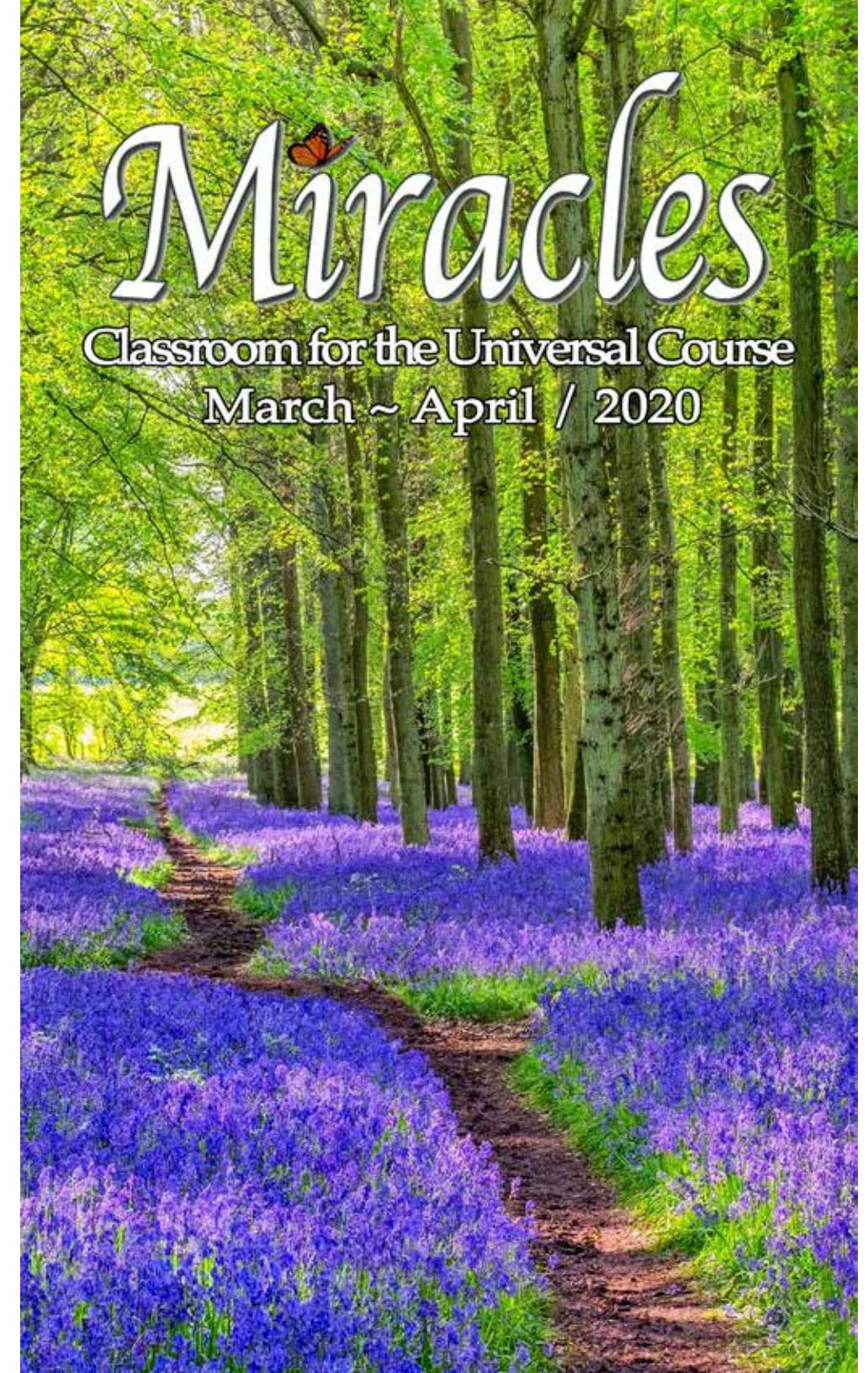


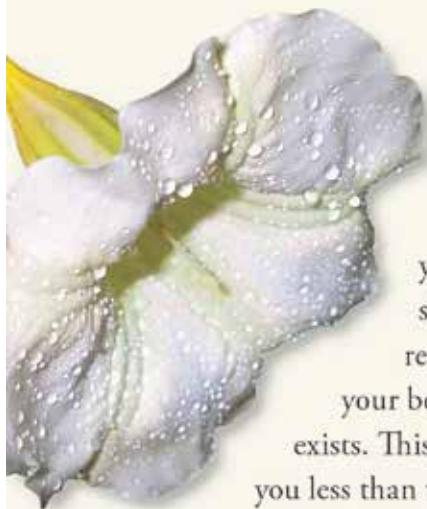
Miracles



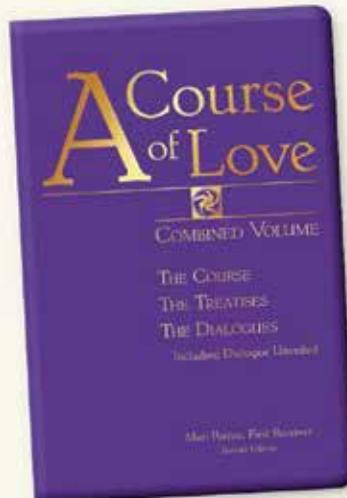
Classroom for the Universal Course

March ~ April / 2020

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



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THE FOUR M's

MIRACLES □ MYSTICISM
METAPHYSICS □ MIRTH

Miracles: The teaching of *A Course in Miracles*, a set of 3 books scribed by Dr. Helen Schucman from 1965 through 1972. *A Course in Miracles* is a self-study program of spiritual psychology which helps us undo our self-inflicted “guilt” through forgiveness.

Mysticism: A way of “knowing”. It is a way of “seeing” outside the realms of the ego. Mysticism holds that personal communication or union with the Divine can be achieved through experience, intuition, and/or revelation rather than “just” through rational thought. I enjoy comparing the insights of the mystics with the teaching of *A Course in Miracles*, thus enabling us to understand the universal truths. We'll be introducing you to at least one mystic (sometimes more than one) in each issue.

Metaphysics: The study of “first causes”. The prefix “meta” means beyond, higher, after or transcending. “Physics” is that which deals with the “physical” world. Metaphysics refers to those laws which go beyond the delimitations of time and space and concerns itself with a “higher” order of laws, or if you will, God's laws.

Mirth: Higher or ‘lighter’ perspective enables us to see the absurdity of the ego and its world and brings us to happiness, enjoyment, and laughter.

REFERENCING

A COURSE IN MIRACLES

Notations appearing at the end of *A Course in Miracles* quotations reference the location of the various quotes and paraphrases, listing the chapter, section, paragraph and sentence as in: T-2.III.4:103.

T = Text

P = Psychology: Purpose, Process & Practice

W = Workbook

M = Manual for Teachers

C = Clarification of Terms

S = The Song of Prayer

In = Introduction

R = Review Bible Quotations are from the King James Version, the same version referenced within the Course. If no name is given after a centered italicized quote, it's from me (Rev. Jon Mundy).

This Month's Cover Art

The cover picture was designed by Brad Oliphant.

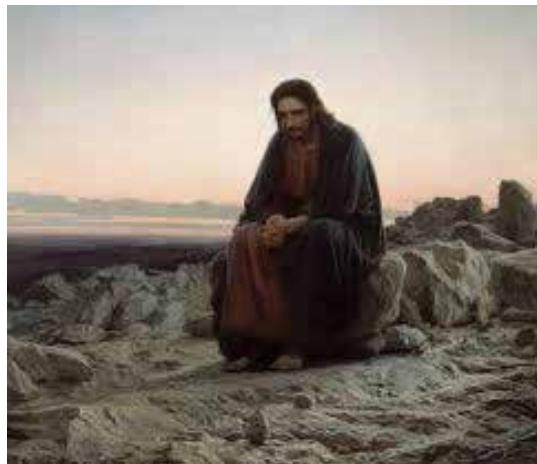
For more than 40 years, award-winning fine arts photographer Brad Oliphant has been capturing extraordinary images of the natural world. He's also a dedicated student of *A Course in Miracles*.

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Thinking With God

An Easter Message by Dr. Jon Mundy.



You think with the Mind of God.

*Therefore, you share your thoughts with Him,
as He shares His with you. They are the same thoughts,
because they are thought by the same Mind.*

To share is to make alike, or to make one.

*Nor do the thoughts you think with the Mind of God
leave your mind, because thoughts do not leave their source.
Therefore, your thoughts are in the Mind of God, as you are.*

They are in your mind as well, where He is.

As you are part of His Mind, so are your thoughts part of His Mind.

W-45.2:1-8

The picture which prefaces this message is called Christ in the Desert by Russian realist painter Ivan Kramskoi (1837-1887). Kramskoi often painted ordinary folks in their everyday clothing and activities. In order to support his family, he also painted dignitaries, artists, and authors like Leo Tolstoy. The picture Christ in the Desert is regarded by many as his best work as it captures Jesus in deep contemplation — perhaps at the point of his realization of the profound truth of his Being. Unfortunately, this small black and white print does not do the painting justice.

The first words we have recorded in the Bible that Jesus said by way of ministry were: “Repent, for the Kingdom of Heaven is at hand.” (Matthew 3:2) “Repent” in the original Koine Greek of the New Testament is “metoneo” which means “to do an about face” or “there is another way of seeing.” Or, as Dr. Bill Thetford said to Dr. Helen Schucman, “There has to be another way.” That is metoneo. Jesus was asking folks then, and he still is, to stop thinking in alignment with the ego and start thinking in alignment with the Mind of God. Of course, first, we must realize how deep the hold the ego has on us before we can switch back to our true Source, i.e. God. When Jesus says, “The Kingdom of Heaven is at hand,” he means It is already here now. It is not going to come someday. It is already alive in your mind and soul.

*Heaven is not a place nor a condition.
It is merely an awareness of perfect Oneness,
and the knowledge that there is nothing else;
nothing outside this Oneness, and nothing else within.*

T-18.VI.1:5

Once, after listening to a talk by Ken Wapnick, I asked him: “How many different ways can you say the same thing?” Ken just smiled and said nothing. Time and again, the Course says the same thing over and again from a slightly different perspective. We don’t hear the message because our minds are too filled with anxiety, fantasy, and delusional thinking to let God in. Thus, the main purpose of the Course is to help us “remove the blocks to an awareness of love’s presence.” Helen Schucman, the scribe of the Course, once protested to Jesus that His Course was not precise enough, and Jesus replied: “You complain that this course is not sufficiently specific for you to understand it; yet, you have not done what it specifically advocates. This is not a course in the play of ideas but in their very practical application.” (Absence from Felicity p. 297 and T-11.VIII.5)

We “All” already know the truth, because we are even now experiencing it even though the “distracted” ego mind is off searching to affirming its own individuality. We say to God, “Thanks very much, but I would rather do it myself.” Just like Helen, we choose to ignore God’s truth in favor of creating our own fantasy land. The problem with fantasy land is that there is no “reality” in it. If we really did what the Course is asking us to do, “we” (that is, the ego, or our seemingly separate mind) would disappear.

The ego disappears, but “you” cannot disappear because you are part of God, and what is Eternal cannot disappear. We are so much a part of God that God is all there is. That is in truth “really” just like Jesus – the only way we can think. That thought is “as scary as hell” to the ego and a joyous delight to Spirit. For spirit it means coming home once again. Since we are a part of God, in order to really know God, we must do what Jesus did — namely to think in alignment with the Eternal Mind, which stands outside of space and time. As Jesus says in the Gospel of John 14:10-11.

