

Lay before Him all Your Hurt, and Let Him Heal You

(Reference: A Course in Miracles T.13.III.4)

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A few months ago, there was an incident where a young boy was killed by a drunk driver. It was a gruesome accident that the mom had witnessed. A friend of the mother of this young boy was writing to a group of A Course in Miracles teachers asking for suggestions on how to console the mother. As I asked within for clarity on how to answer her, a memory flashed into my mind. I was reminded of a time when I was the one suffering and had asked Holy Spirit to comfort me. His Answer was a great comfort and so I felt inspired to share His soothing answer with this friend. Here is my response to her question.

As messengers of peace, how can we fulfill our role when looking at such devastating circumstances? Anyone who hears about what happened to this mom and her little boy can't help but be affected because it plays out our greatest fear. It is very tempting to believe that guilt, punishment and suffering have prevailed over innocence, light and love. How can we comfort others who cry for the loss of innocence if we are crying for the loss of innocence as well? I believe the first thing we must do in any situation regardless of how horrific it seems, is to ask for our own upset and fear to be healed. We must join those asking for our help in peace, not fear; in what is true and not what is false. It is our awareness of Truth and our remembrance of our oneness and shared Identity that heals. Once our mind is abiding in the truth, the form comfort takes will be perfect because it will carry with it the peace that passeth all understanding.

It may seem difficult to believe there is an answer that can bring peace especially when you hear the details of what happened. It is tempting to believe that death has triumphed over Life and that the event is ordering us to feel and react a certain way. Can we resist the temptation and open up to the possibility that there is an answer that will set us free? If someone is asking for our help, it is the perfect time to have faith that the first principle of miracles is true: "There is no order of difficulty in miracles" (ACIM.T.1:1) I would like to offer you an example in my own life when I asked Holy Spirit for help and received a miracle. Although the circumstances are not as devastating as the one you described, it demonstrates how our willingness to be wrong about what we judge as reality can bring peace to a suffering mind.

December 26, 1991, I was 9 months pregnant and awaiting the arrival of our second daughter. We were told she would be born any minute so I hurried to get everything checked off my list after the Christmas holiday, in preparation for many sleepless nights ahead. I was so focused on this task that I did not pay attention to her sudden lack of movement. By the time I realized that she was not active, it was too late. In hearing the news of her death, I fell into my husband's arms in anguish and despair, repeating over and over, "I could have saved her". During the following years I suffered a great deal. Not only did I feel the anguish of grief but I was overwhelmed with guilt over failing to save my child's life.

Over the years I did my grief work, passing through each of the stages and healing each time, but at unexpected moments the pain would seep out through the cracks. One morning something had triggered the pain and I felt it rise to the surface in its full intensity. The pain was nothing new but this

time I had a sudden awareness that the guilt I was holding onto would continue to block the presence of God's love and knowing who I really am. So on this day, I did something I had not done before. I brought all my pain and suffering to Holy Spirit and asked to be free of it all. I couldn't imagine how He could heal this. After all she did die and in my eyes, it was my fault. But even with my doubts, I had enough experiences of Holy Spirit's gentle love that I willingly gave everything to Him, closed my eyes and asked for healing.

Immediately a picture appeared in my mind. I see me at the cemetery hovering over a tiny grave, completely devastated and sobbing uncontrollably. Then my sight is lifted and I find myself looking at the scene from high above the trees. It is then that I notice the "I" that is doing the looking is brilliant light. I see the woman at the grave but it is apparent that the real "I" is only this light. I then notice another light with me as a comforting presence. Our lights touch so there is no distance between us. We look on the woman crying but seeing this scene of devastation while being fully aware of my true identity as light, I am at perfect peace. I feel safe and loved.

As I am looking on this scene, a movement from the right side catches my attention. Approaching is another brilliant light. I recognize instantly that this is who I had once thought of as my daughter. As the radiant light approaches I feel a love that is far beyond any earthly love a mother has for a daughter. It is indescribable. Her light merges with ours and we become one light. I feel uplifted, joyful; peaceful. I know with certainty that the experience at the grave, although devastating, had no real effect on us. I feel compassion because I can see the cause of the suffering. Believing I was this woman and she was this baby who died and went away from me, I suffered. But now, experiencing our true reality, it is clear that we have always been and will always be this pure light regardless of what we experience. With the joy of this realization I hear these words; "There is no death, because she lives and so do you. What is there to mourn when there is only Life and togetherness and everything else is a dream?" When I open my eyes, I am filled with peace and joy. Holy Spirit's Answer completely healed me of the sense of loss and guilt I had carried around for so long.

How can we be truly helpful when we are consoling others who are suffering? The most important and healing thing we can do is first be willing to give all pain, suffering and darkened events to Holy Spirit and ask to see the truth. As teachers of God (which we all are, when we want to teach and demonstrate truth), our role is to set our mind in miracle readiness by giving everything to Holy Spirit for reinterpretation. Accepting Holy Spirit's Answer brings healing and peace. With this shining in our mind, we can comfort those who are suffering. Words may never be spoken, but the presence of light in a dark nightmare can have effects that we cannot even imagine.