

Welcome to Our NEW LOOK

Miracles

Classroom for the Universal Course



WHAT TO DO

When Disaster Strikes P.16

May / June 2020

A Course in Miracles

with Jon Mundy, Ph.D.

*Join our ongoing/online class!
Two opportunities each week to
attend the same 6-week class.*



Tuesday Evenings 8:00 p.m. to 9:30 p.m. EST
or Thursday Afternoons 1:00 p.m. – 2:30 p.m. EST

Current Topic **Following God's Plan for Salvation**

Upcoming Early Summer Schedule

Tuesdays – June 9, 16, 23, 30, July 7 & 14

Thursdays – June 11, 18, 25, July 2 & 9

Late Summer Schedule

Tuesdays – July 28, Aug 4, 11, 18, 25, Sept 1

Thursdays – July 30, Aug 6, 13, 20, Sept 3

\$90 per six-week session

Receive an automatic one-year subscription
to Miracles Magazine when you sign up!

Or a free one-year renewal for current subscribers.

Join Anytime!

Session can be prorated

Scholarships Available ~ Please contact

Jon@miraclesmagazine.org or call 845-496-9089

Sample a FREE class at anytime

Visit www.miraclesmagazine.org to register

WELCOME TO THE ALL NEW *Miracles Magazine*

by Jon Mundy, Ph.D.



*So much is different, so much has changed,
and at the core we remain the same.*

You are holding in your hand (or seeing on screen) a wholly new edition of *Miracles Magazine*. Thanks in good part to the improvements in print technology, we're now able to bring *Miracles* your way in full color and without a significant increase in the price of print production. While Eileen Katzmann continues as our editor, and Glenn Hovemann our associate editor, the format, layout and design are also all wholly new thanks to the graphic expertise of Patty Arnold. We're also adding a new section called "*Voices from Oneness*," where we'll be sharing what other contemporary scribes now hear.

Most folks know that Helen Schucman during the last five years of her life was for me something of a mother-hen and therapist. I know Helen did not "write" the Course, though she clearly "heard" it. What she heard is magnificent, deep, and simple at the same time. We resist hearing its message due to the recalcitrant nature of this thing we call ego. The message of the Course is so profound most of us will probably be exploring it for as long as we're walking around on this planet. The main thing, of course, is to live as it asks us to live. The deeper we dive, the higher we go—not in space and time but into a wholly new *Presence of Mind*.

Lesson 49 tells us that God *speaks to us, all through the day*. This communication has always been. It continues in both words and in wordless ways, in what the Course, calls,

“prayer of the heart,” which never asks for concrete things, but only for the experience of love itself. My own writing in *Miracles* will, as always, focus on the teaching of ACIM. At the same time, I’ve always been eclectic with an interest in interfaith perspectives and I know, as the Course says, *salvation is a collaborative venture*. The Course asks us,

*Are other teachers possible,
to lead the way to those who speak in different tongues
and appeal to different symbols? Certainly, there are.*

*Would God leave anyone without a very present help in time of
trouble; a savior who can symbolize Himself?*

Manual for Teachers 13.7:2-3

And again:

*Christ takes many forms with different names
until their union can be recognized.*

Clarification of Terms 5.6:3

God has always spoken through the hearts, minds, and hands of inspired men and women. His Word yet extends from each of us when we expand our love and let our projections, judgments and criticism dissipate and be blown away, like chaff in the wind.

We read the words of love in the poems of the Sufi mystic Rumi from the 13th century, in *The Prophet* by Kahlil Gibran, in Joel Goldsmith’s writing of *The Infinite Way*, and in the works of anonymous authors in books like *God Calling* and *The Impersonal Life*. From a decade or so ago come to us *From the Christ Mind*, the author Jesus of Nazareth, the scribe Darrell Morley Price, and now most recently *Choose Only Love* from a Choir of Angels received by Sebastian Blaksley.


In January of 2018 *Miracles* began the inclusion of articles by Mari Perron, the first receiver of *A Course of Love*

along with articles on *A Course of Love*. After opening *Miracles* in this way, I received a few emails, but only a few, saying: "What are you doing? It's ACIM and nothing but ACIM." We are not exchanging one Course in favor of another. I've always appreciated wisdom literature, most especially those works which sing a melody much like *A Course of Love*. Here are different words and tones being sung that clearly, just like *A Course in Miracles*, also touch the heart. Are one composer's songs more beautiful than another? While we may have favorites do we not appreciate different compositions by different composers? Is Mozart better than Bach, or Beethoven? Do we not welcome inspired words regardless of the mind or hand which gave them to us?

Once years ago I was sharing a Sunday morning message at Unity of Chicago. The room was filled with four-hundred people or more. I was talking about prejudicial points of view, and from the pulpit I said, "Does it really make any difference if we are Republicans or Democrats?" And some man in the very back row, seeing the irony, yelled out quite loudly "Yes!" And the whole congregation broke into a long and hearty laugh lasting a whole minute or more. God's voice speaks to "all of us, all through the day." Our religion, our political affiliations—none of that matters. All that matters is the love that unites us. To that we turn, and nothing more.

We now have several different editions of ACIM. Are there variances? Yes. Does it matter? Does it change the loving message of the Course in any way? Of course it does not. Truth is true.

I hope you enjoy this new edition and you will grow, along with us, as we all go deeper in our recognition that there is but One Mind, One Love, One God that unites us all.

Lovingly, 

Contents

Who Are You?	7
by Jon Mundy	
What To Do When Disaster Strikes	16
by the Holy Spirit through Beth Geer	
My Four Lessons from Jesus about Fear	22
by Lana Carolan	
Voices from Oneness	
Shelter in The Embrace	28
For Our Times	32
by Miguel Carvalho	
How to Be Truly Helpful	34
by MaryBeth Scalice	
True Giving	40
by David Hoffmeister	
Calm Down and Allow God	43
by Dr. Rodney Chelberg	
Release Emotions or Let Them Be?	45
by Dr. James Strohl	
From the Mountain	
Giving Up Control	49
by Laurel Elstrom	
We're Adam and Eve All Over Again	50
by Michael Leach	
Notes from Nancy	
Comfort or Chaos?	54
by Rev. Dr. Nancy L. Davis LMSW, DD	
Book Review	
Reverence Born of Love	55

WHO ARE YOU?

What you think you are is a belief to be undone.

But what you really are must be revealed to you.

The belief you are a body calls for correction, being a mistake.

*The truth of what you are calls on the strength in you
to bring to your awareness what the mistake conceals.*

ACIM, W-91.6:7-10

*The recognition of your own invulnerability
is important to the restoration of your sanity.*

T-12.V.2:1



There is a line in The Urantia Book that says, “Mortals only learn wisdom by experiencing tribulation.” Only after World War II did we establish the United Nations, the World Bank, the World Health Organization, UNESCO, and the UN Peacekeeping Department. Only after enough people died in automobile accidents did seat belts become mandatory

in the 1960s. The Coronavirus is a slap in the ego’s face. For some folks, being sequestered, isolated, and forced to stay home has provided an opportunity to go within, to read, meditate, and find reflections leading past the dreaming of the world. On the other hand, it’s also been a time of increased domestic violence, and we see how tough it can be to live so intensely with one another. For some, loving relationships have deepened; for others, it’s meant divorce.

The virus has forced us to look more closely at the fragility of bodily life. The body is the ego's chosen home, and the body is very vulnerable. A simple fall can break a bone, and we are easily crippled. A tiny bacteria or virus can invade a body and cause havoc; a variety of poisons can fill our air, our water, and our food. According to the Course, sickness is a witness to our frailty, our vulnerability, and our extreme need to depend on external guidance. (T-8.VIII.6:1-2)

The ego would teach us that there is no safety in any body and every "body" disappears — *ashes to ashes, dust to dust*. All bodies are temporal. They have only a moment in the sun. Ninety or even 100 years is as nothing in relationship to eternity. The phrase "*I am not a body I am free*" appears 46 times in the Course—more than any other phrase. Life in a body lasts but an instant, and then as Shakespeare's Hamlet laments:

*Out, out, brief candle! Life's but a walking shadow,
a poor player that struts and frets his hour upon the stage
and is heard no more.
It is a tale told by an idiot, full of sound and fury,
signifying nothing."*

When the vulnerability of who we are as a body comes into question, we sit up, look around and say, "Why is this happening? Death is knocking on my neighbor's door. Will he come to visit me as well?" This world is a dream, and we prefer sleep to being awake, since being awake means being responsible, and being responsible requires my attention and "willingness" to forego fearful dreams in recognition of our identity in God. What is life? Am I "alive" just because I have a body? Do we make it maybe to 90 and then blank, nothing, emptiness, no mind, no spirit — *nada*?

The remembrance of love brings invulnerability with it.

ACIM, T-10.III.3:3

Every religion says, “*God is Love.*” Is love a thing? Does love have to have a form? If you tell me what Love is, you may have some nice words to share; but is that it? *God is Love.* The Course also says that “*God is Life.*” Does life have to have a material form? Does God have a body? Does God need oxygen in order to be God? Lesson 97 from the Course affirms: “*I am Spirit.*” It is the holiness of God that gives us life. (T-16.I.7:2)

The root of the word *Spirit* in both Latin and Hebrew means “*blowing, wind, breath, air*” and hence “*life.*” Just like air, spirit is invisible. From the perspective of the body, from the moment of the first “inhalation” to the last when we “expire,” Life “seems to” inhabit a body, but Spirit is forever and cannot be limited to any form, including something like oxygen. The Course tells us that “*mind*” is the “*activating agent of spirit*” (C-1.1), and “*the mind that serves spirit is invulnerable.*” (T-1.IV.2:11). You are an eternal *Being*, and *Being*, what the Course also calls *Presence*, is “changeless and in communion with all that is.” (T-4.VII.4:4).

