



A Course in Miracles *Prayers*

Teach only love, for that is what you are. (T-6, I, 13)

Prayer #1: This prayer can be used all day, every day. We need Jesus/Holy Spirit to correct our perception for us. We cannot do it ourselves.

*"We cannot solve our problems with the same thinking we used when we created them."
~ Albert Einstein*

Holy Spirit, help me to see this differently.

Also...say this to everyone:

*Because I will to know myself, I see you as God's Son and my brother.
(T-9, II, 12)*

Prayer #2: This prayer can be used whenever we are trying to be the "hero" of the dream. Especially if we are feeling that we want to take ownership of the words that are coming out of our mouth, rather than allowing Jesus/Holy Spirit to speak. Use this one frequently when entering into an ACIM group or any group of people at work, etc. It helps to let go & surrender to God and deliver His message. It is very freeing and removes all pressure from ourselves.

*I am here only to be truly helpful.
I am here to represent Him Who sent me.
I do not have to worry about what to say or what to do,
because He Who sent me will direct me.
I am content to be wherever He wishes, knowing
He goes there with me.
I will be healed as I let Him teach me to heal.
(T-2, V, A, 18)*

Prayer #3: Use this prayer to see past a specific person's actions. It's a wonderful reminder that everything we see is simply a projection from our mind.

*You're not really there. If I think you are guilty or the cause of the problem, and if I made you up, then the imagined guilt and fear must be in me. Since the separation from God never occurred, I forgive "both" of us for what we haven't really done. Now there is only innocence, and I join with the Holy Spirit in peace.
(Disappearance of the Universe by Gary Renard, p.256)*

Prayer #4: Sit with this prayer as long as it takes to feel at peace again if there is a perception of a "huge" issue that seems insurmountable.

*I must have decided wrongly, because I am not at peace.
I made the decision myself, but I can also decide otherwise.
I want to decide otherwise, because I want to be at peace.
I do not feel guilty, because the Holy Spirit will undo all the
consequences of my wrong decision if I will let Him.
I choose to let Him, by allowing Him to decide for God for me.
(T-5, VII, 6)*



A Course in Miracles *Prayers (cont'd)*

Prayer #5: When peace is threatened in any way & there is effort to make it mean something (analyzing the situation & trying to “figure it out”):

I do not know what anything, including this, means. And so I do not know how to respond to it. And I will not use my own past learning as the light to guide me now.

(T-14, XI, 6)

Prayer #6: Another wonderful surrender prayer. Whenever something is perceived as an obstacle to peace, use this prayer to hand it over. Sit in meditation with it, feel the obstacle and lift it up & out as this prayer is said in the mind.

Take this from me and look upon it, judging it for me.

Let me not see it as a sign of sin and death, nor use it for destruction.

*Teach me how **not** to make of it an obstacle to peace, but let You use it for me, to facilitate its coming.*

(T-19, IV, C, i, 11)

Some reminders:

- The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so.
(T-8, I, 2)
- The ego analyzes; the Holy Spirit accepts.
(T-11, V, 13)