As you recognize your union with others through unconditional love, you will begin your journey through a process called "the development of trust". This is a structured process that all teachers of God will go through. This process, as described in the ACIM Teachers Manual, is detailed on **Day 32 of the 90-Day Program**. Please take time to look at the steps, so they will not surprise you as you are going through them. This section was a great eye-opener for me, and explained a lot about many of the challenges I was going through at the time.

The sole responsibility of the miracle worker

As a caretaker, you might think that your function is to help others to live a higher quality of life, yet the Course teaches that the sole responsibility of the miracle worker is to accept Atonement for yourself. **You might think of the word "Atonement" as the recognition that the separation never occurred and that all healing is of the mind.** Through your willingness to be truly helpful to others, Christ Himself will direct you all along the way. You will find that those you help play a divine and significant role in the healing of your mind. If you are feeling unstable, then you will be given someone to stabilize. If you are feeling unloved, then you will be given someone to love. If you are feeling abandoned, then you will be given someone to stand by, and so on. As you reach into yourself to give what you think you are lacking, you will find that you have it (by giving it) and then healing is accomplished.

"The sole responsibility of the miracle worker is to accept the Atonement for himself

(herself). This means you recognize that mind is the only creative level, and that its errors are healed by the Atonement. Once you accept this, your mind can only heal. By denying your mind any destructive potential and reinstating its purely constructive powers, you place yourself in a position to undo the level confusion of others. The message you then give to them is the truth that their minds are similarly constructive, and their miscreations cannot hurt them. By affirming this you release the mind from overevaluating its own learning device, and restore the mind to its true position as the learner." ACIM Ch.2.V.5

The healer who relies on his own readiness is endangering his understanding

There may be times when you feel completely unprepared or overwhelmed in your caregiving function. At these times, it is essential that you establish your goal of peace at the beginning of each day and then rely on your Teacher of Peace to guide you all throughout the day. I remind myself frequently that I do not need to be content with my preparedness, yet I can be certain about the preparedness of my Teacher. This brings a great deal of relief to my mind and takes the pressure off.

In Chapter 2, it says, **"The healer who relies on his own readiness is endangering his understanding. You are perfectly safe as long as you are completely unconcerned about your**

readiness, but maintain a consistent trust in mine. If your miracle working inclinations are not functioning properly, it is always because fear has intruded on your right-mindedness and has turned it upside down. All forms of not-right-mindedness are the result of refusal to accept the Atonement for yourself. If you do accept it, you are in a position to recognize that those who need healing are simply those who have not realized that right-mindedness is healing.”

ACIM Ch.2.V.4

All of your gifts are received as they are given

There are times when it may feel like you are not doing enough for others, or you feel you have failed them in some way. The Course is very adamant that every gift you have given has been received because they are thankfully acknowledged in the Heart of God Himself. It does not matter if another person seems unhappy or displeased with the loving gift you have offered. Your part is to give the gift, as you are guided by your Teacher of Peace. The receiving of the gift is not up to you, yet you can be sure it has been received, regardless of what you see with your eyes. Every gift you give, is given to yourself and your Creator, in oneness and gratitude.

In Lesson 197, it says, “It does not matter if another thinks your gifts unworthy. In his mind there is a part that joins with yours in thanking you. **It does not matter if your gifts seem lost and ineffectual. They are received where they are given.** In your gratitude are they accepted universally, and thankfully acknowledged by the Heart of God Himself... **God blesses every gift you give to Him, and every gift is given Him, because it can be given only to yourself.** And what belongs to God must be His Own. Yet you will never realize His gifts are sure, eternal, changeless, limitless, forever giving out, extending love and adding to your never-ending joy while you forgive but to attack again.” ACIM Ch.197.4-5

The role of Heaven’s messengers

“There is one major difference in the role of Heaven's messengers, which sets them off from those the world appoints. **The messages that they deliver are intended first for them.** And it is only as they can accept them for themselves that they become able to bring them further, and to give them everywhere that they were meant to be. Like earthly messengers, **they did not write the messages they bear, but they become their first receivers in the truest sense, receiving to prepare themselves to give.**” ACIM Lesson 154.6

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” – Helen Keller

“There are only four kinds of people in the world – Those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.” – Rosalynn Carter

“When the world is so complicated, the simple gift of friendship is within all of our hands.” – Maria Shriver

“It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It’s neither good for you nor your loved one.” – Dana Reeve