I had a profound death experience in 1976 when this body was 33 years old. What made it so profound was the ego’s encounter with death. When the ‘jig is up,’ the loss of the body can be very frightening to the ego. It is not, however, until the chrysalis cracks and the cocoon unwraps that spirit can take wing.

Fortunately, there is no such thing as an ego. When we finally accept that “*reality*,” “*Life*”—real *Life*—can open the doors to the eternal richness of Heaven, a state for which no words apply. Words too are forms. And yet, at this moment, as I write and you read, we partake of form, as words are the best tool we have while living within a world of form.

*God does not understand words,
for they were made by separated minds
to keep them in the illusion of separation.*

*Words can be helpful, particularly for the beginner,
in helping concentration and facilitating the exclusion,
or at least the control, of extraneous thoughts.*

*Let us not forget, however, that words are but symbols of symbols.
They are thus twice removed from reality.*

M-21.1:7-10

I would like to share an encounter with death, this time in 2001, twenty-five years after the 1976 experience. This was not an out-of-body experience, as it was in 1976. Rather, it was a “psychological experience” and a peaceful acceptance of the inevitability of death. Both the 1976 and the 2001 experience, along with a third very peaceful experience in 2007, are detailed in written form in my book and audio edition of *Eternal Life and A Course in Miracles*.

The Classroom Called Cancer

Sometimes the greatest miracles come in the ugliest packages.

On May 7, 2001, a tumor the size of a lemon along with 18 inches of colon and five cancerous lymph nodes were removed from my insides. I awoke in the recovery room some hours later. As I came to, I saw the oncologist standing at the foot of my bed looking at me. My eyes now open, he looked at me and says, “Mr. Mundy, I have to tell you that the cancer has spread.” I was still deeply drugged from the anesthesia; and in my stupor, I mumbled something like, “That’s nice.” And I fell back to sleep.

*Idols must fall “because” they have no life,
and what is lifeless is a sign of death.*

*You came to die, and what would you expect
but to perceive the signs of death you seek?*

*No sadness and no suffering proclaim a message
other than an idol found that represents a parody of life*

*which, in its lifelessness, is really death,
conceived as real and given living form.*

*Yet each must fail and crumble and decay,
because a form of death cannot be life,
and what is sacrificed cannot be whole.*

T-29.VII.5:1-4

I am still convinced that everything is part of a divine plan, even when it doesn't look that way. I'm not saying that things like war and disease are part of God's plan. I'm sure they are part of the ego's plan, and the ego's plan has a built-in implode. As the Course expresses it, "*The ego's plan makes no sense and will not work.*" (T-9.IV.4:2) When it fails, God's plan automatically kicks into gear. After all, it's been running all along in the background, knowing the arrogant ego would fail.

An Awakening Experience — The Day Seeking Stopped

Note: The following is written in the present tense because that is the way it was experienced and is remembered.

I am awake at 4:00 a.m. the morning after the oncologist gave me the news that the cancer has spread. The anesthesia has worn off, and I am wide-awake! As much as I would like to, I cannot go back to sleep. They want to do another colonoscopy and start chemotherapy. I have a roommate who is sound asleep. To my left, the window curtains are open, and it is dark out. There is a pine tree next to the window, and out past the pines is the hospital parking lot with its lights all-ablaze. A light fog hangs in the night sky making the lights look misty. I lay there in the dark, staring at the night sky thinking, "*You could die. This time, you could really die!*" Tears come to my eyes, and I am overwhelmed.

What Does Dying Mean?

Maybe I'm going to leave this world. If so — “So what?” I'm not afraid of dying—by thinking that's the end of things—I know better. I have accumulated during this life far too much evidence to the contrary. I imagine that the loss of the body is going to be a bit of a relief and an interesting adventure. Dying means letting go of everything—all hopes and dreams. I begin to let go of good things and bad things. Perhaps I am not going to be able to do whatever it was I am supposed to do with this life. Maybe I have done it. Maybe it doesn't matter. All I have to do now is to be the most loving person I can be to the next person who walks through that door and to the next person and the next.

I decide to take a good look at death—to give up completely. There might be no other choice. I'm not going to fight for my body, as people sometimes do in a panicky way when they get the news, “the cancer has spread.” I am not going to beg God to spare my body. That's not real prayer. That is not saying, “Thy will be done.” I understand that what is needed is a change of mind. Either this body is going to survive or not. If it is my time to go—I am going. I still think I have unfinished business to fulfill. Maybe I am wrong. God knows best. I open *A Course in Miracles* and read paragraph 7 from Lesson 189—“I feel the love of God within me now.”

Simply do this:

*Be still, and lay aside all thoughts of what you are
and what God is; all concepts you have learned about the world;
all images you hold about yourself.*

*Empty your mind of everything you think is either true or false,
or good or bad, of every thought it judges worthy,
and all the ideas of which it is ashamed. Hold onto nothing.*

*Do not bring with you one thought the past has taught,
nor one belief you have ever learned before from anything.*

*Forget this world. Forget this course,
and come with wholly empty hands unto your God.*

W-pI.189.7:1-5

I keep letting go. I let go of entanglements, hang-ups, regrets, and remorse—all the nostalgia about what might have been—relationships that did not turn out better—the belief that anything had to happen—even everything I am ashamed of. I go deeper and deeper. I look at secret sins and hidden hates. And then comes the last thing, the biggest thing of all. I forgive myself for not having done a better job.

Lying there in the dark, I become *empty* in a way I have not been *empty* before. I take a deep breath, sigh, and say, “whatever will be will be.” I enter a place of no will—nothing. I wonder, what is it that thinks, walks, and talks? I become empty of desire and anger, and I understand, in a way in which I had previously only understood intellectually, what Buddha meant when he said that the loss of desire is the key to enlightenment. I achieve by this “letting go” any sort of objectivity.

To be one is to be of one mind or will.

*When the Will of the Sonship and the Father are One,
their perfect accord is Heaven.*

T-3.II.4:5-6

I know that I don’t exist in an individual way. There is no subject and object. There is just Oneness. The Mind that is thinking everything is one mind outside of time. Realization requires no effort! Finding can only happen without interference. There are no fears because all fears are concerned with the world. Dying means letting go of worldly concerns. If you know you are going to die, why worry? This life is clearly in God’s hands now. We are born enlightened. To try to achieve what already is suddenly seems absurd—even funny.

There is nothing to achieve. There is nowhere to go. There is nothing to be done. We are divine just the way we are. Problems only exist within a dream of separation. Problems do not *actually* exist. Everything is fine just the way it is. Being eternal, we are everything and nothing. What is needed is to be deeply involved in life while remaining unattached to the drama. It is important not to try to fix the world. Or to be unhappy over some piece of brokenness. I'm happy with what I have. I love my wife Dolores, my family and friends, and I love my work—I'm very blessed.

*To know yourself as the Being underneath the thinker,
the stillness underneath the mental noise,
The love and joy underneath the pain,
is freedom, salvation, and enlightenment.*

Eckhart Tolle

What I Learned from Cancer

Truth is always simple. We always learn simple things.

1. *Love is all there is*—it's all that matters. The result of realization of Truth is Love: compassion, humility, and the love of everything is the love of Self.
2. *We take so much for granted.* The day I come home from the hospital—just watching our cat, Pockets, walk across the deck, listening to my neighbor mow his lawn, and saying grace together around the dinner table brings tears to my eyes.

Someone sent me the following piece for *Miracles* magazine back in the 1990s. I don't know who Arthur Gordon is. There are lots of Arthur Gordons on the Internet, and none of them seemed to be the one I was looking for. His sentiment expressed in the following quote expresses wonderfully what I was feeling when I came home from the hospital.

*Sometimes when you are feeling jaded or blasé,
you can revive your sense of wonder
by merely saying to yourself:
Suppose this were the only time.*

*Suppose this sunset, this moonrise, this symphony,
this buttered toast, this sleeping child, this flag against the sky.*

Suppose you would never experience these things again!

Few things are commonplace in themselves.


It's our reaction to them that grows dull.

3. *When things don't turn out the way we planned it's still the right thing.* Another way to say this is Our Life is none of the ego's business. Life is God's business. The sooner we turn it over, the better.

I think I got cancer just so I could have this experience in the hospital. I needed to engage in a deep, total letting go. I needed to step into complete silence. I needed to stop thinking. The only way to do it was to look at death. Something unneeded died that day, not to be born again. After that, I felt clean and free. We never lose an experience of the eternal. It may fade, but being eternal it can never be lost. Afterwards I accepted the reality of death. Afterwards I said, "It's okay to die." I realized that I was probably going to live.

*Spirit am I, free of all limits, safe and healed and whole,
free to forgive, and free to save the world.*

W-97:7:2

Lovingly, 

What To Do When Disaster Strikes



*by the Holy Spirit through Beth Geer,
March 8, 2020*



When disaster strikes somewhere in the world, fear is the first thing to enter your mind and heart.

When a world leader says or does something you wholeheartedly disagree with, fear and anger are the first things to enter your mind and heart.

What should you do the moment you notice this? What action, thought, and deed can you take to correct your discomfort and eliminate your fear? How can you best help the world and heal your own suffering in response to it?

I tell you this: *Fear cannot be corrected with fear.* This may sound like common sense to you, but I assure you, if you truly believed the above statement, you would never make another decision lead by fear again.

Let us look at it this way: If a neighbor fell down into a deep dark hole, would it make sense to jump down and join him there? No. For there you would be, two fine companions stranded in darkness and misery together. Rather, the better choice would be to stay on the high ground and seek the help of an Elder Brother Who knows how to rescue such people who have fallen into the dark.

I am that Elder Brother. It is My wise counsel and Perfect Help you should seek when you witness that another has fallen down into a deep dark hole in thought and deed.

Therefore, when you hear a world leader speak in ways that fill your heart with hate and rage, *do not join him down in the dark hole.* Do not respond to hate with hate, fear with fear.

