



A Course in Miracles Mentoring ©

DAY 88 – I AM HAPPY & GRATEFUL

Key Topics:

- Happiness is a state of being and result of accepting your True Identity
- Your false image of yourself is blocking happiness from your awareness
- The Happy Learner
- God cannot give you what you are unwilling to have
- Your faith in nothing is deceiving you
- You will remember the truth as you teach it to others
- The heavy chains of despair disappear in the light of truth
- Give everything you have learned to the Holy Spirit to be unlearned for you
- The quickest way to happiness

Happiness is a state of being and result of accepting your True Identity

Happiness is a state of being and does not depend on outside circumstances or conditions, nor is it not something to be stock-piled or sought after. It is the natural result of accepting your True Identity as the Holy Child of God; a gift of love from your Heavenly Creator and the divine consequence of who and what you are. If you are not happy, it is because you have lost sight of your True Self, and once this is reclaimed, your happiness will return to be as it always was.

Your false image of yourself is blocking happiness from your awareness

God created you as whole, complete, safe, loved, and provided for, infinitely and eternally, and it is His Will that you are happy and have everything. Somewhere in time, you accepted a false image of yourself in the place of truth, and this is blocking the truth, along with your happiness, from your awareness.

The Happy Learner

A Course in Miracles teaches that the Holy Spirit needs you to be a happy learner in order for His mission to be accomplished. His mission is to lead you back to the awareness of your True Self and to free you from the misery, lack, pain, and frustration you have grown accustomed to. If you are waiting to be happy until after you feel happy, then you will delay your experience of happiness. In order to have lasting happiness, you must first claim your True Self because the state of happiness and your True Identity are one and the same. By choosing to be happy, even when you feel there is nothing to be happy about, you open your mind to healing by the Holy Spirit. This is because your choice to be happy, in the midst of illusions, is a direct invitation for the Holy Spirit to restore the light of truth to your mind. If you are committed to misery, pain, or suffering on any level, then Holy Spirit must wait to intervene until you change your mind.

Every time you choose to be happy, regardless of your circumstances, you are declaring your choice for happiness, and this is a necessary condition for Holy Spirit to accomplish the healing for you. It is much like choosing happiness from a menu before it can be brought to you, or plotting the destination for a ship prior to its journey.

In Chapter 14, it says, “The Holy Spirit needs a happy learner, in whom His mission can be happily accomplished. You who are steadfastly devoted to misery must first recognize that you are miserable and not happy. The Holy Spirit cannot teach without this contrast, for you believe that misery *is* happiness.” ACIM Ch.14.II.1.1-3

God cannot give you what you are unwilling to have

If you are spending time in worry, fear, depression, anxiety, or some other negative emotion, this means that you have accepted a false image of yourself in the place of truth, and your natural state of happiness is now unknown to you. In this situation, the Holy Spirit must wait to intervene on your behalf until you make another happier choice. The Holy Spirit cannot intervene for you without your invitation because God cannot give you what you are unwilling to have. God, being pure love, will never invade, manipulate, control, or impose on you, yet the Holy Spirit will respond to your slightest invitation.

Your faith in nothing is deceiving you

You might believe that you lack faith or you don’t have what it takes to be happy. This is not so. The Course teaches that you always have faith, yet you are placing your faith in illusions, which ultimately, is placing your faith in nothing at all. By believing that you are unloved, inadequate, powerless, or unimportant, you are believing in illusions and this is the same as placing your faith in nothing. If you will offer your faith to the Holy Spirit, your Teacher of Peace, He will place it gently in the holy place where it belongs and you will find and understand the truth.

