

## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

This Miracle worksheet is a request to Jesus for help in uncovering the blocks (beliefs) to the awareness of love that have brought about misperception of fear and the experience separation from God. It is a request for a miracle and mind training for joining with the Holy Spirit to remember true nature – the unconditional love that is always here.

It can be used when there is any feeling/experience that is not perfect peace – which is fear disguised in many seemingly different expressions such as anger, frustration, shame, tension, stress, injustice, unworthiness, hatred, blame, loneliness, illness/sickness, anxiety, and depression.

Miracles are natural, corrective, healing and universal. The miracle itself is a reflection of this union of Will between Father and Son.

[T-5.II.1.7.]

Whenever you are afraid you are deceived, and your mind cannot serve the Holy Spirit. This starves you by denying you your daily bread. [T-2.III.5.9]

The first corrective step in undoing the error is to know first that the conflict is an expression of fear. 2 Say to yourself that you must somehow have chosen not to love, or the fear could not have arisen. 3 Then the whole process of correction becomes nothing more than a series of pragmatic steps in the larger process of accepting the Atonement as the remedy. These steps may be summarized in this way:

Know first that this is fear.  
Fear arises from lack of love.  
The only remedy for lack of love is perfect love.  
Perfect love is the Atonement. [T-2.VI.7.]

Underlying every experience that is not perfect peace are thoughts (beliefs) that seem to block the light, which is an awareness of the presence of perfect love. Perfect love is unconditional love – love without conditions. Conditions (judgments/beliefs) are self imposed attempts to deny and thus limit the experience of unconditional love and thus contribute to the experience of separation from source (fear). This is an opportunity to allow the Holy Spirit to demonstrate through the miracles that these thoughts/beliefs are untrue.

This form outlines some of Jesus' helpful pointers for the discovery of what is true. It is beautiful to remember that *every* lesson in *A Course in Miracles* is a remedy for fear and important in re-training the mind for right mindedness (recognition of true nature) and acceptance of the Atonement. It may seem as though there are 'steps' in this form. Any one step or lesson from ACIM, fully undertaken carries the power of Jesus to reveal your true identity because your true nature is already here.

## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

All aspects of fear are untrue because they do not exist at the creative level, and therefore do not exist at all. 2 To whatever extent you are willing to submit your beliefs to this test, to that extent are your perceptions corrected. 3 In sorting out the false from the true, the miracle proceeds along these lines: 4 Perfect love casts out fear. 5 If fear exists, Then there is not perfect love. 6 But: 7 Only perfect love exists. 8 If there is fear, It produces a state that does not exist. 4 9 Believe this and you will be free. 10 Only God can establish this solution, and this faith is His gift. [T-1.VI.5.]

Through the willingness and open-mindedness of joining with the Holy Spirit (this includes looking with a brother) to look at beliefs (put them to the test of Truth) is the willingness to see things a different way and speeds the correction. Further, the wisdom of the Holy Spirit can often be heard in the stillness following the correction/change in perception as beliefs are seen as untrue. There is a new understanding and feeling of openness that comes from a change of perception.

Fear seems to live in darkness, and when you are afraid you have stepped back. Let us then join quickly in an instant of light, and it will be enough to remind you that your goal is light.

The first part of this document contains an overview of the steps that include supporting text from ACIM that highlight some of the teachings related to shining away darkness. At first it can be helpful to read the text sections while working the sheet. Following the steps is helpful because this is training the mind to practice what Jesus is teaching- to notice the feelings and expose thoughts with non-judgment in conjunction with the Holy Spirit, recognizing the power to choose love over fear, seeing beyond error and being open (willingness) to rapid correction in perception.

As the training progresses and the steps are familiar an abbreviated version of the steps can be found at the end of this document.

Before the separation the mind was invulnerable to fear, because fear did not exist. Both the separation and the fear are miscreations that must be undone for the restoration of the temple, and for the opening of the altar to receive the Atonement. This heals the separation by placing within you the one effective defense against all separation thoughts and making you perfectly invulnerable. [T-2.III.2. 2]

The correction of fear is your responsibility. When you ask for release from fear, you are implying that it is not. You should ask, instead, for help in the conditions that have brought the fear about. These conditions always entail a willingness to be separate. At that level you can help it. You are much too tolerant of mind wandering, and are passively condoning your mind's miscreations. The particular result does not matter, but the fundamental error does. The correction is always the same. Before you choose to do anything, ask me if your choice is in accord with mine. If you are sure that it is, there will be no fear. [T- 2.VI.4.]

# Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

## 1: Focus on the Light

**Join with the Holy Spirit.** The best defense against the idea of separation (fear) is the willingness to join, which denies separation. Pray to ask the will of God and for help in uncovering the conditions (the investment in beliefs) that make fear seem possible.

It is helpful to practice focusing on the light before exposing thoughts as a reminder that the process is to bring darkness to the light and that the light is always ready to receive the thoughts gently and without judgment. Remember that Jesus can not help when we are in a state of fear, so focus on the light and His strength. It can be helpful to join with a brother in a moment of prayer to ask to hear the Holy Spirit's re-interpretation.

After practicing this worksheet a few times it becomes as simple as focusing on placing the thoughts and feelings in the light. This is fast and immediate. It is helpful to focus on this shared light with a brother and place the thoughts and feeling within it. What is "placed in the shared Light" may be placed silently or spoken out loud. Sometimes it can be helpful to journal the thoughts and place those thoughts in the light.

## 2:

Fear seems to live in darkness, and when you are afraid you have stepped back. Let us then join quickly in an instant of light, and it will be enough to remind you that your goal is light.

**Recognize that you have the power to choose.** At first it may not be apparent that fear is a choice not to love and that there is indeed the ability to choose again to recognize the unconditional love that is already here. Yet this is where trusting that you ARE what Jesus is telling you that you already are – total and complete as God made you, is essential. There is great power in saying, 'I have somehow chosen not to love and am willing to be shown another way.'

You can do anything I ask. I have asked you to perform miracles, and have made it clear that miracles are natural, corrective, healing and universal. There is nothing they cannot do, but they cannot be performed in the spirit of doubt or fear. When you are afraid of anything, you are acknowledging its power to hurt you. Remember that where your heart is, there is your treasure also. You believe in what you value. If you are afraid you will inevitably value wrongly, and by endowing all thoughts with equal power will inevitably destroy peace. That is why the Bible speaks of "the peace of God which passeth understanding." This peace is totally incapable of being shaken by errors of any kind. It denies the ability of anything not of God to affect you. This is the proper use of denial. It is not used to hide anything, but to correct error. It brings all error into the light, and since error and darkness are the same, it corrects error automatically. [T-2.II.1.]

## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

A helpful reminder from Jesus: **Miracles, a change in perception, are natural, corrective, healing and universal.** Fear is a perception problem. It is a projection of the deceived mind that believes it is an individual identity separate from source. Projection is misperception. Attempting to project 'outside' yourself results in the experience of something happening outside of yourself, an interpretation of what is arising in your awareness. Everything arises in you as totality, rather than happening 'to you' as a separate identity. The belief that something is happening 'to you' is a desired misperception that results in the experience of separation - fear. A change in perception through the miracle demonstrates that peace is always here.

You have one test, as sure as God, by which to recognize if what you learned is true. 2 If you are wholly free of fear of any kind, and if all those who meet or even think of you share in your perfect peace, then you can be sure that you have learned God's lesson, and not your own. 3 Unless all this is true, there are dark lessons in your mind that hurt and hinder you, and everyone around you. 4 The absence of perfect peace means but one thing: You think you do not will for God's Son what his Father wills for him. 5 Every dark lesson teaches this, in one form or another. 6 And each bright lesson with which the Holy Spirit will replace the dark ones you do not accept, teaches you that you will with the Father and His Son. [T-14.XI.5.]

**3:**

**Statement of True Desire- Peace.** It is helpful to remember what you desire, as Jesus outlines in the rules for decision in Chapter 30 of the text. What kind of day do you want to have? How do you want to feel right now? (Instead of what seems to be in awareness)

**Statement of Peace:** Peace of mind (or \_\_\_\_\_) is my highest desire. I have asked the Holy Spirit that today be \_\_\_\_\_ (peaceful, joyful, etc.)

**4: Use of true denial.** You may find it helpful to state the following: I deny that anything not of God can affect me. I deny that anything I write on this sheet or think or feel or express can harm me.

Do NOT let any belief that it is real enter your mind or you will believe that you must undo what you have made to be forgiven. [ACIM 5.4.]

True denial is a powerful protective device. You can and should deny any belief that error can hurt you. This kind of denial is not a concealment but a correction. Your right mind depends on it. Denial of error is a strong defense of truth, but denial of truth results in miscreation, the projections of the ego. In the service of the right mind the denial of error frees the mind, and re-establishes the freedom of the will. When the will is really free it cannot miscreate, because it recognizes only truth. [T-2.II.1.]

