



I trust the power of my true Self



A Course in Miracles tells us that "There is a place within you where there is perfect peace. There is a place within you where nothing is impossible." We can get to this place, when we stop judging our lives, ourselves, and others.

Are you willing to experience peace of mind right now? Even before you lose 10 pounds, find the right mate, clean your home, own a Learjet, achieve your next goal or whatever else is on your list? What if you knew there was nothing you needed to do to make your life more perfect? There is a perfection that you can experience right now. **Your spirit is perfect now.**

Think about what you've always wanted. Perhaps to be joyously married with a house filled with happy children. Perhaps to own a villa in Tuscany. Perhaps to be a successful painter, climb Mount Kilimanjaro, feel alive in your own skin, take a company public, or to help make a significant difference in the world. Imagine what you would feel like if you were in that life. **Now feel that feeling. The feeling is yours to have now.** It's not something that needs to come later. It's who you really are. The circumstances won't make you that person. You will make the circumstances come to pass because you are that person and you claim it. Nelson Mandela felt free while in a prison. Jesus felt loved, while attacked.

Great artists, industry leaders, and visionaries felt their success, even when circumstances didn't match yet. It allowed them to move on and create the conditions they needed.

A Course in Miracles does not focus on creating your good. It focuses on helping you to remove whatever is in the way of your good. Since you are already whole, loved, beautiful, strong, rich, healthy, and "entitled to miracles," there must be some thoughts that you believe more than these. These beliefs are in your way. Whenever you are feeling weak or frightened or upset in any way, practice saying to yourself "Spirit, I give you the thought that..." Fill in your own blank, and finish your statement with "I am willing to trust the power of my True Self."



For example, "Spirit I give you the thought that I am unlovable and will never attract a partner. I am willing to trust the power of my True Self." Here's another example: "Spirit I give you the thought that I will never get the job that I want. I am willing to trust the power of my True Self."

This week, decide to bless your life right now and trust the power of your True Self. Try to find any thought or belief you have that diminishes or contradicts your True Power. Be willing to see these as faulty beliefs or errant thoughts and not the reality of your beautiful, creative, true nature. Be willing to ask your Higher Self to help you let go of these beliefs.



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.

- **Write or think about everything you want that you think would make you happy.** Now write: If I had those things, I would feel ... (peaceful, respected, alive, rich, loved ... see what words or images come to you.)

Now imagine and practice feeling those feelings. Those feelings already exist within you. You might say to yourself, I am peaceful. I am respected. I am alive... Let your mind begin to find and focus on the instances in your life where this is already true. You might write about experiences or instances in which you have already experienced these feelings. Think about people who already see you this way and practice seeing yourself the way they see you. **Remember, you are choosing what you want to feel about your life in any given situation.**



- **Write down this sentence (or bring it into prayer or meditation) and complete it quickly without thinking (monitoring).** "If I trusted the power of my True Self, I would..."
- **How do you feel about this statement from *A Course in Miracles*?** Journal for 10 minutes the first thoughts that come to you about this:

"Your worth is established by God ... nothing you do or think or wish or make is necessary to establish your worth."

p54 (T) Chapter 4, Section I

- **Where do you decide that your worth is not enough, just as it is?** What do you need to be *better*? Many of us decide that we need certain things, people, events, or conditions to be okay. The moment we have decided this, we have disconnected from our true power.

Lesson 71 of the Workbook in *A Course in Miracles*, says this: "Each grievance you hold is a declaration....in which you believe, that says, 'If this were different, I would be saved.' **Write your own list of what needs to be different for you to feel "saved."** These things are robbing you of your true power. Focusing all your attention on what you think you must have---makes you feel like you are lacking in some way. Your worth, beauty, strength and good was established by God. It cannot change. It is eternal. Only you can decide to think less of yourself and diminish your own true power. These are the thought patterns we are working to undo. *A Course in Miracles* tells us that this constant search for better conditions is a way in which we "seek but do not find." It is a way of keeping us from the peace and joy available to us in this very moment. (This doesn't mean, by the way, that we don't accomplish goals. It simply means we acknowledge our self-worth before, during, and after any goals. We still take actions. But we take them from strength instead of fear.)

- **Draw or paint a symbol of your Wholeness, your True Self, the One within you that radiates unlimited power, love, and freedom.**