



A Course in Miracles Mentoring ©

DAY 86 – Fear of Death & Dying

Key Topics:

- What is death?
- If you believe in death, it will be impossible to see God as loving
- Death is the symbol of the fear of God
- God did not create death or fear
- You are not a body
- Without the idea of death, there is no world
- Overcoming the false idea of death is no easy task
- Prayer – In life, we abide with You forever

What is Death?

If you have a fear of death, it will comfort you to know that, in truth, death is impossible.

God created only life and what God did not create is not real. You see death because you accepted the false idea that you could be separate from God which is not true, and now, in the place of everlasting life, you see and experience death which is its opposite. You see what you expect to see and you project what you believe to be true in the place of truth. In A Course in Miracles, it says **“Death is the central dream from which all illusions stem. Is it not madness to think of life as being born, aging, losing vitality, and dying in the end? We have asked this question before, but now we need to consider it more carefully. It is the one fixed, unchangeable belief of the world that all things in it are born only to die. This is regarded as "the way of nature," not to be raised to question, but to be accepted as the "natural" law of life. The cyclical, the changing and unsure; the undependable and the unsteady, waxing and waning in a certain way upon a certain path, – all this is taken as the Will of God. And no one asks if a benign Creator could will this.”** ACIM TM-27.1

If you believe in death, it will be impossible to see God as loving

The Course teaches that as you hold the fixed belief that death is real and unavoidable, it will be impossible to think of God as loving. In the place of truth, you will see God as fearful; a dominating force that holds your little life in His Hands, deciding whether or not you should live, or suffer, or die. In the Teachers Manual, it says, **“In this perception of the universe as God created it, it would be impossible to think of Him as loving. For who has decreed that all things pass away, ending in dust and disappointment and despair, can but be feared. He holds your little life in his hand but by a thread, ready to break it off without regret or care, perhaps today. Or if he waits, yet is the ending certain. Who loves such a god knows not of love, because he has denied that life is real. Death has become life's symbol. His world is now**

a battleground, where contradiction reigns and opposites make endless war. Where there is death is peace impossible.” ACIM TM-27.2

Death is the symbol of the fear of God

Death is the symbol of the fear of God. It is the ego's replacement for the light of truth and your right to eternal life. The false idea of death is ego's triumph in the dream. As you are willing to accept that death is possible, you delay the awareness of your loving Creator and your right to a light-filled, happy, and eternal life. You are not a body and God did not create you to suffer, wither, and die. You see and experience these conditions because you have accepted the impossible in the place of truth. The truth will be remembered once you are willing to question illusions, and instead, welcome the light of truth as it always was. The following paragraph from the ACIM Teachers' Manual is rather graphic, yet it represents the world you are projecting in the place of truth:

“Death is the symbol of the fear of God. His Love is blotted out in the idea, which holds it from awareness like a shield held up to obscure the sun. The grimness of the symbol is enough to show it cannot coexist with God. It holds an image of the Son of God in which he is "laid to rest" in devastation's arms, where worms wait to greet him and to last a little while by his destruction. Yet the worms as well are doomed to be destroyed as certainly. And so do all things live because of death. Devouring is nature's "law of life." God is insane, and fear alone is real.” ACIM TM-27.3

God did not create death or fear

At the end of the day, death and life cannot both be true. As you choose to accept one, you forfeit your awareness of the other. In the Course, it says, “If death is real for anything, there is no life. Death denies life. But if there is reality in life, death is denied. No compromise in this is possible. There is either a god of fear or One of Love. The world attempts a thousand compromises, and will attempt a thousand more. Not one can be acceptable to God's teachers, because not one could be acceptable to God. He did not make death because He did not make fear. Both are equally meaningless to Him.” ACIM TM-27.4

You are not a body

You are not a body and God did not create bodies, fear, or death. You are experiencing yourself as a separate, finite, physical body that is prone to illness and death, due to your belief that separation from God is possible. As a result of accepting what is not true, you are projecting the idea of a revengeful god and a separated world, filled with separated bodies.

“The ‘reality’ of death is firmly rooted in the belief that God's Son is a body. And if God created bodies, death would indeed be real. But God would not be loving. There is no point at which the contrast between the perception of the real world and that of the world of illusions becomes more sharply evident. Death is indeed the death of God, if He is Love. And now His Own creation must stand in fear of Him. He is not Father, but destroyer. He is not Creator, but avenger. Terrible His Thoughts and fearful His image. To look on His creations is to die.” ACIM TM-27.5

Without the idea of death, there is no world

Death is not something to be feared. It is something to be questioned and seen as impossible. Apparently this is something that Jesus knew well and with His certainty, He was able to raise the dead. What God created to have eternal life cannot die. To accept death is to deny your True Identity, your Creator, and your right to eternal life. In the Teachers Manual, it says,

“In death, illusions are born, and in life, illusions will disappear. This means that the last misperception to be overcome will be death. Without the idea of death there is no world.

All dreams will end with this one. This is salvation's final goal; the end of all illusions. And in death are all illusions born. What can be born of death and still have life? But what is born of God and still can die? The inconsistencies, the compromises and the rituals the world fosters in its vain attempts to cling to death and yet to think love real are mindless magic, ineffectual and meaningless. God is, and in Him all created things must be eternal. Do you not see that otherwise He has an opposite, and fear would be as real as love?” ACIM TM-27.6

Overcoming the false idea of death is no easy task

Overcoming the false idea of death is no easy task, as you have been taught to believe in, expect, and even anticipate death your entire life. With your willingness to fear death, you are reinforcing your belief in what is not true and this misperception is delaying the awareness of your ever-expanding and eternal happiness. Fortunately, the Holy Spirit, your Teacher of Peace is eager and available to assist you at your slightest invitation. The Course offers this suggestion on the topic of death to those who would stand up for what is true:

“Teacher of God, your one assignment could be stated thus: Accept no compromise in which death plays a part. Do not believe in cruelty, nor let attack conceal the truth from you. What seems to die has but been misperceived and carried to illusion.” ACIM TM-27.7

If you put this assignment into practice, it means that whenever you see death or cruelty in any form, it is important to pause, turn inward, and declare to yourself, **“God did not create death or cruelty. I want the truth instead of this.”** With this simple response, you are declaring that illusions are false and you are making room for the truth to be restored to your mind. With your willingness, combined with the immense power of God, all things are possible.

Prayer – In life, we abide with You forever

“Our Father, bless our eyes today. We are Your messengers, and we would look upon the glorious reflection of Your Love which shines in everything. We live and move in You alone. We are not separate from Your eternal life. There is no death, for death is not Your Will. And we abide where You have placed us, in the life we share with You and with all living things, to be like You and part of You forever. We accept Your Thoughts as ours, and our will is one with Yours eternally. Amen ACIM Lesson 163.9