**5: Look beyond error.** I do not know what anything, including this, means.

Atonement is for all, because it is the way to undo the belief that anything is for you alone. 2 To forgive is to overlook. 3 Look, then, beyond error and do not let your perception rest upon it, for you will believe what your perception holds. 4 Accept as true only what your brother is, if you would know yourself. 5 Perceive what he is not and you cannot know what you are, because you see him falsely. 6 Remember always that your Identity is shared, and that Its sharing is Its reality. [T-9.IV.1.]



## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

What, then, should happen? When God said, "Let there be light," there was light. Can you find light by analyzing darkness, as the psychotherapist does, or like the theologian, by acknowledging darkness in yourself and looking for a distant light to remove it, while emphasizing the distance? Healing is not mysterious. Nothing will change unless it is understood, since light is understanding. A "miserable sinner" cannot be healed without magic, nor can an "unimportant mind" esteem itself without magic. [T-9.V.6.]

Do not be concerned about how you can learn a lesson so completely different from everything that you have taught yourself. 2 How would you know? 3 Your part is very simple. 4 You need only recognize that everything you learned you do not want. 5 Ask to be taught, and do not use your experiences to confirm what you have learned. 6 When your peace is threatened or disturbed in any way, say to yourself: 7 I do not know what anything, including this, means. 8 And so I do not know how to respond to it. 9 And I will not use my own past learning as the light to guide me now. 10 By this refusal to attempt to teach yourself what you do not know, the Guide Whom God has given you will speak to you. 11 He will take His rightful place in your awareness the instant you abandon it, and offer it to Him. [T-14.XI.6.]

The deceived mind (the wrong mind that believes that separation is real) will miscreate the "meaningless" as Jesus describes – by generating a story around what it misperceives as error, ascribe a meaning to it, try to project blame others, etc. (projection) and increase the level of guilt and fear in order to defend/protect the perception of separation. This may be experienced as tension, the mind 'spinning' in repeating thought patterns, and trying to find a solution to the 'problem' in thought, all of these are an attempt to perpetuate the experience of separation from Source.

## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

Forgiveness that is learned of me does not use fear to undo fear. 2 Nor does it make real the unreal and then destroy it. 3 Forgiveness through the Holy Spirit lies simply in looking beyond error from the beginning, and thus keeping it unreal for you. 4 Do not let any belief in its realness enter your mind, or you will also believe that you must undo what you have made in order to be forgiven. 5 What has no effect does not exist, and to the Holy Spirit the effects of error are nonexistent. 6 By steadily and consistently cancelling out all its effects, everywhere and in all respects, He teaches that the ego does not exist and proves it.

[T-9.IV.5]

What, then, should happen? When God said, "Let there be light," there was light. Can you find light by analyzing darkness, as the psychotherapist does, or like the theologian, by acknowledging darkness in yourself and looking for a distant light to remove it, while emphasizing the distance? Healing is not mysterious. Nothing will change unless it is understood, since light is understanding. A "miserable sinner" cannot be healed without magic, nor can an "unimportant mind" esteem itself without magic. [T-9.V.6.]

The experience of release from emotional/perceptual blocks brings a deeper understanding of the value of "joining" with a brother. It also re-enforces in the mind "I need do nothing" and "I will not intrude upon my guest". When thoughts are offered to the light often nothing need be said for a healing – shift in perception- to occur.

Mind training is to look beyond error to the light of truth... what is true? Do these thoughts truly represent my true identity?

## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

And yet he is not crucified. 2 Here is both his pain and his healing, for the Holy Spirit's vision is merciful and His remedy is quick. 3 Do not hide suffering from His sight, but bring it gladly to Him. 4 Lay before His eternal sanity all your hurt, and let Him heal you. 5 Do not leave any spot of pain hidden from His light, and search your mind carefully for any thoughts you may fear to uncover. 6 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.7]

1. These are my most fearful thoughts and emotions that are a call to love and I offer these to Spirit for His quick remedy. I want to be shown that they are untrue. (list thoughts if needed).

A sense of separation from God is the only lack you really need correct. 2 This sense of separation would never have arisen if you had not distorted your perception of truth, and had thus perceived yourself as lacking. [T-1.VI.2.]

