



Exercise: All My Problems Have Been Solved

1. Begin with a particular problem or challenge you may be facing. It may even be an issue from the past, such as childhood abuse, etc. And then unearth the “real issue” underlying it. There is a good chance that you will discover the connection between the real issue and the particular problem as you’ve been seeing it. Also, notice how the ego defines the superficial problem and then attempts to problem-solve it, making sure you never discover its one underlying cause.
 - 1) **What appearance has the problem taken?** Is it relationship conflict, illness, pain, depression, self-doubt, financial lack, aging, weight gain/loss, concern for the future, concern for the wellbeing of another.?
 - 2) **Are you willing to recognize that this problem is nothing but a smokescreen made to conceal your only problem?** You believe you are separate from your Holy Self, God and your brothers. Your only problem is the lack of heartfelt desire to close the gap; to forgive totally.
 - 3) **What is the underlying issue that constitutes the gap (problem)?** What do you believe you need (value) more than closing the gap via forgiveness (accepting the Atonement)? This is your hidden desire to be separate, the denied cause of the problem. Until this has been identified and sincerely offered up in exchange for the miracle, the problem cannot be solved. Take yourself through these possible clues with radical self-honesty:
2. The need to be right, the need to believe you were victimized (abused, abandoned or betrayed), the need to believe you were a perpetrator (guilty), the need to hold grievances, the need to believe your anger is justified, the need to believe you are a victim of the body, pain, disease, weight gain/ loss or aging, the need to condemn the body and its appetites, the need to idolize the body and its appetites, the need to believe you are suffering from financial lack, the need to believe you’re alone, unseen or lonely, the need to believe you must defend yourself, the need to believe you are unworthy, the need to believe you must plan and control apart from Holy Spirit’s guidance, the need to believe that your concern or worry for another’s wellbeing is helpful, the need to believe that sacrifice and struggle are valuable or necessary, the need to believe that special relationship rules, roles and laws are necessary (parent, child, spouse, friend, etc.), the need to believe you must earn your worthiness, the need to believe you must judge others, etc.
 - 1) **Is there anyone present or from your past whom you have not forgiven completely (including yourself)? Why do you desire to keep these beliefs, grievances and fears over forgiveness and freedom from fear?** What is it that these beliefs give you? What is it that they protect you from?



- 2) **Are you willing to recognize that all your beliefs, fears, grievances, problems and concerns are there for *one* reason only and that is to act as a smokescreen, a shield of fear; to obscure your resistance to healing the single cause, resistance to genuinely close the gap? Do you genuinely want to see your brother/sister as sinless, as guiltless?** Healing (forgiveness) is achieved by first admitting that you were *mistaken*, that by choosing to believe your fears, grievances and problems, you valued the gap and being separate. And now you wish to close it by accepting the Atonement.
- 3) **Desire the miracle above all else!** Desire above all else to close the gap which this fear, grievance or problem was made to conceal. Your healing depends on recognizing this one problem and then accepting God's Will that it has been solved. One problem, one solution! Healing is done because your only problem has been solved.
3. If you believed with unwavering conviction that you are indeed God's innocent Child, then you could not suffer. There could never be any problems. Suffering and problems only appear when you abandon your Self to the wish to be separate from another, from Self and from God. They are merely symptoms of the choice to be separate.
4. To heal any problem all the Holy Spirit needs from you are:
 - 1) Your recognition that the only problem, regardless of its form, is your mistaken choice to believe you're separate from all-encompassing Love and healing.
 - 2) Your heartfelt consent to have Him "close the gap" in your heart and mind.
 - 3) Your sincere acceptance that He has already healed the problem in the instant you gave Him consent to heal it.