



Miracles in Personal Coaching ©

DAY 69 – Worry & Stress

Key Topics:

- There is nothing good about worrying
- Solving the problem is not up to you
- Do not ask for illusions to replace or heal your illusions – It will not work!
- All healing is of the mind
- I need do nothing
- Stepping down as “Chief Problem Solver”
- Healing comes from your willingness combined with the unlimited power of God’s Will
- How to stop worrying
- Seek not to answer, but to receive the answer as it is given
- Release yourself to Him Whose function is release

There is nothing good about worrying

Has worrying about a problem ever solved it? No. When you choose to worry, you can make yourself feel sick, nauseous, depressed, anxious, and stressed, with the added bonuses of losing sleep, losing hair, weight swings, wrinkles, and feeling disconnected from others. You also learned in today’s Mentoring section that worry is an indicator that you have already decided against yourself. Conclusion: There is nothing good about worrying and it is a habit you will want to abandon completely.

Solving the problem is not up to you

Many people believe that you cannot have what you want, the way you want it, unless you struggle, strain, or get it for yourself. There is a common belief that if you want something done right, you must do it yourself. This is yet another ego tactic to keep you focused on separation, fear, littleness, and self-preservation. A Course in Miracles teaches that God’s Will is your happiness, and it is through your realization that you need do so little that enables Him to give so much.

In Chapter 18, it says, **“It is not necessary that you do more; indeed, it is necessary that you realize that you cannot do more.** Do not attempt to give the Holy Spirit what He does not ask, or you will add the ego to Him and confuse the two. He asks but little. **It is He Who adds the greatness and the might.** He joins with you to make the holy instant far greater than you can understand. **It is your realization that you need do so little that enables Him to give so much.**

ACIM Ch.18.IV.1.5-10

Do not ask for illusions to replace or heal your illusions – It will not work!

Now that you understand the concept of illusions and that your mind is projecting what is not real in the place of truth, we can continue on in our evolution of consciousness.

When you attempt to solve a problem yourself, you are relying on “your body” (i.e., the illusion of yourself) to provide the answer. Without realizing it, you are asking for illusions to heal your illusions, and this will never work in a lasting way. Additionally, if you perceive lack, sickness, or danger (i.e., bad illusions) and you ask for money, health, and protection (i.e., good illusions) to replace them, you are still asking for illusions to replace your illusions.

At the beginning stages of your awakening, focusing on “good illusions” is helpful because you need to be reminded that good things are possible. If you were in a dark room for a very long time, it would be helpful to think about the light and what it will feel like before you re-enter the light. This helps your transition into the light to be peaceful and non-threatening. It is almost like using training wheels while you are learning to ride a bike, yet now it is time for the training wheels to come off.

All healing is of the mind

If you are worrying about something right now, deep down, you are asking for an illusion to replace your illusion and this is delaying your happiness. When you focus on illusions, you delay your healing. The cause of the problem or delay is in your mind, therefore, you must withdraw your attention from the problem, withdraw your need to fix it yourself (being a body), and turn your attention inward to your Teacher of Peace. Once your mind is healed, you will see this healing reflected everywhere in your life. Your eyes always project what you think and believe.

I need do nothing

Any time you are focusing on “your body” or “someone else’s body” for the answer to your problem, you are focusing on illusions and this will delay your answer. The Course teaches you to remind yourself, “I need do nothing” as this is a reminder that problem solving is not up to you. This is a declaration that you are in alignment with your True Self, and all decision making is to be made by the strength and wisdom of Christ within you. This statement is a reminder that God’s Love for you is perfect, constant, and already present. It is a request for “what is” to be revealed to you, so you can see that all problems are resolved and you have nothing to fear. If there are steps to be taken, you will be told what they are, yet you will find that the answer comes to you without your effort or contemplation.

In Chapter 18, it says, **“Now you need but to remember you need do nothing. It would be far more profitable now merely to concentrate on this than to consider what you should do.**

When peace comes at last to those who wrestle with temptation ... or when the goal is finally achieved by anyone, it always comes with just one happy realization; **“I need do nothing.”**

Here is the ultimate release which everyone will one day find in his own way, at his own time... **“I need do nothing”** is a statement of allegiance, a truly undivided loyalty. Believe it for just one

instant, and you will accomplish more than is given to a century of contemplation, or of struggle against temptation... **Save time for me by only this one preparation, and practice doing nothing else.”** ACIM Ch.18.VII.5-7, 6

Stepping down as “Chief Problem Solver”

It may feel awkward at first as you say to yourself, **“I need do nothing”**, especially when you have hailed yourself as the **“Chief Problem Solver”** until now. This will get easier over time, especially when you see that the results are far greater than when you try to solve something on your own. It is now time to step down as Chief Problem Solver and to make room for the One Who Knows how to answer every problem in quietness and peace. The Course teaches that to do nothing is to rest, and to make a place within you where the activity of the body ceases to demand attention. It is in this place that the Holy Spirit comes, and there abides.