1. These are additional thoughts or stories that I have held against my brother and/or myself, which I now recognize I am using to withhold the recognition of unconditional love from my self: (In other words, is there anything else?)
2. I do not know and thus I place this in the light of the Holy Spirit, and ask for wisdom. I go into my heart with Christ and ask for wisdom on this. I ask for the gift of understanding. (Hold in a moment of stillness for the answer to come)

Beneath all the grandiosity you hold so dear is your real call for help. 2 For you call for love to your Father as your Father calls you to Himself. 3 In that place which you have hidden, you will only to unite with the Father, in loving remembrance of Him. 4 You will find this place of truth as you see it in your brothers, for though they may deceive themselves, like you they long for the grandeur that is in them. 5 And perceiving it you will welcome it, and it will be yours. 6 For grandeur is the right of God's Son, and no illusions can satisfy him or save him from what he is. 7 Only his love is real, and he will be content only with his reality. [T-13.III.8.]

## **Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet**

3. When the thoughts are placed into the light often a shift can be felt. This is the mind returning to it's natural state- a 'melting into' source. At this time the re-interpretation by Spirit can be often heard. Write the Spirit's communication and re-interpretation here:
  
4. It is joyous to share the re-interpretation of the thoughts (and thus new perception/feelings) by Spirit. What is true?
  
5. Mind training is to look beyond error to the light of truth until the world is consistently viewed from true – unified perception – true nature. What is true? Do 'believed' thoughts truly represent your true identity?

Only those who recognize they cannot know unless the effects of understanding are with them, can really learn at all. 2 For this it must be peace they want, and nothing else. 3 Whenever you think you know, peace will depart from you, because you have abandoned the Teacher of peace. 4 Whenever you fully realize that you know not, peace will return, for you will have invited Him to do so by abandoning the ego on behalf of Him. 5 Call not upon the ego for anything; it is only this that you need do. 6 The Holy Spirit will, of Himself, fill every mind that so makes room for Him.

T-14.XI.14. If you want peace you must abandon the teacher of attack. 2 The Teacher of peace will never abandon you. 3 You can desert Him but He will never reciprocate, for His faith in you is His understanding. 4 It is as firm as is His faith in His Creator, and He knows that faith in His Creator must encompass faith in His creation. 5 In this consistency lies His Holiness which He cannot abandon, for it is not His Will to do so. 6 With your perfection ever in His sight, He gives the gift of peace to everyone who perceives the need for peace, and who would have it. 7 Make way for peace, and it will come. 8 For understanding is in you, and from it peace must come. (T-14.XI.13)

Words believed are witnesses of death – wrong mindedness and the denial of peace, or life – right mindedness if offered to Spirit for re-interpretation- thus freeing the energetic investment in feelings of limitation or lack (experience of separation from source).

T-1.IV.4. The emptiness engendered by fear must be replaced by forgiveness. 2 That is what the Bible means by "There is no death," and why I could demonstrate that death does not exist. 3 I came to fulfill the law by reinterpreting it. 1 4 The law itself, if properly understood, offers only protection. 5 It is those who have not yet changed their minds who brought the "hell-fire" concept into it. 6 I assure you that I will witness for anyone who lets me, and to



## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

whatever extent he permits it. 7 Your witnessing demonstrates your belief, and thus strengthens it. 8 Those who witness for me are expressing, through their miracles, that they have abandoned the belief in deprivation in favor of the abundance they have learned belongs to them.

6. **Rest in the light of new understanding.** The ego always looks for 'next', while the Spirit just is. Rest and allow spaciousness for what has been revealed about your true nature by Spirit to fully bloom in your mind.

The joy and peace you feel in releasing thoughts through forgiveness reveals who you truly are, while the habit of identification – the belief that you are the thoughts – an attempt to limit unconditional love - makes it seem as though this 'release' is a place you are visiting only for a short while and thus you must 'return or get back there'. This is only an idea! Unconditional love can never be outside you- it is you. Yet it will feel to be 'outside' if you invest in the dream that you can limit love through your beliefs. Discomfort is the signal that you are investing in the dream.

Only light can recognize light. Meaning in order to recognize the light of truth, you must *be* synonymous with that light. This is the light that lights everyone who is born- the light of totality - that is your true nature. It is unknowing what is untrue that reveals that you are this light of totality.