When you witness world catastrophes, disease, and war in the world around you, *do not join the world down in the dark hole.* For fear only begets more fear.

The moment you notice your thoughts falling, cease everything. Do absolutely nothing for just a moment.

Then reach out to Me. Even the slightest effort will bring results. Hear My Voice amidst the storm and know: Nothing beyond yourself can make you feel fearful because there is nothing but My Love.

All else is a distraction set up by the ego to keep your mind focused on fear. Do not fall for this! Do not allow yourself to fall down the dark hole with the rest of the world

Love God's Love within all living things.

**You do not have to love what another's
ego is saying or doing.**

in fear. When you find this happening, you can literally say to your thoughts, "Get behind me now! I want no part of this and will go instead and seek the Help of God." For only God's Word can correct the error of fear.

Your part is to step aside and allow God's Word to come through you into the world and reach out to all whom are lost down in the deep dark hole. You step aside when you remember you do not want to jump down the hole with your neighbor, and must instead seek help from One Who knows what to do.

And then a miracle will happen.

A miracle happens when you allow God's Love to extend through you. And what must you do to allow God's Love to extend through you? You join your will with God's Will. God's Will is that you intentionally extend His Love to the problem, person, or disaster in question. In essence, you love your "enemy" in whatever form your fear may take.

This is God's Will.

Love God's Love within all living things. You do not have to love what another's ego is saying or doing. You do not have to love the disaster. But you are being asked to love the Love that binds all living things beyond what your eyes behold.

It is His Will that you extend His Love to all the world; and when you join His Will there is nothing that cannot be healed, no disaster that cannot be averted and no person who cannot be drawn up out of the deep dark hole.

Let all judgment be set aside. You have no idea how the person fell down into the hole. You have no idea how the disaster came to be. But now you are witness to it, and the ego would have you consumed and distracted with a myriad of forms of fear over it. All because the ego cannot have you consumed with God's Love, for in God's Love it would be completely dissolved and rendered impotent.

Become an active participant in saving others through loving them and refusing to join them in their misery. Love holds no grievances. You must become as Love is.

It may be difficult at first to adapt to being Love. This idea of yourself is completely foreign to your ego-self, and you have spent plenty of time down in your own dark hole. Though painful and terrifying this dark hole has been, it is at least a familiar place and it can be difficult to leave the familiar behind you—even if it is painful.

Yet, would you not be willing to relinquish your grievances if for one moment you truly believed that by doing so you would find peace?

Love holds no grievances.

A grievance is a form of fear.

You must become as Love is.

A grievance is a form of fear. By holding onto it, you are holding onto fear and remaining trapped down in the dark hole with your neighbor. A neighbor you may despise and desperately want to correct but only find you are both miserable in this state.

Fear can only be corrected with Love.

Therefore, if there is a world leader you despise, or an environmental calamity on the horizon, or illness sweeping

**Do this, and you will save the world,
for you will have quietly and gently
overcome fear with God's Love.**

across the world, do this: First, do nothing. Become completely still and cease all thoughts of fear for just a moment. In this space of your small willingness to consider an alternate choice in seeing the world, a miracle will come.

Second, allow the miracle to move forward through you as you step aside and let God's Will be done. God's Will is Love.

Let your mind rest for a moment on your heart where Love is felt. Listen very closely to the feelings of your heart when you have ceased to think about the horrors of the world. You will find there a tiny space of peace that, if given to God, can be expanded.

Your true Being is in perfect Unity with the peace of God. Your true Home is in perfect Unity with all living things.

None of what you think upsets you is your true Home or your true state of Being. This is why it causes you so much



distress. It literally contradicts Who You Are. And it is quite liberating to let it all go. In fact it feels quite peaceful.

Now, move into this feeling of inner peace. Allow it to expand from your heart and reach out into the world. Send it to the world leaders you despise. Send it to the natural disasters and the illnesses that threaten the world with death and disease.

Now you are doing something to help rescue those who have fallen down the deep dark hole. You are sending out a lifeline of peace and love—a thought of Unity in God’s Love with them—to heal and correct the fear that sent them down the hole to begin with.

You are merging with the Christ-consciousness that encompasses all living things, protecting us all within It’s Loving Embrace. Through this merging you are joining God’s Will of Unity for all humanity. And together, you and God and all of us in Unity will emerge from the dark together, unharmed and healed of all pain and suffering.

Fear will be no more. The deep dark hole will no longer exist. For it will be filled with God’s Love.

Do this, and you will save the world, for you will have quietly and gently overcome fear with God’s Love.

There is nothing in the entire world to fear, for God’s Love is all there is. You rest in the Heart of God. This is your true state of being. Bring your mind here and you will be Home. Amen

Beth Geer is the author of Awakening To One Love, a compilation of her inner conversations with the Holy Spirit in the wake of a remarkable revelation through practicing A Course In Miracles. She is currently working on her second book of teachings from the Holy Spirit as well as many other projects for Him. For more information about her work, go to www.awakening2onelove.com.

MY FOUR LESSONS FROM JESUS ABOUT FEAR

by Lana Carolan



I believe we have arrived at a miraculous point in the spiritual evolution of humanity. There will be many that awaken because of this so-called “devastating virus.” One day, after the physical effects of the virus are long forgotten, the LOVE that it facilitated will remain. So I greet this time of tribulation with gratitude and embrace it with love, just as whenever I look back on other times of fear of “devastation” in my life, I see the spiritual gifts they bestowed.

I once found myself in a position where the only place there was to go for help was God. What a glorious discovery to find that I could trust God no matter what showed up in this sometimes-crazy dream.

Fear is nothing more than separation anxiety.

Forgiveness is the answer.

Fear has taught me much over the years. My fearful stories are no different than yours. Fear is gift-wrapped by the ego in a million different ways. Yet the root of all fear is the same: a belief that we are separate from God.

In the first “lesson learned,” the message I received from Jesus was: *“You need not know the answer to a problem in order for it to be solved.”* Initially I thought, “that’s an extraordinary idea.” The truth is that in eternity every perceived problem is already solved. Fear is nothing more than separation anxiety. Forgiveness is the answer. It does not matter what the “story” surrounding the fear looks like. Appearances do not matter but truth does matter, and through forgiveness, all effects of fear melt away, including the story. In my experience, once healing has occurred, one of two things seem to happen. Either the “problem” is seen as meaningless, or a solution shows up in an unimagined way. Either way, the “problem” disappears.

The second lesson I learned came on a day I had to face the music about something I had procrastinated about. Time had finally run out and I asked Jesus for help in facing my fears. Once again, I received guidance that I continue to use every day of my life: *“Just beyond your greatest fear is the Peace of God. Ego will say ‘run, be very afraid.’ Holy Spirit says, ‘walk through it with me and I will show you it’s not real.’”* That is exactly what happened that day. With my mind firmly fixed and joined with the Holy Spirit, I walked through my fears, through my “situation,” and discovered that my fears were totally unfounded. I discovered that fear was an idea that had no basis in reality. *Fear is the source of all illusion, love the source*

of truth. (ACOL) But in order to know its unreality, I needed, in this instance, to walk through it. Walking through fear is like walking through a cloud. The cloud may be dark but still cannot hold up a penny. I learned that fear disappears as I walk through it with the Holy Spirit.

The third lesson I learned in yet another moment of fear came when I asked Jesus a question, a question I believe we all ask at one time or another: “What am I to do?” Jesus answered: “*You are asking the wrong question. Ask instead, ‘What is God going to do?’*” In that moment it was as if the weight of the world had been lifted from me. I thought, “Of course, it is not my function to figure things out.” How can nothingness ever be figured out? My function is forgiveness. And my only part in forgiveness is my willingness to have it accomplished FOR me. God does all the heavy lifting.

“Forgiveness, on the other hand, is still and quietly does nothing. It offends no aspect of reality, nor seeks to twist it to appearances it likes. It merely looks and waits, and judges not. . . Do nothing, then, and let forgiveness show you what to do, through Him Who is your Guide, your Savior and Protector, strong in hope, and certain of your ultimate success.” (ACIM)

My only part in forgiveness
is my willingness to have it
accomplished FOR me.

In my fourth lesson I will share a few of the specifics about my “story.” It was a more recent adventure into fear that occurred about a year and a half ago. I was diagnosed with a terminal lung disease called pulmonary fibrosis. If we are honest, the fear of death is the ultimate fear, even if we don’t want to admit it. For years, as a “good student” of ACIM, I went around telling people, “Oh, I’m not afraid of

death, I know I cannot die.” Well, the morning I was given the diagnosis, guess what I forgot? Yep, I forgot all about not being afraid of death, not to mention the small detail that I cannot die. Fear just erased all memory of truth. Oh, I had justifications for my forgetfulness. There was no cure—not even a treatment—for pulmonary fibrosis. For an otherwise healthy person, life expectancy was about one year. I was not “an otherwise healthy person”; I had just suffered a heart attack the year before.