*I am in the Father and the Father is in me.
The words that I speak I speak not of myself
but the Father that dwells in me does these works.*

Thinking in Alignment with the Eternal

Only what God wants us to do, do we really want to do. It’s the only thing that can make us truly happy. This is so true that, trying to think outside of the mind of God leaves us in a state of anxiety, guilt, and fear. We cannot, in truth, think apart from God nor do we want to. God’s thoughts are always those of love, and being thoughts of love, they can bring us nothing but peace. Is there anything we want more than peace?

*What you made can always be changed because,
when you do not think like God,
you are not really thinking at all.*

T-5.V.6:11-12

To share in the Mind of God is: “to make like, or to make real.” Our real thoughts are already part of the Mind of God. Anything that is not part of the Mind of God is a fantasy. Fantasies are temporal. There is nothing of Eternity in them.

*For time and space are one illusion, which takes different forms.
If it has been projected beyond your mind you think of it as time.
The nearer it is brought to where it is,
the more you think of it in terms of space.*

T-26.VIII.1:3-5

The ego mind is trapped – trying to think within the box of space/time, but space time is a limitation, as is the body, as is time. Heaven exists

without limit; spirit is without limit; love exists without limit; mind is without limit (T-7.VI.1:5). Ego cannot “think” outside of the box of space and time. That does not mean that we cannot “know” God — because “try as much as it wants,” while the ego can temporarily create within us a divided mind, it can never fully possess our minds. Thus, the Course says that the belief that there is another way of perceiving is the loftiest idea of which ego thinking is capable, as it contains a hint of recognition that the ego is not the Self.

The famous psychologist Dr. Carl Jung was once asked on BBC Television if he believed in God. Jung paused, and then he said: “Do I believe in God? No, I Know.” It is possible to know God in the same way that people know when they are in love. If they try to describe what love is, they may have some pretty words — but that’s not it. In the same way, we cannot say what God is because of the limitation inherent in “words.” Words are like little boxes into which we put things, but boxes are a type of limitation. In the same way, the body is a kind of limitation for spirit.

*You are not limited by the body,
and thought cannot be made flesh.*

*Yet mind can be manifested through the body
if it goes beyond it and does not interpret it as limitation.*

T-8.VII.14:1-2

Spirit cannot be delimited to the body, and the moment the body “expires,” spirit is freed from the limitations of space and time. The body disappears, “earth to earth, ashes to ashes,” and eternity is not “a very long time.” Eternity has nothing to do with time.

*I gave only love to the Kingdom
because I believed that was what I was.*

*What you believe you are determines your gifts,
and if God created you by extending Himself as you,
you can only extend yourself as He did.*

*Only joy increases forever, since joy and eternity are inseparable.
God extends outward beyond limits and beyond time,
and you who are co-creator with Him
extend His Kingdom forever and beyond limit.
Eternity is the indelible stamp of creation.*

The eternal are in peace and joy forever.

T-7.I.5:1-6

“Jesus was a man who saw the face of Christ in all his brothers and sisters and remembered God.” (C-5.2:1). “He saw the false without accepting it as true.” (C-5.3:5). Jesus is a representative of someone who turned His whole mind over to God. Most of us are willing to let a little bit of God in; however, we’re afraid to go all the way, for then God would win, and we would lose — or so thinks the ego. Of course, just the opposite is true — for only in giving do we truly receive.

God cannot force us to think as He does. If He did, then we would not be able to “own” our own correct thinking, which is in harmony with His. Jesus acknowledged His reality as a Son of God. You too are a child of God, a Son or Daughter, if you prefer. So is everyone. Thus, the Course tells us that the power to decide is our last remaining freedom as a prisoner of this world. It is the determiner of every situation in which we find ourselves by chance or accident.

*Think you that you can bring truth to fantasy,
and learn what truth means from the perspective of illusions?*

Truth “has” no meaning in illusion.

The frame of reference for its meaning must be itself.

*When you try to bring truth to illusions,
you are trying to make illusions real,
and keep them by justifying your belief in them.*

T-17.I.5:1-5

I told my parents when I was nine that I was going to become a minister. At the age of eighteen, I was “licensed,” not ordained, by the Christian Church (Disciples of Christ), and I served as the pastor of three rural Missouri churches from December of my freshman year through my senior year in college. I loved the ministry; I especially enjoyed the weekly challenge of “putting my thoughts together” regarding “spiritual searching” in such a way that I could present them to others in a hopefully meaningful way every Sunday morning. What a great job! For the privilege of thinking these things through I was paid \$35 per week. I still have this wonderful job — with the little Sunday with Mundy epistles I send around, and I’m often privileged to be the “guest” pastor — in some church — somewhere.

Believing the Unbelievable and the Detour into Fear

Although I was clearly called to ministry and although I loved the work, there was one concept in the Christian theology that did not make any sense to me and I never preached this “doctrine” even though I was “supposed to.” As a young minister, I simply could not wrap my mind around the idea of “vicarious salvation,” what in Christian theology is sometimes called “the ransom theory.”

The basic symbol for Christianity is a cross, an instrument of torture and death. In the Catholic tradition, this symbol is a crucifix with a bleeding, dying Jesus on the cross. Compare this image to that of the Buddha peacefully sitting in meditation. According to the doctrine of the church, Jesus was “sacrificed” by God on behalf of humanity, in order to pay for Adam’s (that is our) sin of disobedience. Thus, Jesus suffers, bleeds, and dies on the cross for our sins. What?

Where does this complicated thinking come from? It came, no doubt, from the ego’s own innate fear of God. How do we get out of this theological quagmire? Look straight at how this error came about, for here lies buried the heavy anchor that seems to keep the fear of God in place, immovable and solid as a rock. (T-22.VI.10:7-8). I was so grateful to get the Course, for “finally” this convoluted concept could be unwrapped and seen for what it is.

The crucifixion did not establish the Atonement; the resurrection did.

Many sincere Christians have misunderstood this.

*If the crucifixion is seen from an upside-down point of view,
it does appear as if God permitted and even encouraged
one of His Sons to suffer because he was good.*

*This particularly unfortunate interpretation,
which arose out of projection,*

has led many people to be bitterly afraid of God.

*Is it likely that God Himself would be capable of the kind of thinking
which His Own words have clearly stated is unworthy of His Son?*

T-3.I.1:2-3,5-6&9

The Atonement has nothing to do with suffering, dying, and bleeding. Principle No. 7 of the 50 Miracles Principles says: “Miracles are everyone’s right, but purification is necessary first.” What we are purifying is not the

body. It's not the external that needs to be fixed, but the thinking process based on fear and judgment. When purifying, we simply are letting go of our own unloving projections. We need not "repent" of sin; we simply need to see things differently.

Jesus went to the cross to show us there is no such thing as death. As it says in the last line of Martin Luther's hymn "A Mighty Fortress," "The body they may kill. God's truth abideth still." Even the most outlandish act can be forgiven when seen from a higher perspective.

There is an exciting evolution going on in consciousness now. We see it in part in the rapid decline of the traditional church, the growth of technology, and our ability to communicate across boundaries as never before. More than ever, folks need to think things through on their own without being "required" to believe unbelievable things. I recently read Harvard professor of psychology Steven Pinker's book *The Better Nature of our Angels*. He points to a significant decline in violence throughout human history due to increased literacy and communication, promoting empathy and a rise in "reason" and a growing respect for all ethnic and religious traditions. It seems we are becoming "naturally" more spiritual without the need for rules and regulations to guide our way.

Something strikingly new is happening in consciousness, a kind of union of consciousness which is becoming ever more pervasive and "felt" on a deeper and deeper level. We are being called to a higher, clearer, freer way of thinking, in alignment with the Mind of God. The message of the Course is that when we do not think as God thinks, we are not really "thinking." We are dreaming and thank God — no nightmare is ever true.

Many of the changes that have come in human consciousness came about as the result of some "protestation," like the Protestant Reformation or civil rights movements. The American Revolutionary War was the result of a protestation against "taxation without representation." Now, there is a new reformation occurring, but this time it is not a "protest," but a transformation from the illusion of separation to the Reality of Oneness. There will be no war. Miracles are natural. When they don't occur, something has gone wrong.

*You don't change the old by resisting it.
You change it by making it obsolete through superior methodology.*
Buckminster Fuller

We are now experiencing a coming together in consciousness that French Theologian Father Pierre Teilhard de Chardin (1887-1955) called the “Noosphere” link in consciousness. It is a type of psychic inner connection which comes in the simple recognition that there is a deeper way of living and being which has always been there. It’s not new; it’s just that more and more folks are aware of this “inter-connection.”

While the churches are closing, there is a growing interest in yoga and eastern philosophy, in meditation, and interfaith affairs, in writings like A Course in Miracles, A Course of Love, and more and more. It seems that Jesus is evermore omnipresent, and this communication is not limited to one we call Jesus.

This course has come from him [Jesus] because his words have reached you in a language you can love and understand.

Are other teachers possible, to lead the way to those who speak in different tongues and appeal to different symbols?

Certainly, there are.

M-23.7:1-3

It is one of the intentions of the One Mind Foundation, the publisher of Miracles magazine, to facilitate this process of opening, growing, and changing. Not because “we have to,” not as a protestation or a revolt against anything. Rather, it’s simply because, while many of the old structures are not working any more, love in all its glory continues to grow naturally, “miraculously,” like the rebirth of the earth in springtime. We are experiencing this inter-connection not out of a need to change anything; we are simply affirming the truth that has always been present. The truth is,

“We really love one another.”

Jon

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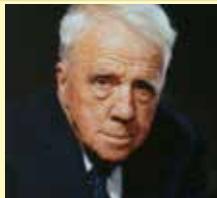
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Wit & Wisdom



“By working faithfully eight hours a day, you may eventually get to be boss and work twelve hours a day.” Robert Frost

“Fools learn from experience. Wise men learn from the experience of others.” Otto von Bismarck



“It’s true, hard work never killed anybody, but I figure, why take the chance?”
Ronald Reagan

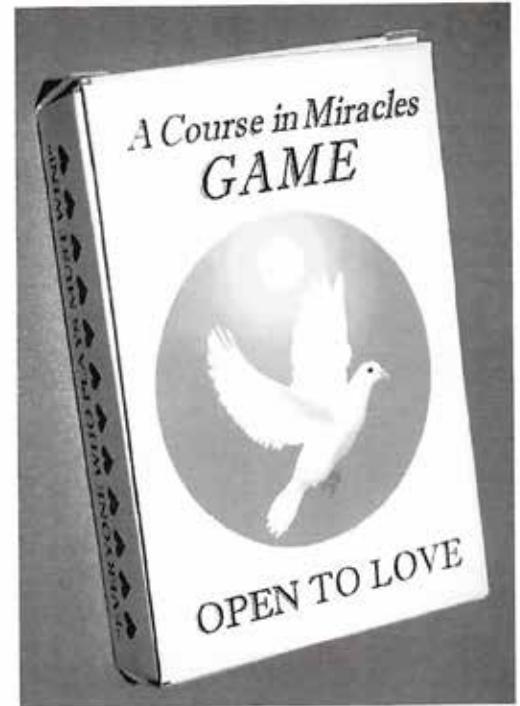


“Life can only be understood backwards, but it must be lived forward.”

Soren Kierkegaard



“Pride only helps us to be generous; it never makes us so, any more than vanity makes us witty.”
George Eliot



"Everyone who plays must win!"

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At www.acimgame.com click on the GAME LINK to Amazon.com (cost \$15 plus tax and postage).

**FINALLY MY
WINTER FAT
IS GONE.
NOW I HAVE
SPRING ROLLS.**



Guilt, Suicide, and Death

by Beth Geer

The following is taken from Chapter 4 of *Awakening to One Love* by Beth Geer which consists of her discussions with Holy Spirit regarding Workbook Lessons from *A Course in Miracles*.

Lesson 16. I have no neutral thoughts.

