

Relationships, especially from “A Course In Miracles” perspective, hold a central role in the healing of pain and fear and in the practice of “authentic forgiveness.” Because of this, they greatly shorten the process of “Spiritual Awakening” and become very attractive to any older soul on a fast track to enlightenment.

Relationship Choice:

Ego Choice

In its relationships, the ego searches for approval, love, trust, value, protection, support, security, special attention, as well as freedom from pain, fear and disappointment. Like all aspects of the ego, its goals are always driven by fear and an endless search for defense, security and support from the outer world. Although it promises us we can fulfill these goals within our special relationships in the world and find love and peace, we eventually learn that this promise is a false one. **“Nothing in the world can help you.” (ACIM)** Disappointment, sadness, pain, loss and fear emerge sooner or later in all our relationships, much sooner for fast tracking souls. Any form of security we think we find in this world will eventually abandon us. This is the nature of any relationship, support or security we think we find within the dream of separation here.

The Law of Attraction and Vibration

Michael Losier point out that we attract what we vibrate. When our “pain body,” the level of pain and fear we hold within our consciousness, is heavy and dense, then our light vibration, the level of our Inner Spirit or Love we are able to radiate or vibrate, will be low and we will be attracted to and attract individuals of a very close vibration to our own. Individuals who vibrate at a higher or lower level of Light or Love vibration will feel uncomfortable to us to varying degrees. Our ego may be able to find many visible reasons for our discomfort. Ultimately, however, our choice of partners or friends will **initially** be one based on vibration. When our vibration rises, certain friends will become uncomfortable for us to hang out with and we will become attracted to others, closer to our new level of vibration. Others, of a similar vibration level, will become attracted to us as well. Then we must meet courageously the challenge of letting go, to some degree, the old friends so we can allow our new energies and vibration to be supported and nourished more fully. Relationship choices become, therefore, another tool to assist us awaken from our dream of separation here.

Our Soul’s Choice

In addition to our vibration based relationship choices, often pushing us beyond these arbitrary and limiting boundaries, our Soul Self draws us into those relationships and situations that can best help us heal and awaken Spiritually. Our ego seeks security in a world that cannot provide it. Our Soul, however, chooses those partners and life situation that can best bring us home to our Eternal Self, often overriding, the comfort of our ego and our vibration-based choices. If we house within us clouds of pain and fear that needs to be cleared before we can find our inner light, then we will be led into the perfect relationship and situation to bring these wounds and fears to the surface to be healed through awareness, surrender, prayer and forgiveness. The partners we meet on our journey here are all members of our “Soul Family” who have agreed to meet us at the appropriate time to play the roles we need to learn our lessons and heal within our dramas here. Remember, at times of change and accelerated Soul growth that **“Absolutely nothing happens by chance in God’s Kingdom.” (ACIM)** **“What God brings us to, He leads us through,”** that **“All things are gently planned by One Whose only purpose is our good.” (L.135.ACIM)** Relax then; be present; be still and allow the will of God to be done through you, holding your faith firm in the perfection of the Divine Plan for your Soul’s growth. **“We do without doing and everything gets done.” (Rune Interpretation)**

How Our Relationships Can Guide Us Into Love And Peace

“Your task is not to seek for love, (that is your identity) but merely to seek and find all the barriers within yourself that you have built against it.” (C.I.M. Text P. 315)

Relationships bring into our awareness “these barriers,” the unconscious pain and fear we have stored within our mind and body, along with all the destructive defenses and strategies we use to hide them. In all our relationships, especially in our intimate ones, when we are ready to heal, we will begin to project our stored pain and fear onto the mirror or screen of our partner. He or she will then begin, unconsciously, to trigger or reflect this pain and fear we have stored within us and bring it, painfully, into our awareness. Without a relationship mirror or projection screen, these barriers of pain and fear we have stored within us for years and even lifetimes, would remain hidden and along with our ego defenses, block us from experiencing the light (energy), love and peace of our Real Identity. Bringing these barriers of pain and fear and our defenses into our awareness is, however, only the first step in the process. Learning how to let go our defenses and deal with our pain and fear constructively is the much more difficult second step. The methods of the second step have already been covered beginning on page 6 of my article, “Waking From The Dream,” with, “**Stages And Strategies For Healing Pain And Fear.**”

All Things Are Lessons

All things are lessons God would have you learn. 2 He would not leave an unforgiving thought without correction, nor one thorn or nail to hurt His holy Son in any way. ... 4 And He would have all tears be wiped away, with none remaining yet unshed, and none but waiting their appointed time to fall. 5 For God has willed that laughter should replace each one, and that His Son be free again. (ACIM. W-193.9)

These “Lessons” that help us remove “**the thorns, nails and unforgiving thoughts**” within us, can best be learned within the framework of a committed relationship, one where the goals of healing and forgiveness have been agreed to, one where there is a mutual, committed and voiced desire to help each other stay on this difficult path.