All during the months that followed I received guidance, comfort, and direction from Jesus. It healed my mind which ultimately showed up as a healed body. *Love replaces fear and is life-generating rather than life-degenerating. Your bodies will thus regenerate rather than degenerate.* (ACOL) Jesus instructed me to “*let the doctors take care of your body and I will take care of your mind. Walk through it with me and I’ll show you it’s not real.*” I appreciated this guidance but I still had difficulty letting go of the idea of my possible upcoming demise. So Jesus offered additional wisdom that was extremely helpful: “If you can’t let it go, let it be.” Jesus was reminding me about non-resistance, or acceptance—certainly not a new idea. We have been told, “What you resist persists.” The Bible teaches “Resist not evil.” Even the Beatles sang “Let it be.” Again from ACOL: *Active acceptance is what allows the great transformation from life as you have known it, to death of that old life, to rebirth of new life.*

As we bring our total focus and attention to the present

**I learned that open-mindedness
is a very underrated ability.**

moment and “BE” or “Rest in God”, all awareness of fear starts to fade away. It is the meaning of Jesus’ words in ACIM: “*I will forgive and this will disappear.*” A shift in perception happens

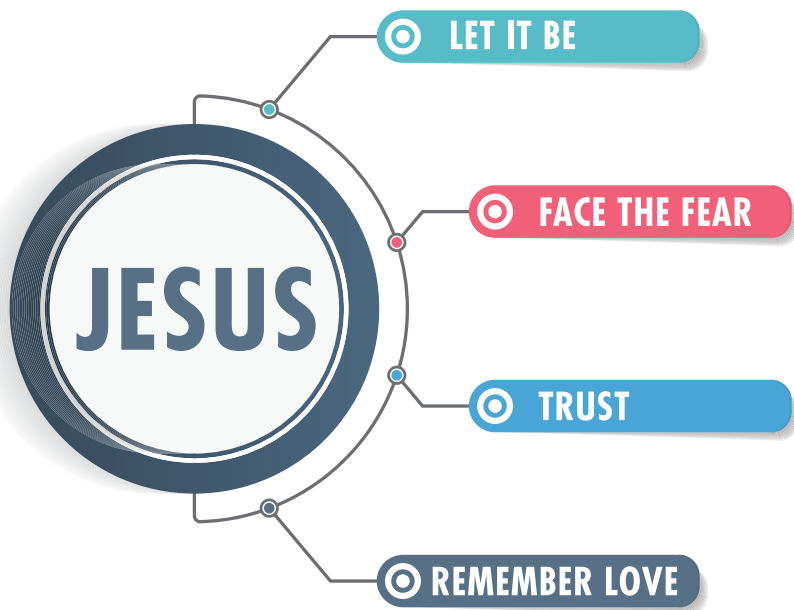
and we remember that *“nothing real can be threatened and nothing unreal exists.”* We rediscover our peace in God.

I found that all I needed was that little willingness, the willingness to consider that there may be another way of seeing my situation. Perhaps I was wrong about my illness. Perhaps the doctors were wrong. Perhaps everyone in the world was wrong. I learned that open-mindedness is a very underrated ability. It sure helped me.

With each lesson learned, fear begins to fade and eventually becomes an obsolete and meaningless idea.

Well, I walked through those days with Jesus close beside me. I “let it be.” It proved to me that “I do not need to know the answer in order for the problem to be solved.” I remembered to ask, “What is God going to do?” instead of

FOUR LESSONS



what is Lana going to do? Jesus taught me that where fear is concerned, I did not need to know or do anything. I needed only to be willing to allow God to do FOR me.

My release from fear comes with asking a simple question: “What is the truth of this?” The answer—there is only truth—renders the question meaningless. All else is a distortion, a mis-perception arising from fear. In truth, I am a healed, whole and a perfect creation of God. So are you and everyone else. Thus God is truly in everything I see, even viruses.

If fear does show up, regardless of its packaging, I remember and embrace the words of Jesus when he tells me in ACIM: *“If you knew Who walks beside you on the path that you have chosen, fear would be impossible.”*

Jesus did walk beside me on the path that I had chosen and he still does. I invite him to walk with me, through all of my ridiculous imaginings. And as I walk with him, he shows me they are not real. This path we have chosen and the paths our loved ones have chosen may indeed sometimes cause us to react with fear instead of responding with love. Yet the remedy is always the same. We have merely forgotten that we are One with God. For an instant in time we forgot that we ALL belong to one another. We must remember that we can never, ever be separate. Not fear or viruses or even a belief in death can separate us from each other or from the Love of God.

Lana Carolan has been a student of ACIM for about 40 years and, more recently, of ACOL. She says: “I’ve found that their application and integration into my everyday life has afforded me a state of consistent peace. I mentor many students and it has been through them that I have come to recognize that giving and receiving are truly one. I am in the process of writing a book of essays that will share my experiences with ACIM and ACOL. I feel so very blessed and am overflowing with gratitude.” Contact Lana via Facebook or email her at icarolan49@gmail.com.

Shelter in The Embrace

*The following is an excerpt from A Course of Love, Chapter 20,
“Wholeheartedness—The Embrace.”*

There’s a burning in your heart for true shelter. Your heart may even feel as if it is stretching outward, straining heavenward, near to bursting with desire for union with God. It’s a desire you feel, even if you don’t understand it.

Move into my embrace and let yourself be comforted. Let the tears fall and the weight of your shoulders rest upon mine. Let me cradle your head against my breast as I stroke your hair and assure you that it will be all right. This is the embrace of the universe, the all of all in which you literally exist. Feel the gentleness and the love. Drink in the safety and the rest. Close your eyes and begin to see beyond thought and words.



You are the beloved child suckled at the breast of the Queen Mother Earth. Your identity no longer stands in form, but flows from life itself. Your beauty is the gathering of the atoms, the order in chaos, the silence in solitude, the grace of the cosmos. Our one heart is the light of the world.

We live in the embrace as one body, experiencing communion, the soul's delight, rather than in otherness. It is a seamless world.

We have returned to the embrace.

And now we begin to see with the eyes of the heart. We are no longer looking outward, but within. Within the embrace our sight clears and what we see is *known* rather than understood. Here, rest comes to weariness and gently lays it aside. Time has ended and there is nothing you must do. Being replaces separate identity and you say, I am. I am and there is nothing outside of me. Nothing outside of the embrace. You are cradled gently while your spirit soars. You feel the heartbeat of the world just beneath your resting head.

We are the heartbeat of the world. This is creation. This is God. This is our home.

We exist in the embrace of love like the layers of light that form a rainbow, indivisible and curved inward upon each other. Love grows within as a child grows within its mother's womb.

Oneness prevails. The reign of Christ is at hand. In the cave on this Earth where my dead body was laid, the Christ in me returned me to the embrace. The singular heartbeat of the man Jesus no longer sounded. My heartbeat was the heartbeat of the world. All share the heartbeat of the world and are at rest within each other, within each other's embrace and the embrace of God's love, God's heartbeat. God's heartbeat is the Source of the world, existence with no beginning and no end. One embrace. All in all.

There is no longer cause for fear, for alienation, nor for the feeling of abandonment. You are now within the embrace where all such hurts are healed.

The world does not exist apart from you, and so you must realize your compassionate connection. The world is not a collection of cement buildings and paved streets nor of cold, heartless people. It is but the place of your interaction with all that lives within you, sharing the one heartbeat. The heartbeat of the world does not exist apart from God. The heartbeat of the world is thus alive and part of you.

Have you never felt as if you would wrap your arms around the world and bring it comfort if you could? This you can do. Not with physical arms, but with the arms of love.

Have you never cried for the state of the world as you would for one small child in need of love? Are your tears not shed for what lives and breathes and exists along with you? And when you have leapt for joy at the world's beauty, has it not leapt with you, returning grace for grace? How could it exist apart from you? Oneness with Christ, dear brother and sister, is nothing more than this concept realized. And also nothing less.

Within the embrace you can quit thinking even of holy things, holy books, holy men and women, and even divine beings, even the one God. Is not the embrace itself holy? Sanctity is all that exists within the embrace. How could you be less than sacred? You exist in holiness.

To know the safety and love of the embrace is to know no cause for fear, and thus to come into your true power. True power is the power of miracles. Miracles are expressions of love.

You might think of miracles as acts of cooperation. Your expression of love is unique. It is in the cooperation between unique expressions of love that creation continues

and miracles become natural occurrences. This cooperation is natural when fear has been rejected.

The universe, existing in a state of compassionate free will devoid of fear, knows what it does. There are no opposing forces that are not in agreement about their opposing force. No atoms do battle. No molecules compete for dominance. The universe is a dance of cooperation. You are but asked to rejoin the dance. The embrace has returned you to attunement with the heartbeat, the music of the dance. You have not known what you do or what to do only because of fear, only because you have been out of accord with the one heartbeat.

The world, the universe, is your partner—and only now do you hear the music that brings grace to all your movements, all your actions, all your expressions of love. While this may seem to be metaphorical language, it is not. Listen and you will hear. Hear, and you cannot help but rejoice in the dance.



For Our Times

by Miguel Carvalho

Did you know
that our bodies
are absolutely unnecessary for communication,
but are meant
only for communication?

Not a conundrum, but reality.

Because communication
is a poor substitute
for communion
and communion is
only and always
of the heart and
in the heart,
the center of you,
where we are joined with all.

And when the heart is open and welcoming to all,
the body then,
if you so choose,
cannot but be transparent
to the love
that is all there is to share,
because it is all we ever are.

Forgive God within
for creating us so
and thank your Self.

Then you'll see
we are All One
and can never,
ever
be alone.

Our New Calendar!

~~SUN~~ DAY

~~MON~~ DAY

~~TUE~~ DAY

~~WEDNES~~ DAY

~~THURS~~ DAY

~~FRI~~ DAY

~~SATUR~~ DAY



HOW TO BE *Truly Helpful*



by MaryBeth Scalice

Tonight I spoke with my sister in Florida. She was trembling having listened to the news of the virus. She does not have a spiritual program like you and I but has begun to rest and breathe and take care of herself. Sometimes the worst situations motivate us in positive directions. Sometimes the ego has to be blatantly exposed. I have been asking how I might be truly helpful during hateful times. Here are a few thoughts to savor and share.

*The virus, flood or crashing stock market
cannot stop the Plan of Salvation,
but my part is essential.*

In hateful times Love is ever present waiting only for your recognition, and your willingness to perform miracles. Miracles are the simple result of pausing, listening, and following Guidance. We need not be powerful or masterful. Jesus offers power and mastery. Our function is to *join with Him willing to represent Love*, willing to forgive all obstacles to its Presence. Jesus motivates our hearts to such desirous heights that we move from fear to creativity. He inspires belief in our own good and God-given capacities to “move mountains” and “part seas,” or more simply, help a brother in need. He reminds us of our place and preciousness in the Kingdom. Truth is the Light He gives us to share with others.

