



## A Course in Miracles Mentoring ©

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### DAY 81 – Fertility & Pregnancy

#### Key Topics:

- God's will is your happiness and that you have everything
- One of the greatest gifts you can give to yourself
- Every time you worry, you are abandoning God's Plan for your happiness
- Divine Love will never decide against you
- God's home language is "happiness"
- God already knows all of the joyful desires of your heart
- Words are symbols, twice removed from reality
- God's Plan for your happiness will be perfectly accomplished
- Use your anxiety as a reminder to pause and re-align your will with God's
- God is not willing that His Son (aka "you") be content with less than everything

#### God's will is your happiness and that you have everything

If you are looking forward to having a baby and you have any concern whatsoever, the first thing to remember is God's Will is your happiness and that you have everything. A Course in Miracles teaches that God's Will is the only will there is and it is His will that you are happy. Every time you say, **"Thy Will be done"**, you are in essence saying, **"Thank you God for the happiness that you created for me to have. I have no will apart from Yours and no interest in deciding against You or in being less than happy."** Since God's will is your happiness and that you have everything, then the only one that can possibly decide against you is you.

#### One of the greatest gifts you can give to yourself

You may not feel like you are deciding against God and His will for your happiness, yet you are doing so every time you worry, fret, or have concerns about having a less than a desirable outcome. If you are pregnant or looking forward to becoming pregnant, one of the greatest gifts you can give to yourself is to **"STOP WORRYING"** and be willing to let God's Will for your happiness be exactly as it is, without your interference, worry, or decision against it.

In ACIM Lesson 268, it says, "Let me not be Your critic, Lord, today, and judge against You. Let me not attempt to interfere with Your creation, and distort it into sickly forms... and thus to let it be as You created it... In love was I created, and in love will I remain forever. What can frighten me, when I let all things be exactly as they are?"

#### Every time you worry, you are abandoning God's Plan for your happiness

Every time you worry, you are abandoning God's Plan for your happiness. You are in essence saying, **"I don't trust You God, and therefore I am worried and anxious and must take this situation into my own hands."** It is important to remember that worry is 'the effect or result'

of a decision you have already made against yourself, and your decision will drive whether your experience is peaceful or painful. This can be remedied, of course, and there is no time like the present to remedy this situation. Be willing to pause, take a deep breath, abandon your decision to worry, and be willing to place your faith and trust in God to ensure your happiness.

### **Divine Love will never decide against you**

God, being Divine Love, will never decide against you. If you choose to worry or expect a “less than desirable outcome” then Divine Love must wait to deliver “your happy plan” until you change your mind. As such, it is important to align with God’s Will for your happiness to ensure that your happiness is not delayed for any reason.

### **God’s home language is “happiness”**

I have found that the times my prayers have been answered most directly, have been when I asked for the highest and happiest outcome. With my choice for happiness, I was aligning my will with God’s and I was asking for what He was already giving me. This is clearly the path of least resistance and interference! **God’s home language is “happiness” and when you worry, fret, or fear that something bad might happen, you are speaking in a language that is unknown to God.** This focus on illusions (in the place of truth) will only delay your happiness.

If you are tempted to do this, remind yourself frequently that your decision to worry is an attempt to avoid or delay God’s Plan for your happiness, and then remind yourself to decide otherwise.

In Chapter 18, it says, “Happy dreams come true, not because they are dreams, but only because they are happy. And so they must be loving. Their message is, “Thy Will be done,” and not, “I want it otherwise.” ACIM Ch.8.V.4

### **God already knows all of the joyful desires of your heart**

You might be concerned that if you don’t say your prayers just right or if you don’t focus them in just the right way, then things will get off track. This is not the case. God already knows all of the joyful desires of your heart, even better than you do. You do not need a list, a visioning board, or a billboard to communicate with God. Communication with God is always through your heart, and your happiness is already assured, assuming you do not delay it by deciding against it.

### **Words are symbols, twice removed from reality**

In the ACIM Teachers’ Manual, it says, **“Strictly speaking, words play no part at all in healing. The motivating factor is prayer, or asking. What you ask for you receive.** But this refers to the prayer of the heart, not to the words you use in praying. Sometimes the words and the prayer are contradictory; sometimes they agree. It does not matter. **God does not understand words, for they were made by separated minds to keep them in the illusion of separation.** Words can be helpful, particularly for the beginner, in helping concentration and facilitating the exclusion, or at least the control, of extraneous thoughts. **Let us not forget, however, that words are but symbols of symbols. They are thus twice removed from reality.”** ACIM TM-21.1

Whenever you are tempted to worry or go into fear about anything, you can remind yourself of the following:

- *There is only one Divine Plan for my happiness.*
- *That Plan is already in action and it already includes me.*
- *God's Will is for my happiness and that I have everything.*
- *If I do not decide against His Plan, then everything will be happy according to His Will.*

### **God's Plan for your happiness will be perfectly accomplished**

In the Course, it says that **all you are asked to do is to accept your part in genuine humility and to not deny His Plan by thinking you are unworthy.** You will have the strength to do whatever your part is and the means will be given by which His Plan will be perfectly accomplished.

In ACIM Lesson 186, it says, "Let us not fight our function. We did not establish it. It is not our idea. The means are given us by which it will be perfectly accomplished. All that we are asked to do is to accept our part in genuine humility, and not deny with self-deceiving arrogance that we are worthy. What is given us to do, we have the strength to do. **Our minds are suited perfectly to take the part assigned to us by One Who knows us well.**" ACIM Lesson 186.2

### **Use your anxiety as a reminder to pause and re-align your will with God's**

Remind yourself frequently that any thought of worry or fear is a sign of your lack of trust. Do not judge yourself if or when this should occur, because seeing yourself as worthy of His Gifts is essential in receiving His Plan for your happiness. Use your feelings of anxiety to remind you to pause and re-align your will with God's; choosing only the highest and happiest outcome for all.

### **God is not willing that His Son (aka "you") be content with less than everything**

"There is no doubt about what your function is, for the Holy Spirit knows what it is. There is no doubt about its magnitude, for it reaches you through Him *from* Magnitude. You do not have to strive for it, because you have it. **All your striving must be directed against littleness, for it does require vigilance to protect your magnitude in this world. To hold your magnitude in perfect awareness in a world of littleness is a task the little cannot undertake.** Yet it is asked of you, in tribute to your magnitude and not your littleness. Nor is it asked of you alone. The power of God will support every effort you make on behalf of His dear Son. Search for the little, and you deny yourself His power. **God is not willing that His Son be content with less than everything. For He is not content without His Son, and His Son cannot be content with less than his Father has given him.**" ACIM Ch.15.III.4