



DAY 71 – Loneliness & Abandonment

Key Topics:

- Loneliness can be one of the most despairing feelings in the world
- Feelings of loneliness arise from a decision you have made against yourself
- There is no order of difficulty in miracles
- You are entitled to happiness
- Prayer for Rolling the Stone Away
- In truth, judgment is impossible
- Making room for miracles to occur
- Let truth enter and it will call forth and secure your faith
- You are never alone
- Wisdom is the relinquishment of judgment
- Lay judgment down with a sigh of gratitude – Now you can make no mistakes
- It is not difficult to relinquish judgment when you recognize its cost
- Releasing judgment – This step will bring you peace

Loneliness can be one of the most despairing feelings in the world

If your heart is hurting, I wish I could hold you in my arms right now and remind you how deeply and dearly loved you are, and that you are essential to God's Divine and Heavenly Plan. Love is of God and love is not vulnerable to loss, inconsistency, or withdrawal. When you are lonely or feeling abandoned, it can be one of the most despairing feelings in the world because love, connection, and companionship are basic human needs. When you feel lonely or abandoned, it can feel as if the lights went out and the world has gone on without you. Some people live most of their lives alone, while others find themselves in the grip of loneliness through a sudden life transition. However you find yourself there, **A Course in Miracles offers that the answer to loneliness is the relinquishment of judgment and in this case, the judgment is against yourself.**

Feelings of loneliness arise from a decision you have made against yourself

When you are feeling lonely or abandoned, the feelings you have are the result of a decision you have already made against yourself. It may appear that those feelings are imposed on you as a result of the situation you are in. Your decision or judgment against yourself is driving your feelings of loneliness, and if you are willing to turn that decision over to your Teacher of Peace for healing, you can be shown another way to see yourself and your life. The feelings of loneliness and abandonment will be replaced with happiness, companionship, connection, and peace.

There is no order of difficulty in miracles

There may be times when the feelings of despair are so consuming that you don't have the energy or interest to make another choice. It might feel like you are stuck under a rock and the fight or will to get out from under it has left your body. During those times, it is important to remember that **"There is no order of difficulty in miracles."** ACIM Ch.1.I.1 The healing is never up to you. Your part is to invite the healing and then let the Holy Spirit, your Teacher of Peace, lift the rock from you. If you decide that you are in a hopeless situation, or you listen to the voice of the ego as it tells you "These things take time, or you will never get over it", then you will continue to lay under the rock, suffering, and you will get to be right. You are tired right now because you have been trying to get the rock off of yourself.

You are entitled to happiness

The Course teaches that you are **"entitled"** to happiness. Entitlement is a great word. In the dictionary, it means **"The right to guaranteed benefits"**. Happiness is your right, as given by God, Himself. If you are not feeling it now as a consistent part of your life, then it is time to turn to your Teacher of Peace for help. Your part is not to bring it to yourself. **Your part is to recognize that you are not feeling happy or peaceful, so you can ask your Teacher of Peace to intervene on your behalf. This is the one right use of judgment.**

Prayer for Rolling the Stone Away

If you are feeling stuck under a rock of any kind, you can offer a prayer like this:

Dear God,

I am feeling overwhelmed by my feelings of _____. I recognize that in order to feel this way, I must have already decided against myself or someone else. I am willing to be wrong about the decision(s) I have made, and wrong in thinking I am alone, abandoned, or unloved. I accept that You walk with me and I cannot be alone or abandoned. I turn all of this over to You and I ask for a healed perception. I want another way to look at this. Please heal my mind and help me to rise up from these dark and heavy feelings. I want the light of truth instead of this. I choose freedom in the place of being stuck, lonely, and miserable. I am entitled to happiness and I call upon Jesus Christ, Himself, to roll this stone away. Thank You, in advance, for delivering me from the darkness of my illusions. I am willing to see myself differently in all respects. I dedicate this entire situation to the Truth and I am assured that peace is inevitable. Thank You for "deciding for me" about everything. I release my need to judge myself or my situation and I place my future in Your Loving Hands.

Thy Will be done.

Amen

In truth, judgment is impossible

The Course offers that judgment in the usual sense is impossible and this is a fact. In order to judge anything rightly, you would have to be fully aware of every detail about yourself and everyone else, past, present, and to come, in order for you to form a reasonably accurate

opinion. This is not possible from your current vantage point and this is why the relinquishment of judgment is essential.