The Plan is Invulnerable

The virus, flood or crashing stock market cannot stop the Plan of Salvation, but my part is essential. To participate is to decide for my own healing, bringing my fears, mistakes, and doubts to awareness. I humbly put them on altar of my heart, letting Spirit purify my thoughts and their effects. Through this process, I am raised into the priceless service of Love. I remember I am a co-creator with God, bringing forth the true, the holy, and the beautiful. I remember I am One with creation.

Dance with Jesus, not Illusions

When fear and anger seem rampant, illusions are dancing! It is incumbent upon those who have a spiritual practice to dive ever more deeply into the protection of its Grace and the safety of its Word. We are given to establish peace. Healing cannot occur in chaos and nothing good comes

from fear. Give quality time and devotion to following your path. It matters not if you are Zen, Sufi, or Jew. The hours, the very minutes you devote toward deepening your faith, nourishing your soul—these are the seeds of beneficent harmlessness. Planted in the womb of dedication they become fields of innocence. They bloom as benign, wholesome acts of creativity in the world. They move through the rocky soils of lethargy and burnout, developing strength and purpose. Your devotions contain the promises of Christ, but you must discipline yourself each day, giving your heart to pray, contemplate, read spiritual literature, meditate, and then *apply as directed*.

Inspire Your Soul

When despair or doubt set in, inspire your soul with the *memory* of miracles and revelations. Each of us has been touched by an inexplicable act of goodness or joining which witnesses the reality of God. Everyone has had one or many awe-inspiring experiences. Write them down, the little gratitudes each day, as well as the monolithic experiences that charged your life with knowing. Read them whenever you are tempted to forget *God is Love, God is real*. Keep a diary of God's promises, scriptures of incredible works, and miraculous healings. Read them when you are tempted toward unfaithfulness. They will freshen your inspiration and lift you from the suggestion to be depressed. Likewise, take care not to feed your heart a steady diet of uninspired media madness.

Simple Acts of Spiritual Generosity

As you settle into your relationship with God, offer your meditation or contemplation to another. Practice silent mind-intervention for those gripped by fear. Not long ago I heard a brilliant Buddhist nun speak of her meditation practice as a compassionate act. Every meditation was offered to a sentient

*A concept of myself as spiritual may appear
as a belief that I am above what is asked
of others, such as that I need not
care for my body.
This is arrogance.*

being for healing. Imagine the peace and perfection of her own still heart extended each day to another. Imagine the grace for countless numbers in a lifetime of selfless giving.

Helen Schucman, scribe of ACIM, practiced a form of *intervening prayer*. Jesus teaches that mind is an open cup into which healing thoughts could be poured from any other mind. Helen silently spoke to loved ones, sharing thoughts of forgiveness, serenity, innocence. She witnessed in their behaviors the uplifting effects of her suggestions.

Go Within Before You Go Without

As our leadership suggests increased withdrawal, we have choice. We must ask for Guidance in every occasion. We are directed to choose love not fear. Remember there is no real choice in worldly options. The Real Choice is in choosing to unite with the Will of God.

A collective grab of special satisfactions escorted us into this classroom, a belief that I am entitled to more, that I am capable of getting more at the expense of others. Let us rest in humility, aware that a concept of myself as *spiritual* may appear as a belief that I am above what is asked of others, such as that I need not care for my body. This is arrogance. Love is always invincible, but Love is never above another. Perhaps that is what Wisdom is now offering.



Ask to See Differently

Let me *seek the reinterpretation* of the call for distancing. Let me *see the opportunity for grace right where I am. **Where I am is not an unfortunate mistake. It is where Spirit can use me.***

Jesus points out that uniting is a state of heart, not bodies. I wonder what is possible if I *allow* quiet, facing and forgiving my addictions to others, to consume, run, feed the ego's appetites. What would God heal in me if I gave Him time?

The Lesson of One Self

A virus appears as opposition to our call to belong and the soul's desire to experience wholeness. Seeing through the appearance means willingness to share our hearts, holy thoughts, *and to recognize we are One Self*. You belong to me, as I belong to you and we belong to God. Nothing can separate us from God, or each other.

Joined in heart, we set the healing intention. *Joined in heart*, we share experiences of grief and revelation. *Joined in heart*, we heal the Mind we share. **We are forgiveness experts.** Recent trauma is not new separation. It is age-old fear in another form. *We know the power of forgiveness dispels fear in every form.*

Joined in heart, we set the healing intention.

Joined in heart, we share experiences of grief and revelation.

Joined in heart, we heal the Mind we share.

A Vision

Years ago, as I was envisioning a community of Open Hearts, I had a dream. I was above, looking down upon the United States. Below, a light twinkled in Boston. That Light became stronger, brighter and clearer with shafts sweeping south. They moved toward New York and further down the East Coast. Cities were illumined and radiated shared beams. Streaming light moved West across the nation. Like stars cast on the nation-scape, major cities sparked to life and connected. Our country was ablaze as a grid of Rays. The movement was of God. I awoke in peace.

We are called to transmit that Light. *I have no cause for anger or for fear, for You surround me. And in every need that I perceive, Your grace suffices me.* (WB348) His grace is with us now...

MaryBeth Scalice, MA, Ed.D, scribe for Write, Beloved Write, and longtime teacher of A Course in Miracles, shares modern day psalms and epiphanies arising from her inner Voice. MaryBeth is a therapist and teacher trained in Humanistic and Transpersonal Therapy, integrating humanity and divinity, psychology and spirituality. She facilitates heart-opening retreats. She is president of The Foundation of Open Hearts, www.foundationofopenhearts.com. She describes her vocation as “to open the heart to the true Self.” Her new book is available on www.amazon.com or store.bookbaby.com. She can be reached at mbopenheart@aol.com.



by David Hoffmeister

The following is an excerpt from David Hoffmeister's latest book, This Moment is Your Miracle.



There is a powerful teaching in *A Course in Miracles*: “To have, give all to all.” This teaching contradicts the entire ego belief system. So, what is true giving, true extending? The Holy Spirit says just give me your mind, and I will take care of everything else. If you’re worried, sad, or tired, you are not really giving. But if you are inspired and connected to your Divine Source, you give true and amazing inspiration; you share joy, peace, and love. There is no tiredness or loss, only extension. This is because it is by sharing God’s gifts of joy and love that you keep them. This can only be understood through experience. “All that I give is given to myself.” This teaching of the Holy Spirit is a very strange notion to the ego. But to us, it’s the perfect answer. “All that I give is given to myself” is a divine principle. It’s the experience of having a relationship with God.

Withholding something in the present is not the way of the Spirit. Planning for the future is not the way of the Spirit.

We've all been into withholding in one way or another. "Don't put all your eggs in one basket." "Always save for a rainy day." We have been taught to withhold, that it is prudent to withhold, even in relationships. "Don't give it all away, string them along a little bit, make them work for it, make them chase, and make them pursue." Who taught us this stuff? If God gives His love unconditionally, then why wouldn't we want to give it too?

We associate giving with loss and sacrifice. But from a miracle-minded perspective, giving is completely different; giving in form is irrelevant. It comes down to not actually knowing your best interest and opening up to being guided in terms of form. When you give miracles away, the giver and the receiver both have more! We know that about love: when you extend love to somebody, you feel more love in your heart. This is the way that we were created by God: to give love just like He does. As soon as the ego tries to put a price on this, it is not love anymore. It is just another exchange.

Developing trust is to learn to give as God gives: give love and grow in trust. As you extend love, you will experience that the universe is giving you everything back, and you will naturally grow in trust. In the end, from trusting and allowing the support that's given by the Holy Spirit from moment to moment, you will come to experience that giving and receiving are the same. True receiving is true giving. That realization is nothing less than the awakening itself. When you are receiving Spirit from moment to moment, you are also giving Spirit. That is the nature of Spirit. It is not personal, and it is always extending. The experience of trust, joy, contentment, and peace is a sign that you are in touch with Spirit and being in touch with Spirit is true giving. Receiving and giving become one.

When your dreams become happy, you know that you're just at the point of getting your final lesson. This final insight is learning that what you have is what you are. This means that

“having” is an experience of your divine Self—safe, free, and at home. Remember that in oneness, there is no difference between having and being as there is in the dream. In the state of being, the mind gives everything always. To have is no longer associated with an ownership of things or of having self-importance. Without attachments, you become free. That’s why Buddha taught to empty your mind of everything you think that you think and everything you think you are. He was saying let go of the false identifications that relate to this world and come into a still, tranquil mind, which is beyond this world. That’s what Jesus was teaching as well. Whereas Buddha might have called it the void, Jesus would have said, “Yes, go into the void and come through the void to the Kingdom of Heaven, to full joy, to full happiness, to the fullness of Holy Spirit.” That’s what this journey is all about!

“This Moment is Your Miracle” is available at davidhoffmeister.com. You can find out more about live and online retreats with David at livingmiracles.org/events.