In Chapter 14, it says, “All this the Holy Spirit sees, and teaches, simply, that all this is not true. To those unhappy learners who would teach themselves nothing, and delude themselves into believing that it is not nothing, the Holy Spirit says, with steadfast quietness: The truth is true. Nothing else matters, nothing else is real, and everything beside it is not there. Let Me make the one distinction for you that you cannot make, but need to learn. **Your faith in nothing is deceiving you. Offer your faith to Me, and I will place it gently in the holy place where it belongs. You will find no deception there, but only the simple truth. And you will love it because you will understand it.**” ACIM Ch.14.II.3

You will remember the truth as you teach it to others

Every time you commit yourself to happiness, regardless of your external conditions, you are teaching the truth to others, and by teaching it to them, you will learn it and bring it back to your mind. It is as if you have placed your hand over your eyes and you think the light went out. The light has never gone out, and every time you choose to be happy in the midst of the seeming darkness, you are declaring your preference of truth instead of illusions.

In Chapter 14, it says, “When you teach anyone that truth is true, you learn it with him. And so you learn that what seemed hardest was the easiest. Learn to be a happy learner. You will never learn how to make nothing everything. Yet see that this has been your goal, and recognize how foolish it has been. Be glad it is undone, for when you look at it in simple honesty, it *is* undone. **I said before, ‘Be not content with nothing,’ for you have believed that nothing could content you. It is not so.**” ACIM Ch.14.II.5

The heavy chains of despair disappear in the light of truth

After working with thousands of clients and watching in awe as their burdens, guilt, and heavy chains of emotional and physical pain were released, it has become clear to me that suffering is an election. Suffering is chosen (without realizing it) and it can just as easily be released and undone with the loving help of the Holy Spirit. When you are suffering, it is hard to imagine or accept that you have chosen it. It seems more likely that suffering has chosen you. It is not up to you to heal yourself, yet it is up to you to recognize that suffering is an election by you, and once this is accepted, it can be undone with the help of your Teacher of Peace.

In Chapter 14, it says, “Like you, the Holy Spirit did not make truth. Like God, He knows it to be true. He brings the light of truth into the darkness, and lets it shine on you. And as it shines your brothers see it, and realizing that this light is not what you have made, they see in you more than you see. They will be happy learners of the lesson this light brings to them, because it teaches them release from nothing and from all the works of nothing. **The heavy chains that seem to bind them to despair they do not see as nothing, until you bring the light to them. And then they see the chains have disappeared, and so they *must* have been nothing. And you will see it with them. Because you taught them gladness and release, they will become your teachers in release and gladness.**” ACIM Ch.14.II.4

Give everything you have learned to the Holy Spirit to be unlearned for you

The Course teaches that you must forget everything you taught yourself for you were badly taught. This may seem insulting at first, yet it is insulting only to the ego. Once you understand that this is the truth, you will want to unlearn what you have taught yourself as quickly as possible. By “unlearning” the false ideas of separation, suffering, misery, pain, lack, loneliness, illness, and death under the guidance of the Holy Spirit, the truth will be restored to your mind and happiness will return as the natural expression of who you are. It will be like the light of the sun shining down and through the darkened clouds, where ultimately, all darkness disappears. Your state of gratitude will be beyond measure as you remember what you have long forgotten.

In Chapter 14, it says, “If you would be a happy learner, you must give everything you have learned to the Holy Spirit, to be unlearned for you. And then begin to learn the joyous lessons that come quickly on the firm foundation that truth is true. For what is builded there *is* true, and built on truth. The universe of learning will open up before you in all its gracious simplicity. With truth before you, you will not look back.” ACIM Ch.14.II.6

The quickest way to happiness

The quickest way to remember your True Self and reclaim your natural state of happiness is to see only the light and truth in others, regardless of their words, actions, or behaviors. Other people are mirroring your “unhealed beliefs” back to you, and with your determination to forgive them and see only the light of Christ in each one of them, regardless of their actions or appearance, you are dismissing your unhealed beliefs – one by one. With every decision to claim the light of truth in the place of illusions, you are inviting the Holy Spirit to intervene on your behalf and to heal your mind for you.

“Behold your brothers in their freedom, and learn of them how to be free of darkness. The light in you will waken them, and they will not leave you asleep. The vision of Christ is given the very instant that it is perceived. Where everything is clear, it is all holy. The quietness of its simplicity is so compelling that you will realize it is impossible to deny the simple truth. For there is nothing else. God is everywhere, and His Son is in Him with everything.” ACIM Ch.14.II.8