When the mind has 'unlearned' the belief that thoughts can define the Son of God, rest in this place - the place without an idea of who you are. Because you are the light of truth, you can immediately decide to drop all concepts, desires, memories, thoughts, pictures, ideas. Rest here. In this undefined stillness your true nature can bloom to its full recognition. You may find it helpful to refer to lessons 44 and 169 in the workbook to remember the song of eternal joy and unconditional love that is always within. This is the unending celebration of your true identity.



## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

Miracles are natural, corrective, healing and universal. The miracle itself is a reflection of this union of Will between Father and Son. (T-5.II.1.7.)

**1: Join with the Holy Spirit.** Focus on the light. It is as simple and immediate as placing any thoughts and/or emotions in this light for them to be reinterpreted/cleared. 'I am entitled to miracles.'

**2:** A helpful reminder from Jesus: **Miracles, a change in perception, are natural, corrective, healing and universal.** Fear (any form of tension/discomfort) is a perception problem.

**3:** Fear arises from lack of love. Say to yourself: Somehow I have chosen not to love. The only remedy for lack of love is perfect love. I accept the Atonement and am willing to see this another way.

**4: Statement of Desire- Peace.** Remember what it is you desire, as Jesus outlines in the Rules for Decision in Chapter 30 of the text. What kind of day do you want to have? How do you want to feel right now? (Instead of what seems to be in awareness)

**5: Statement of Peace:** Peace of mind (or \_\_\_\_\_) is my highest desire. I have asked the Holy Spirit that today be \_\_\_\_\_ (peaceful, joyful, etc.)

**6: Use of true denial.** I deny that anything not of God can affect me. I deny that anything I write on this sheet or think or feel or express can harm me.

**7: Look beyond error.** Do not let your perception rest upon whether the error of thought appears to be about yourself or a brother. In other words, focusing on error will make it seem real.

### **8: Simple observation without identifying with the thoughts:**

When I think about situation x \_\_\_\_\_ I have a feeling of (describe emotions, e.g. sadness, tension, sickness, illness, anger, etc.) \_\_\_\_\_ and do not like the way I feel. This is an error in thinking and thus of perception. This feeling is an attempt to prove separation is true. Thus I hope that I have been wrong.

These are my most fearful/uncomfortable thoughts, beliefs and emotions that are a call to love and I offer these to Spirit for His quick remedy. I want to be shown that they are untrue. (list thoughts if needed).

- 1.
- 2.
- 3.

List as many as needed.

## Joining in Light to Reveal Fear is Untrue Going Deeper Miracle Worksheet

These are additional thoughts or stories that I have held against my brother and/or myself, which I now recognize I am using to withhold the recognition of unconditional love from my self: (In other words, is there anything else? This can be a concern about the future or past.

For example: Because of these thoughts about what John said, I feel angry, and I think that he does not care about me. Our relationship will not work out.

The ego uses words and phrases like 'I/he/ she should do...', 'I would like to but...', 'They did this to me.', 'He/she did this to me, This is happening (to me) because...', 'I would be happy if...', 'I will be happy when...happens.) to project. Beliefs often follow the words 'but, because, if, then, and when. It is a feeling that something 'should' be different than it is now.

**9: Place thoughts/beliefs/emotions into the light:** I do not know and thus I place this in the light of the Holy Spirit and ask for wisdom. I ask for the gift of understanding. (Hold in a moment of stillness for the answer to come)

**10: Notice the immediate correction.** When the thoughts are placed into the light often a shift can be felt. This is the mind returning to it's natural state- a 'melting into' source. At this time the re-interpretation by Spirit can often be heard. This is also a very helpful time to listen for guidance. Write the Spirit's communication and re-interpretation here:

It is joyous to share the re-interpretation of the thoughts (and thus new perception/feelings) by Spirit. What is true?

Mind training is to look beyond error to the light of truth until the world is consistently viewed from unified perception – true nature. What is true? Do 'believed' thoughts truly represent who you are? Your true identity?

The ego always looks for 'next', while the Spirit just is. Rest and allow spaciousness for what has been revealed about your true nature by Spirit to fully bloom in your mind.

Only light can recognize light. This means that in order to recognize the light of truth, you must *be* synonymous with that light. This is the light that lights everyone who is born- the light of totality - that is our true nature. It is unknowing what is untrue that reveals that you are this light of totality and as such love, peace and joy are your natural inheritance. You may find it helpful to refer to lessons 44 and 169 in the workbook to remember the song of eternal joy and unconditional love that is always within. This is the unending celebration of true identity.