



Miracles in Personal Coaching ©

DAY 88 – I AM HAPPY & GRATEFUL

Key Topics:

- How to be happy in a “happy-less” world
- God has never let you down
- Fake it ‘til you make it
- How to get to the happy outcome
- Happiness is delayed when you attack anyone for anything
- The power of decision is all that is yours

How to be happy in a “happy-less” world

Happiness is a choice and underneath your decision to be happy or not, you will find whether you are committed to truth or illusions. Some people ask me how I can be so calm, peaceful, and even happy in challenging situations. This is because, at a deep level, I trust that God is handling everything on my behalf and also for those around me. This kind of trust is developed with practice and is reinforced every time a peaceful outcome is reached through prayer. Fortunately, I have experienced numerous miracles through prayer and my trust is deepening every day. Every time you choose to be happy, regardless of your situation, you are inviting the Holy Spirit to intervene on your behalf. The choice to be happy is almost like a “secret handshake” that calls on the Holy Spirit to act on your behalf and to handle the situation for you.

Here’s an Example

Let’s say that you just found out that you are going to be laid off from your job and you have no idea how you are going to pay your expenses going forward. You have two choices:

1. You can launch into worry, fear, and despair about what to do and how to move forward, or
2. You can choose to be happy and trust that God loves you and know that His Love will ensure that no harm or loss can ever come to you

Important: The choice you make will indicate whether you are committed to truth or illusions, and will also determine the outcome to your situation. This is because you project what you believe to be true, whether it is positive or negative. Once your beliefs are healed and undone by Holy Spirit, projection will no longer be an issue.

God has never let you down

I realize that placing your faith in God is hard to do when you feel that God has let you down in the past. I ask that you consider that God has never let you down. You have let yourself down (without realizing it) by choosing to deny your True Self in favor of what is not true. In the place of truth and your right to happiness and abundance, you have chosen to see yourself as separate, inadequate, unlovable, lacking, and/or powerless. Your investment in what is not true is costing you the awareness of everything God has given you and all that is naturally and rightfully yours. It is similar to being born into a very rich and happy family, yet you are in denial of your own identity. All of this can be remedied with the help of the Holy Spirit, as this is His Function, as given by God, Himself. Once you reclaim your true identity, you will remember the Love of God and all the happiness that He Wills for you since time began.

Fake it 'til you make it

Have you ever heard the term “fake it ‘til you make it”? In this context, it means that you can choose happiness every day and in every way, until you actually feel happiness from the inside out. This does not mean that you should deny or repress your sadness, hurt, pain, or other negative feelings. If you have those feelings now, it is essential to turn inward and ask for help from Holy Spirit in understanding what is driving them so you can let them go. You can also make use of the 100's of EFT Cards and other healing tools in this program to release and move beyond the pain. Yes, you can choose to be happy and do the deeper inner work at the same time. You will be surprised at what you can do when you understand what the rewards are. If you knew the complete happiness, love, peace, joy, and abundance is waiting for you, and all it takes is your willingness to be happy and take a look at what is blocking you from the truth, then you would give it all you have got. I have had a few people say to me, I don't have time for this program. They obviously do not understand the significance of what is at stake. Until you reject illusions, forgive others for mirroring your beliefs back to you, and harness your ego, you will not know the complete happiness, abundance, and bliss that God created for you. Once you understand this, you will use time on behalf of your release instead of bondage.

How to get to the happy outcome

In the example above, if you wanted to follow Option #2, it would look something like this: The moment you hear the news of your upcoming layoff or as soon as you think of it, **forgive everyone in the situation, and say to yourself, “God is Love and Love will never let any harm or loss come to me. I place my future in the Hands of God where I am forever safe, loved, and provided for. I am one with everyone and one with God. Separation is not real. I make a reservation for a peaceful and happy outcome for everyone involved. Thy Will be done. Amen.”**

You may not believe this to be true at this point, yet you are choosing wisely and your Teacher of Peace will take it from here. **Your part is the decision and not the correction. The healing cannot be wholly accomplished on your behalf until this is what you wholly want. So, even though you may not believe in what you have asked for, you asked for it anyway, and this is**

an indicator that you really do want it. This is the magical place where the Holy Spirit is invited to intervene, and this will ensure a happy and positive outcome on your behalf. It cannot happen otherwise and/or without your invitation. Divine Love will never decide against you or offer you what you are unwilling to have.

