



I trust the light in everyone



Let me make a clarification here, something that comes up for most students of *A Course in Miracles*. When the Course encourages us to “love our brothers,” **it does not mean we have to marry them, have lunch with them, or accept any and all behavior.** “Loving your brother” doesn’t mean we stay in abusive or dangerous situations. It does not mean we do not imprison those who have broken the law.

We are always encouraged to listen to our inner voice and take the actions that are healthiest for us. But we do it with love—and from love. We are asked not to hate or judge that other person, but to **have compassion for their fear** just as we will have compassion for our own. Naturally, this may take years of healing and practice.

I have a personal example of this that might help. I had an old boyfriend of mine house-sit my apartment while I attended an international *A Course in Miracles* conference. At the conference I felt all loving and free, seeing the beauty and true spirit in everyone. When I returned home, I found out that my house-sitter, in addition to what I was paying him, had helped himself to all the money I had in my apartment, a considerable amount I’d had in a special little box. Even though he’d left a note about it expressing his intention to pay it back his action felt like a violation. And we’d had a history of these types of experiences, along with golden promises that often seemed to dull and rust. Believe me, I was more tempted to see him as a son of a something else than as a Son of God!

But because I was feeling all bright and groovy from my week at the conference, I didn’t miss a beat. I treated this unruly character in my drama with respect, kindness, and an open heart. I really did feel nothing but grand love for him, despite the unsettling, inappropriate behavior. I knew that **his true essence wasn’t this behavior. I also knew that my true essence was not limited or harmed by this or any behavior.** I also felt clear that I would love and respect myself in this situation, too. I would not have him house-sit again and I would require my money back from him as soon as possible. I would not ignore the behavior. *But I wouldn’t ignore the bigger reality either, because of the behavior.*



The bigger reality is that we are all created by Love and love is our only true nature. We may forget this truth about ourselves and others, but that is what we are here to learn and heal. We all stumble and react out of fear, disconnection, or stress. Some do it repeatedly or with devastating results. But the truth of their essence remains the same. In this way, we remember the truth about the situation, even if that person is still not choosing their highest expression. We practice this because we are more likely to then remember the truth about ourselves, even when we are not living from our highest expression. We also practice this, because we value peace of mind and equilibrium. And if we focus on irritation and upset, we only feel more irritated and upset.

Here's another aspect of this practice: **You see in others what you expect to see.** If you focus on what you think of as limitations, you will see more and more of these limitations. Also, since *A Course in Miracles* tells us that "there are no private thoughts," the person you malign with your thoughts, feels attacked or diminished. They will not shine in your presence. For example, numerous research studies have shown that when a child was labeled "slow" in school, they did not perform well. When a child was labeled "gifted," they lived up to that expectation.

We have the power to help people discover, see, and claim the best in themselves. When we do this, and only when we do this, we discover, see and claim the best in ourselves. *A Course in Miracles* tells us "Perception has a focus. It is this that gives consistency to what you see. Change but this focus, and what you behold will change accordingly."

A Course in Miracles tells us that **we are healed by giving love to others.** For much of my life, I thought I'd be healed by *getting* love from others. But you will find that what you extend to others, you receive. **The more you focus on seeing the strength and beauty in others, the more you see a strong and beautiful world.** The love that comes through you will also come to you.

Let me give you an example. When I first began coaching for a living, I had my doubts about it. As a child, I never felt like I was heard or seen. I feared that in giving my purest attention to others, some part of me would feel jealous or angry. I wanted attention for myself. I didn't think I'd want to give it to someone else. But the exact opposite became true. **By giving to others what I had so desperately wanted, something in me healed. I didn't experience myself as separate from the person who was receiving the gift.**

Every time I reminded someone of how unlimited, capable and guided they were, some part of me heard that truth too. I felt strong as I gave strength to others. Because I looked for it, I genuinely saw the brilliance that was in that other person, a resounding strength that is in everyone, even though it takes different forms and expressions. And seeing this boundless power so consistently in others, helped me to integrate and own it in myself.



Trust in Action

Your weekly assignment.



Okay, Dear One, here's another chance to trust guidance. Pick one or more of these suggestions and let it guide you where you need to go.

- **Tell 3 people in your life something wonderful about themselves.** Write them a card or share it verbally or even bring them a small gift. Notice how much your love and light affects them. We have the power to affect everyone we meet. We are either strengthening them or weakening them. We are “teaching” them love or fear.
- **Think of someone who you have a challenge with.** Notice how you tend to see all that they have done wrong, all that is difficult and offensive about them. Now write about a “golden moment” with them, a time when you saw some flicker of innocence or goodness in them. Perhaps they were kind to an animal or perhaps they can sing well. Perhaps you have a happy memory with this person. Hold this “golden moment” in your mind and heart for as long as you can. This is who this person is when they are not in fear. See how much your heart opens when you do this. It will not hurt you to open your heart. It will hurt you to close it.
- **List the 8 great qualities in someone you love.** Notice how you feel when you have focused your attention on what you love about someone. Don't you feel lighter, brighter, better? List 3 qualities in someone you don't like. Don't you feel darker, more on edge, less at peace? Why would you choose to focus on that which upsets you? This is not denial. It's just a choice of where we put our attention and which garden we choose to water.
- **Can you draw or paint or collage an image of your love extending out to others and connecting with their love?** Let this be a mandala or a visual mantra that helps you remember your intention to see and call forth love in every situation.



- **How do you feel about this statement from *A Course in Miracles*?**

"You who were created by love like itself can hold no grievances and know your Self. To hold a grievance is to forget who you are." p.115 (W) Lesson 68

Journal for 10 minutes the first thoughts that come to you about this.

- **Try this meditation from *A Course in Miracles*.** Get quiet and practice with this passage from Lesson 108 in the Workbook:

"To give and to receive are one in truth. I will receive what I am giving now. To everyone I offer quietness. To everyone I offer peace of mind. To everyone I offer gentleness. Say each one slowly and then pause a while, expecting to receive the gift you gave. And it will come to you in the amount in which you gave it. You will find you have exact return, for that is what you asked. It might be helpful, too, to think of one to whom you give your gifts. He represents the others, and through him you give to all."