HS: You are always creating with the power of your thoughts, and you are always being guided by one of two teachers; only one of which is real. You are either using God as your guide for thinking, or the ego, which is nothing. Being nothing, the ego makes nothing. And each teacher will show you a different world. One that is real, and one that is nothing. You have no neutral thoughts and therefore see no neutral things.

BG: Okay, so let me get this straight. You're saying that You didn't create the world we see. We did, through our decision to separate from You. You created a world much different from this one, which we refer to as Heaven, which is the place we left. We left it by mistake, because we didn't know that a fear-based world like this one would arise from our decision to try and exist separate from You.

HS: Correct.

BG: And so we shouldn't blame You for this mess; we have only to blame ourselves?

HS: Correct.

BG: If all that's true, then I guess I can see where guilt and self-blame would underlie everything we see here.

HS: Do not blame yourself or anyone for anything. Nothing has happened. You are only dreaming that this has happened. I never threw you out of the Garden of Eden. And you never left. You just think you have. You have nothing to feel guilty about. Here I would like you to —

BG: I know, I know. Find the quote from the Text that talks about this.



Chapter 11 — VIII: “This is a very simple course. Perhaps you do not feel you need a course which, in the end, teaches that only reality is true. But do you believe it? When you perceive the real world, you will recognize that you did not believe it.” (1:1-4)

“The end of the world is not its destruction, but its translation into Heaven.” (1:8)

HS: So whichever voice you decide to listen to, is the world you will see. Do you want to listen to your ego and remain here, or listen to Me, and see Heaven?

BG: Well I want to see Heaven of course, but how do I do this? If my thoughts about this world are all I know, and these thoughts all stem from the ego, and I will have an ego for as long as I’m in this body; then it sounds as if I have to die and leave my body in order to see Heaven. What

am I supposed to do in order to hurry this along? Commit suicide?!?

HS: No. I am not advocating such a thing. You need not leave your body in order to experience the real world of Heaven.

BG: Oh. That makes me feel better. Just a quick question though. What does happen to suicides? Some people think they go to hell.

HS: There is no such thing as hell. I have set aside no special place of punishment, for no one is condemned. You are currently in as close an approximation to hell that there is. Hell is the idea of separation from Me, and this is the state you currently find yourselves in. While away from the body, you all return to the same place: My Love. While in the total and complete safety and comfort of My Love, you review your mistakes and accomplishments, you decide who will come with you on the next journey into the illusion, and it is here you practice loving without an ego. The ego dies with the body. It is not part of Who You Are, and you do not take it with you when your body dies.

BG: So does anything different happen to people who commit suicide?

HS: No, but I should explain that suicide is the route taken by a soul so deeply pained by this world, a soul so believing in the reality that they are a body, that they attempt to escape it by destroying themselves. It is the ultimate cry for Love. It is the ultimate attack upon the body. They feel so completely alone, abandoned, and separated that they simply cannot tolerate themselves any longer. They have completely forgotten the holiness and beauty of Who They Are. If this route is taken, it is not a shortcut out of the illusion, but rather only adds to the time it takes for release. Do not judge those who have destroyed their body in an attempt to escape this dream. In one past life or another, all of you have tried this means of escape, multiple times. Rejecting the body is not a solution. You

will only have to come back here and try again to remember Who You Are. You will be gently guided in deciding to do this. Suicide is simply the longer road Home.

BG: I don't like to think that I have committed suicide in a past life.
Eeek.

HS: Not all suicide is dramatic and obvious. Currently there is an epidemic of "suicidal behavior" on your planet right now. The desire for death is everywhere. You attempt to die in many ways. The most common and socially acceptable ways are those that involve addictions to food and chemicals. You do not love yourselves because you think the body is your identity, and so you abuse, neglect, and poison it in an effort to get rid of it.

These behaviors are a choice for death, not life.

BG: I guess I never thought of it that way. So I can never have a beer or glass of wine again or You will look on me as wishing for death?

HS: No. You can still have those things. Just love yourself as you partake of them. Do not use them as an escape from your ego, the body, and its guilt.

BG: Oh, I can do that. Whew! And I'm relieved that this is as bad as it gets, and that there isn't any hell for anybody, and we're all treated with equal love when we die.

HS: You are correct. Suicide and all other mistakes made within this dream are treated with equal love. You are all treated equally, because My love for you is equal. You each return to the realm of Spirit, but cannot stay permanently until all forms of sin (separation) are forgiven (let go). The world of separation must not tempt you to return in any way. All your business must be finished here; the obstacles to My peace must be overcome. Until then, your cycles of "birth" and "death" will go on. . . . You only have to give up the idea you are a body, through looking upon it with forgiveness and lack of judgment; knowing it is not who you are.

Your body doesn't have to die in order for you to "rest in peace."

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.



Changing Light Bulbs

How many Charismatics does it take to change a light bulb?

Ten. One to change the bulb, and nine to cast out the spirit of darkness.

How many Calvinists does it take to change a light bulb?

None. God has predestined when the light will be on.

How many Baptists does it take to change a light bulb?

Change? Don't be silly.

How many TV evangelists does it take to change a light bulb?

One. But for the message of light to continue, send in your donation today.

How many Catholics does it take to change a light bulb?

None. They always use candles.

How many United Methodists does it take to change a light bulb?

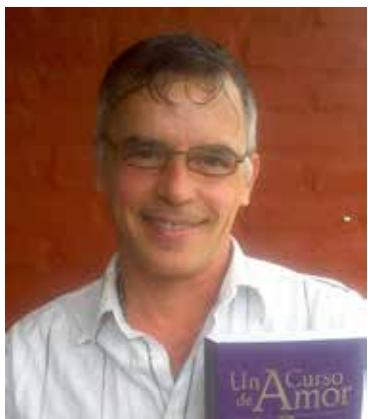
This statement was issued: *"We choose not to make a statement either in favor of or against the need for a light bulb. However, if in your own journey you have found that a light bulb works for you, that is fine. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb (or light source) and present it next month at our annual light bulb Sunday service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, three-way, long-life, and tinted, which are all equally valid paths to luminescence."*

How many ACIM students does it take to change a light bulb?

One of Course. There is only One of us here.

Is Jesus the Only Way?

by Sebastián Blaksley



During my recent Buddha at the Gas Pump interview (www.batgap.com), Rick Archer, with his demonstrated ability to introduce what the audience would like to know, asked a question that often presents itself in various meetings in which I participate. The question, although formulated in different ways, is whether Jesus is the only way to the truth, to God, to eternal life—ultimately, to Heaven. The emphasis placed on the word "only" makes this question a matter of universal scope and great significance. This brief article is not intended to exhaust the totality of the question, but I can share a perspective that may serve to create a space of union in the search for truth.

In Choose Only Love the angels speaking through me emphasized the union of form and content, the temporal and eternal, the human and divine. They said, "outside of Love there is nothing that is true." Complementarily, they reaffirmed that "God is Love and nothing but Love." Let us now connect the dots to answer the question posed.

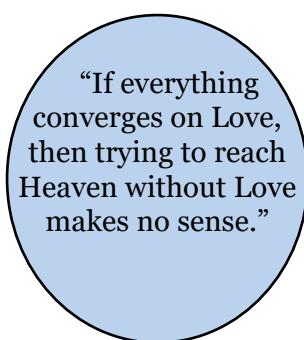
Is Jesus the only way to Heaven? Yes, but only while Jesus is Love and nothing but Love.

If Jesus' identity were to be deprived of his essence of perfect Love, that is, of his divinity, then we reduce his identity to mere humanity. We would deprive it of meaning, since, following the principles of Choose Only Love, God is the source of meaning. The same happens if Jesus' identity is reduced to a simple divinity separate from his humanity. In a sense, we could say that a God without humanity is as inhuman as a human being without divinity.

When an aspect of life is separated from God—that is, from Love—the result is malevolence, expressed in one way or another. Thus intelligence without Love makes us cruel. Similarly, faith without Love makes us fanatical.

The same applies to its opposite. Everything that converges in Love extends holiness because of what Love is. A fitting example is offered in *A Course of Love*:

What is a dinner party where love is not? It is merely a social obligation. But a dinner party where love is welcomed to take its place becomes a celebration. Your table becomes an altar to the Lord . . . C:11.18



When beliefs merge in Love, it gives them a force capable of moving us to acts of nobility, shaping our lives by giving visible form to Love.

We can see how things change when they are united to Love, or not. It happens with everything that exists. Therefore we can use Love as a criterion for discernment, or a point of convergence for everything our mind wants to examine. To do this is to put Love in its rightful place as the foundation of reason. Ultimately, and according to Choose Only Love, everything converges on Love.

Now we can say more precisely that it is not the historical Jesus that makes him the only way, but the fact that he is one with Love. When Jesus affirms that his joy consists in doing the will of his Father in Heaven, he is saying that he is one with God. If one observes well what Jesus' life demonstrates, it is that there is no distance between what his being is and God-Love. In a sense, the teachings of Jesus can be summarized in a simple way: He came to teach us that we are Love and nothing but Love, and to show us that we can live in accordance with this truth. That is, he came to answer with his word and his life the question of what we are. To know that we are Love is to be connoisseurs of the truth that sets us free. That is the revolution of Jesus' Love.

Having said that, we can say with certainty that Jesus is the only way

when Jesus is Love and nothing but Love. The same applies to each being who, being perfect Love, lives in harmony with their true identity. And this includes us all. In other words, what makes Jesus the only way is the union of His divine and human nature, merged into the truth; the fact of his being the God-Man and living in perfect conscious accordance with Love.

Therefore we can rephrase the question by saying: Is Love the only way to Heaven? The answer becomes evident: Of course yes, because Heaven and Love are one and the same in truth. If God is Love, and Jesus is one with Him, then both are Love and thus are Heaven. The same can be said about us. Each of us is also the way, the truth, and the life when being one with the Christ and living in union with that truth.

If everything converges on Love, then trying to reach Heaven without Love makes no sense. There is no such thing as a Heaven separated from Love. Both are an undivided unity, as is everything that arises from God. That is why we can affirm that Love and Heaven are synonymous, two different words expressing the same truth.

Nevertheless, none of this makes much sense if understood in the abstract. This is the main obstacle to the acceptance that Jesus as the only way to the Father's house. First it is necessary to feel what Love or Heaven is, according to what Jesus tried to reveal.

The answer to the question of whether or not to accept Jesus as the only way to eternal life does not lie just in recognizing the unity that exists between his human and divine nature — His union with the perfect Love — but in experiencing Love.

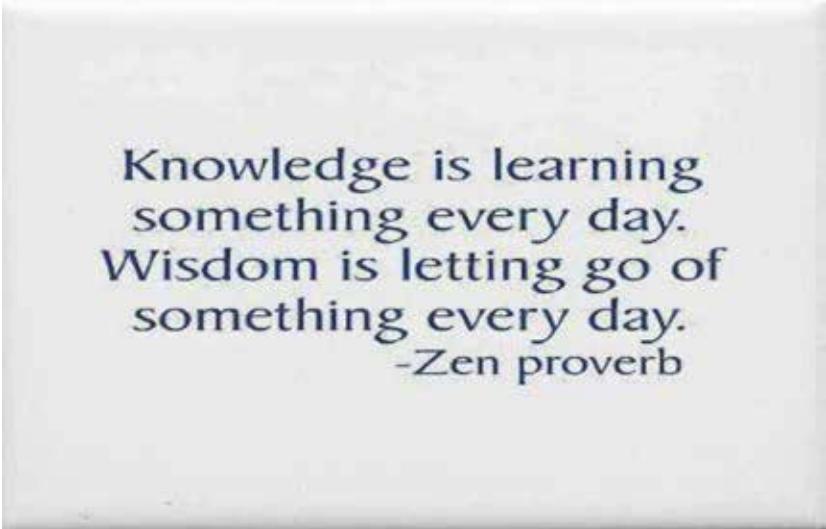
For Jesus, Love is not a feeling, nor an attitude, nor a moral way of living based on certain rules of conduct. Love is his essence, our essence. Love is what we actually are. Love is the living Christ in us. It is the nature with which we were created from all eternity, and therefore the only thing real in us. Love is what makes us similar to our creator. Love is what makes us sons and daughters of God, one with the Father, heirs of eternal life.

