

## **“Lay before His eternal sanity all your hurt, and let Him heal you.” (T.13.III.4)**

*Dear Friends,*

*A few months ago, there was an incident where a young boy was killed by a drunk driver. The friend of the mother of this young boy was writing to a group of Course teachers asking for our support and suggestions on how to console the mother. As I was going within to ask for clarity on how to comfort others who are in pain, a memory flashed into my mind. I was reminded of the time when I was the one suffering and had asked Holy Spirit to comfort me. His answer was a Great Comfort and so I felt inspired to share His soothing vision with this friend. Here is my response to her question.*

As messengers of peace, how can we fulfill our role when looking at such devastating circumstances? Anyone who reads this story can't help but be affected by it because it plays out our greatest fears. With this event involving the woman and her son, it is very tempting to believe that guilt, punishment and suffering have prevailed over innocence, light and love. If we share in this view, how can we comfort others who cry for the loss of innocence if we are crying for the loss of innocence as well? I believe the first thing we are asked to do in any situation- regardless of how horrific it seems - is to ask for healed vision. We must join our brothers in peace and not fear- in what is true and not what is false. It is our healed vision and our remembrance of our oneness and shared Identity that heals. Once our minds are aware of our one true Identity, the form comfort takes will be perfect because it will carry with it the peace that passeth all understanding.

It may seem more difficult for us to believe that healed vision is possible in this situation because the details are so shocking. Here is the perfect time to give faith that the first principle of miracles is true: “There is no order of difficulty in miracles”. What we are seeing here is a witness to the idea that death has triumphed over Life. It is a temptation to “*persuade the holy Son of God he is a body, born in what must die, unable to escape its frailty and bound by what it orders him to feel.*” (T.31.VIII.1). Can we resist the temptation to believe in the false and open up to the possibility that there is another reality other than the one our physical eyes are reporting? I would like to offer you an example in my own life, when I asked Holy Spirit for healed vision. Although my story is not as devastating as the one you described, it demonstrates how our willingness to be wrong about what we judge as reality, can bring peace to a suffering mind.

In December of 1991, I was 9 months pregnant and awaiting the arrival of our second daughter. We were told she would be born at any minute so I hurried to get everything checked off my list after the Christmas holiday, in preparation for many sleepless nights ahead. I was so focused on this task that I did not pay attention to her sudden lack of movement. By the time I realized that she was not active, it was too late. In hearing the news of her death, I fell into my husband's arms, in anguish and despair, repeating over and over in my mind; “I could have saved her”. During the following years, I suffered a great deal, not only feeling the loss of her but feeling guilty over failing to save my child's life.

Over the years, I worked on letting the guilt and suffering go, but the pain would seep out through the cracks at unexpected times. One morning, something had triggered the pain and I felt it rise to the surface in its full intensity. This pain was nothing new, but what was different this time was that I was finally ready to let the suffering and guilt go. It was clear to me after being a student of ACIM, that the belief in my guilt was blocking me from knowing my true Self as a perfect and holy Creation of God. So on this day, I did something I had not

done before; I brought all my pain and suffering to Holy Spirit and asked to be healed. I couldn't imagine how He could heal this. After all, she did die, and in my eyes, it was my fault. But even with my doubts, I had enough experiences of Holy Spirit's Gentle Love that I willingly gave everything to Him, closed my eyes and asked for healing.

Immediately a picture appeared in my mind. I was looking on me at the cemetery. I saw me hovering over a tiny grave, completely devastated and sobbing uncontrollably. My sight was lifted above this scene and I found myself looking at it from high above the trees. It was then that I noticed that the "I" that was doing the looking was brilliant light. I saw a woman by the grave that I once thought was me, but it was apparent that the real "I" was only this light. There was another light (Holy Spirit) with me and we seemed to merge together as one light. We looked on the women crying but it felt as if the scene was not real--as if we were watching a movie. Seeing this scene of devastation while being fully aware of my true identity as light, I was at perfect peace. I felt safe and loved.

As I was looking on this scene, a movement from the right side of my vision caught my attention. Approaching Us was a brilliant light. I recognized instantly that this light was who I had once thought of as my daughter. I looked on this radiant light, and felt a love that went far beyond any earthly feeling. Her light came closer and then merged with Us and in that moment we became one light. I was so uplifted, joyful and peaceful that it was obvious to me that although this woman at the grave suffered, the experience had no real effect on Us. I felt compassion for "me" for I could see the cause of the suffering. When I believed I was this woman and Amanda was this baby; that she had died and went away from me, I suffered. But now, experiencing our true reality, it was so clear that we were never the bodies although we dreamed we were. We had always been and will always be this pure light. With the joy of this realization I heard these words; "There is no death, because she lives and so do you. What is there to mourn when there is only Life and togetherness and everything else is a dream?" When I opened my eyes, I was filled with peace and joy. Holy Spirit's Answer completely healed me of the sense of loss and guilt I had carried around for so long.

How can we be truly helpful when we are consoling others who are suffering? The most important and healing thing we can do is first be willing to give all pain, suffering and darkened images to Holy Spirit and ask to see the truth that these illusions are hiding. As teachers of God (which we all are, when we want to teach and demonstrate truth), our role is to set our mind in miracle readiness by giving every image that tempts us to believe we are not a holy Son of God to Holy Spirit for reinterpretation. Accepting Holy Spirit's vision brings light into our awareness. With this light shining in our mind, we can comfort those who are suffering by joining with their light. Words may never be spoken, but the presence of light in a dark nightmare can have effects that we cannot even imagine. *"Your light will join with theirs in power so compelling, that it will draw the others out of darkness as you look on them."* (T.13.VI.11:10)

Love Patti

*"Holy Spirit's vision is merciful and His remedy is quick. Do not hide suffering from His sight, but bring it gladly to Him. Lay before His eternal sanity all your hurt, and let Him heal you. Do not leave any spot of pain hidden from His light, and search your mind carefully for any thoughts you may fear to uncover. For He will heal every little thought you have kept to hurt you and cleanse it of its littleness, restoring it to the magnitude of God."*

(T.13.III.1-6)