



A Course in Miracles Mentoring ©

DAY 87 – Life Review & Regrets

Key Topics:

- Only love is real
- You see the world you value – Across the bridge it is so different!
- The body is a means of communication
- You have paid dearly for your illusions
- Your daytime dreams and nighttime dreams are the same
- You do not realize the magnitude of your one error (i.e., your belief in “separation”)
- Reality looks nothing like the world you see
- Your daytime dreams and nighttime dreams are the same
- What if you realized it is only a dream?
- There is no need for guilt or regrets – Let them all go!
- There are no substitutes for your perfect love
- Heaven is restored to all the Sonship through your relationship

Only love is real

As you look back on your life, A Course in Miracles teaches that the only thing that is real is the love you gave and the love you received. In Chapter 17, it says, **“To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you. All the rest must be forgotten.”** ACIM Ch.17.III.1 You might wonder why the past must be forgotten. It is because the shadows of the past, even those that are positive, are keeping you asleep and dreaming. As you let your illusions go, this does not mean that you will lose anything because with God there is only gain and since you are able to keep all the love that was given and received, loss is literally impossible.

You see the world you value – Across the bridge it is so different!

In the world of dreams (i.e., illusions), you are convinced that you are a separated, finite, physical body; prone to illness, suffering, lack, and death, and because you believe this is true, you are projecting this false idea in the place of the truth. You dream of separation, while in truth you are one with God, forever safe, healed, and whole. You are not aware of the truth of your reality because you are focused on what you are not. Truth and illusions are irreconcilable and as you accept one, you forfeit your awareness of the other. In Chapter 16, it says, **“You see the world you value. On this side of the bridge you see the world of separate bodies, seeking to join each other in separate unions and to become one by losing... Across the bridge it is so different!** For a time the body is still seen, but not exclusively, as it is seen here. The little spark that holds the Great Rays within it is also visible, and this spark cannot be limited long to

littleness. Once you have crossed the bridge, the value of the body is so diminished in your sight that you will see no need at all to magnify it. For you will realize that the only value the body has is to enable you to bring your brothers to the bridge with you, and to be released together there.” ACIM Ch.16.VI.5.1-2, 6

The body is a means of communication

To the ego, the body is your identity and your entire sense of self-worth depends on how the body looks, what the body does, and the goals it would achieve. To Holy Spirit, the body is a means of communication. The ego separates through the body and the Holy Spirit reaches through it to others. In Chapter 8, it says, “Remember that the Holy Spirit interprets the body only as a means of communication. Being the Communication Link between God and His separated Sons, the Holy Spirit interprets everything you have made in the light of what He is. **The ego separates through the body. The Holy Spirit reaches through it to others. You do not perceive your brothers as the Holy Spirit does, because you do not regard bodies solely as a means of joining minds and uniting them with yours and mine. This interpretation of the body will change your mind entirely about its value. Of itself it has none.**” ACIM Ch.8.VII.2

You have paid dearly for your illusions

As you review your life, you might remember good times, bad times, times you were confused, sad, angry, hurt, shocked, devastated, surprised, and more. In Chapter 19, it says, “**You have paid very dearly for your illusions, and nothing you have paid for brought you peace. Are you not glad that Heaven cannot be sacrificed, and sacrifice cannot be asked of you? There is no obstacle that you can place before our union, for in your holy relationship I am there already. We will surmount all obstacles together, for we stand within the gates and not outside. How easily the gates are opened from within, to let peace through to bless the tired world! Can it be difficult for us to walk past barriers together, when you have joined the limitless?**” ACIM Ch.19.IV.B.5.1-6

You do not realize the magnitude of your one error (i.e., your belief in “separation”)

A Course in Miracles teaches that your belief in separation (which is not true) is costing you everything because it is blocking your Vision of your True Self, the Real World, and the great happiness and abundance that God Wills for you. You might read this or hear it again and again, yet you do not understand the significance of this one error and the necessity for it to be healed and undone in your mind. In Chapter 18, it says, “**That one error, which brought truth to illusion, infinity to time, and life to death, was all you ever made. Your whole world rests upon it. Everything you see reflects it, and every special relationship that you have ever made is part of it.**” ACIM Ch.18.I.4.4-6

Reality looks nothing like the world you see

The life you have lived and the memories you have now are nothing compared to the truth of your reality, and as you awaken, you will have the joy of keeping all the love you have given and received since time began. This is because the love you have shared with others has always been given to yourself. There is only “one” of us here. The Course teaches that although you

made up an entire world to replace what God has given you, this is nothing to feel guilty about or be afraid of. The world you made up does not exist. By imagining a world where you are separate from God, separate from others, vulnerable, and powerless, you have done nothing other than delay your awareness of God's Eternal Love for you and the joy, happiness, peace, and abundance that you are entitled to. As such, it is wise to abandon any guilt or fear and reclaim the truth of your reality as quickly as possible. Heaven is incomplete without you and your awareness of God's Infinite Love for you.