The underlying issue is our identity. It is the question of what I am, which is not different from the question of what Jesus is. They are two sides of the same coin; they go hand in hand. Each one responds by reason of his or her relationship with himself or herself, that is, with Love.

In Day One of the Forty Days and Forty Nights of *A Course of Love*, Jesus says, "Without your acceptance of who I am, you will not fully accept who you are." D: Day 1, Thereby he ties his identity with our true identity, which is Love.

Our identity is a shared identity. We are always joining with someone or something whether we know it or not. We may have accepted Love/Jesus as who we are through experience, or we may be in resistance. But we cannot answer the question of what we are without knowing on a feeling level with what or with whom we are joined. If our identity is Love then we must be joined with the embodiment of Love, Jesus. Love is our true being, our true embodiment, too. The way to reach it can only be the One or That which is its source, Love. In other words, Love is the only way to Heaven, because is the only way to our true Self.

Sebastian Blaksley of Buenos Aires, Argentina, is known in invisible realms as a pencil in the hand of God. Over a period of eleven months he received from angelic realms 450,000 words in Spanish, which he translated into English. It will be published in seven volumes, the first of which is now available: *Choose Only Love: Echoes of Holiness*. In January he was interviewed on *Buddha at the Gas Pump*, which can be viewed at <https://batgap.com/sebastian-blaksley/>. Sebastian is also the publisher of the Spanish edition of *A Course of Love*.



**Knowledge is learning
something every day.
Wisdom is letting go of
something every day.**
-Zen proverb



Our 14-year-old dog, Abbey, died last month. The day after she passed away my 4-year-old daughter, Meredith, was crying and talking about how much she missed Abbey. She asked if we could write a letter to God so that when Abbey got to heaven, God would recognize her. I told her that I thought we could, so she dictated these words:

Dear God,

Will you please take care of my dog? She died yesterday and is with

you in Heaven. I miss her very much. I am happy that you let me have her as my dog even though she got sick. I hope you will play with her. She likes to swim and play with balls. I am sending a picture of her so when you see her you will know that she is my dog. I really miss her.

Love, Meredith

We put the letter in an envelope with a picture of Abbey and Meredith and addressed it to God/Heaven. We put our return address on it. Then Meredith pasted several stamps on the front of the envelope, because she said it would take lots of stamps to get the letter all the way to Heaven. That afternoon she dropped it into the letter box at the post office. A few days later, she asked if God had gotten the letter yet. I told her that I thought He had.

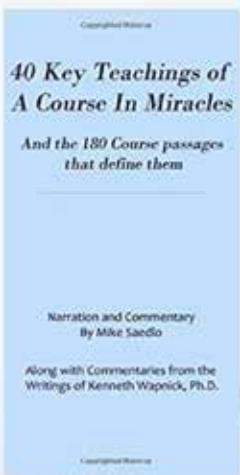
Yesterday, there was a package wrapped in gold paper on our front porch addressed, 'To Meredith' in an unfamiliar hand. Meredith opened it. Inside was a book by Mr. Rogers called, 'When a Pet Dies.' Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page was the picture of Abbey & Meredith and this note:

Dear Meredith,

Abbey arrived safely in heaven. Having the picture was a big help and I recognized her right away. Abbey isn't sick anymore. Her spirit is here with me just like it stays in your heart. Abbey loved being your dog. Since we don't need our bodies in Heaven, I don't have any pockets to keep your picture in so I am sending it back to you in this little book for you to keep and have something to remember Abbey by. Thank you for the beautiful letter and thank your mother for helping you write it and sending it to me. What a wonderful mother you have. I picked her especially for you. I send my blessings every day and remember that I love you very much. By the way, I'm easy to find. I am wherever there is love.

Love, God





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

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What the Course is and What the Course is Not

by Mike Saedlo

Besides the weekly study group that I have facilitated over the years, I would, each year, do several weekend workshops. I would always begin the workshop with discussing with the group what the Course is and what the Course is not. Here is what I share.

The Course is not a religion or a theology....

“Theological considerations as such are necessarily controversial, since they depend on belief and can therefore be accepted or rejected.”

All major religions, history has shown us, all split and splinter into different interpretations i.e. “My interpretation is better than yours.” Christianity has split into many different denominations. The Muslim faith, and even Buddhism have split into at least two different venues for practicing their faiths; it’s just what egos do (split).

A Course in Miracles is not a belief system; it is not a philosophy of such.

“This is not a course in philosophical speculation... “

The Course truly is not invested in anything that we believe, but it does want us to come to “know” the truth through an experience. This experience would be one that gives us, throughout the day, a calm, peaceful experience and response to our daily life.

“A universal theology is impossible, but a universal experience is not only possible but necessary”

It doesn’t want us to learn anything; in truth it wants us to unlearn.

“Those who remember always that they know nothing, and who have become willing to learn everything, will learn Temptations to Believe in Separation. What tempts you to identify yourself as a separate person? Do you value the drama of your story? How would it feel to surrender

There are no rituals and practices. But the Course does state:

*“This is a course in mind training.
All learning involves attention and study at some level.”*

The distinction here is between a mind “that learns” verses my right mind “that is trained” to look at my obstacles to the presence of love. And with the Holy Spirit I look at these negative thoughts and say, “Not this.”, I invite the Holy Spirit, help me see it differently.

“The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love’s presence, which is your natural inheritance.”

And, finally, it’s not a teaching to search and find love.

“Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false.”

Whether you believe in God or not, I believe what the Course is saying is that in every human being, and in every mind, there is a quiet and still state that is available to us every moment of our day.

“There is a place in you where this whole world has been forgotten; where no memory of sin and of illusion lingers still. There is a place in you which time has left, and echoes of eternity are heard.”

But when I do a personal evaluation as to my moment to moment experience throughout the day, I have to honestly say that it is not my experience, this quiet and still state. Much of my day can be filled with being anxious, a little fearful of life and the future, the constant efforting throughout the day to get my needs met. This is certainly not a consistent state of joy or happiness. But, yet, the Course tells me, as we read above, that this joy, happiness, and peace is our “natural inheritance.” So, for me, my question is, “If I believe that this state of Being is available, and in truth I’m very rarely experiencing it, then, why am I always choosing against my best interests?” “What makes me so resistant, in my mind, to

accepting and embracing the Gifts of quietness, calmness, and confidence?”

The Course asks us to look over and over at “what isn’t, is” (our judgments, fears, and our expressions of anger). We need to look at these thoughts and say, “Not this.” Another affirmation can be, “There’s got to be another way.”

“The task of the miracle worker thus becomes to deny the denial of truth.”

The Course is a personal study, a teaching to help us remove the obstacles to the peacefulness and love that is in our minds.

This is what *A Course in Miracles* is all about discovering and understanding why I am so defensive and resistant to this “natural inheritance” of peace in my mind.

“Peace is a natural heritage of spirit. Everyone is free to refuse to accept his inheritance, but he is not free to establish what his inheritance is.”

Mike Saedlo has facilitated over 1,500 Course in Miracles study group classes. His new book *40 Key Teachings of A Course in Miracles* was developed from the most frequent discussions, topics and insights that proved to be most useful in the practice of the Course’s teachings.

A RIDDLE FOR SMART PEOPLE

Only 5% of Stanford University graduates figured it out!

Can you answer all seven of the following questions with the same word?



1. The word has seven letters....
2. Preceded God...
3. Greater than God...
4. All poor people have it...
5. Wealthy people need it....
6. If you eat it, you will eventually die.

See page 65 for answer.

Let's Make Miracles Together (Because We Can't Make Them Apart)

by Mark Laux

In sleep you are alone, and your awareness is narrowed to yourself. And that is why the nightmares come. You dream of isolation because your eyes are closed. You do not see your brothers, and in the darkness you cannot look upon the light you gave to them.

ACIM T-13.VI.12:4-6

It has been said that Jesus could make miracles. He could turn water into wine, heal the sick, control the weather, walk on water and so forth.

These are all stories that are told to show that Jesus was atman, the center of the universe and god in the flesh. Maybe you believe that, maybe not, but just imagine for a moment, that those are merely parlor tricks and not real miracles at all. Think for a moment about what Jesus might have actually wanted you to understand, because a miracle has little to do with impressing people at a party at his mother's house, and instead, has to do with how we see each other. It's the difference between making miracles and creating them.

Miracles are thoughts. Thoughts can represent the lower or bodily level of experience, or the higher or spiritual level of experience. One makes the physical, and the other creates the spiritual.

Principle No.12 of the 50 Miracles Principles

To better understand the difference, hold in your mind two groups of people or two individuals that you can think of who absolutely hate each other. Arabs and Jews, perhaps. Cowboys and Indians. Packer fans and Bear fans (or any football fan who is not a New England fan and a New England fan). Maybe it's you and your ex-wife. Or maybe it's the Hatfield's and the McCoy's. Or Democrats and Republicans. It doesn't matter who



it is, but you have to be able to feel their hatred and not have any second thoughts about how deeply in hatred they are.

Sit with that thought for a while, and imagine them together in a room, all by themselves, just hating each other. See with your mind how they might act. Maybe they fight, or perhaps they just send eye darts to each other, but as you imagine it, make sure you can feel their hatred in the room. It's so thick you have to cut it with a machete because the knife you had broke on impact. So, you dug a little deeper into your magic bag and came out with a machete, held it with two hands over your head and sliced through the hatred, breaking it into tiny pieces.

All those pieces are then scattered across countless universes, and even more planets that cover an infinite number of species of sentient beings. This is what the ego offers. But in your mind, notice that the two people you know in your heart hate each other are still there, in the room, with the broken hate scattered at their feet. And for the first time they can see each other without hatred. They can see past the ego, and the ego cannot stop them. At that moment they see each other for the first time in what seems like an eternity, save for one, unholy instant, and they remember that they love each other. Not the kind of ego love we normally encounter in a body, but they love each other with God's own Love.

Now imagine them hug and whisper to each other, "I forgive you for that which you never did, and I'm so glad I have finally remembered You."

When this happens, you begin to realize that a miracle is not a parlor trick. It's not turning water into wine, or healing the sick, because there was never any sickness to begin with, and there was never any wine to drink, and no mothers to ask something ridiculous of their child at a party. The real miracle is two people who once had a grudge discover that they love each other, and from there they remember they are one and the same. The miracle is Jesus being able to convince one of his followers that there is no sin, that we are all family, and to get us to put down our idea of who we think we are just long enough to remember who we really are.

And so, let us pray together for Holy Spirit to liberate us from our history. Help us together go where no one can go alone. Find us together, so we can be as One, what never could be separate. Let us give God what God wants

most, and let us forgive each other our trespasses, and lead us out of the grips of our egos, and into the light of God's Love. Let us accept God's gift to us. Let God's kiss fall gently on our foreheads and turn us from the darkness into the light, and into God's loving embrace. God, show us how to accept Your offering of Love and Peace.

The Holy Instant we do this with all our desire, we say welcome back, my beloved. It has taken us nearly forever to find us again and to see that we have never left, and to slow down enough to know that God isn't chasing us because God is in Us. To be with God, requires the silence of God while listening for God's gentle voice that floats up as a feeling, carried on the sound of Love. We have never left Heaven, for Heaven is not a place, and we have not been gone a long while even though it seemed so, because time isn't real.

