



Miracles in Personal Coaching ©

DAY 67 – Care for the Caregiver

Key Topics:

- You are never asked to sacrifice anything
- Your pain and suffering meter is set too high
- A time for rest
- Help for Dale
- Help for Mom
- The Unhealed Healer
- One of the most difficult temptations for the miracle worker
- The real basis for doubt is always self-doubt
- The Holy Spirit is the only Therapist – a powerful paragraph for practitioners
- Exercise for the Caregiver to gain the Vision of Christ

You are never asked to sacrifice anything

Most caregivers are already aware of their God-given natural ability to love and extend love and support to others, yet they are less aware of how to receive love and support. Their giving and receiving is out of balance and the caregiver is likely to feel drained, exhausted, and unsupported as a result. **A Course in Miracles teaches that God's Will is your happiness and that you have everything.** You are not asked to sacrifice, suffer, or deny yourself for any reason. In Chapter 9, it says, **"I (Christ) have emphasized many times that the Holy Spirit will never call upon you to sacrifice anything.** But if you ask the sacrifice of reality of yourself, the Holy Spirit must remind you that this is not God's Will because it is not yours. There is no difference between your will and God's." ACIM Ch.9.I.5 **You must first receive before you will be able to give what you have received.** If you are feeling drained, depleted, and unsupported, then you are trying to give what you have not received and this is not God's Will for you.

In Lesson 155, it says, **"For sacrifice and deprivation are paths that lead nowhere, choices for defeat, and aims that will remain impossible.** All this steps back as truth comes forth in you, to lead your brothers from the ways of death, and set them on the way to happiness. Their suffering is but illusion. Yet they need a guide to lead them out of it, for they mistake illusion for the truth." ACIM Lesson 155.7.2-4

Your pain and suffering meter is set too high

A common characteristic for caregivers is that their internal pain and suffering meter is set too high. It should be set to "zero" because God did not create pain and suffering, yet for most caregivers, this meter is set considerably higher. Over time, you have convinced yourself that

giving is more noble than receiving and you have accepted the ego's teaching that sacrifice is a form of love. A Course in Miracles teaches that love and sacrifice are opposing thought forms. You are asked to love your brothers and help in their awakening, yet this call to salvation does not come with a price. There is no cost but only gain.

In Lesson 155, it says, "Illusion still appears to cling to you, that you may reach them. Yet it has stepped back. And it is not illusion that they hear you speak of, nor illusion that you bring their eyes to look on and their minds to grasp. Nor can the truth, which walks ahead of you, speak to them through illusions, for the road leads past illusion now, while on the way you call to them, that they may follow you. **Such is salvation's call, and nothing more. It asks that you accept the truth, and let it go before you, lighting up the path of ransom from illusion. It is not a ransom with a price. There is no cost, but only gain.** Illusion can but seem to hold in chains the holy Son of God. It is but from illusions he is saved. As they step back, he finds himself again."

ACIM Lesson 155.6.8

A time for rest

What if you were able to receive at the same level that you give? Obviously, your life would be completely different. As a "recovering sufferer", I can tell you that suffering and sacrifice is not the way to go. The more you allow yourself to be depleted, deprived, and drained, the more the universe will match your intention. You might think of the universe as a "great big copy machine". It replicates the decisions that you make. If you deprive yourself of rest, then the universe will appear to deprive you of rest. If you choose to sacrifice yourself in the name of love, then the universe will appear to sacrifice you in the name of love. How you treat yourself is a "huge" determining factor in how you will be treated. When you are tired, it is time to rest. When you are hungry, it is time to eat. When you are feeling unsupported, it is time to pray and ask for help in what to do. On an airplane, it is called, "putting your oxygen on first" before you help another person and this is wisdom, not selfishness. You might be saying to yourself, "But, I can't rest. There is no one else to help me." I would like to share two miracle stories with you to prove to you that you are wrong.