The path of “Awakening Through Forgiveness” is a steep and slippery one. A partner who shares our goal can help us get back on the path when we falter, fall, or lose our way. As we grow even closer to the light of God in us, our ego’s greatest fear, its fear of God and death, become especially intense and its defensive resistance ruthless, so much so that it becomes necessary, according to ACIM, to enter Heaven “**two by two.**” By sharing the final part of this “Awakening Journey,” we are able to move through the intense fear encountered, as well as the ruthless resistance of the ego and maintain the focus and faith necessary to awaken fully into Spirit.

How We Awaken Through Forgiveness

Text: C-31.VII.3 ACIM

“By focusing upon the good in him, (your brother) the body grows decreasingly persistent in your sight, and will at length be seen as little more than a shadow circling round the good. And this will be the concept of yourself, when you have reached the world beyond the sight your eyes alone can offer you to see. (Spiritual Vision)...For your forgiveness offered unto him, has been accepted now for both of you. ...Have faith in him who walks with you, so your fearful concept of yourself may change.” This reaffirms the principle of projection that “all we give, we give to ourselves.” When we heal our fear and can forgive another, we gain forgiveness and salvation for ourselves.

Our Healing Angels

There is this beautiful parable or story about two little angels talking in Heaven about how best to return fully to God’s Kingdom, in other words, how best to awaken fully into Spirit. They were

overheard by their Guardian Angel or Guide and he shared with them that to awaken fully into Spirit, they would need to learn forgiveness. As soon as this information was delivered, the one little angel turned to the other one and said, "How do you learn forgiveness?" The other replied, "I can teach it to you the next time we journey back for a lifetime on earth together. Just remember, when I hurt you deeply and you are feeling much pain and fear, you asked for this lesson from me. In the end, be very grateful to me and your lesson in forgiveness will be learned."

It is important to review the concept once again that the person we see in a relationship with us, is one we project from within our own mind. We meet only ourselves, in various ways and in various forms, in all our relationships. This means that in every relationship we encounter, we gain another opportunity to meet and heal those parts of ourselves not of love, through awareness, acceptance, surrender and "authentic forgiveness." We must, however, be prepared, ready, willing and courageous enough to meet these difficult healing challenges when they arise.

Navigating The Hill Into Cedar Crest

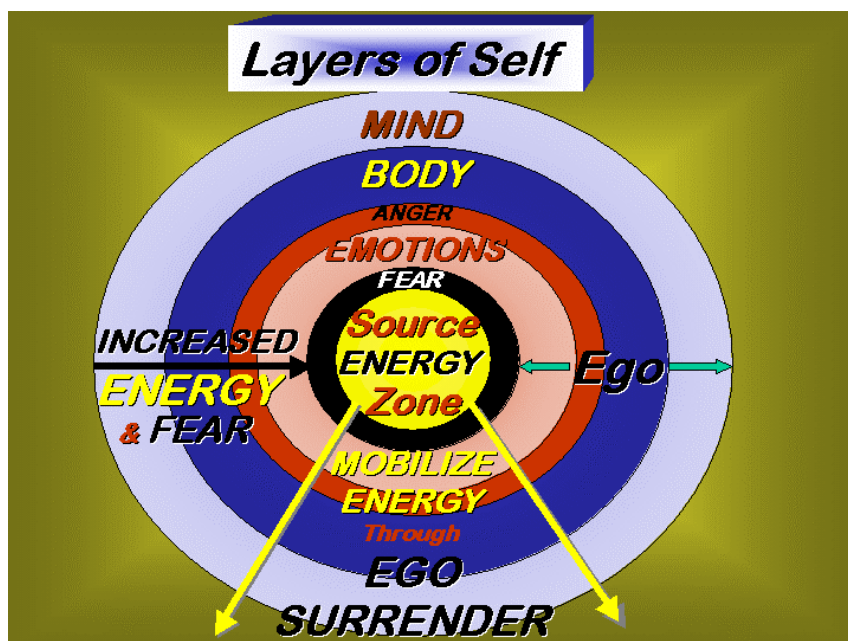
When I was a child back in Ontario, we lived outside of town and needed to navigate a curve and steep hill in order to get to our home in Cedar Crest, on the shores of Lake Erie. Getting up this hill in the winter, when it was snowing and slippery, was a real challenge. I can remember very clearly my Father often taking two or three runs to get around the curve and up the hill. Each try he would back up a little further to gain more speed and finally, we would get to the top and make it home. So it is, I think, with learning "authentic forgiveness" within our relationships. This hill too is very steep and slippery and we will probably need to take many runs at it, gaining more confidence and speed each time, before we get to the top and make it Home.

"When you meet anyone, remember, it is a Holy Encounter. As you see him, you will see yourself. As you treat him, you will treat yourself. As you think of him, you will think of yourself. Never forget this. For in him you will find yourself or lose yourself."

(ACIM.T.C.8.III.4)

Awakening Prayer

Holy Spirit, bless me; heal me; teach me; guide me. Help me awaken from my dream of separation and fear and reconnect with my Eternal Self, at one with God in Spirit, at Peace. Amen



Appendix "A"

A.C.I.M. Chapter 17

V. The Healed Relationship

T-17.V.1. T-17.V.2. The holy relationship, a major step toward the perception of the real world, is learned. 2 It is the old, unholy relationship, transformed and seen anew. 3 The holy relationship is a phenomenal teaching accomplishment. 4 In all its aspects, as it begins, develops and becomes accomplished, it represents the reversal of the unholy relationship. 5 Be comforted in this; **the only difficult phase is the beginning.** 6 For here, the goal of the relationship is abruptly shifted to the exact opposite of what it was. 7 This is the first result of offering the relationship to the Holy Spirit, to use for His purposes.