You have dreamed of murder, and God has loved you. You have dreamed of scarcity and specialness, and God has loved you just the same. You have held on to hatred and guilt, and God has held on to your Truth, and loved you forever. You have done everything you could to get God to notice how special you are, and in Its silence, God has been waiting for You to set all that aside and return Home. In our Oneness, we are all together, extending God's Love, and co-creating the essence of God, which is unconditional love.

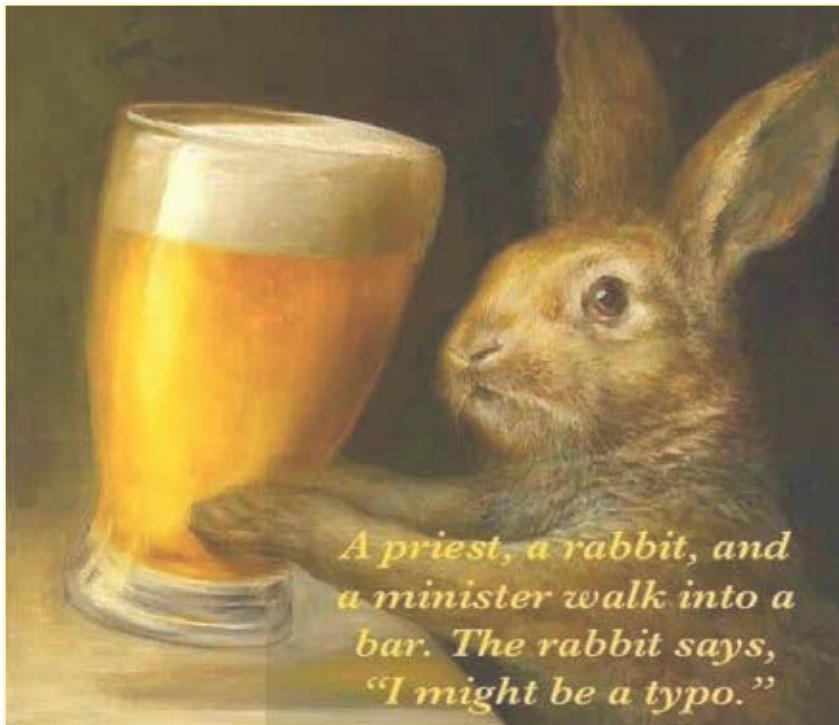
So, thank You, child of God, for remembering you are a reflection of God's love for you and for offering that Love freely to all your brothers and sisters without condition or reserve!

About Mark Laux

I make no claim to a powerful awakening. Rather, I have been blessed with a number of experiences that are beyond description. These experiences have offered me a chance to 'see' into God's mind clearly. I'm also a marketing professional, artist, writer and student of *A Course in Miracles*. I host *A Course in Miracles* study group every other Wednesday. We accept out of town guests via Zoom or phone conference. Join us some time. We would love to have you with us. My mission is to see with Christ Vision. My vision is the eyes of Christ.



"No, no, that's not a sin, either. My goodness, you must have worried yourself to death."



A priest, a rabbit, and a minister walk into a bar. The rabbit says, "I might be a typo."



Are You
Interested in
Reviewing a
Book?

Our List to Choose From:

Say Yes To Life by Elliott Robertson

40 Key Teachings of A Course in Miracles by Mike Saedlo

A Theology of Love Reimagining Christianity through A Course in Miracles by Richard Smoley

A Course of Love: An Overview, by Celia Hales
(Take Heart Publications)

Let Love Find You (Volume 1 & 2) by Tom Carpenter

The Ladder of Prayer by Brother Hermit

Awakening To One Love by Beth Geer

From Never Mind to Ever Mind by Dr. Robert Rosenthal

Miracle Minded Manager by John J. Murphy

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

Divine Logic and Transcendental Metaphor by Martin Pettet

Be the Light that You Are by Debra Landwehr Engle

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

Poetry Moment

The Glistening Sun

*Sprinkles Its Beautiful Gold from Heaven,
Shining Ever So Peacefully,
On The Blue Rippling Ocean,
Swimming Gently Together,
One Love, One God, One Nature,
Complete Nurturing with Wise Guidance,
I Feel the Spirit Soaring Within My Soul,
As Heaven Looks Down Below
With A Comforting Smile,
And A Warm Spiritual Embrace
On My Whole Being,
Communicating Within My Soul,
Gently Caressing It's Love
Through My Mortal Existence,
All This I Achieve
Just On the Terrestrial,
I Can Only Imagine,
The Power Of Grace
I Will Receive,
When I Finally Return Home
And Reach the Highest Exaltation
Of God's Celestial Heaven.
May God and Peace be with you.*

Linda Elizabeth Ganley

Notes from Nancy

Faith and Feelings



Q: Is there a Pentecostal version of *A Course in Miracles*, based on feeling rather than fact?

A: *A Course in Miracles* teaches us about the ego's infinite forms and the importance of bringing these illusions to truth, which is all encompassing Oneness with God. That is why there would never be A Course in

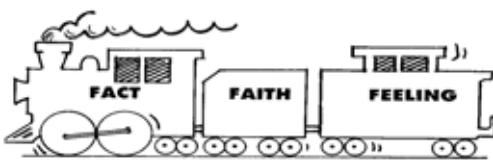
Miracles version for any specific religion. However, the Course does teach us about the source of all our feelings.

All feelings are the result of the thought system we put our faith in. Depending on which thought system we choose to believe, the ego's or the Holy Spirit's, we will feel very differently. The Course clearly describes the feelings we experience when we listen to the ego's thought system. "Listen to what the ego says...you will see yourself as tiny, vulnerable and afraid. You will experience depression, a sense of worthlessness... impermanence and unreality. You will believe that you are helpless prey to forces far beyond your control, and far more powerful than you...this will be your faith" (T-21.V.2:3-8). The Course also describes our experience when we ask for the perspective of the Holy Spirit. "Reality brings only perfect peace. When I am upset, it is always because I have replaced reality with illusions I made up" (W-pI.52.1:4-5).

We all have the power to choose what we think or believe with the resulting feelings. "The thoughts you hold are mighty, and illusions are as strong in their effects as is the truth" (W-pI.132.1:4). "Perception can make whatever picture the mind desires to see (and feel). Remember this. In this lies either Heaven or hell, as you elect" (M-19.5:2-4). Fortunately, *A Course in Miracles* comforts us with the reminder that we have the Holy Spirit to guide our thoughts, when asked.

"The Holy Spirit is...the remaining Communication Link between God and His separated Sons...He is the great correction

WHAT DRIVES THE TRAIN?

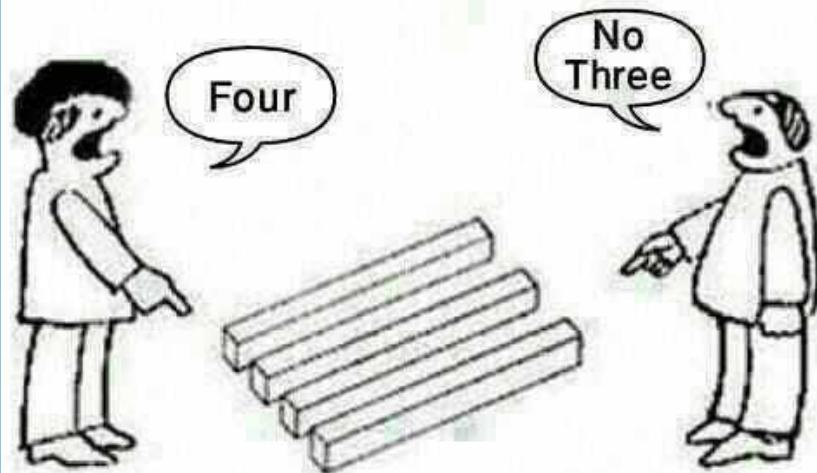


principle; the bringer of true perception... He is the light in which the forgiven world is perceived...He never forgets the Creator or His creation... He never forgets you. And He brings the Love of your Father to you..." (M-6.3:1, 4-9). What better feeling could we have than the Love of God?

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

Projection Make Perception ACIM - T-21.I:1:1

It is really confusing!!!



I Need Do Nothing

by Celia Hales



“[W]hen the goal is finally achieved by anyone, it always comes with just one happy realization: ‘I need do nothing.’”
(ACIM, COA ed., T-22.VII.7:1)

“This is a call that requires you to do nothing but to remain faithful to it. You do not need to think about it, but only let it be.”
(ACOL, C:11.17)

*“And here we begin to touch upon the essence of my teaching:
I need do nothing.”*

(WOM, Part 3 “The Way of Knowing,” Lesson 27)

When the light has dawned, when we reach Awakening, Jesus says that we sense, “I need do nothing.” This sentence may have caused much confusion, because it isn’t saying what we think it is.

The Way of Mastery elucidates the meaning very well, for here the same thought is discussed. First let’s take a look at what it isn’t saying:

I need do nothing so I’ll just show up. . . . I really don’t need to do anything, since none of it matters. (WOM, Lesson 27)

We might think that we can now rest on our laurels. That we have arrived! And need do nothing more. But this is not quite right.

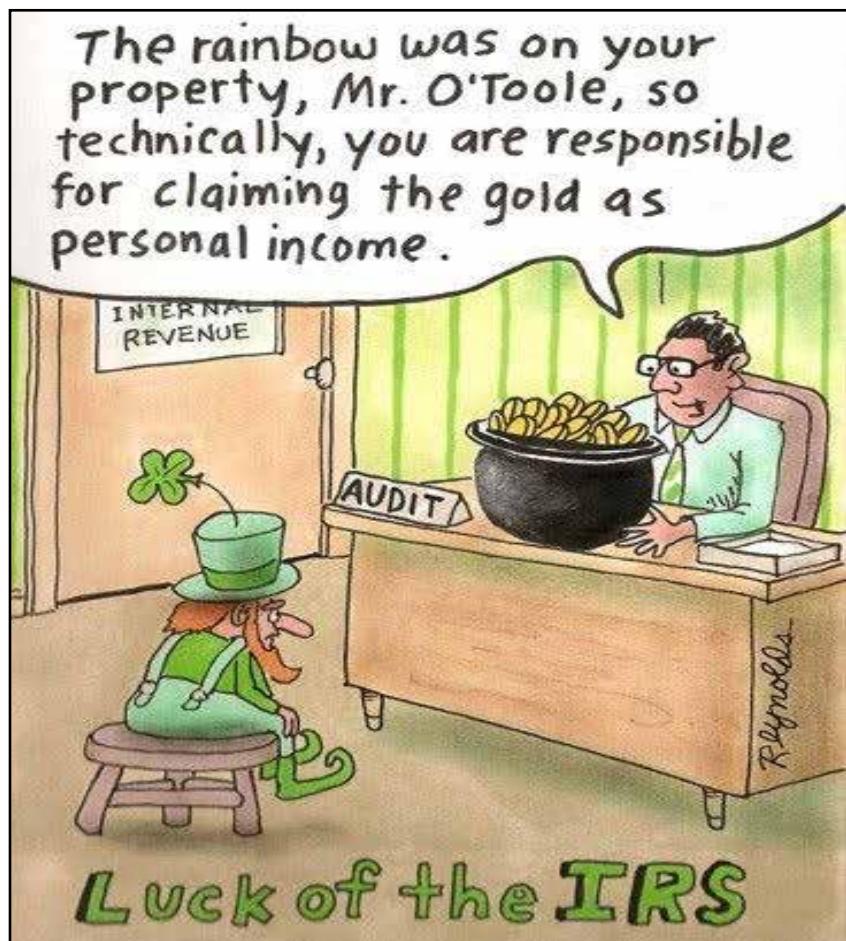
Instead, the meaning is simply to open ourselves up to our Source, God Himself, and the Holy Spirit Who will tell us that our only purpose is the extension of love. In *A Course of Love*, we open ourselves up to the Christ-Self Who dwells within, for this is where we get guidance when we no longer need the intermediary of the Holy Spirit, being ourselves no longer afraid of God. *The Way of Mastery* continues:

. . . to find that spaciousness with you in which you are willing to allow that voice within you that is eternally connected to your Source to be the vehicle through which you receive your guidance. In the pure recognition that you have no purpose—save the extension of Love. (WOM, Lesson 27)

We are opening ourselves to the spaciousness of our very souls, something that *A Course of Love* discusses at length. We are not falling down on the job. Our work in the world still happens—and still matters—but we don't dwell on the end result. Instead, the action, on a daily basis and in the present, is finally viewed as the most important part.