Help for Dale

As a child, our family had some very dear friends named Flo and Dale, and over the years, they became as close as any of our relatives. While in their 80's, Flo passed away, leaving Dale behind in a Senior home. Once a week, I would drive from my home in Orange to the city of Banning (sometimes 2 hours one-way in traffic) to visit Dale. Each time I would go, I would walk into his room and see him slumped over in deep depression. It was heartbreaking. The nurses told me that he wasn't doing well and was very depressed from the loss of his wife. As soon as I would enter the room, his eyes would light up and he would return to his former smiling self. I made the drive for several weeks, and over time, it was too much. I had two little boys to take care of and a full time job, and the extra drive each week was more than I could do. I didn't know what to do. I felt like I was Dale's lifeline, and if I stopped going or spread out my visits, it seemed like he would suffer. After weeks of making the drive, I finally turned to prayer and my prayer went something like this:

Dear God,

I love my friend, Dale, and I want to visit him and let him know he is loved, but I can't make this drive every week. I turn this situation over to You, and I am willing to know there is a solution that is peaceful for everyone, including me. Thy Will be done. Amen

Within the week (and before my next drive), I received a phone call. A woman on the phone (I will call Sue) said, "Hi, My name is Sue and I am a long-time friend of Dale and Flo. I heard that Dale is in a Senior home and I would like to go and visit him. Can you tell me where he is?" I said, "He is in Banning" and then I told her the name of the Senior home. She said, "Banning! Wow, I haven't seen them since we lived in Blythe, but now I live in Beaumont, which is right next to Banning!" She went on to say that because he was in Banning, she would be able to visit him several times a week. All I could do was smile as the tears fell down my face. When God answers, you know you have been answered. I was able to spread out my visits to a more manageable pace and Dale made his transition shortly thereafter.

Help for Mom

When I scheduled the 90-Day Miracles in Personal Healing Program, I didn't realize that my mother was going to have three emergency back surgeries with complications, and that she would need 24/7 care as a result. Up until the start of the program, my brother, Darrell and I had been toggling back and forth, doing what we could to help her. Darrell was doing most of the caretaking and I was making the drive from So. California to No. California about once a month to be with her for a few days. The start date of the program was drawing closer and I didn't know what to do. My brother needed my help and I had been able to give him a much-needed break each month. In my mind, there were no options and there wasn't enough resources to hire someone to take my place. This time, I turned to God immediately and asked for help. Within two days, my brother Scott (who lived in Washington at the time) called me and said, "I am going to be staying with Mom for a while. This will give both you and Darrell some extra help. I will be there, so you won't have to worry." The phone call almost took my breath away. As many times as I have seen miracles, I am always amazed when I see God's loving answer unfold before me. True to his word, he has been there since then and is still there now. His willingness to follow his guidance enabled me to bring this program to you, without pain, blame, or guilt. I am truly grateful for the love and help of my big brothers.

The Unhealed Healer

When you are a caregiver, it is tempting to put your client or patient's needs above your own, and as a result, you find yourself feeling exhausted, unsupported, and drained. If this is happening, it means that you are trying to give what you have not yet received. The whole purpose of the teaching-learning relationship is for the caregiver to receive what he needs for his own healing before extending it to another, because in reality, he cannot give what he has not received. If he attempts to do so, he will feel drained and depleted. The ego would define an "unhealed healer" as one who is deficient, unhealed, or does not have the necessary skills to help another person. This is not the definition offered by the Course. **The Course teaches that**

an unhealed healer is one who attempts to give what they have not received, or one who sees the person they are helping as less than whole. In Chapter 9, it says, **“Let us consider the unhealed healer more carefully now. By definition, he is trying to give what he has not received.”** ACIM Ch.9.V.1.3-4 **On the other hand, “The miracle worker begins by perceiving light, and translates his perception into sureness by continually extending it and accepting its acknowledgment. Its effects assure him it is there.”** ACIM Ch.9.V.7.8

One of the most difficult temptations for the miracle worker

When you are caring for someone who is ill, injured, traumatized, or has other concerns, the Course teaches that one of your greatest temptations will be to doubt a healing because of the appearance of continuing symptoms. It says that this mistake is a lack of trust. **As you work with anyone as a practitioner (i.e., a miracle worker) it is essential that you place your trust in the Holy Spirit to accomplish the healing for you. If you invite the healing to be accomplished and then doubt the healing, this is an attack on the healing process.**

In the Teachers Manual, it says, **“One of the most difficult temptations to recognize is that to doubt a healing because of the appearance of continuing symptoms is a mistake in the form of lack of trust. As such it is an attack. Usually it seems to be just the opposite. It does appear unreasonable at first to be told that continued concern is attack. It has all the appearances of love. Yet love without trust is impossible, and doubt and trust cannot coexist. And hate must be the opposite of love, regardless of the form it takes. Doubt not the gift and it is impossible to doubt its result. This is the certainty that gives God's teachers the power to be miracle workers, for they have put their trust in Him.”** ACIM TM-7.4