CALM DOWN AND *Allow God*

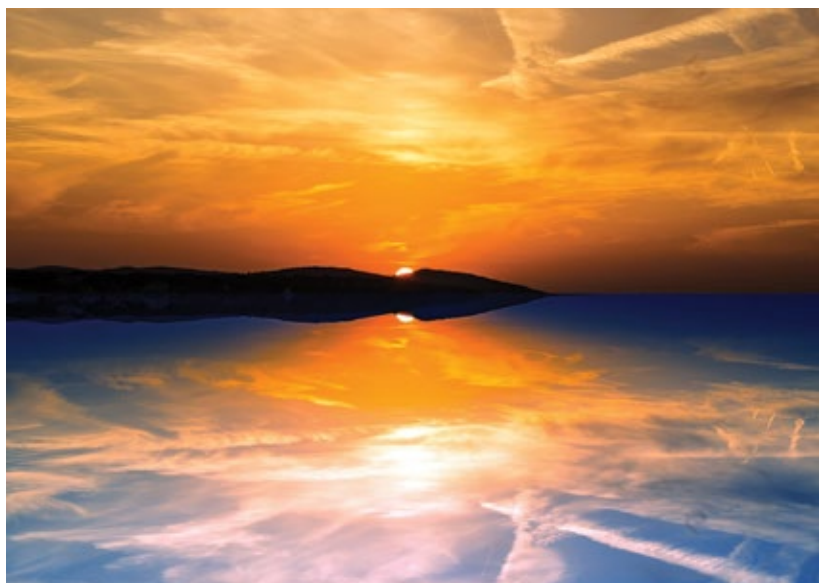
by Dr. Rodney Chelberg

As an intensive care and emergency room physician for decades, I followed all of the same steps as outlined by Holy Spirit through Beth Geer in her book, *Awakening to One Love*. Whenever I saw a trauma patient come in, amongst all the frantic activity that occurs, the first thing I must do is not to react to the appearance of what my eyes show me, but rather take a step back and calm down. God can only be heard in the quiet.



When I still my mind, I then feel the presence of Christ. Many times I can see him on my right side as well. I listen to what he says and pass this on to my crew.

In other words, no matter what you see with your eyes, it is not real. It is an illusion and a distraction. Don't join with it. Rather, step back and allow God's love to flow through you into the darkness of the illusion. The light that shines through you is really quite beautiful to behold. The light from



the patient and others is usually dull. When they see your light, theirs brightens up and harmonizes with you.

Then a miracle occurs. The light shines away their darkness. This is how healing works. Just step back, listen, join with God's will, and let God lead the way. When our ego mind thinks we know what to do more than God does, disasters usually result.

It takes just one person to influence all those around in a positive way. I refuse to let the situation have power over me. I refuse to abide in fear. Ultimately, this all distills down to the fact that the ego wants me to believe that God and I are separate. Therefore I refuse to abide in the thought that I am separate from God.

Dr. Rod Chelberg has a long history of being guided by Jesus in the ER as well as with hospice patients. He relates his many experiences in medicine and also his meetings with God in "When God Calls, Say "Yes!"

Release Emotions or Let Them Be?

by Dr. James Strohl



Most people recognize the value of effectively handling emotional reactions to life. It is well documented that avoiding, suppressing, and controlling emotions can create a myriad of psychological, behavioral, and physical difficulties. We also know that to live a healthy, balanced existence requires the ability to fully experience and constructively express emotions on a regular basis.

Despite the ample research showing that effectively addressing emotions is one of the greatest deterrents to psychological disturbance and interpersonal conflict, few people know how to effectively address emotions. It is quite astonishing that these skills are not commonly discussed and taught in our society despite the huge effect they have on our daily living.

Developing an effective method of addressing emotions is imperative for individual happiness and satisfying interpersonal relationships, as well as for the civility of society at large. While many people know it is not advisable to avoid, suppress and control emotions, few realize that it is also not helpful to apply effort or “do” something with emotions. Even the intentional acts of “releasing” emotions or “letting them go” are subtle forms of applying effort and doing something.



Ideally, we want to effortlessly observe thoughts and emotions while simultaneously allowing them to arise, express themselves, and leave our perceptual fields in any way they wish. Emotions can be trusted to express themselves productively and constructively when we let them enter, perform, transform, and exit our presence in any manner and in any time period they desire. When we fully honor the deepest truth and reality of our emotions, they will always guide us to express them wisely and respectfully. Attempts to do something with emotions or having a purpose or goal associated with our experiencing of them will simply interfere with the unique, dynamic, organic expression of the emotions and all that they might reveal to us.

It is easier to allow emotions to be whatever they wish to be and do whatever they wish to do when we understand that they are not accidents but messengers from the universe that we have either consciously or unconsciously invited to visit. Knowing this, they can be viewed as being similar to invited guests arriving at the front door of our homes. Politely welcome them in and engage them in a receptive, respectful, intimate manner. Listen to them cognitively, emotionally, sensually, and energetically in order to fully absorb the unique experiences they have come to offer us. We'll benefit from following the general rule that we learn more by listening than by talking and acting.

Our attempts to manage and control personal thoughts and emotions is as disrespectful and destructive as it is to behaviorally manage and manipulate another person. In fact, it is probably more detrimental since most of us are routinely disregarding and disrespecting our personal thoughts and emotions on an unconscious level. No one likes to be managed, controlled, manipulated, avoided, or criticized by another person. These behaviors are clearly destructive and disrupt the development of healthy, productive, pleasurable, and interpersonal relationships. Similar negative results

are experienced intra-personally when we respond in unsupportive ways to our internal thoughts and emotions.

Life unfolds organically without any effort on our part. It does so spontaneously without any need whatsoever for our intentions, plans, or actions to make it happen. Clearly our judgments, evaluations, and analyses are after the fact and have no direct bearing on the experiences that have already unfolded. As much as we'd like to think differently, it is obvious that no matter how strong our intentions and how much effort we exert we do not dictate and control the outcomes of events.

Whether or not we realize it, life always unfolds in a perfect, productive manner based on a deeper level of intelligence and wisdom than we can possibly perceive with our thinking mind. Everything that happens is happening for a valid reason and is providing all objects and people with exactly the perfect experience needed at that time. The essential nature of the universe is an infinitely complex, matrix of Creative Intelligence extending and expressing itself in ways far beyond anything we can imagine. It is extremely arrogant to believe that the limited knowledge and power we possess as an individual, separate being can begin to understand, much less rival, the expansive knowledge, wisdom, and power of the Source of all creation.

The fundamental nature of our ego personality is fragility, instability, and fearfulness arising out of its sense of separation from the wholeness and peace associated with the Source and Essence of the universe. Therefore, our ego-based functioning lacks faith and trust and, out of fear, tries to dominate and control a world that, in all actuality, is the perfect, organic expression of the deepest intelligence and wisdom possible.

A true sense of personal freedom and peace of mind can only be achieved by giving up our efforts to manage and control

life. A wise mystic once said, “all human suffering is a result of people fighting with life.” What is required is submission and not self-indulgent efforts to override the ongoing, creative expression of an infinitely wise, benevolent universe.

When we submit to “what is” the True Nature of thoughts and emotions reveals itself to be wholeness, peace, and love. When we resist and control emotions, they are not free to express their natural tendency to spontaneously flow and change. If emotions are provided the open space to be themselves, they will naturally relax their boundaries, unfold, and eventually transmute into their natural state.

When we surrender to experience, we feel “real”. This is because we are embracing what we truly are in that moment and having a direct experience of our True Nature. Our present moment experience is directly affiliated with our True Nature. When we deny our emotions, we disconnect from ourselves. When we fully feel emotions they eventually release, transform, and dissolve making known what is true.

In conclusion, it is absurd to try to make life happen and futile to fight with the organic unfolding of life. We need only to relax, receive, and absorb the bountiful expression of creative beauty that the universe endlessly provides. Welcoming all emotions and allowing them to be whatever they wish to be ultimately exposes the freedom, peace and joy underlying all creation and reveals our True Nature as infinite beings of light, love, and wisdom.

Jim Strohl is a licensed psychologist in Bethlehem, PA, providing counseling and instructional services in experiential psychotherapy, transpersonal psychology, and spiritual development. He facilitates workshops and groups on A Course In Miracles, Multidimensional Dynamics of Consciousness, Deepening Into Presence, Unraveling the Matrix of Duality, Non-duality, and Beyond, Focusing-oriented Psychotherapy, and more.

Giving Up Control

by Laurel Elstrom



Rather than living life as a person that things happen to, live as awareness interacting with what is here. . . . Practice shifting out of the perspective of a person, shifting to awareness of this moment. It's like building a muscle. Regularly working the muscle of discovery will gradually release you from the trance of believing yourself to be a separated person.

One way to build the muscle is to release any attachment to whatever is happening. When you accept there is no need to control it, you can relax and discover what is here, rather than funneling your energy toward trying to make your life experience fit certain criterion.

This is extremely challenging! The person vehemently rebels against this idea because it removes its perceived power base. The person feels that if it doesn't take responsibility for what is happening, results could be disastrous. If you feel challenged by this concept, accept your feelings and discover for yourself if your fears are valid. Practice being unattached to whatever is here, while allowing it all to flow through you unimpeded. Everything happens within you, not outside you. See for yourself if life goes on doing what it does without any effort on your part to control it. Practice this. Discover this. See if you are in control of any of it. See if life goes on without your direction.

This is an excerpt from "Love on the Mountain: A Guide to Self-Discovery" by Laurel Elstrom, which uses "The Forty Days and Forty Nights" of A Course of Love as its framework. Download three chapters for free at www.laurelelstrom.com. Laurel has been a teacher of ACIM and ACOL for over 30 years.

WE'RE ADAM AND EVE ALL OVER AGAIN

by Michael Leach

"The emotion in this country is as high as I've ever seen." –Andrew Cuomo, April 18, 2020



Look at a picture of the coronavirus straight on. It looks like pizza with all its saucy pieces pulled apart to the side and flying off from each other forever. Look at it from another angle and you see a WW2 sea mine about to explode and shatter into a million pieces. These images are apt metaphors for what this virus represents. It re-presents what we have become.

At a time when we thought the idea of Oneness was rising in consciousness, the original sin of thinking we're better off apart from God and each other is crying for dominion, an idea that brings only decay and death in its wake. We are a ship of fools exploding from buried ideas of separateness.

