



Miracles in Personal Coaching ©

DAY 81 – Fertility & Pregnancy

Key Topics:

- If I make no decisions for myself, this is the day that will be given me
- You are much too tolerant of mind wandering
- The correction of fear is your responsibility
- You are entrusted with the gifts of God
- The Answer to Prayer

If I make no decisions for myself, this is the day that will be given me

A Course in Miracles teaches that God's Will for you is perfect happiness and as long as you do not decide against it, this is what you will have. In Chapter 30 on "Rules for Decision Making", it suggests that throughout the day, you can tell yourself the kind of day you want, the feelings you would have, and the things you want to happen to you, and experience, and say, **"If I make no decisions by myself, this is the day that will be given me."** By deciding on your joyful idea first and then letting it be given to you, you will be able to be directed by the Holy Spirit without fear.

You are much too tolerant of mind wandering

This may seem simple enough, yet one of your biggest challenges is likely to be "mind wandering". **Without realizing it, you might be spending time thinking about what might go wrong or could go wrong, and if this is where you are focusing your attention, it is essential that you stop this as quickly as possible.** In Chapter 2, it says, **"You are much too tolerant of mind wandering, and are passively condoning your mind's miscreations."** ACIM Ch.2.VI.4.6 **Every time you focus on an outcome that you do not want, you are blocking or delaying the happy outcome that God Wills for you.** You cannot have what you want and what you do not want at the same time. As you focus on one, you forfeit your awareness of the other.

The correction of fear is your responsibility

The Course teaches that the correction of fear is your responsibility. God cannot take your fear from you because this would be a form of control and an attack on your mind, which He will never do, yet He can help you with the conditions that have brought your fear about. One of the ways to avoid the temptation to go into fear is to ask the Holy Spirit if your choice is in accord with His before making any decision. In Chapter 2, He says, **"Before you choose to do anything, ask me if your choice is in accord with mine. If you are sure that it is, there will be no fear."** ACIM Ch.2.VI.4.9

To help you with this, you can offer a prayer like this: *(modify the words as needed)*

Dear God (or Holy Spirit),

It is my desire to experience the joy of parenting by having a child. If it is Your Will for this to occur, I thank You in advance, for the highest, happiest, and most effortless experience possible. If there is any fear in my mind, I ask that You heal all the conditions that have brought this fear about. Thank You for arranging all of the details and resources for this beloved child, and for orchestrating the entire experience to ensure it is more remarkable, miraculous, and extraordinary than I ever imagined. I am willing to be guided by You in every decision I make to ensure that I am a wise, competent, capable, and loving parent in all respects. Thank You for deciding for me about everything. I choose to receive this blessing, wholeheartedly, without doubt, hesitation, or reservations, according to Your Will.

Thy Will be done.

Amen

You are entrusted with the gifts of God

The Course teaches that you are entrusted with the gifts of God and that God's trust in you is limitless. **He gives to you without exception and holds nothing back that can contribute to your happiness, and yet unless your will is one with His, His gifts are not received.** This is why it is essential that you do not decide against: yourself, your pregnancy, this process, your health, your ability to become pregnant or to carry the baby to full term, the health of your baby, your ability to parent, to provide, or any other instrumental part of God's Happy Plan for you and this blessed chapter of your life. The only one that can decide against you is you, and this will delay your happiness.

This is something you must be aware of so you will be vigilant in not investing even one moment of time towards fear, worry, anxiety, or anticipation of anything other than a joyful, happy, blessed, wonderful, and miraculous event that grows only happier over time. If you are used to worrying, this may seem challenging at first. You must understand that there is no good purpose for your worry. Every time you worry, you are "actively deciding against your happiness and a positive outcome". If you want a happy outcome, which God has already assured that you will have, then you must not decide against it with your thoughts. If you have even one reason why you should not or will not have a happy outcome, then your happy outcome will be delayed until you change your mind. There are no exceptions.

In ACIM Lesson 166, it says, "All things are given you. God's trust in you is limitless. He knows His Son. He gives without exception, holding nothing back that can contribute to your happiness. And yet, unless your will is one with His, His gifts are not received. But what would make you think there is another will than His?" ACIM Lesson 166.1

The Answer to Prayer

In Chapter 9, it says, **“Everyone who ever tried to use prayer to ask for something has experienced what appears to be failure... Let us suppose, then, that what you ask of the Holy Spirit is what you really want, but you are still afraid of it. Should this be the case, your attainment of it would no longer be what you want.”** Excerpts from ACIM Ch.9.II.2.1-2

If you pray for something, yet at some level, you do not want it, you are worried about it, or you are still afraid of it, then the answer to your prayer will seem to be delayed. God will never give you what you do not wholly want or what you are unwilling to have.

If you are having challenges in getting pregnant or in carrying your baby to full term, or some other complication, is helpful to search your mind for any thoughts you might have against the pregnancy. Be sure to be as honest with yourself as you can.

Here are a few examples:

I may not “wholly” want to be pregnant or have a baby because:

- *I don’t have enough time*
- *I may not be a good parent*
- *I don’t have enough income*
- *I am not capable of getting pregnant*
- *I am not healthy enough*
- *My partner is not capable of getting me pregnant*
- *The father is not present or capable of being a good father*
- *I don’t want to gain more weight*
- *I might miscarry*
- *I was too sick and nauseous the last time*
- *I don’t have a solid home for the baby*
- *I might screw it up*
- *I won’t know what to do*
- *I am not ready, etc.*

If you have even one reason (such as those outlined above) as to why you are not wholly wanting your pregnancy and the birth of this child, then God’s Plan for your happiness must wait until you are ready. If you truly want to have a joyful and happy pregnancy and childbirth, it is helpful to take a few minutes and go through your mind, asking yourself if you are deciding against this pregnancy on any level. Once you have a list of possible reasons, if any, you can do a prayer like this: *(modify the words as needed)*

Dear God,

It is my desire to become pregnant and to carry my baby to a happy, healthy, and full-term delivery. I have searched my mind for any fear thoughts that I might still be holding onto and I turn them all over to You now. I have no interest in holding any thoughts against myself, my pregnancy, my childbirth, or any other person. I am willing to have a happy, healthy, and positive experience from inception to delivery and beyond. Thank You for healing any part of my mind where I might have decided against myself, my pregnancy, my comfort, health, this birth, or my ability to parent. I accept Your Will for my happiness and I will not decide against You. I will borrow Your confidence that I will know what to do every step of the way because You are with me. My Inner Guide cannot fail. Thank You, in advance, that I will have everything I need for a happy and wonderful experience, according to Your Will. Thank You for the blessing of this child and the happy, loving home that You are assembling on his/her behalf. I accept only Your Divine Plan for our happiness and I let the rest go.

Thy Will be done.

Amen