In Chapter 18, it says, **“To do anything involves the body. And if you recognize you need do nothing, you have withdrawn the body's value from your mind. Here is the quick and open door through which you slip past centuries of effort, and escape from time. This is the way in which sin loses all attraction right now. For here is time denied, and past and future gone. Who needs do nothing has no need for time. To do nothing is to rest, and make a place within you where the activity of the body ceases to demand attention. Into this place the Holy Spirit comes, and there abides. He will remain when you forget, and the body's activities return to occupy your conscious mind.”** ACIM Ch.18.VII.7

At the end of the day, you can either focus on the illusions lack, pain, illness, danger, and darkness, and create more of it, or you can withdraw your focus on illusions and place your focus and your faith on Your Inner Guide Who cannot fail. You cannot have both and there are no exceptions. Your willingness is all that is needed to invite the truth to heal all illusions. The Course teaches that the miracle of the holy instant lies in your willingness to let it be what it is.

In Chapter 18, it says, **“Trust not your good intentions. They are not enough. But trust implicitly your willingness, whatever else may enter. Concentrate only on this, and be not disturbed that shadows surround it. That is why you came. If you could come without them you would not need the holy instant.** Come to it not in arrogance, assuming that you must achieve the state its coming brings with it. The miracle of the holy instant lies in your willingness to let it be what it is. And in your willingness for this lies also your acceptance of yourself as you were meant to be.” ACIM Ch.18.IV.2

Healing comes from your willingness combined with the unlimited power of God's Will

God, being pure love, will never decide against you. This is why your invitation and willingness are so important. If you are committed to worry, stress, and fear, and seeing yourself as doomed, then Divine Love must wait to help you until you change your mind. For God cannot give you what you are unwilling to have.

In Chapter 18, it says, **“The holy instant does not come from your little willingness alone. It is always the result of your small willingness combined with the unlimited power of God's Will.** You have been wrong in thinking that it is needful to prepare yourself for Him. It is impossible to make arrogant preparations for holiness, and not believe that it is up to you to establish the **conditions for peace.** God has established them. They do not wait upon your willingness for what they are. **Your willingness is needed only to make it possible to teach you what they are.** If you maintain you are unworthy of learning this, you are interfering with the lesson by believing that you must make the learner different. You did not make the learner, nor can you make him different. Would you first make a miracle yourself, and then expect one to be made for you?” ACIM Ch.18.IV.4

How to stop worrying

You might still be wondering how to stop worrying, even though you have learned many reasons why worrying is not useful for any purpose. The first step is to decide that you have no interest in worrying (because you understand it is a step away from peace, happiness, and abundance) and then devote your attention to something more useful.

Here are a few suggestions:

- Establish your goal of peace and ask for help from you Teacher of Peace
- Download the Miracles in Prayer book at: FreePrayerBook.com and read through the prayers to calm your mind
- Listen to one or more of the dozens of Audio Prayers & Guided Meditations you have received in this 90-Day Program
- Open Day #5 and Practice “Meditation for a Calm Mind”
- Open Day #64 and Practice the “I Forgive the Idea” Exercise for Release

Fun ways to open up your mind and allow good things to happen

- Go and do something FUN!
- Turn on some music and start singing or dancing
- Think about your problem and start laughing. At first you will feel ridiculous and then you will laugh more. The Holy Spirit says that if you laugh with Him, this will disappear!
- Plan a vacation – Be sure to add in all the frills that would bring a smile to your face Create a picture book or somewhere to place your greatest ideas for fun and travel *(even if you have no idea where they money will come from)*
- Think about what you will do, how you will invest, and who you will help when you have more abundance than you know what to do with

Seek not to answer, but to receive the answer as it is given

“You merely ask the question. The answer is given. Seek not to answer, but merely to receive the answer as it is given. In preparing for the holy instant, do not attempt to make yourself holy to be ready to receive it. That is but to confuse your role with God's. Atonement cannot come

to those who think that they must first atone, but only to those who offer it nothing more than simple willingness to make way for it. Purification is of God alone, and therefore for you. Rather than seek to prepare yourself for Him, try to think thus: I who am host to God am worthy of Him. He Who established His dwelling place in me created it as He would have it be. It is not needful that I make it ready for Him, but only that I do not interfere with His plan to restore to me my own awareness of my readiness, which is eternal. I need add nothing to His plan. But to receive it, I must be willing not to substitute my own in place of it.” ACIM Ch.18.IV.5

Release yourself to Him Whose function is release

“And that is all. Add more, and you will merely take away the little that is asked... And it is only fear that you will add, if you prepare yourself for love. The preparation for the holy instant belongs to Him Who gives it. **Release yourself to Him Whose function is release.** Do not assume His function for Him. Give Him but what He asks, that you may learn how little is your part, and how great is His.” ACIM Ch.18.IV.6