We listen for what to do, and then we act. An easy way to live.

Celia Hales is the author of *A Course of Love: An Overview*, a 48-page booklet meant as an introduction to ACOL. The booklet is published by Take Heart Publications, \$3.95, print and e-book. She also blogs at “Miracles Each Day.”



Temptations to Believe in Separation

by Laurel Elstrom

What tempts you to identify yourself as a separate person? Do you value the drama of your story? How would it feel to surrender control of your storyline and let things happen however they do? Without judgment, explore those areas that you still want to control. Don't try to fix anything or change how you feel. Just bring awareness to your attachments.

Here are some common temptations to live separately:

- Perception of Security and Control. At least you know how this world works. Its familiarity draws you back. You have a framework around which to process most of what happens. Like a child who prefers to stay in an abusive home, its familiarity is at least predictable.
- The myth of independence. While there is still hope that this time you might get it right, you will be tempted to try once more to become a happy person. That system is rigged for failure. The pursuit of individual happiness is impossible because you are not a separate being. You will only be happy when you recognize your relationship with everything.
- Shame keeps people bound. "I am unworthy of living as the Christ. I have too many flaws." (You'll never be a worthy person because you are not a person at all!)
- Fear of losing relationships. (You won't have fewer relationships. They'll just be more authentic.)
- Reluctance to give up control.

The concept that you are a person is nothing more than an idea. It was never true. Your mind has created patterns to support and sustain that view of reality, but the lie doesn't satisfy.

Many spiritual seekers respond to the longing to expand by attempting to swap a better, more spiritual identity for the old one. They try to perfect the personal self through study, sacrifice, and intense practice or purification. Ultimately, it never works because the foundational idea of any kind of separate self, even a kinder, more loving, more transcendent self is untrue. The system is rigged to force you out of identification eventually, with suffering as powerful motivator.

Laurel Elstrom is the author of, "*Love on the Mountain: A guide to Self-Discovery*." This is an excerpt of that work. She has been a teacher of ACIM and ACOL for over 30 years. Get the first three chapters for FREE at www.laurelelstrom.com.



The Coat Hanger

A woman was at work when she received a phone call that her small daughter was very sick with a fever. She left her work and stopped by the pharmacy to get some medication. She got back to her car and found that she had locked her keys in the car.

She didn't know what to do, so she called home and told the babysitter what had happened. The baby sitter told her that the fever was getting worse. She said, "You might find a coat hanger and use that to open the door."

The woman looked around and found an old rusty coat hanger that had been left on the ground, possibly by someone else who at some time had locked their keys in their car. She looked at the hanger and said, "I don't know how to use this." She bowed her head and asked God to send her help.



Within five minutes a beat up old motorcycle pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head.

The woman thought, "This is what you sent to help me?" But, she was desperate, so she was also very thankful.

The man got off of his cycle and asked if he could help.

She said, "Yes, my daughter is very sick. I stopped to get her some medication and I locked my keys in my car. I must get home to her. Please, can you use this hanger to unlock my car?"

He said, "Sure." He walked over to the car, and in less than a minute the car was opened. She hugged the man and through her tears she said, "Thank You So Much! You are a very nice man."

The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft and have only been out for about an hour."

The woman hugged the man again and with sobbing tears cried out loud, 'Oh, thank you God! You even sent me a Professional!"

The Search for Wholeness

by David Basiove

Sir Edmund Hillary and his companion, Tenzing Norgay, were the first to climb the summit of Mt. Everest. Upon reaching the mountaintop Sir Edmund left a cross as an offering. I find it deeply touching that he left a symbol of the resurrected Christ as an offering to the mountaintop.

Upon his return to level ground, Sir Edmund accomplished many great things. He said: I believe that of all the things I have done, exciting as they have been, there's no doubt in my mind that the most worthwhile have been the establishing of schools and hospitals and the rebuilding of the monasteries in the mountains.

For those that have had the mountaintop experience through *A Course of Love*, we also return to level ground, which in our case means embodying and balancing our divine and human consciousness and creating a new elevated Self of form. This has been my heart's desire for a very long time.

However, sustaining wholeheartedness within the spacious self is still a work in progress. It takes vigilance on my part. It's all too easy to let myself slip back into the old patterns that have been running me. That beautiful feeling of unity is the state I want to sustain. The tired old repetitious voice of the ego mind that judges me and judges others, is something I want to transcend. Permanently.

Now is the time to come into full acceptance of the human self as well as the Self of unity. It is time for the final merging of the two into one Self, the elevated Self of form. D:Day2.1

I was recently reading ACOL with some friends at on-line Zoom meeting. As my friend was reading I had an intense feeling of frustration. I've felt this before, all to often. It's usually my reaction to not being where I feel I should be—abiding in unity. As my friend continued to read I suddenly realized that I had dropped deep into my body. I was breathing freely. I was feeling totally connected. Such a blessed experience!



Now, whenever I feel that familiar frustration, I know what to do: breath, relax the body, focus on the spiritual heart center—and voila, there I am, abiding in my body, in the moment, as my true self. Does that make my very frustration an access point to unity? I believe it does. Beyond that experience, whenever I hear the familiar old judgments of the ego mind—you guessed it, I know what to do.

“My goal on a daily basis is just to feel my feelings and emotions and leave mind and its interpretations out of the equation.”

Christ-consciousness will be temporary or sustainable depending on your ability to refrain from judgment. What flows from Love and knows not judgment. All that you envision, imagine, desire with love must be without judgment or it will be false envisioning, false imagining, false desire. This simply means false, or not consistent with the truth. It does not mean wrong or bad, and is itself no cause for judgment. It is simply an alternative that will draw you out of Christ-consciousness and not allow it to be sustainable. T4:7.1

The return to level ground also means a return to our old pains and traumas. A lot has been said about forgiveness, but what about those trauma-creating events that I struggle to forgive? Even after I've done my due diligence, gone back to those events over and over, I still struggle with forgiving myself for certain things that, if I am honest with myself, I truly wish had never happened. But they did happen.

So I am simplifying my work here and I've come up with this little formula: $A + A = F$, Acceptance + Allowance = Forgiveness. Since I can't go back in time and prevent these traumatic events from occurring, and I still struggle to forgive myself for my part in them, I can take a look at them and accept that they did happen. I allow them to be. This applies to the events themselves and my feelings around these events. If my true response is grief, anger, or fear, these feelings need acceptance, which then leads to self-acceptance and in turn leads self-love. If I truly love myself I will abide forever in blessed eternal unity. After all, I did call these events to myself so I could learn to heal them.

I am eternally grateful to ACOL for helping me further my understanding of the importance of feelings and emotions, how they are in the present, and how they lead us to more of who we truly are. By going back in my

consciousness, finding old trauma, and bringing the feelings associated with these events forward, brings these emotions into the present where I now have greater understanding of how to feel, embrace, and express them.

I have never been able to find peace with the idea that some emotions are positive and some are negative, that some emotions are divine and some human. Of course emotions deemed positive tend to end up in the divine column more often than the so-called human ones. I've always had a nagging feeling that this attitude was all a result of split-mind thinking and the ego's attempt to further its "life is black and white" thinking.

My goal on a daily basis is just to feel my feelings and emotions and leave mind and its interpretations out of the equation. I know this will bring a greater fullness, wholeness, and richness to my life.

I find these paragraphs from Day 16 to be helpful in providing an overview of the territory, both of the mountaintop and level ground:

Consciousness began as all feeling and all thought, all of which were of love because love is everything. All feeling and thoughts of love extended into the paradise of creation. This was the Garden of Eden, the Self, the All of All. Unwanted feelings that you attempted to expel from the Garden of Eden were not expelled from consciousness, but from your awareness. This created the separate and the unloved in your perception, and your perception created an unreal reality of the separate and unloved, often referred to as hell, or hell on earth. Love and fear existed simultaneously as did paradise and hell. This became your world, which slowly grew from a world primarily made up of paradise and love, to a world primarily made up of hell and fear because as more was expelled from paradise, more was perceived as hellish or fearful. Less love was extended. More fear was projected.

The expelled feelings that seemed to cause this duality still exist in consciousness. Once these expelled feelings are returned to the spacious Self and the spacious Self embraces them with love, the spacious Self will be whole, for it will embrace everything – as love, which is everything – embraces it. This is paradise re-found.

David Basiove is a professional writer and photographer residing in Montreal, Canada. He is a world traveler, having visited more than 200 cities in 22 countries. He first answered the call in 1985 and began to delve into various Christ Consciousness teachings. He received emotional healing through his work with the Right Use of Will materials and is an avid reader of both ACIM and ACOL.



I've been wanting to let you know how much I've appreciated your Miracles Magazine. In your December issue you begin with sharing prequels and sequels to ACIM. It felt as though that and the whole magazine were written just for me. You see, I'd been trying to come to terms with the reality that Love Itself could really be speaking so clearly to me. And I struggled to know how others would receive that. Your words were a healing balm and truly reassuring that there will be those who can comprehend and even embrace this mystical experience. So I wanted to say thank you for the love you are emanating. I have felt a strong impulse to extend this thank you to you since the moment the magazine arrived. Yet, this morning, spirit guiding me was undeniable. I put my ACIM text down and picked up my phone to send this overdue thank you note. You have been a true gift and I'm grateful!

Janine
Upper Sandusky, Ohio



Perfect Happiness 101

Is True Happiness Even Possible Today?

Jon Mundy and Elliott Robertson

Sat, May 2, 10 am - 4 pm



What would it be like to have no worries, no anxieties, no major concerns? What would it be like to hold no grievances, no hurt feelings, no judgements? What would it be like to be consistently calm, patient and serene, and experience the love of God flowing from your heart to everyone you meet? Many books have been written on the subject of "Happiness" but

very few give real-life tools for learning how to experience it in our lives. In this workshop you will learn how happiness is not a destination, but a path; it is the very essence of how we are created. As stated in *A Course In Miracles*, "God's will for me is perfect happiness." (W-101.) In this workshop, Jon and Elliott will take this very important lesson and create a very clear path to its attainment.



Jon Mundy, PhD is an author, lecturer, and publisher of *Miracles* magazine. He has authored 10 books and taught courses in Philosophy and Religion, from 1967 to 2008, at the New School University and the State University of New York. Currently he is Director of the *Miracles Studies Program* at All Faiths Seminary in New York City.

Elliott Robertson is a writer, workshop leader and Happiness Coach. His articles have appeared in magazines across the country, including *Miracles* magazine and *Science of Mind*, and his most recent book is entitled, *Say Yes to Life: 7 Keys to Living Full Out From Within*. Previously, Elliott was a staff writer for *Daily Word* magazine. He holds a Master's degree in Psychology and is a certified leader of Happy for No Reason workshops.

