

F E A R B U S T I N G

miracle mantras



FROM ANXIETY TO LOVE WITH CORINNE ZUPKO

THE FOLLOWING STATEMENTS ARE
INSPIRED BY OR QUOTED FROM A
COURSE IN MIRACLES.

USE THEM WHENEVER YOU NEED A
BOOST OF PEACE, CERTAINTY, OR LOVE!

~ CORINNE ZUPKO



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M A N T R A S F O R

anxiety

The anxiety I feel is not who I AM. It's a misperception. I am Pure Peace and am willing to know that. Spirit, please teach me how to think like you.

My fear is intense, so I must be misperceiving. I am willing to receive a miracle instead.

I am as safe NOW as I was before the seeming separation, and I'm as safe NOW as I will be when the seeming separation is over. *There is no separation. I am one with Love.*

I place my mind under Spirit's guidance, and my body under Spirit's control.

I am aware that I am feeling anxious. I acknowledge this is simply a feeling from the ego.

I am willing to look at this feeling WITH Spirit, in order to see it differently.

"I am at home. Fear is the stranger here" (Lesson 160) Even though it might not feel like it right now, I'm willing to know the truth of this!

"If you knew Who walks beside you on the way that you have chosen, fear would be impossible." (ACIM FIP T-18.III.3).

"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." (ACIM FIP T-2.V.A.18)

"You need be neither careful nor careless; you need merely cast your cares upon Him because He careth for you." – (ACIM FIP T-5.VII.1)

Anxiety is a defense against the truth (See Lesson 136). This means that the ego part of the mind is mustering up anxiety to keep my attention away from the Love of Spirit. The ego part of the mind is the one calling forth this anxiety to keep me believing that I am a body and that I am my thoughts. I take responsibility for this. I am not a body and I am not my personality. I am a Holy part of the Mind of God.



M A N T R A S F O R

worrying about others

I recognize I'm afraid ____ will happen. I am willing to see this differently.

I am willing to give __ (name of person) __ to Spirit, as their safety lies in Spirit's Love.

If I am worried about another, I am affirming that they are a body and that I am a body. I want to know the truth about both of us instead.

I am willing to give my capacity for empathy to Spirit. I am willing to allow Spirit to use my empathy to help me empathize with strength, and not with weakness.

You are a Holy aspect in the Mind of Love. Nothing can change that. I am willing to see who you truly are.

"Each one you see in light brings your light closer to your awareness. Love always leads to love." (ACIM FIP T-13.VI.10)

"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 [Peace's] coming." (ACIM FIP T-19.IV.C.11)



M A N T R A S F O R

fear of sickness

"I am not a body. I am free." (Lesson 199)

I want to wake up FROM the dream, not just in it.

"The truly helpful are invulnerable, because they are not protecting their egos and so nothing can hurt them." (ACIM FIP T-4.VII.8)

I am willing to look at all of my beliefs with Spirit. I believe (fill in the blank with every belief you can identify). Examples: If I am afraid I am sick, I must believe I'm a body, I must believe that death is real, and I must believe that I have separated from Love.

Instead of "please make ME be okay" or "please heal ME" or "please heal THEM," instead say, "I want to know the Truth." "Help me to see the Truth." "I want my perception healed."

I give the outcome I want to Spirit.
I give my belief in my body to Spirit.
I give my life to Spirit

I am willing to let Love be itself. In Love, sickness does not exist.

Only the Truth is True.

