

Do not be Afraid to Look Within

When we decide to walk the path of A Course in Miracles to find a spiritual solution to the darkness of the world, we discover the direction we are asked to go is inside, where love, peace and safety abide. A Course in Miracles teaches that as the dreamer, you hold the dream within your mind. Therefore ALL healing lies in the mind because the ideas that make up the dream are in the mind; along with the world that shape-shifts the content of the mind into form. So we begin ACIM with a promise of peace and go happily within to find it, until we discover and are frightened by what else is within our minddarkened thoughts of guilt, fear and hatred that obscure the Love and innocence that we are trying to reach.

When we become frightened of our thoughts we resist looking within. And yet our call for help and healing is being answered by the rising of these thoughts into our awareness. As they rise, we push them down because we are afraid of them. This can cause quite a strain. So we look for ways to be free of our thoughts without looking at them. We might try projecting and seeing them outside the mind, but this does nothing to calm our fears. We are now sandwiched in-between our inner fearful thoughts and the outer world that reflects our fearful thoughts. What is the way out of this dilemma? There is a way to look at our thoughts without being afraid and feeling guilt and this is the purpose of this article. Let us begin by looking at the reason why we are afraid.

What are we really afraid of?

At first glance, we believe we are afraid of our darkened thoughts. They certainly *are* disturbing and *do* seem to attest to the existence of a dark side. But there is something we fear even more than our thoughts. It is the power of our mind to turn our thoughts into experience that frightens us the most. We believe we used our God-Given Power for our own special interest, and threw away the Kingdom of Love for a wish to be different. We believe we are sinners for what we think and for what we made by our thoughts. We believe we have betrayed ourselves and our Father. It is for this reason we are guilty and for this reason we are not worthy to accept the gifts of the Kingdom. If the journey to heal is to accept that our thoughts are the cause of our experience, and this we believe is our greatest sin, it's no wonder we resist the healing process!

There is a famous quote by Marianne Williamson that speaks about this fear: *"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."* Why are we afraid of being powerful? Would we not rather be powerful instead of weak; co-creator of the universe instead of a victim of it? Yes, unless we have a twisted thought in the mind that sounds like this: "You don't want to accept that your mind is powerful and your thoughts have influence on your experience. Have you forgotten what you did with all of that power? You destroyed Heaven, shattered your peace, betrayed your Self and caused real damage. If you accept your power, you will be forever guilty for what you have done. I have a plan to relieve you of this guilt. Believe you are not powerful, but instead that you are powerless. You didn't cause anything. Everyone else is doing this to you. You are innocent. You never asked for any of this. They are the ones that are bad; not you. Trust me, this is the only way you will ever be innocent again."

The ego voice in your mind argues that to accept the power of your mind means you are guilty for what you have done. The ego counsels that the "Powerful" *cause* the suffering and pain. Therefore you do not want to count yourself among the powerful. It is best to be a victim of the world and not its maker in order to preserve your innocence. On the surface this may seem like a good solution. But for anyone who has felt victimized by the world, you know full well the cost you pay for bought innocence. Now you live in constant fear. You may not always be aware of the fear but it is like a volcano that stirs and rumbles below the surface of your mind. You worry that eventually you or someone you love will be a

victim to the world's attacks. Even though you try to preempt the strike by controlling future happenings, somewhere deep inside, as a victim, you know you are weak and powerless to stop it.

In essence the ego solutions can be summarized in this way: see yourself as powerless (this was done to me and I had nothing to do with it) or to see yourself as powerful, as the cause of this experience. Neither option relieves you. The first one frightens you because you feel vulnerable to a world of attack. The second one frightens you because it means that you are a monster who has misused your power to cause real suffering and pain. Are these solutions you can live with? Trading guilt for fear is really no solution at all.

This is why you cannot look on anything with the ego as your guide! The ego does not have your best interest at heart. All of this is not done in the name of innocence, but in the name of "self" preservation. Protecting your identity as a little, separate self is the goal. Convincing you that powerlessness and weakness is a good thing is a crucial part of achieving this goal. If you believe this, then you willingly side with the little self instead of the magnificent YOU that you really are. Remember when you are tempted to listen to the ego's counsel: guilt and fear are all the ego ever offers you.

To accept responsibility for your experience is a major step toward freedom. This can be done without the tail of guilt wagging behind you but only if you turn away from the ego's solution and listen to the Voice for God.

Let's first tweak our belief about our power. It is God's power through us that makes us powerful. God is the Source; we are the faucet that it flows through. All power comes from Him. If God is only Love, how is it possible that this power could be used for destruction? The answer is; it cannot. Love begets love. What is like Itself; creates like Itself. A tree cannot give birth to grass because it can only create more of what it is. You cannot give birth to death and destruction because you can only create more of what you are. What you see as evidence that you misused your power, caused Heaven to shatter and abandoned your Home, is a dream. That is why you are not guilty for your thoughts and why you do not have to be afraid of them. You are still an unlimited, powerful Son of God dreaming you are not. You are not guilty for what you think or even what you have done because You are always connected to the Source of Love. Therefore only loving thoughts have any reality. The rest is untrue and not real.

You cannot know this on your own. If you guide yourself, you will lose your way, but if you allow Him to Guide you, you will find your guiltlessness. Nor can you find your guiltlessness by intellectually mulling this over and then state it is the truth. We must experience these words to truly know there is no cause for guilt. This experience can only come through the Teacher and Healer given to us by God. Our part is to bring the guilt over what we think we did to Holy Spirit and have it be undone for us.

"Banish not power from your mind but let all that would hide your glory be brought to the judgment of the Holy Spirit and there undone." (T.14.VIII.1:5)

Trust Holy Spirit in all things. You are safe because you do not journey alone and because what you think is not the truth. He will show you not what you have done, but what you *haven't* done and lead you gently to your innocence. You must let Him be the Judge of your thoughts and experiences. He will respond lovingly to all your dark secrets: "My child, *even this* is not the truth. Let me take your guilt from you. Come and let me show you what I have preserved for you and kept holy while you wandered off in dreams."