In the Teachers' Manual, it says, **"The aim of our curriculum, unlike the goal of the world's learning, is the recognition that judgment in the usual sense is impossible. This is not an opinion but a fact.** In order to judge anything rightly, one would have to be fully aware of an inconceivably wide range of things; past, present and to come. One would have to recognize in advance all the effects of his judgments on everyone and everything involved in them in any way. And one would have to be certain there is no distortion in his perception, so that his judgment would be wholly fair to everyone on whom it rests now and in the future. Who is in a position to do this? Who except in grandiose fantasies would claim this for himself?" ACIM TM.10.3

Here's an Example:

Let's say that you are feeling lonely due to the loss of a partner from a breakup or a life transition. You are likely to feel abandoned because your perception is based on what you **want to have** in the place of **what is** happening. Your eyes do not see the truth. They are reporting to you your belief in abandonment. Perceptions are always based on experiences and judgments from the past, and your ego will always try to recreate the past as a means of hiding the present. **The problem is this: Whenever you see or judge yourself as abandoned, you will create more experiences where you feel abandoned (so you get to be "right") and you may or may not link these experiences together.** It could be that the person that left you is not the person you feel abandoned by at a deeper level. This is one of the many clever ways in which the ego hides the effects of your judgments, as a means of keeping you from turning inward and allowing your beliefs to be healed at their source.

Making room for miracles to occur

You might be telling yourself that your heart will never heal, or at a minimum, that healing takes time. This is another device of the ego to convince you to suffer as long as possible. Miracles are always possible and if you release your judgments, you can make room for miracles to occur. God's Will is your happiness and if you will let Him, you will be shown how to be happy, even during those times when you think happiness is impossible. Beware of the temptation to hold onto thoughts of loneliness and abandonment because you have seen others do the same. The ego is very clever in teaching you to suffer as a means of habit or routine. God will never choose suffering, loneliness, or loss for you. These offerings are always from the ego and always at the cost of your awareness of the truth.

Let truth enter and it will call forth and secure your faith

You might not feel that you have the faith you need to let the healing be accomplished. In this next quote, you are reminded that if you will let truth in, it will call forth and secure your faith. I find this very reassuring and a gentle reminder that the healing is never up to us. Your invitation for healing is essential and the accomplishment of the healing is the function of the Holy Spirit. "There is no problem in any situation that faith will not solve." ACIM Ch.17.VII.2

In Chapter 17, it says, **“This simple courtesy is all the Holy Spirit asks of you. Let truth be what it is. Do not intrude upon it, do not attack it, do not interrupt its coming.** Let it encompass every situation and bring you peace. Not even faith is asked of you, for truth asks nothing. **Let it enter, and it will call forth and secure for you the faith you need for peace. But rise you not against it, for against your opposition it cannot come.”** ACIM Ch.17.VIII.2

You are never alone

The Course teaches that **wisdom is the relinquishment of judgment**, and **there is Someone with you Whose judgment is perfect**. You are never alone. He knows all the effects of His judgment on everyone and everything involved in any way, and He is wholly fair.

Wisdom is the relinquishment of judgment

“Wisdom is not judgment; it is the relinquishment of judgment. Make then but one more judgment. It is this: **There is Someone with you Whose judgment is perfect. He does know all the facts; past, present and to come.** He does know all the effects of His judgment on everyone and everything involved in any way. And He is wholly fair to everyone, for there is no distortion in His perception.” ACIM TM.10.4.5-10

Lay judgment down with a sigh of gratitude – Now you can make no mistakes

“Therefore lay judgment down, not with regret but with a sigh of gratitude. Now are you free of a burden so great that you could merely stagger and fall down beneath it. And it was all illusion. Nothing more. Now can the teacher of God rise up unburdened, and walk lightly on. Yet it is not only this that is his benefit. His sense of care is gone, for he has none. He has given it away, along with judgment. He gave himself to Him Whose judgment he has chosen now to trust, instead of his own. Now he makes no mistakes. His Guide is sure. And where he came to judge, he comes to bless. Where now he laughs, he used to come to weep.” ACIM TM-10.5

It is not difficult to relinquish judgment when you recognize its cost

The Course teaches that all loneliness, despair, and the sense of loss have come from judgment, and that it is not difficult to relinquish judgment once you recognize its cost.

Releasing judgment – This step will bring you peace

“It is not difficult to relinquish judgment. But it is difficult indeed to try to keep it. The teacher of God lays it down happily the instant he recognizes its cost. All of the ugliness he sees about him is its outcome. All of the pain he looks upon is its result. **All of the loneliness and sense of loss; of passing time and growing hopelessness; of sickening despair and fear of death; all these have come of it.** And now he knows that these things need not be. Not one is true. For he has given up their cause, and they, which never were but the effects of his mistaken choice, have fallen from him. **Teacher of God, this step will bring you peace.** Can it be difficult to want but this?” ACIM TM-10.6 Today, we are glad to turn over all decision making to the One Who Knows the answers. It is through our willingness to do so little that allows Him to give so much.