T-17.V.3. This invitation is accepted immediately, and the Holy Spirit wastes no time in introducing the practical results of asking Him to enter. 2 At once His goal replaces yours. 3 This is accomplished very rapidly, but it makes the relationship seem disturbed, disjunctive and even quite distressing. 8 **Many relationships have been broken off at this point, and the pursuit of the old goal re-established in another relationship.** 9 For once the unholy relationship has accepted the goal of holiness, it can never again be what it was.

T-17.V.4. **The temptation of the ego becomes extremely intense with this shift in goals.** 4 Yet now the goal will not be changed. p362 5 Set firmly in the unholy relationship, there is no course except **to change the relationship to fit the goal.** 6 Until this happy solution is seen and accepted as the only way out of the conflict, the relationship may seem to be severely strained.

T-17.V.7. **Now the ego counsels thus; substitute for this another relationship to which your former goal was quite appropriate.** 2 **You can escape from your distress only by getting rid of your brother.** 3 You need not part entirely if you choose not to do so. 4 **But you must exclude major areas of fantasy from your brother, to save your sanity.** 5 **Hear not this now!** 6 **Have faith in Him (the Holy Spirit) Who answered you.** ...11 **Now He asks for faith a little longer, even in bewilderment.** 12 For this will go, and you will see the justification for your faith emerge, to bring you shining conviction. 13 **Abandon Him not now, nor your brother.** 14 **This relationship has been reborn as Holy.**

T-17.V.8. Accept with gladness what you do not understand, and let it be explained to you as you perceive its purpose work in it to make it holy. **2 You will find many opportunities to blame your brother for the "failure" of your relationship,** for it will seem at times to have no purpose. 3 **A sense of aimlessness will come to haunt you, and to remind you of all the ways you once sought for satisfaction and thought you found it.** 4 **Forget not now the misery you really found, and do not breathe life into your failing ego.** 5 **For your relationship has not been disrupted.** 6 **It has been saved.**

T-17.V.9. You are very new in the ways of salvation, and think you have lost your way. p363 2 Your way is lost, but think not this is loss. 3 **In your newness, remember that you and your brother have started again, together.** 4 **And take his hand, to walk together along a road far more familiar than you now believe.** 5 **Is it not certain that you will remember a goal unchanged throughout eternity?** 6 For you have chosen but the goal of God, from which your true intent was never absent.

Appendix “B”

A Course In Miracles

Text: Chapter 21. II.1

II. The Responsibility for Sight

T-21.II.1. We have repeated how little is asked of you to learn this course. 2 It is the same small willingness you need **to have your whole relationship transformed to joy**; the little gift you offer to the Holy Spirit for which He gives you everything; the very little on which salvation rests; the tiny change of mind by which the crucifixion is changed to resurrection. 3 And being true, it is so simple that it cannot fail to be completely understood. 4 Rejected yes, but not ambiguous. 5 And if you choose against it now it will not be because it is obscure, but rather that this little cost seemed, in your judgment, to be too much to pay for peace.

T-21.II.2. This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you. 2 Say only this, but mean it with no reservations, for here the power of salvation lies:

**I am responsible for what I see.
I choose the feelings I experience, and I decide upon the goal I would achieve.
And everything that seems to happen to me I ask for, and receive as I have asked.**

6 Deceive yourself no longer that you are helpless in the face of what is done to you. 7 Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.

T-21.II.3. **It is impossible the Son of God be merely driven by events outside of him. 2 It is impossible that happenings that come to him were not his choice. 3 His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. 4 No accident nor chance is possible within the universe as God created it, outside of which is nothing.** 5 Suffer, and you decided sin was your goal. 6 Be happy, and you gave the power of decision to Him Who must decide for God for you. 7 This is the little gift you offer to the Holy Spirit, and even this He gives to you to give yourself. 8 For by this gift is given you the power to release your savior, that he may give salvation unto you.

T-21.II.4. Begudge not then this little offering. 2 Withhold it, and you keep the world as now you see it. 3 Give it away, and everything you see goes with it. 4 Never was so much given for so little. 5 In the holy instant is this exchange effected and maintained. 6 Here is the world you do not want brought to the one you do. p448 7 And here the one you do is given you because you want it. 8 Yet for this, the power of your wanting must first be recognized. 9 You must accept its strength, and not its weakness. 10 You must perceive that what is strong enough to make a world can let it go, and can accept correction, if it is willing to see that it was wrong

HOW? Through FORGIVENESS, the ability and willingness to see, feel, accept and overlook with compassion the part of us not of love, triggered or reflected through the illusion that a separate other has acted outside our chosen desire. Please remember this seeming separate other acts only at the request of our Higher Self for a perfect opportunity to reveal and heal the pain and fear that blocks our Inner Peace.