



A Course in Miracles Mentoring ©

DAY 89 – I AM POWERFUL & FREE

Key Topics:

- All misery comes from the strange belief that you are powerless
- Ego needs a target in order to place blame
- The last unanswered question
- Why is the final question so important?
- Happiness is constant and is attained by giving up the wish for the inconstant
- When you seek to imprison anyone, you imprison yourself

All misery comes from the strange belief that you are powerless

A Course in Miracles teaches that you are either for the Son of God or you are against him; you love him or attack him, and you protect him or see him as shattered and slain. You may not think you are attacking the Son of God, yet you do this every time you see yourself as inadequate, powerless, hurt, nonessential, or less than whole. In Chapter 21, it says, **“Do you not see that all your misery comes from the strange belief that you are powerless? Being powerless is the cost of sin.”** In the Course, sin is not seen in the way that the ego’s defines it. In the Course, sin is defined as “making a mistake” or “accepting what is not true in the place of truth” and it does not warrant judgment or punishment. Instead, it is a call for love and correction. Every time you choose to feel powerless, helpless, vulnerable, or weak, you are aligning with your ego, and you are making the error of attacking God’s wholly perfect Son, being yourself. By accepting that you are powerless, you automatically assume that power is outside of you where it does not exist and this error is making you feel alone, separated, and afraid of the world you see.

In Chapter 21 on “The Last Unanswered Question”, it says, **“No one believes the Son of God is powerless. And those who see themselves as helpless must believe that they are not the Son of God.** What can they be except his enemy? And what can they do but envy him his power, and by their envy make themselves afraid of it? These are the dark ones, silent and afraid, alone and not communicating, fearful the power of the Son of God will strike them dead, and raising up their helplessness against him. They join the army of the powerless, to wage their war of vengeance, bitterness and spite on him, to make him one with them. Because they do not know that they *are* one with him, they know not whom they hate. They are indeed a sorry army, each one as likely to attack his brother or turn upon himself as to remember that they thought they had a common cause.” ACIM Ch.21.VII.2

Ego needs a target in order to place blame

With your willingness to see yourself as powerless and less than whole, you will assume that others are also, and the ego is always looking for a target in order to place blame for this perceived deficiency. By seeing power as outside of yourself, you will automatically assume that you have enemies. This is something to be aware of because every time you engage with your ego, you will feel tempted to look for a target in order to place blame, and you will become unaware of your true power, wholeness, innocence, and oneness with God. Whenever you accept that you are separate from others, you will feel separate from God, and when you accept that you are separate from God, you will feel separate from others. They are the same error. To avoid this error, the Course suggests that you ask yourself the following questions and then let the healing be accomplished for you by the Holy Spirit.

In Chapter 21, it says, “Hate must have a target. There can be no faith in sin (*error*) without an enemy. Who that believes in sin would dare believe he has no enemy? Could he admit that no one made him powerless? Reason would surely bid him seek no longer what is not there to find. Yet first he must be willing to perceive a world where it is not. It is not necessary that he understand how he can see it. Nor should he try. For if he focuses on what he cannot understand, he will but emphasize his helplessness, and let sin tell him that his enemy must be himself. But let him only ask himself these questions, which he must decide, to have it done for him:

Do I desire a world I rule instead of one that rules me?

Do I desire a world where I am powerful instead of helpless?

Do I desire a world in which I have no enemies and cannot sin?

And do I want to see what I denied because it is the truth?

ACIM Ch.21.VII.5

The last unanswered question

In the four questions above, the first three are fairly easy to understand and hopefully your answer is a resounding YES! The fourth question is referred to this as “the last unanswered question” and it is a little more difficult to understand. The question is this: **“And do I want to see what I denied because it is the truth?”** With this last question, the Course is emphasizing that your ego’s goal is to keep you from knowing the truth of who you are. It is not your perceived inadequacy or powerlessness that you fear. It is the greatness and magnificence of your True Self that you are afraid of. Your ego’s function, as instructed by you, is to keep you from remembering the light and truth of all that you are because once you remember your True Self, you will never again identify yourself as a little, powerless, and separated self. To the ego, this is highly threatening because it perceives that this realization will lead to the end of its own existence. It is important to remember that with God there is no loss and as you remember your True Self, there is only gain.