We watch news of the plague in our separate spaces, wear masks to hide our masks, and keep a safe distance from the neighbor who is our self (Mark 12: 31). The coronavirus is more than a metaphor. It's an outward manifestation of a collective consciousness that for too long has valued fear of stranger over love of neighbor, separation rather than Oneness as the only way out. We are Adam and Eve all over again.

The notion of nationalism that scarred the 20th century flies its tattered flags once again all over the globe. Gordon Gekko is alive and well in the United States while the beggar Lazarus in Luke (16: 19-31) continues to bang at its gate. The

**The coronavirus is more
than a metaphor.
It's an outward manifestation
of a collective consciousness.**

waters that parted for the Israelites threaten to overwhelm our shores while children in sub-Saharan Africa don't have enough water to drink. Capitalism has triumphed over community. Sarcasm has trumped irony. And here we are, stuck in our caves, watching it all on TV.

There's a cartoon in the March 23rd New Yorker of a little boy in bed pulling the covers up as he sees a horned monster coming out of the closet. The monster says, "I'm not a metaphor."

A metaphor is an idea, a thought, and a thought is a unit of energy. According to the first law of thermodynamics, energy can be neither created nor destroyed, only transmuted into other forms of energy. Thoughts become emotions. Then actions. Even symptoms. A fearful emotion is highly charged. Only perfect love can extinguish it (1 John 4:18). We are living in a time of specific terror and anxiety. It's not a leap to think that a universal experience of fear may transmute into a sickness that can strike with ferocity anywhere in the globe.

"What I feared has come upon me," cried Job. "What I dreaded has happened to me. I have no peace, no quietness, I have no rest, but only turmoil" (Job 3: 25, 26).

We can look at what is happening to us now the same way we look at a picture of the coronavirus and see an undersea mine about to explode or a pizza being torn apart and ripped away from the whole.

The Russian geochemist Vladimir Ivanovich Vernadsky (1863-1945) was the first to popularize the term noosphere, a sphere of mental activity that rises from everyone everywhere and affects everything. Philosopher Pierre Teilhard de Chardin, S.J. (1881-1955) took the notion of the noosphere to a new level, seeing it as evolving ever higher into Christ-consciousness. Psychiatrist Thomas Hora (1914-1995) cautioned about “the sea of mental garbage,” the flotsam of ideas swirling in the ecosphere and obtaining in individual consciousness where our only choice is to be interested in this one or that one. Futurist Barbara Marx Hubbard (1929-2019) wrote of conscious evolution, calling us co-creators with God through our interest in making choices toward a

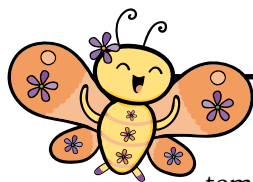


new creation. God assured us, “Behold, I will create a new heaven (noosphere) and a new earth. Past things will not be remembered. They will not come to mind” (Isaiah 65:17).

The only thing we do not know is when universal Christ-consciousness will be the only consciousness. Our experience of it depends on the choices all of us make. Meanwhile, there is nothing surprising about the coronavirus. It is an idea as old as the plagues that tormented Egypt. “What has been will be again, what has been done will be done again; there is nothing new under the sun” (Eccles 1:3).

The good news is that in God’s eye the new creation is already here. It is here for anyone blessed with eyes to see the invisible goodness, beauty, and oneness that is within us and infuses everything around us (Mt 13: 16), despite appearances. To be interested in love, not fear, in the midst of terror is to realize “peace, quietness, and rest” no matter what.

Michael Leach is publisher emeritus of Orbis Books and editor of National Catholic Reporter’s Soul Seeing columns.



Ed was in trouble. He forgot his wedding anniversary. His wife was really angry. She told him, tomorrow morning I expect to find a gift in the driveway that goes from 0 to 200 in less than 60 seconds, AND IT BETTER BE THERE! The next morning Ed got up early left for work . When his wife got up, she looked out the window and sure enough there was a box gift wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway and brought the box back in the house. She opened it and found a brand-new bathroom scale.

Ed has been missing since Friday.

Please Pray for him.

Comfort or Chaos?

Q: During this pandemic I am struggling with anxiety. How can ACIM help me with this fear?



A: Most of us have not had the experience of a pandemic, with the number of people who are ill or have died being reported daily. As Course students we are very aware of the daily invitation from the ego to choose fear and chaos rather than the comfort of the Holy Spirit's guidance. Certainly, the pandemic has turned the ego's volume up exponentially. This makes us all more conscious of the necessity of choosing the Comforter as our Guide.

Jesus, the Voice of ACIM, reassures us when he states, *I myself said, 'If I go, I will send you another Comforter and he will abide with you. . . . As a man, and also one of God's creations, my right thinking, which came from the Holy Spirit or the Universal Inspiration, taught me first and foremost that Inspiration is for all. I could not have it myself without knowing this. (T-5.I.4:4-7).*

One of my frequent prayers is "HELP!" The longer version is, "Holy Spirit, please help me see this situation from your perspective." Kindly, compassionately, quietly, I hear and feel the guidance. *The Voice of the Holy Spirit does not command...demand...attack...It merely reminds...It speaks of peace. (T-5.7:1-7).*

Rev. Dr. Nancy L. Davis LMSW, DD is on the faculty of All Faiths Seminary International. She is a practicing psychotherapist, a teacher of ACIM, and the author of True Love 101 Guide to Discovering, Creating, and Sustaining True Love. To ask a question or share a comment please contact her at nancyd5633@yahoo.com.

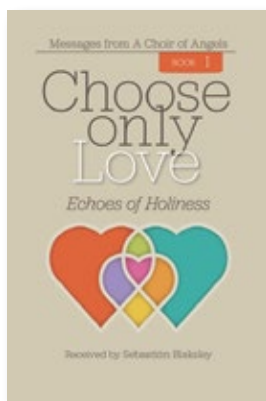


Reverence Born of Love



A review of *Choose Only Love: Echoes of Holiness*, Received by
Sebastián Blaksley

Reviewed by Celia Hales



Miraculously receiving in Argentina from the angelic realm, Sebastián Blaksley has bestowed upon us a marvelous gift in *Choose Only Love: Echoes of Holiness*. This book, the first published in a series of seven by Take Heart Publications, is emblematic of all great books that inform us of ultimate truth. We will be primed to move to Awakening or Christ-consciousness through an infusion of the energy of Love. Reading it, we will discover that few other books touch us with such an overwhelmingly reverent, worshipful feeling.

Sebastián describes himself as merely a “pencil in the hands of the love.” His Roman Catholic faith brings passion to the words of the book. I “hear” words coming through a very devout individual, one “in the world” but not “of it,” a man whose sincerity is palpable.

Sebastián’s experience of channeling is unique. He hears choirs of angels singing, then finds himself in the company of archangels Raphael and Gabriel. Jesus and Mary are present from time to time in the channeling. Sebastián absorbs the message from the Voice of Christ, then later transcribes it into words, first Spanish, and then received

again, this time in English. The archangels oversee that the meaning is correct. Afterwards Sebastian rests, for he is very fatigued from the influx of great energy.

Each of the 21 chapters begins with the words, “A message from the Voice of Christ through a Choir of Angels in the presence of Archangel Raphael and Archangel Gabriel.” As we proceed, we find quite a bit of metaphysics, an explanation of ultimate reality. We come to understand how and why we were created by God, and we discover what caused our illusory separation from Him. We find that Love can transform, and, indeed, end all suffering. Our purpose is to “be who we are,” not to struggle to become an ideal image of ourselves. In other words, we do not actually have to labor to change ourselves. We are beloved by God just as we are. We are heading into an experience of freedom as Awakened individuals, a blessed state of mind and heart that has been overshadowed by the ego and its fear for eons. We are invited just to “be” the Self who we are, and that Self is Christ. If we are devotees of *A Course of Love*, as Sebastián is, we will see the influence of that gift first received by Mari Perron around the turn of the century 2000.

Jesus, the risen Christ, and Mary, his mother (equal to her son), are greatly revered by the angels who visit Sebastián. The angels recognize purity of love. We are encouraged to follow Jesus and Mary as we seek to walk more closely with God. And, yes, Jesus and Mary are only a call away from us. We can believe, as does Sebastián, who has heard from Jesus: “Our love story will never end.”

If we want an intense spiritual experience in the moment, we could do no better than read Sebastián’s gift slowly and meditatively. In my estimation, this series is a prime choice for our morning and evening devotionals. We cannot read it rapidly, or its beneficent meaning will be lost to us. But we can read at a measured pace, and our receptivity will bloom. We will live the words. Remember: Read slowly.

Thank you, Sebastián, for your faithfulness to this calling from God, this calling from Love, to contribute a universal message to humankind.



Are You Interested in Reviewing a Book?

Our list to choose from:

Awakening To One Love by Beth Geer

The Rhythm and Reason of Reality—Prose and Poetry in A Course in Miracles Compiled by Steve “Michael” Russell

Miraculous Psychotherapy: Achieve Your Ultimate Happiness With A Course in Miracles by Gary Tiemann, LCSW

God Is: Ending Hell with A Course in Miracles by Brother Hermit

A Course in Miracles for Buddhists: The Sacred Workbook
by Kiley Jon Clark

Enlighten Your Life by Lena Rose

Divine Logic and Transcendental Metaphor by Martin Pettet

Be the Light that You Are by Debra Landwehr Engle

Choose Only Love—Let Yourself Be Loved, received by
Sebastián Blaksley

Turning Inner Guidance into Outer Influences – Miracles at Work by
Emily Bennington

Choose Again 6 Steps to Freedom by Diederik Wolsak.

Please drop me a line
indicating your interest in reviewing a book.

Jon@MiraclesMagazine.org

Miracles Magazine®

*For those interested in the teachings of A Course in Miracles© and
the teachings of the Mystics from all faiths and all ages*

PUBLISHED BY:

The One Mind Foundation

BUSINESS MANAGER & EDITOR

Eileen Kelly Katzmann

PRESIDENT

David Fishman

COVER DESIGNER

Brad Oliphant

FOUNDER & PUBLISHER

Jon Mundy, Ph.D.

