



A Course in Miracles Asking for Guidance

"The understanding that you need comes not of you, but from a larger Self, so great and holy that He could not doubt his innocence." (T-25, VIII, 12)

The Course points to a letting go of our desire to be separate and a little willingness to allow Jesus/Holy Spirit to decide for us. In Chapter 30, The New Beginning, Jesus starts by taking us through the rules for decision. He asks us to start with "Today I will make no decisions by myself." He then takes us through the process of decision making and points out:

"And yet, you *cannot* make decisions by yourself. The only question really is with what you choose to make them...For they are made with idols or with God. And you ask help of anti-Christ or Christ, and which you choose will join with you and tell you what to do." (T-30, I, 14)

At first, it may be difficult to know which voice you're listening to. Jesus used many techniques with me when I was first starting out and he asked me to share them with you. With any of these, the first step is to ask Jesus/Holy Spirit to speak through them. That is always the first step. The last step is to trust that whatever you receive is the answer. Even if your perceived outcome is not what you would have wanted for yourself, trust it. The larger picture is not visible through the body's eyes.

These are just some ideas for you to try out...just ask Jesus to show you & he'll deliver messages in whatever way is best for you! Try some of these out on what you're perceiving as an "easy decision" first. Play around with it and have fun. Pay attention to how you feel through it. It can be quite uncomfortable at first to give up "control" over decisions you actually think you have control over.

- ♥ Visualize a traffic light ~ ask your question in a yes or no format. Red means no, green means yes and yellow means do nothing now, but sit in stillness to have the true question revealed.
- ♥ Picture Jesus in your mind holding a sign (normally for me it's just a white poster board) ~ ask your question in a yes or no format. The sign will reveal "Yes" or "No".
- ♥ Flip a coin ~ empower Jesus/Holy Spirit with total control over the coin. Assign heads/tails to yes/no & flip the coin for your answer.
- ♥ Use a pendulum in the same way you would use the coin ~ one direction is yes, one is no. Ask the pendulum which is which.

As you start to trust in Jesus/Holy Spirit to make decisions for you, you'll start to *feel* this guidance throughout your day. Eventually, you will operate from the space of Christ and won't have to ask specific questions, as you'll just have a *knowing* of what to do.

If you are going through what you're perceiving as a very difficult time and need comfort, visualize Jesus walking/sitting beside you, holding your hand and comforting you. He is ALWAYS there. Just remember his presence and he will guide you. Jesus says this to us frequently. A specific example is in Workbook Lesson 70, paragraph 9:

"If it helps you, think of me holding your hand leading you. And I assure you this will be no idle fantasy."