The real basis for doubt is always self-doubt

Whenever you doubt a healing because of continuing symptoms, whether they be yours or someone else's, this is an attack on the healing and will delay your happy outcome. Once you turn something over the Holy Spirit to be healed for you, it is time to trust that it will be healed on your behalf. You must avoid the temptation of looking to yourself to accomplish the healing. Your part is to invite the Holy Spirit to enter, and the Holy Spirit's function is to accomplish the healing on your behalf. In accounting terms (since I was once a CPA), we call this a **“segregation of duties”**. It does not matter if you doubt yourself, yet it is essential that you place your faith and trust in the One Who will accomplish the healing on your behalf. **“If you really want the problem solved, you cannot doubt. If you are certain what the problem is, you cannot doubt. Doubt is the result of conflicting wishes. Be sure of what you want, and doubt becomes impossible.”** ACIM TM 7.6

“The real basis for doubt about the outcome of any problem that has been given to God's Teacher for resolution is always self-doubt. And that necessarily implies that trust has been placed in an illusory self, for only such a self can be doubted. This illusion can take many forms. Perhaps there is a fear of weakness and vulnerability. Perhaps there is a fear of failure and shame associated with a sense of inadequacy. Perhaps there is a guilty embarrassment stemming from false humility. The form of the mistake is not important. What is important is only the recognition of a mistake as a mistake.” ACIM TM-7.5

The Holy Spirit is the only Therapist – a powerful paragraph for practitioners

"A therapist does not heal; *he lets healing be*. He can point to darkness but he cannot bring light of himself, for light is not of him. Yet, being *for* him, it must also be for his patient. **The Holy Spirit is the only Therapist**. He makes healing clear in any situation in which He is the Guide. You can only let Him fulfill His function. **He needs no help for this. He will tell you exactly what to do to help anyone He sends to you for help, and will speak to him through you if you do not interfere**. Remember that you choose the guide for helping, and the wrong choice will not help. But remember also that the right one will. Trust Him, for help is His function, and He is of God. As you awaken other minds to the Holy Spirit through Him, and not yourself, you will understand that you are not obeying the laws of this world. But the laws you are obeying work. "The good is what works" is a sound though insufficient statement. Only the good *can* work. Nothing else works at all." ACIM Ch.9.V.8 "The unhealed healer wants gratitude from his brothers, but he is not grateful to them. That is because he thinks he is giving something to them, and is not receiving something equally desirable in return." ACIM Ch.7.V.7

Exercise for the Caregiver to gain the Vision of Christ

"Today we practice in a form we have attempted earlier. Your readiness is closer now, and you will come today nearer Christ's vision. If you are intent on reaching it, you will succeed today. And once you have succeeded, you will not be willing to accept the witnesses your body's eyes call forth. What you will see will sing to you of ancient melodies you will remember. You are not forgot in Heaven. Would you not remember it?

Select one brother, symbol of the rest, and ask salvation of him. See him first as clearly as you can, in that same form to which you are accustomed. See his face, his hands and feet, his clothing. Watch him smile, and see familiar gestures which he makes so frequently. Then think of this: **What you are seeing now conceals from you the sight of one who can forgive you all your sins; whose sacred hands can take away the nails which pierce your own, and lift the crown of thorns which you have placed upon your bleeding head**. Ask this of him, that he may set you free:

Give me your blessing, holy Son of God. I would behold you with the eyes of Christ, and see my perfect sinlessness in you. And He will answer Whom you called upon. For He will hear the Voice for God in you, and answer in your own. Behold him now, whom you have seen as merely flesh and bone, and recognize that Christ has come to you. Today's idea is your safe escape from anger and from fear. Be sure you use it instantly, should you be tempted to attack a brother and perceive in him the symbol of your fear. And you will see him suddenly transformed from enemy to savior; from the devil into Christ." ACIM Lesson 161.10-12

"I (*Christ*) have emphasized that the miracle, or the expression of Atonement, is always a sign of respect from the worthy to the worthy. The recognition of this worth is re-established by the Atonement... **As long as you recognize only the need for the remedy, you will remain fearful. However, as soon as you accept the remedy (*the light of truth through the Holy Spirit*), you have abolished the fear. This is how true healing occurs.**" ACIM Ch.2.VI.8