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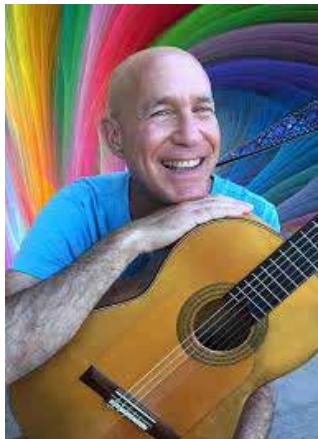
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Being Generous With Myself Through Forgiveness

by Scott Grace

“Forgiveness is my function as the light of the world.”
A Course In Miracles



I was strolling through San Francisco, in a buoyant mood, lifted by the success of a workshop I had just given. Since my latest practice was learning to be more generous with myself financially, I decided to have dinner at a nice Japanese restaurant I spotted. I sat down at the sushi bar, humming a tune and spreading my joy. The waitress approached and asked if I wanted to try the restaurant's most popular and respected sake. “Of course!” I said. My “yes” had the conviction of a man enjoying a happy dream, being prosperous in an abundant universe.

At the end of a delicious meal, I perused the check. The drink I'd ordered was eighteen dollars, about twelve more than I had ever paid for sake. Calling the waitress over, and calling also on my New York City roots, I gave her a piece of my ego-mind. “What's with this check?” I barked. “I would never have ordered this sake if you would have told me the price. You should have said something about how expensive it was!”

Never mind the twenty-five years I've spent mellowing out with *A Course In Miracles*. Besides being the light of the world, I am also a proud New Yorker, deep in my bones.

She apologized timidly and repeatedly. I requested not-so-timidly that she just charge me the price for regular sake. Still bowing in apology, the waitress let me know that she would have to pay the difference if I didn't pay full price. I paid for it begrudgingly and left the restaurant steaming with resentment. How unfair!

Driving my way down a steep San Francisco street, it occurred to me how dramatically downhill my mood had gone compared to what it had been an hour earlier. Before, I was happy and carefree. Now I was anything



but. I was convinced that her ‘mistake’ was a grave injustice, a sin by omission, deliberately manipulating me into buying an expensive brand of sake. It didn’t even taste much better than what I was accustomed to. I got ripped-off! “How unfair!!” I whined to myself.

Then something happened that, at first, ticked me off even further. A passage from *A Course In Miracles* found its way into my mind, the kind of line that makes it impossible for me to continue cherishing my grievances and enjoying my righteousness. Oh, how I hated the Course in that moment! Nothing in life ruins perfectly good whine as quickly as a sobering line from its pages. I could no longer pretend I was a victim. The quote that rained on my charade was this:

“Beware of the temptation to see yourself unfairly treated.”

Ouch! “But I WAS unfairly treated!” my ego child ranted back at the Course. (It’s always interesting when I can catch myself arguing with Truth and defending my right to be wrong!) After giving that voice some permission to huff and puff a bit, I was ready to listen to what Spirit had to say.

“Scott, why are you giving twelve dollars and a sweet Japanese woman the power to get you this upset? Could it be possible she saw you in your celebration, perceived you as prosperous, and figured you weren’t one to guard your pennies so fearfully? Is it possible that she was responding to your prayer to treat yourself more generously in the physical universe? Are you willing to consider that underneath all this righteous anger is your own difficulty in seeing yourself as worthy of love and deserving of fine things?”

Whoa! That was quite a jump. Was being stingy with myself behind all this? Was it my own guilt that I projected onto this waitress? “Beware of the temptation to see yourself unfairly treated.”

I suddenly remembered two more lessons from the Course, and my righteousness dissolved completely:

“I am not a victim of the world I see.”

“I am never upset for the reason I think.”

The waitress was clearly not the source of my pain. In an instant, a holy instant, my case for her guilt was thrown out of court, and I was set free as well.

Tears came to my eyes. How sad, that I’d acted on assumptions rooted in fear and paranoia and attacked this lady, ruining a perfectly splendid celebration by letting unexamined anger dictate my behavior. And then, how liberating to uncover the hidden sense of unworthiness driving my feelings, and let them all go. I became aware of a warm glowing light in the center of my chest. The light of the world was starting to dawn on me and in me once again.

I decided to change my past! I imagined the waitress before me, and out loud I exclaimed, “I forgive myself for losing my sanity with you. I apologize, and ask for your forgiveness.” As if I were back at the restaurant, I lifted my imaginary glass and said, “I offer us both the very best sake, and make a toast in celebration of a lesson learned and a job well done.” I saw myself paying the waitress, this time with gratitude and friendliness.

I went on to review other situations in which I have seen myself as unfairly treated. The telephone company putting me on hold for longer than I would like. A storeowner who never paid me for the CD’s she sold on consignment. People not returning my phone calls. A lover who rejected me. My mother being so negative. How unfair! How unjust! What a war I had declared on life with my list of grievances! How personal it all has seemed to my ego!

I made a commitment to catch these kinds of perceptions earlier on in their process, before they can cause me such anger and grief.



Last week I jumped on an opportunity. A driver cut me off while I was about to get on a freeway. I slammed down on the judgment pedal and was just about to accelerate into righteous anger. In a split second I saw that there was a choice, that the attack thoughts and angry feelings were arising in me like clouds, and I could either engage the 'I'm right!' energy or just witness both his haste and my own reactivity passing through me. This time I was able to remain the witness,

never fully identifying with the point of view that I was unfairly treated by this rushed driver. The clouds passed quickly, and my mood easily returned to clear and sunny.

Of course, a driver I am not personally intimate with doesn't push the same buttons as mates and mothers can, but I am very interested in refining my practice of letting go of P-BUT's (Perceptions of Being Unfairly Treated) more quickly as they arise. The better I get at it with the minor irritations of daily life, the more transfer value my practice has to the larger stuff.

I used to think that as I dedicated my life to service I would be asked to become pure in diet and drink, and that pleasures like sushi and sake would have to be relinquished. What I have been finding is that Holy Spirit is much more concerned with my 'whine' intake, my mental sobriety. It is when I am thinking the hard stuff that I am most in trouble, and it is when letting go of grievances that I am aligned with my purpose and being the light of the world!

"You cannot be unfairly treated. The belief you are is but another form of the idea you are deprived by someone other than yourself."

A Course In Miracles

These days I am being careful with my money, taking care of myself by saving instead of spending. But I am enjoying life more than ever. I am learning to be generous with myself and others with my thoughts, as well as acts and words of loving kindness.

How do you withhold good feelings from yourself, and how do you express generosity? It's a worthy inquiry, one that will make you aware of your worthiness.

Easter's Rising Son

by Rod Chelberg, MD

A tempest of a storm has been blowing all week with dark clouds, howling winds and sharp piercing rain stinging my flesh. There has been flooding and some snow mixed in. The world is in turmoil and strife. It is bleeding and in pain. Darkness rests upon the land.

But today I awoke to an early sunrise and clear blue skies. The storm has passed. On this Easter Sunday, peace has settled on the land. As I look out of my window, there is no movement seen. Now as I watch the sun ascend into the morning sky, its light is removing the shadows of illusion from the land and the earth is healing. The robins have come out of hiding and are singing to our Father.

I light a candle and place it in front of me as I read God's Holy Words of Love for me. I now see light everywhere I look. I feel its warmth on my face. My mind is at rest but my heart is tingling. For it is here that God first touches me. I feel His love and smile.

A deep love has descended upon me and I now see clearly, with Christ's vision, our Father. Such a Light, such a Love. I start to see my friends joined with me in this light as

well. We extend our love to encircle all of the people in this world so that they too may experience God's joy and peace. We have all become one in love again.



With hope being reborn, we are no longer afraid to love. We let this world go in peace as did Jesus when he laid down his cross and his body. We have arisen this day with Him, ascending into Heaven as Christ. No longer separated, we are the united Son of God. We walk with lightened steps with Christ guiding us to our Home. We now remember that we only made a mistake and that God still loves us.

The storm clouds of our life are gone today and have vanished into the past. We are free to choose again and in so doing, rise up to meet our Father. As we do so, God steps forward and embraces us in His loving arms. We are once again joined in the wholeness of eternal love. What joy we feel as our Father says, "Welcome Home My Son."

Rod Chelberg, MD is a student/teacher of *A Course in Miracles* and the author of *If God Calls, Say Yes!* He lives in ME.

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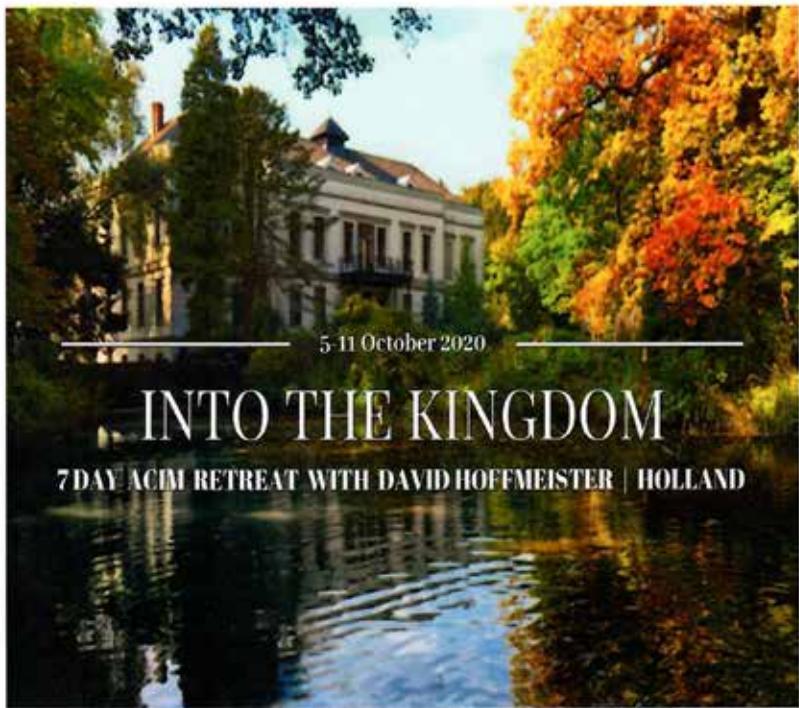
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For more information about the "Into the Kingdom" retreat please visit
Intothekingdomretreat.com

To learn more about David Hoffmeister please go to davidhoffmeister.com

An excerpt from David Hoffmeister's Latest book This Moment is Your Miracle available at davidhoffmeister.com. Find out more about live and online retreats with David at livingmiracles.org/events.

Forgiveness

The ego has a version of forgiveness that humanity has bought hook, line, and sinker. The belief is “I forgive you for what you did to me,” or “I forgive myself for what I did to you.” This is not really forgiveness. It doesn’t work. It is no wonder that, in the Bible, Jesus was quoted as saying, “When you forgive, forgive seventy times seven.” If you are forgiving in an ego way, you have to do it more than 490 times. It is endless. You could do it 490,000 times or 490 million times. If you just keep forgiving in the ego’s way, you will still feel guilty, and you will wonder why it didn’t work. I did it plenty of times. My gosh, how many Hail Mary’s do you have to do to get out of this difficult feeling? As long as you are trying to forgive what you believe somebody did to you or what you did to somebody, you will not really forgive. You are on the ego’s playing field: it loves it when you get angry at something in the world. The ego is like a little spider sitting back in its web, saying, “Ha-ha, fooled them again. They think it is about this or that.”



The ego is hiding behind the projection. It is disguised by what you project. You don’t recognize that it is in charge. The ego’s form of forgiveness makes an error real first, and then, out of your own goodness, you can forgive it. This way, you are attempting a forgiveness that can never accomplish the goal of peace. The ego is the first premise of an erroneous thought system, and anyone who studies logic knows that if your first premise is faulty, then everything after it is faulty. True forgiveness is not like forgiveness of the world where you forgive somebody for what they did to you. Divine logic starts with another premise: you are whole; you are complete; you are innocent.