In Chapter 21, it says, “You may already have answered the first three questions, but not yet the last. For this one still seems fearful, and unlike the others. Yet reason would assure you they are all the same. We said this year would emphasize the sameness of things that are the same.

This final question, which is indeed the last you need decide, still seems to hold a threat the rest have lost for you. And this imagined difference attests to your belief that truth may be the enemy you yet may find. Here, then, would seem to be the last remaining hope of finding sin, and not accepting power." ACIM Ch.21.VII.6

Why is the final question so important?

Once you answer "yes" to the fourth and final question above, it means that you want to know the truth instead of illusions and there is no going back. This is because once you have remembered the truth, you will no longer have interest in illusions. In Chapter 21, it says, "Why is the final question so important? Reason will tell you why. It is the same as are the other three, except in time... In content all the questions are the same. For each one asks if you are willing to exchange the world of sin for what the Holy Spirit sees, since it is this the world of sin denies. And therefore those who look on sin are seeing the denial of the real world. **Yet the last question adds the wish for constancy in your desire to see the real world, so the desire becomes the only one you have. By answering the final question "yes," you add sincerity to the decisions you have already made to all the rest. For only then have you renounced the option to change your mind again. When it is this you do not want, the rest are wholly answered.**" ACIM Ch.21.VII.10-11

Happiness is constant and is attained by giving up the wish for the inconstant

By answering "yes" to the fourth question, you are asking for the constancy of happiness in the place of all inconstancy. **The Course teaches that joy cannot be perceived except through constant vision, and constant vision can be given only to those who wish for constancy.** The Course adds, "**Desire what you want, and you will look on it and think it real.**"

In Chapter 21, it says, "Elusive happiness, or happiness in changing form that shifts with time and place, is an illusion that has no meaning. **Happiness must be constant, because it is attained by giving up the wish for the inconstant. Joy cannot be perceived except through constant vision. And constant vision can be given only those who wish for constancy.** The power of the Son of God's desire remains the proof that he is wrong who sees himself as helpless. Desire what you want, and you will look on it and think it real. **No thought but has the power to release or kill. And none can leave the thinker's mind, or leave him unaffected.**" ACIM Ch.21.VII.13

When you seek to imprison anyone, you imprison yourself

You have learned that your power will be known to you once you stop deciding that power is outside of you, and your freedom can be experienced only by offering it to others (because they are one with you). If you are judging anyone or holding a grievance, this is a very good time to turn your situation over to the Holy Spirit, along with your complete willingness to forgive them. **If you truly want to experience the power and freedom that God has given you, you must be willing to free everyone else along with you. If there is even one person that you would not take with you into the light because you see them as unworthy, inadequate, sinful, or less than whole, then your own freedom will be delayed until you change your mind.**

Freedom is total, therefore, it must include everyone, in oneness with you.

"Freedom is the only gift you can offer to God's Sons, being an acknowledgment of what they are and what He is. Freedom is creation, because it is love. Whom you seek to imprison you do not love. Therefore, when you seek to imprison anyone, including yourself, you do not love him and you cannot identify with him. When you imprison yourself you are losing sight of your true identification with me and with the Father. Your identification is with the Father and with the Son. It cannot be with One and not the Other. If you are part of One you must be part of the Other, because They are One. The Holy Trinity is holy because It is One. If you exclude yourself from this union, you are perceiving the Holy Trinity as separated. You must be included in It, because It is everything. Unless you take your place in It and fulfill your function as part of It, the Holy Trinity is as bereft as you are. No part of It can be imprisoned if Its truth is to be known." ACIM Ch.8.IV.8