INTERIOR DESIGN/COMPUTER

PO Box 1000,

PRODUCTION

Washingtonville, NY 10992

Patty Arnold,

ASSOCIATE EDITOR

Glenn Hovemann

Menagerie Design & Publishing

For all subscription services, including address changes, please
call 845.496.9089 or email Eileen@miraclesmagazine.org

Renew for 3 years or more and we'll send you one of the following
books, free! (Choose One From Below)

Eternal Life and A Course in Miracles; Lesson 101: Perfect Happiness,

Living A Course in Miracles; What is Mysticism?; Missouri Mystic,

A Course of Love – Mari Perron, First Receiver

1 YR: \$45 or \$39 Seniors

2 YRS: \$80 or \$69 Seniors

3 YRS: \$115 or \$99 Seniors

Online: www.miraclesmagazine.org

Telephone: 845-496-9089 (credit card)

Mail check: P.O. Box 1000, Washingtonville, NY 10992

The Great Lakes Retreat

FROM ORDINARY TO EXTRAORDINARY

THE ALCHEMY OF THE SOUL

Sunday, July 19 - Friday, July 24, 2020

Olivet College - Olivet, Michigan

**30+ WORKSHOPS, CLASSES, LECTURES, SPECIAL EVENTS,
HEALING, MEDIATION, MEALS, & FELLOWSHIP**

Presenters include (alphabetical order)

Heather Barrett

Dr. Jon Mundy

Jeanne Billings

Jim Puskala

Letha Cupp

Katheryn Rutherford

Rev. Jon Davis

David Schroeder

Rev. Normandi Ellis

Jewel Shelden

Frank Graham

Rev. Diane Stark

Minnie Kansman

Rev. Jama Young

Mary Lemons

www.thegreatlakesretreat.org

www.facebook.com/thegreatlakesretreat



Scan me



Scan me

Copyrighted Material

40 Key Teachings of A Course In Miracles

*And the 180 Course passages
that define them*

Narration and Commentary
By Mike Saedlo

Along with Commentaries from the
Writings of Kenneth Wapnick, Ph.D.

Copyrighted Material



For the past thirty years Mike Saedlo was a student and friend of Ken and Gloria Wapnick. He coordinated the ACIM study group, classes and workshops for twenty-five years at the Institute for the Advancement of Service in Alexandria, VA. Currently he is facilitating and teaching at the Body/Mind Therapy Center in Frederick, MD. Mike can currently be reached at mike@teachacim.com

"Well researched and written. An excellent guide for Course students at all levels to deepen their understanding of many of the Course's key teachings."
Laura Hall, Hall Coaching

"The blending of the Author's topics and narrative, the use of the 185 Course quotes, and Ken Wapnick's insights, makes this a truly insightful and helpful book for all Course students."
Bob Carmack

**Available for sale now at
Amazon.com! Only \$14.95!**

Teachers of God Foundation

Evolve

A global community for spiritual awakening

includes:



THE PRESENTER SERIES

Masterclasses
from world
renowned ACIM
teachers.

Weekly
broadcasts
from 4 resident
hosts. Fridays
10:30am ET.



Learn more at:

www.teachersofgod.org/evolve

All Faiths Seminary International For the Training of Interfaith Ministers



"Never Instead Of, Always In Addition To"
Joseph H. Gelberman with Swami Satchidananda

Do You Have a Calling? **Announcing 2020-21 Ministerial Programs**

All Faith Seminary has a one-year online Ministerial Training Program with a specialization in Miracles Studies leading to Ordination as an Interfaith Minister in June 2021

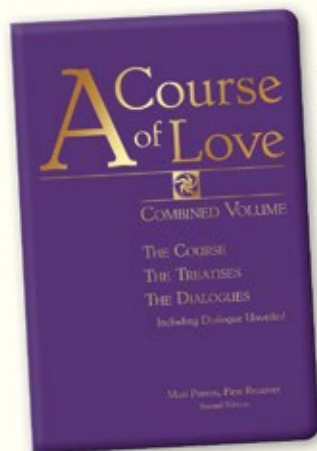
Also offered is a Masters of Divinity (M.Div.) Program specializing in Miracles Studies Certified by the Commonwealth Open University. For more information about the ordination and/or Master's Program call Rev. Dr. Jon Mundy at 845-496-9089 or email drjonmundy@gmail.com

Visit our website for more information
www.allfaithsseminary.org
212-866-3795
infoallfaithsseminary.org@gmail.com

A Gentle Awakening



“ Your brother does not exist apart from you, nor you from your brother. This is reality. Your mind is not contained within your body but is one with God and shared equally with all alike. This is reality. The heart that is the center of your being is the center of everything that exists. This is reality. None of these things make you less than what you have perceived yourself to be, but they do make it impossible for you to be separate.

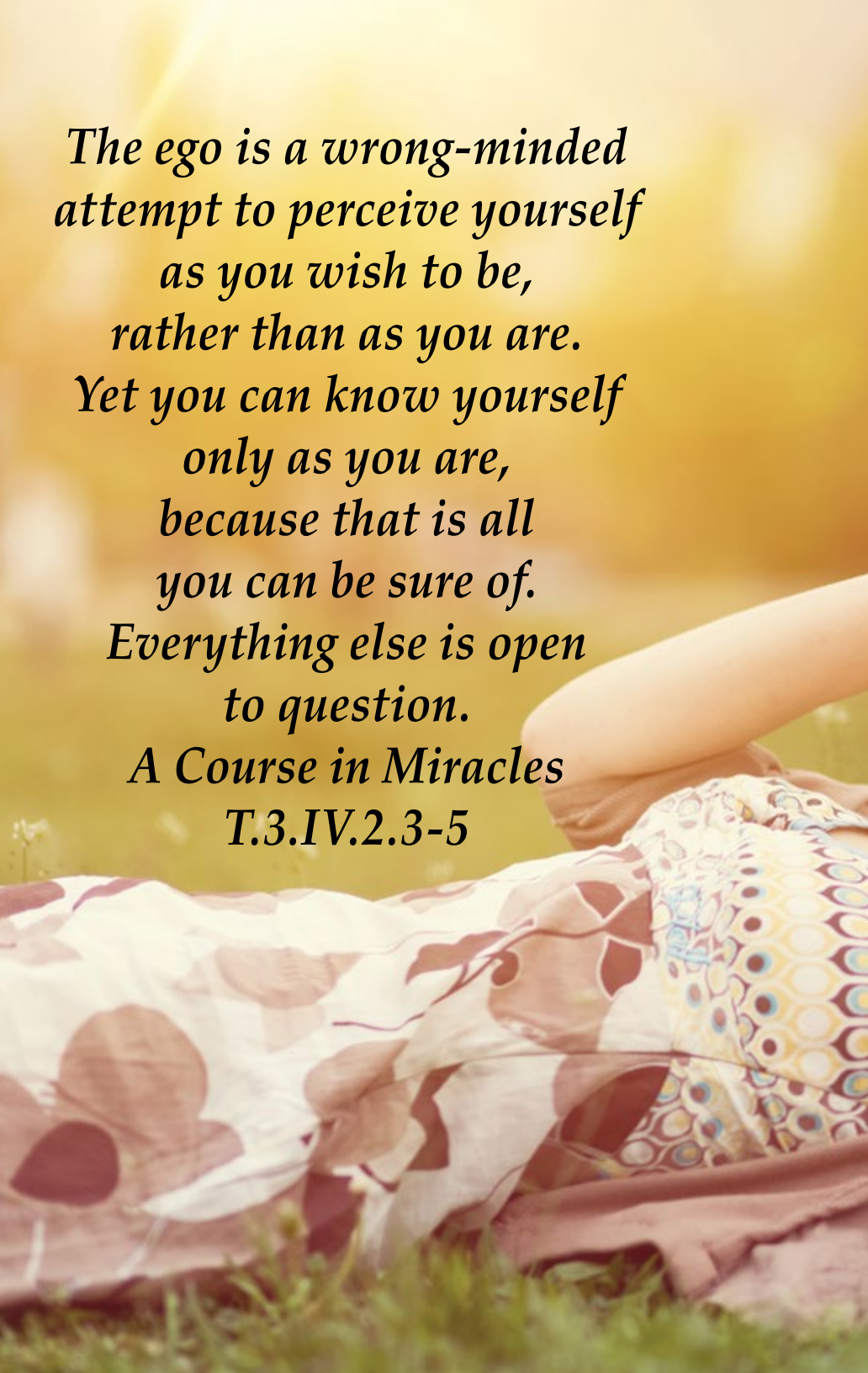


You can desire what is impossible until the end of your days but you cannot make it possible. Why not forgive the world for being other than what you have thought it to be and begin to learn what it really is? This is what the world is here for. And when you have learned what it would teach you, you will have need of it no more, and you will gently let it go and find heaven in its place. ∞ C:6.2 ”



A Course
of Love

716 pages | Quality Paperback | US \$27.95
Ebook US \$7.99 | 24 Chapters FREE
Go to www.acourseoflove.org

A person is lying on their back on a patterned blanket in a grassy field. The blanket has a large floral pattern in shades of pink and white, and a smaller geometric pattern in yellow, blue, and purple. The person's arm is visible, resting on their head. The background is a soft, out-of-focus landscape with a warm, golden light, suggesting a sunset or sunrise. The text is overlaid on the upper left portion of the image.

*The ego is a wrong-minded
attempt to perceive yourself
as you wish to be,
rather than as you are.
Yet you can know yourself
only as you are,
because that is all
you can be sure of.
Everything else is open
to question.*

*A Course in Miracles
T.3.IV.2.3-5*