



## A Course in Miracles Mentoring ©

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### DAY 80 – I AM NOT MY ADDICTION

#### Key Topics:

- I am as God created me
- Practicing this idea will bring an end to suffering, lack, and sorrow
- Exercise for Practice
- The Forgiven World

#### **I am as God created me**

One of the most power reminders in A Course in Miracles is, **“I am as God created me.”** Somewhere in time, you created a false image of yourself in your mind and accepted it in the place of the truth of your own reality. You have never done anything to the truth of who you are, for what God created within you cannot be altered. It is as if you have placed your hand over your eyes and now you believe that the light went out and there is only darkness. The light has never gone out, yet you have become unaware of it. With your permission, the Holy Spirit is showing you how to gently release all seeming obstacles between you and the awareness of the Light and Love of God within you. In ACIM Lesson 110, it says, “I am as God created me... This one thought would be enough to save you and the world, if you believed that it is true. Its truth would mean that you have made no changes in yourself that have reality, nor changed the universe so that what God created was replaced by fear and evil, misery and death. If you remain as God created you fear has no meaning, evil is not real, and misery and death do not exist.” ACIM Lesson 110.1

#### **Practicing this idea will bring an end to suffering, lack, loneliness, and sorrow**

It is helpful to remind yourself daily **“I am as God created me”** because the Course teaches that this statement of acceptance is enough to heal the past and make the future free. It is a reminder that health cannot turn to sickness, death is not a substitute for life, and fear is not a replacement for love. By accepting “I am as God created me”, there is no separation from your mind and God’s, and no split between your mind and other minds. It is the birthplace of miracles and the great restorer of the truth to the awareness of the world. This is the truth that God has promised you and the Word in which all sorrow ends.

In Lesson 110, it says, **“Today's idea is therefore all you need to let complete correction heal your mind, and give you perfect vision that will heal all the mistakes that any mind has made at any time or place. It is enough to heal the past and make the future free. It is enough to let the present be accepted as it is. It is enough to let time be the means for all the world to learn escape from time, and every change that time appears to bring in passing by.”** ACIM Lesson 110.2

"If you remain as God created you, appearances cannot replace the truth, health cannot turn to sickness, nor can death be substitute for life, or fear for love. All this has not occurred, if you remain as God created you. You need no thought but just this one, to let redemption come to light the world and free it from the past." ACIM Lesson 110.4

"In this one thought is all the past undone; the present saved to quietly extend into a timeless future. If you are as God created you, then there has been no separation of your mind from His, no split between your mind and other minds, and only unity within your own."

ACIM Lesson 110.5

The healing power of today's idea is limitless. It is the birthplace of all miracles, the great restorer of the truth to the awareness of the world. Practice today's idea with gratitude. This is the truth that comes to set you free. This is the truth that God has promised you. This is the Word in which all sorrow ends." ACIM Lesson 110.3

### **Exercise for Practice**

In Lesson 110, the Course lays out this practice exercise to help you reclaim your True Self. You might feel some resistance at first because you are used to judging and labeling yourself as less than whole, imperfect, and capable of suffering. If you are willing to see the truth of yourself (in the place of the images you have made) the truth can and will be shown to you.

"For your five-minute practice periods, begin with this quotation from the text:

***I am as God created me. His Son can suffer nothing. And I am His Son.***

**Then, with this statement firmly in your mind, try to discover in your mind the Self Who is the holy Son of God Himself. Seek Him within you Who is Christ in you, the Son of God and brother to the world; the Savior Who has been forever saved, with power to save whoever touches Him, however lightly, asking for the Word that tells him he is brother unto Him."**

ACIM Lesson 110.6-8

"You are as God created you. Today honor your Self. Let graven images you made to be the Son of God instead of what he is be worshipped not today. **Deep in your mind the holy Christ in you is waiting your acknowledgment as you. And you are lost and do not know yourself while He is unacknowledged and unknown.**" ACIM Lesson 110.9

"Seek Him today, and find Him. He will be your Savior from all idols you have made. For when you find Him, you will understand how worthless are your idols, and how false the images which you believed were you. Today we make a great advance to truth by letting idols go, and opening our hands and hearts and minds to God today." ACIM Lesson 110.10

We will remember Him throughout the day with thankful hearts and loving thoughts for all who meet with us today. For it is thus that we remember Him. And we will say, that we may be reminded of His Son, our holy Self, the Christ in each of us:

*I am as God created me.*

Let us declare this truth as often as we can. This is the Word of God that sets you free. This is the key that opens up the gate of Heaven, and that lets you enter in the peace of God and His eternity.” ACIM Lesson 110.11

**And now, repeat this same exercise for every person that you are seeing as imperfect, flawed, less than whole, or capable of bringing anything less than light and love to yourself or others.**

It is through your willingness to see the truth in them (in the place of the false images you see) that the truth will be shown and then set you free. Be willing to lay down all judgments, hurts, opinions, grievances, and images of what you thought you saw before. Imagine seeing them (especially those who you feel have hurt you or someone else) as having no past at all, as you say with conviction:

*You are Holy Son of God, Himself.*

*I am a witness to the truth of who you are.*

*His Son can suffer nothing, and You are His Son in oneness with me.*

“Peace be to me, the holy Son of God. Peace to my brother, who is one with me. Let all the world be blessed with peace through us.

*Father, it is Your peace that I would give, receiving it of You. I am Your Son, forever just as You created me, for the Great Rays remain forever still and undisturbed within me. I would reach to them in silence and in certainty, for nowhere else can certainty be found. Peace be to me, and peace to all the world. In holiness were we created, and in holiness do we remain. Your Son is like to You in perfect sinlessness. And with this thought we gladly say "Amen." ACIM Lesson 360*

## **The Forgiven World**

This may seem like a simple exercise, yet your willingness to practice (with conviction) will bring the gift of Real Vision to you. As long as you are committed to the guilt and imperfection of others, you will remain unaware of your own innocence. As you are willing to see others as less than whole, you will remain unaware of your wholeness, abundance, and right to happiness. With your willingness to see the truth instead of this, you open your mind to the healing you are asking for and the blessings of Heaven to be restored to you, your mind, and your life.

“Can you imagine how beautiful those you forgive will look to you? In no fantasy have you ever seen anything so lovely. Nothing you see here, sleeping or waking, comes near to such loveliness. And nothing will you value like unto this, nor hold so dear. Nothing that you remember that made your heart sing with joy has ever brought you even a little part of the happiness this sight will bring you. For you will see the Son of God. You will behold the beauty the Holy Spirit loves to look upon, and which He thanks the Father for. He was created to see this for you, until you learned to see it for yourself. And all His teaching leads to seeing it and giving thanks with Him.” ACIM Ch.17.II.1