Happiness is delayed when you attack anyone for anything

It is important to remember that truth and illusions are mutually exclusive. This means that they are completely different and are irreconcilable. It is almost like two different worlds that never share the same space, though one of them is not real. If you dabble in illusions, even a little bit, then the truth will remain obscure to you (i.e., hidden from your view). The Course says **“Do not forget that sacrifice is total. There are no half sacrifices. You cannot give up Heaven partially. You cannot be a little bit in hell. The Word of God has no exceptions.** It is this that makes it holy and beyond the world. It is its holiness that points to God. It is its holiness that makes you safe. **It is denied if you attack any brother for anything. For it is here the split with God occurs. A split that is impossible. A split that cannot happen. Yet a split in which you surely will believe, because you have set up a situation that is impossible. And in this situation the impossible can seem to happen. It seems to happen at the "sacrifice" of truth.”** ACIM TM-13.7

You are not required to be without fear, yet you are asked to have no fear thoughts or judgments that you would keep. This is possible to do and must be done if you want to be truly happy. It is OK if your knees are knocking and your hands are shaking, as long as you are still willing to let Holy Spirit guide you to safety. Your safety does not depend on you. It depends on Him and His success is guaranteed by God, Himself. Your part is to be willing to trust Him enough to take His Hand and let Him lead you out of all illusions. In gratitude, you will never look back. You can add in this prayer for yourself:

Dear God,

Thank You that my happiness does not depend on me. In gratitude, I accept Your Plan for my happiness as my only plan. I am grateful that I am not required to be without fear. I am asked only to let You “decide for me” to ensure my peace and happiness, and I am more than willing to do this. Today, I rest in Your Certainty that I have nothing to fear, and I accept that happiness is my eternal right as Your Holy Child. Thank You, in advance, for extraordinary miracles, happiness beyond measure, and the enormous abundance that comes not of me. I choose truth instead of illusions, and happiness and abundance instead of pain, lack, and sorrow. I am as You created me; forever blessed, healed, happy, and whole, now and forever. I will remind myself that You are Pure Love, and in Your Love, no harm, loss, lack, or darkness can ever come to me. Thy Will be done.

Amen

Decide for God, and everything is given you at no cost

The first time I read the following paragraph, it seemed like an inspiring quote, yet I had no idea

of the truth that it contained. Since that time, I have been shocked, amazed, and blessed, time after time, when things I needed or wanted have come to me at no cost. Prior to my study of A Course in Miracles, it seemed that everything had a price tag and the price was always more than I could pay. As you practice these principles with sincere desire, you will watch in amazement as things begin to come to you at no cost. It is extraordinary and miraculous, and just one of the many perks and benefits of remembering the Love of God and the truth of who you are.

“Teacher of God, do not forget the meaning of sacrifice, and remember what each decision you make must mean in terms of cost. Decide for God, and everything is given you at no cost at all. Decide against Him, and you choose nothing, at the expense of the awareness of everything.” ACIM TM-13.8.1-3

The power of decision is all that is yours

“Each day, each hour and minute, even each second, you are deciding between the crucifixion and the resurrection; between the ego and the Holy Spirit. The ego is the choice for guilt; the Holy Spirit the choice for guiltlessness. **The power of decision is all that is yours. What you can decide between is fixed, because there are no alternatives except truth and illusion. And there is no overlap between them, because they are opposites which cannot be reconciled and cannot both be true. You are guilty or guiltless, bound or free, unhappy or happy.**”

ACIM Ch.14.III.4.

“Let Him, therefore, be the only Guide that you would follow to salvation. He knows the way, and leads you gladly on it. With Him you will not fail to learn that what God wills for you is your will. Without His guidance you will think you know alone, and will decide against your peace as surely as you decided that salvation lay in you alone. Salvation is of Him to Whom God gave it for you. He has not forgotten it. Forget Him not and He will make every decision for you, for your salvation and the peace of God in you.” ACIM Ch.14.III.14

Say to the Holy Spirit only, **“Decide for me,”** and it is done. **For His decisions are reflections of what God knows about you, and in this light, error of any kind becomes impossible.** Why would you struggle so frantically to anticipate all you cannot know, when all knowledge lies behind every decision the Holy Spirit makes for you? Learn of His wisdom and His Love, and teach His answer to everyone who struggles in the dark. For you decide for them and for yourself.” ACIM Ch.14.III.16

“Whenever you are in doubt what you should do, think of His Presence in you, and tell yourself this, and only this: He leadeth me and knows the way, which I know not. Yet He will never keep from me what He would have me learn. And so I trust Him to communicate to me all that He knows for me. Then let Him teach you quietly how to perceive your guiltlessness, which is already there.” ACIM Ch.14.III.19