



I trust Love more than Fear



A Course in Miracles asks us to loosen up on our opinions and our beliefs, even our ideas about what is real and where safety lies. **It asks us to question what we have always assumed to be true.** To live a miraculous life means we are willing to **expand our definition of what is possible.** And we are willing to stop identifying with our “small selves,” our old stories about who we are, and, instead, **accept our true identity as creative beings** who are guided and loved and assisted in every moment.

While everything in your soul wants to trust the **Voice of Love**, you may still experience resistance. It’s hard to let go of the training of the world. Most of us will do it gradually over time. But here’s something to consider. **It is more productive to trust love than to trust fear.** Love strengthens you. It empowers you to go the distance with your true goals. It is not a soothing, “sissy” voice. It’s a voice that continuously invites you to grow. Fear may move you forward for a while. But it will never take you all the way. And it will not help you find your own instinctive way. Only love helps you access all your resources and become who you are meant to be.

Your work will be in trusting that love is safer than fear. Here’s what I mean. Years ago, I remember a moment when I suddenly got nervous because I’d dedicated my whole life to *A Course in Miracles*. The suspicious part of me kicked in with a vengeance. *You read some book and thought you could hear the Voice of God? You risked security for this? You bet your finances and time on love and peace of mind? What if you’re wrong? What if there is no God? Or what if Spirit is not a Great Friend after all, and you’re basing your life on something foolish and precarious?”*

But that’s when pure logic helped me turn a corner in my understanding. Because I realized, that **it was never “realistic” or grounded for me to subscribe to fear and doubt.** Even if I was totally wrong and delusional for believing in a Loving Universe, it didn’t matter. Because believing in the Voice of Love helped me to believe in my desires, take actions, and show up in my life in a more powerful way.

I found that paying attention to “the real world” and “how things work” did not help me to take action or think in creative ways. For example, I used to watch the evening news and then I’d curl up on the couch like a wilted tulip. The “news” focused on all the savagery and danger in the world and I’d absorb this like a sponge. I found myself overwhelmed by pain, anger, and defeatism.



But putting my focus on a Higher Power that wasn't limited to the ways of the world, helped me to get off the couch and believe I could make a difference. It helped me take actions that were useful in my life. It no longer mattered to me, how far-out *A Course in Miracles* seemed. I just found that **when I turned to positive beliefs, I took positive actions and my life turned out better**. Fear diminished me; love empowered me. The results spoke for themselves.

A Course in Miracles says that it is our experience that will build our faith. We experience more joy and peace when we trust the Voice of Love; that's how we come to have faith in that Voice. The Bible says, "By their fruits, ye shall know them." Take a look at your own life this week. Notice the actions that you take when you believe that you are supported and loved by Spirit. Notice the actions you take when you feel as though you are all alone and everything is up to you. See which fruits you prefer.

What you focus on grows in your awareness and your experience. Where will you place your attention? The more attention you place on fear, the more you see and strengthen your experience of fear. Remember, from *A Course in Miracles* point of view, anger and guilt are also forms of fear.

You see the world you expect to see. You look for what you desire. *A Course in Miracles* describes fear as some hungry hound that goes out looking for scraps of bloody meat to return to its owner. Fear looks for the circumstances in your life that will make you feel insecure, powerless, wrong, triggered, and small. But *A Course in Miracles* tells us that we can choose to have another witness in our life. **You can choose to look for love.** This week I invite you to look only for love and to trust this reality more than your fear.



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.



- **Let's do some self-investigation.** Write why some part of you believes it's safer to trust limitation or fear or negativity. Where did you learn these beliefs and do you still want them? Who told you that it's unrealistic to have a positive attitude or to be loving and believing? Were those people happy? Do you feel awkward, weird, or ashamed to listen to a Loving Voice?

Sometimes we feel as though we don't deserve to hear words of love. Sometimes our old opinions of ourselves make listening to love uncomfortable. It is uncomfortable at first. You might have to "fake it till you make it". Love is sometimes an acquired taste. Remember, the more you listen to the Voice of Love within you, the more loving you will be towards everyone and everything in your life. You will be a beacon of light because you have shone this light upon yourself and your imagined limitations. So tolerate the discomfort or squirminess. Your peace of mind and the peace of our world depend on it.

- **Write something from the voice of fear and then answer it with the Voice of Love.** Let these two voices dialogue back and forth until you come to some clarity. When you do this, imagine the Voice of Love as your Higher Self. Some of you may imagine this Presence to be the voice of a loving relative, friend or teacher. Some may envision Jesus or Buddha. Sometimes it helps to think of what you would say to your best friend or child, if you wanted only good for them.
- **Log your love!** Choose love as your only witness this week. Notice what's right in your world...and in the world. Record every single exciting, positive, peaceful, loving moment that you experience. (Try to write 5-10 per day) Sift through your experience this week as though you were panning for gold. ***The gold you are looking for is love.*** Nothing else is of interest to you. Nothing else counts. Nothing else is real. It is just sand and dirt and not gold. Do not give it your attention.
- **Try this meditation.** Get quiet and contemplate this line from *A Course in Miracles*. Let related thoughts or insights float into your mind. Review the different situations in your life, as it relates to this thought. Don't be strict with where your mind goes. Everything that comes to you during this time is helpful.

"When you want only love, you will see nothing else."



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

“Do you not understand that to oppose the Holy Spirit is to fight yourself? He tells you but your will; He speaks for you. In His Divinity is but your own. And all He knows is but your knowledge, saved for you that you may do your will through Him.” p629(T) Chapter 30, Section II

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