



## **Miracles in Personal Coaching ©**

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### **DAY 89 – I AM POWERFUL & FREE**

#### **Key Topics:**

- I am the dreamer of my dream
- You are responsible for the world you see and you did not create yourself
- Are you willing to choose truth instead of illusions?
- A Message from Christ – The only lesson He came to teach
- The need to remind yourself not to judge
- By offering freedom to others, you free yourself
- Prayer – It is my will that I return

#### **I am the dreamer of my dream**

It took many years before I realized that all of my misery was coming from the strange idea that I was powerless and that I was denying my True Self, along with God's Will for my complete happiness and freedom. I had to acknowledge that I was asleep and dreaming, and while asleep, I was spending all of my time trying to fix, solve, change, or make things different than they were. At that time, I had no idea that everything was happening from me and not to me. It was much easier to blame others and stay focused on "them" as the source of my hurt and pain. This was the real point of change. Once I was willing to accept that I was the dreamer of my dream, and I acknowledged my True Identity and God's Will as my own, then the Holy Spirit was able to intervene, wake me up, and accomplish the healing for me.

In Chapter 8 on "The Gift of Freedom" it says, "If God's Will for you is complete peace and joy, unless you experience only this you must be refusing to acknowledge His Will. His Will does not vacillate, being changeless forever. When you are not at peace it can only be because you do not believe you are in Him. Yet He is All in all. His peace is complete, and you must be included in it. His laws govern you because they govern everything. You cannot exempt yourself from His laws, although you can disobey them. Yet if you do, and only if you do, you will feel lonely and helpless, because you are denying yourself everything." ACIM Ch.8.IV.1

#### **You are responsible for the world you see and you did not create yourself**

It is not easy to take responsibility for everything you see through the understanding that you are projecting your thoughts and beliefs in the place of truth, yet once you do so without blame, guilt, or judgment, you will be able to make a new and happier choice instead.

Everything you see is the effect of your past thoughts. If you would like to see something different than what you see now, you are going to need to let your mind be healed by the Holy

Spirit, your Teacher of Peace, and then your healed thoughts will extend outward and all problems will be undone and corrected. By accepting the Holy Spirit as your Guide in all decision making, you are denying your ego and accepting God, and this will lead you directly to the happiness, power, and freedom that God Wills for you to have.

In Chapter 21, it says, **“It is as needful that you recognize you made the world you see, as that you recognize that you did not create yourself. They are the same mistake.** Nothing created not by your Creator has any influence over you. And if you think what you have made can tell you what you see and feel, and place your faith in its ability to do so, you are denying your Creator and believing that you made yourself. For if you think the world you made has power to make you what it wills, you are confusing Son and Father; effect and Source.” ACIM Ch.21.II.11

### **Are you willing to choose truth instead of illusions?**

The power of decision is always up to you. You can either see yourself as powerful, loved, happy, abundant, and free, or you will see yourself as powerless, unloved, unhappy, and lacking. There is no in between and there are no exceptions. As you choose to acknowledge one, being truth or illusions, you will forfeit your awareness of the other. For years, I focused on illusions because I did not know about the truth or how to choose it, yet once I learned how through the guidance of my Teacher of Peace, I was able to refocus my attention on the truth, and it was the greatest decision I ever made.

You may not feel powerful, loved, or happy right now, yet you can be willing to be shown that you are. Your willingness is a key factor in allowing the Holy Spirit to intervene and accomplish the healing for you. Your part is to invite this healing to be accomplished and then let the Holy Spirit intervene without changing your mind or deciding against Him. You may vacillate from time to time, yet this will only delay your happiness. Your consistent practice will manifest in consistent results.

### **A Message from Christ – The only lesson He came to teach**

The Course teaches that Christ came to teach you, yet his decision cannot overcome yours because your will is as powerful as His. In Chapter 9, He says, **“My decision cannot overcome yours, because yours is as powerful as mine. If it were not so the Sons of God would be unequal.** All things are possible through our joint decision, but mine alone cannot help you. Your will is as free as mine, and God Himself would not go against it. I cannot will what God does not will. I can offer my strength to make yours invincible, but I cannot oppose your decision without competing with it and thereby violating God's Will for you. Nothing God created can oppose your decision, as nothing God created can oppose His Will...

**If you want to be like me I will help you, knowing that we are alike. If you want to be different, I will wait until you change your mind. I can teach you, but only you can choose to listen to my teaching. How else can it be, if God's Kingdom is freedom? Freedom cannot be learned by tyranny of any kind, and the perfect equality of all God's Sons cannot be recognized through the dominion of one mind over another. God's Sons are equal in will, all being the Will of their Father. This is the only lesson I came to teach.”** ACIM Ch.8.IV.5.9-13, 6

### **The need to remind yourself not to judge**

There will be times when you will need to remind yourself that the world is happening from you and not to you, as your old habit is to project your guilt and frustration onto others. The ego's habit of judging, rejecting, persecuting, and projecting guilt outside of you is well-entrenched and it will take time before this habit is completely overcome. Be patient with yourself and practice forgiveness frequently with the help of Holy Spirit, and your consistent practice will lead to consistent results.

### **By offering freedom to others, you free yourself**

How about if you take a moment and think about who you might still be judging? Are you judging yourself, someone else, or perhaps both? Is there anyone you are imprisoning with your thoughts? Your decision to keep these judgments and grievances is costing you the great happiness, abundance, and freedom you are entitled to. Would you be willing to completely forgive everyone and yourself if you knew that your judgments are costing you everything? Would you be willing to awaken to the great happiness that God Wills for you and find out that none these offenses have ever occurred? By offering freedom to yourself and others through forgiveness, you free yourself and place yourself in a state of miracle-readiness under the guidance of the Holy Spirit, your Teacher of Peace.

In Chapter 8, it says, "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

Your power and freedom will be known to you once again as a direct result of offering the gift of freedom to others through forgiveness and following the guidance of Holy Spirit. Be willing to ask the Holy Spirit to help you and help will be given you. Your Inner Guide cannot and will not fail.

### **Prayer – It is my will that I return**

*"Father, my freedom is in You alone. I did not understand what made me free, nor what my freedom is, nor where to look to find it. Father, I have searched in vain until I heard Your Voice directing me. Now I would guide myself no more. For I have neither made nor understood the way to find my freedom. But I trust in You. You Who endowed me with my freedom as Your holy Son will not be lost to me. Your Voice directs me, and the way to You is opening and clear to me at last. Father, my freedom is in You alone. Father, it is my will that I return."* ACIM Lesson 321.1