



Miracles in Personal Coaching ©

DAY 86 – Fear of Death & Dying

Key Topics:

- Death has many forms
- You project what you believe and you see what you project
- The idea of death is preposterous
- If you knew the meaning of God's Love, despair would be impossible
- Releasing from the body is a liberating and happy experience
- If you understood what is waiting for you, you would never again be afraid
- God remains entirely accessible
- The memory of God returns to an unclouded mind
- Today, we ask of God the gift He has preserved within our hearts
- Our faith lies in the Giver

Death has many forms

In A Course in Miracles it says that death has many forms that are often unrecognized, such as: sadness, fear, anxiety, doubt, anger, envy, etc., and all of these are forms of death because they represent a wish to be as you are not. Your ego convinces you that death is the one and only thing in life that can be surely counted on. The Course says further that when your body is laid to rest, your epitaph should read, "Here lies a witness God is dead." However grim this may sound, this is the pitiful offering of the ego and if you accept it as the truth, the truth of your eternal life and the blessings God has given you will remain unknown to you.

You project what you believe and you see what you project

You see death around you because you believe you are a body, separate from God, and it is your belief that bodies must die. You project what you believe and you see what you project. In truth, you are infinite Spirit; free of all limits, safe, healed, whole, and blessed with eternal happiness. You are not aware of this now because you have accepted a false image of yourself in the place of truth. God did not create you to suffer, wither, or die. In ACIM Lesson 163, it says, **"It is impossible to worship death in any form, and still select a few you would not cherish and would yet avoid, while still believing in the rest. For death is total. Either all things die, or else they live and cannot die. No compromise is possible.** For here again we see an obvious position, which we must accept if we be sane; what contradicts one thought entirely cannot be true, unless its opposite is proven false." ACIM Lesson 163.6

The idea of death is preposterous

The Course teaches that you frequently question God, yet you rarely question illusions. If you

did question the illusion of death, you would ultimately see **“The idea of the death of God is so preposterous that even the insane have difficulty in believing it. For it implies that God was once alive and somehow perished; killed, apparently, by those who did not want Him to survive. Their stronger will could triumph over His, and so eternal life gave way to death. And with the Father died the Son as well.”** ACIM Lesson 163.7

If you knew the meaning of God’s Love, despair would be impossible

While you entertain the fear of death, your ego is triumphant and your divine inheritance remains unclaimed. As you focus on what is not true, you are denying the awareness of what is true. With the help of the Holy Spirit, your Teacher of Peace, all of this will be healed and undone, and the truth will be restored to your mind. In Lesson 168, it says, **“If you but knew the meaning of His Love, hope and despair would be impossible. For hope would be forever satisfied; despair of any kind unthinkable. His grace His answer is to all despair, for in it lies remembrance of His Love. Would He not gladly give the means by which His Will is recognized? His grace is yours by your acknowledgment. And memory of Him awakens in the mind that asks the means of Him whereby its sleep is done.”** ACIM Lesson 168.2

Releasing from the body is a liberating and happy experience

If you have ever had the experience of leaving your body, even for an instant, you will quickly realize that the body is not who you are. This has happened for me only a handful of times, yet once was enough to prove that the finite, limited body is the form and not the content. once you experience leaving your body behind, your fear will leave as well, for you will never again be afraid of losing your body. Releasing from the limitations of the body is a liberating, wonderful, and happy experience, and experiencing your free and limitless self is no less than exhilarating and miraculous! It is also something you will long to return after having that experience.

If you understood what is waiting for you, you would never again be afraid

You might have heard of the hundreds or perhaps thousands of accounts of those who have left their bodies behind through “near-death” or other experiences, and each and every time, they report a feeling of freedom, an outpouring of love, a continuation of life, and a brilliant white light that greets them. If you understood that this is waiting for you, you would never again be afraid of death, yet if you try to rush this experience, you will not be fully prepared for it. The important thing is to let the Holy Spirit heal all the misperceptions in your mind, according to His Perfect Plan and in His Perfect Timing, and then you will be able to receive all of the blessings you are entitled to.

God remains entirely accessible

In ACIM Lesson 168, it says, “God speaks to us. Shall we not speak to Him? He is not distant. He makes no attempt to hide from us. We try to hide from Him, and suffer from deception. He remains entirely accessible. He loves His Son. There is no certainty but this, yet this suffices. He will love His Son forever. When his mind remains asleep, He loves him still. And when his mind awakes, He loves him with a never-changing Love.” ACIM Lesson 168.1

The memory of God returns to an unclouded mind

Instead of focusing on death, lack, sorrow, suffering, and other misperceptions orchestrated by your ego, you can focus on life, the greatness of God's Love, and the limitless blessings you are entitled to. By focusing on the truth, the truth will be revealed to you. If you want to remember God and the freedom and happiness you are entitled to, the Course teaches that you can ask for the means. Your part is to let forgiveness rest on everyone and everything, and Vision will come first and knowledge an instant later. In Lesson 168, it says, **"God loves His Son. Request Him now to give the means by which this world will disappear, and vision first will come, with knowledge but an instant later. For in grace you see a light that covers all the world in love, and watch fear disappear from every face as hearts rise up and claim the light as theirs. What now remains that Heaven be delayed an instant longer? What is still undone when your forgiveness rests on everything?"** ACIM Lesson 168.4

Today, we ask of God the gift He has preserved within our hearts

I like knowing that God preserves the truth of who we are, even when we forget or decide against ourselves. The Course teaches that He will sweep away all cobwebs of our sleep and restore all memories our sleeping mind forgot. In Lesson 168, it says **"Today we ask of God the gift He has most carefully preserved within our hearts, waiting to be acknowledged. This the gift by which God leans to us and lifts us up, taking salvation's final step Himself. All steps but this we learn, instructed by His Voice. But finally He comes Himself, and takes us in His Arms and sweeps away the cobwebs of our sleep. His gift of grace is more than just an answer. It restores all memories the sleeping mind forgot; all certainty of what Love's meaning is."**

ACIM Lesson 168.3

Our faith lies in the Giver

Today, I ask that you borrow my certainty that there is no need to fear death. Ask God for the means to understand this for yourself and open your mind to receiving His Answer without resistance. **"It is a new and holy day today, for we receive what has been given us. Our faith lies in the Giver, not our own acceptance. We acknowledge our mistakes, but He to Whom all error is unknown is yet the One Who answers our mistakes by giving us the means to lay them down, and rise to Him in gratitude and love."** ACIM Lesson 168.5

*"And He descends to meet us, as we come to Him. For what He has prepared for us He gives and we receive. Such is His Will, because He loves His Son. To Him we pray today, returning but the word He gave to us through His Own Voice, His Word, His Love: *Your grace is given me. I claim it now. Father, I come to You. And You will come to me who ask. I am the Son You love.*"*

ACIM Lesson 168.6

There is no death. The Son of God is free.

"There is no death, and we renounce it now in every form, for their salvation and our own as well. God made not death. Whatever form it takes must therefore be illusion. This the stand we take today. And it is given us to look past death, and see the life beyond." ACIM Lesson 163.8