In Chapter 18, it says, **“You may be surprised to hear how very different is reality from what you see. You do not realize the magnitude of that one error. It was so vast and so completely incredible that from it a world of total unreality *had* to emerge... That was the first projection of error outward. The world arose to hide it, and became the screen on which it was projected and drawn between you and the truth. For truth extends inward, where the idea of loss is meaningless and only increase is conceivable... Call it not sin but madness, for such it was and so it still remains. Invest it not with guilt, for guilt implies it was accomplished in reality. And above all, *be not afraid of it.*”** ACIM Ch.18.I.5-6

Your daytime dreams and nighttime dreams are the same

The whole concept of dreams, illusions, and a made-up world may be hard to comprehend, yet I like to compare this to the dreams we have at night. If I have an unsettling dream or a nightmare, I am always happy to wake up and realize that what I dreamed during the night is not so. In our nighttime dreams, we create an alternate universe filled with people, places, storylines, events, and other details. While we sleep, we engage the universe we created in our dreams and we do not realize we are dreaming. For me, it makes sense that our daytime dreams are the same as our nighttime dreams. The only difference is that our daytime dreams are more frequent; thus strengthening our interest, commitment, and desire to engage them.

What if you realized it is only a dream?

What if you realized that everything that has happened to you (and others) in your life is the result of your “made-up” reality in the place of the truth? God did not create pain, loss, lack, hurt, sadness, despair, misery, illness, conflict, or darkness of any kind. The truth of your reality is waiting only for your acceptance. Can you imagine waking up from your daytime dreams (no matter how complex, challenging, hurtful, or turbulent they seem to be) and realize that you were only dreaming? How would you feel then? Would you still have regrets? Would you still feel guilty? Would you still need an apology from those who seemed to hurt you in the dream? What if you woke up to a Heavenly state of mind where you have everything, you are happy, fulfilled, joyful, everyone is at peace, and there is nothing lacking or missing? Perhaps your every regret would fall away and disappear into happy laughter. A Course in Miracles teaches that this day will come and you will be so relieved that your dreams are gone, you are home, and Heaven will gratefully acknowledge you to be its own.

There is no need for guilt or regrets – Let them all go!

“Let them all go, dancing in the wind, dipping and turning till they disappear from sight, far, far

outside of you. And turn you to the stately calm within, where in holy stillness dwells the living God you never left, and Who never left you. The Holy Spirit takes you gently by the hand, and retraces with you your mad journey outside yourself, leading you gently back to the truth and safety within. He brings all your insane projections and the wild substitutions that you have placed outside you to the truth. Thus He reverses the course of insanity and restores you to reason.” ACIM Ch.18.I.8

There are no substitutes for your perfect love

Perhaps instead of focusing on your regrets in life (which will prove to be pointless once you wake up from this dream) you can focus instead on the light and truth of those you have seen as guilty, deficient, weak, hurtful, mean, controlling, dishonest, manipulative, and/or less than whole. These are the ones that are showing you your remaining unhealed beliefs, and if you are willing to love and forgive them, then the Holy Spirit will accomplish the healing for you and help you to awaken from all dreams and sorrow of any kind.

“In your relationship with your brother, where He has taken charge of everything at your request, He has set the course inward to the truth you share. In the mad world outside you nothing can be shared but only substituted, and sharing and substituting have nothing in common in reality. Within yourself you love your brother with a perfect love. Here is holy ground, in which no substitution can enter, and where only the truth in your brother can abide. Here you are joined in God, as much together as you are with Him. The original error has not entered here, nor ever will. Here is the radiant truth, to which the Holy Spirit has committed your relationship. Let Him bring it here, where you would have it be. Give Him but a little faith in your brother, to help Him show you that no substitute you made for Heaven can keep you from it.” ACIM Ch.18.I.9

Heaven is restored to all the Sonship through your relationship

Heaven is restored to your mind through your willingness to see the Light of Christ within every person, regardless of their habits, patterns, appearance, words, or behaviors. In Chapter 18, it says, “Heaven is restored to all the Sonship through your relationship, for in it lies the Sonship, whole and beautiful, safe in your love. Heaven has entered quietly, for all illusions have been gently brought unto the truth in you, and love has shined upon you, blessing your relationship with truth. God and His whole creation have entered it together. How lovely and how holy is your relationship, with the truth shining upon it! Heaven beholds it, and rejoices that you have let it come to you. And God Himself is glad that your relationship is as it was created. The universe within you stands with you, together with your brother. And Heaven looks with love on what is joined in it, along with its Creator.” ACIM Ch.18.I.11 **“You have been called, together with your brother, to the most holy function this world contains. It is the only one that has no limits, and reaches out to every broken fragment of the Sonship with healing and uniting comfort. This is offered you, in your holy relationship. Accept it here, and you will give as you have accepted. The peace of God is given you with the glowing purpose in which you join with your brother. The holy light that brought you and him together must extend, as you accepted it.”** ACIM Ch.18.I.13