This leads to a way of forgiveness that truly works. It involves bringing the projections back in and taking full responsibility for your mind and thoughts. You forgive your perception, your idea of what you thought the

other did, because in truth they did not do it. It was only a projection of belief. This may sound strange; the ego scratches its head and says, “Oh, forgiving what they didn’t do, that sounds quite difficult.” But your mind is

powerful and made up everything you perceive. Complete forgiveness means seeing and deeply experiencing that nothing happened. This is peace of mind, the highest state.

The step we take in forgiveness now is about allowing perceptions and beliefs to come up in awareness and be released to the Spirit within. The way is to join with others, rather than separating from them and being the forgiveness. Being the forgiveness takes blame off the objects: forgiving my mother, forgiving my father, forgiving the Holocaust, forgiving white supremacy, forgiving racism, forgiving the president, forgiving my body. When you take the focus off all the specific things that blame seems to be

about and take it all the way in, you will realize you are only forgiving the self that you thought you made, the self that took the place of what you truly are.

As I got into mysticism, I seemed to fail in the role and image of a son. At one point, my father came to me with a look of remorse in his eyes, a look of such sadness. These words came out of his mouth, “Dave, I wasn’t a very good father.” It was a moment of admission. I had already reached a consistent experience of peace at that point, and I said, “That is nonsense. You did the best you could do, based on what you believed. And I did the best I could do, based on what I believed.” Whatever that was—autopilot, repression, projection—at the time, it was the best I could do, based on what I believed about myself. I said, “This game is over now. I’m not going to ever hold you to anything. I’m not going to hold you to the dad role, and I’m not holding me to the son role because I have seen that the ego made up those roles.”

God creates us as Spirit, not as mothers, fathers, sisters, and brothers. When I let go of playing these roles, my relationships lit up. I had forgiven the belief in roles. My father and I had the happiest and most loving, joyful relationship, and that relationship continued until the day that he passed away. At our last encounter, we were not holding onto the past, we were rejoicing in truth, joy, and happiness!

The Wise Woman's Stone

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later he came back to return the stone to the wise woman.

“I’ve been thinking,” he said, “I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone.

Author Unknown



All I Need to Know I Learned From the Easter Bunny!



- Don't put all your eggs in one basket.
- Everyone needs a friend who is all ears.
- There's no such thing as too much candy.
- All work and no play can make you a basket case.
- A cute tail attracts a lot of attention.
- Everyone is entitled to a bad hare day.
- Let happy thoughts multiply like rabbits.
- Some body parts should be floppy.
- Keep your paws off of other people's jelly beans.
- Good things come in small, sugar coated packages.
- The grass is always greener in someone else's basket.
- To show your true colors, you have to come out of the shell.
- The best things in life are still sweet and gooey.

May the joy of the season fill your heart.

AND MAY GOD BLESS YOU!

Happy Easter!

~ Alan Dolit - a student/teacher of ACIM ~



A Change of Identity Awakening From the Ego's Dream

by Bonnie Nack Ed.D.

After you become accustomed to observing your own thinking, rather than believing and acting out everything that comes into your mind, you actually begin to develop a relationship with your mind. There are all the automatic thoughts and emotions going on in the mind and you who are observing them. Instead of identifying yourself with the thoughts and emotions, you identify yourself as the observer. Now your mind is split in three instead of two. The lower ego, the higher ego and the observer and you discover you identify yourself as the observer and not the automatic thoughts and emotions that are generated by the egos that formerly ran your life. This is the beginning of liberation from the prison of the ego's insane thinking! When the realization that you are the observer dawns upon your mind, it is a cause for celebration. You know what the happiness of freedom is! You are awakening from the dream of the limited self-image called the ego.

The author finds awakening, watching what her mind does, to be an interesting and enlightening experience. For example, while shopping she spies a bag of Tasty mini donuts. She knows that they are addictive for her and if she buys them, she will down them all within a short period of time. The addiction wins. She drops a bag of them into her shopping cart. Then she asks herself, "Who craves these donuts?" She realizes it is not her observing self that craves them. It is something automatic in her body-mind. She has momentarily achieved some consciousness of her separation from the addictive cravings. Usually as she shops, she eats half the bag. This time she was surprised that she ate only two donuts. Just one moment of awareness of the separation changed her behavior.

Now she was home alone with the donuts. Her mind remembered the good taste and the craving raised its ugly head. She ate six and downed them with milk. The cravings determined her behavior, but she did not eat as many as she would have in the past. Her stomach felt uncomfortably full, but not as bad as in the past. The next day when her mind again thought of the donuts and the craving began, she remembered her uncomfortable stomach, it was a bit of a deterrent, but again the cravings won. She ate another six donuts with the result of the same uncomfortable feeling in her stomach. Paying attention to the uncomfortable feeling led to a temporary end of the

craving. Her mind even began to wonder how it could do that to itself. It even thought of throwing the rest of the donuts in the trash! The observing mind was gaining control over the addiction; the memory of the good taste and craving seemed remote and not even located inside her body as before.

As you learn to identify with the observer and the happiness and well-being connected with it, you begin to learn to protect your mind from holding unpleasant thoughts. For example, my daughter works as a nanny and the six-year-old boy she is taking care of developed a brain tumor. When he came home from the hospital, half his face sagged and he had stitches around his whole head where his skull had been removed for surgery. His mother cried to my daughter, "I wish I were dead." My heart ached for that family, but I chose to put the heartache out of my mind and return to my identity as observer. I told myself, "Life is a living hell for some people, but gratefully not for me at this moment. It will do no one any good for me to carry their grief with me." I focused my attention on something else. I encouraged my daughter to rise above the suffering and give this family all the love they so badly need at this time. Even the mother over time will rise above her grief in order to take care of her child.

The observer is consistently quiet, peaceful, happy and calm. It no longer identifies itself with the human condition or ego. It has taken years of inner observation to achieve this change of identity. It is a result of consistent and dedicated study, contemplation and self-inquiry, seeking knowledge, pondering it and observing the inner workings of my mind. The change of identity itself is due to grace that can only occur in a mind that has been prepared for it. I did not understand what was happening until it suddenly dawned on my mind, I am no longer the ego, I am the observer of the ego. Who am I then? I must be God's creation, what else could I be? What does that mean? Stay tuned.



JON'S LECTURES WORKSHOPS & WORSHIP SCHEDULE

Thursday, March 26

Unity of North Tampa
Tampa, FL

Fri., March 27 & Sat. March 28

Unity of Citrus County
Lecanto, FL

Sunday, March 29 a.m. & p.m.

Unity of North Central Florida
Fruitland, (The Villages) FL

Sunday, April 5 1:30 p.m.

Miracles in Manhattan
Live Stream

Sunday, April 19

Unity of Sussex
Lafayette, NJ

Saturday, May 2

Center for Contemporary
Mysticism
Philadelphia, PA

Sunday, May 3

Unity Spiritual Center
Asbury, NJ

Sunday, May 17 1:30 p.m.

Miracles in Manhattan
Live Stream

Thursday, May 21-24

Annual Course in Miracles
Conference - Los Angeles, CA

Friday, May 29

Unity in the Gold Country
Grass Valley, CA

Sunday, May 31

Unity of Redding, CA

Sunday, June 7

Unity Spiritual Center
Asbury, NJ

Sunday, June 14 1:30 p.m.

Miracles in Manhattan
Live Stream

Sunday, July 19

a.m. Unity of Lansing
p.m. Great Lakes Retreat
thru Fri. Jul 24

Friday & Saturday, July 24-25

Unity of Lansing
Lansing, MI

Sunday, July 26

Interfaith Center
Ann Arbor, MI

Sunday, August 16

Unity of Hartford, CT

Friday, Saturday August 21-22

Unity of Fairfax
Oakton, VA

Sunday, October 26

Center for Conscious Living
Moorestown, NJ



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For "Mundy on Sunday"

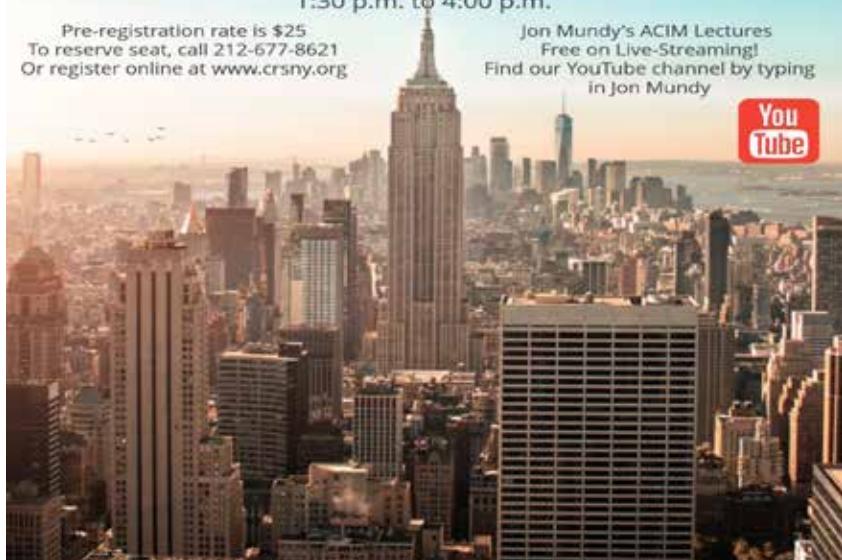
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One Last Thought



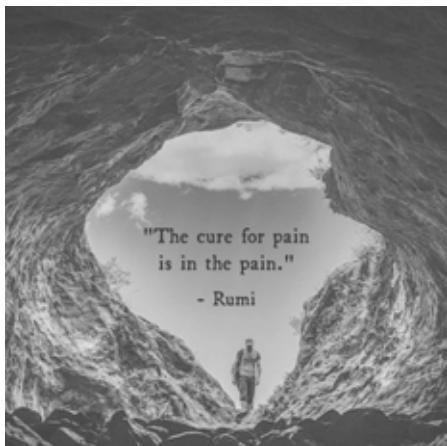
Very often we are asked the question, "How are you feeling?" and yet our answers are not likely to reveal what we are truly feeling at all. A frequent response might be, "I'm okay" or "not bad". But that simple question has the opportunity to heal us if we allow ourselves to actually feel our feelings.

Too many of us choose to numb our feelings with food, drugs, alcohol, sex or shopping. We do this because

it is easier than feeling what lies deep inside us in the form of shame, pain, grief, heartache, loneliness or vulnerability. Many of us have been made to feel these emotions are a sign of weakness. But choosing to disguise your feelings is like putting a band aid on a bullet wound. It doesn't work and those emotions will eventually leak out and erupt like a dormant volcano.

When we allow ourselves to fully experience painful or uncomfortable feelings, we are doing work. Sitting with our feelings instead of disengaging or distracting ourselves is harrowing work. But it has the power to be transformative. "You have to feel it to heal it" is often suggested. Given the undeniable difficulty of this exercise, why do it at all? What is the reward for expending such mental and physical effort? Every feeling has something to teach us about ourselves. It's leading you somewhere, follow it.

The next time you are hurting, feel your pain. Feel as much of it as you can bear. Your pain is a necessary step on your journey towards healing. Let it be the catalyst to peace. Sit with your sorrow like an old friend and pay attention to its lesson. Then, when you're ready, release it. Feel the comfort of your hard work recognizing the only way out was through.

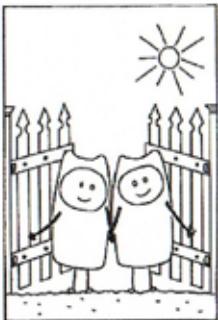


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Answer to Riddle on page 29:

NOTHING! NOTHING has 7 letters.
NOTHING preceded God. NOTHING is greater than God.
All poor people have NOTHING. Wealthy people need NOTHING.
If you eat NOTHING, you will die..

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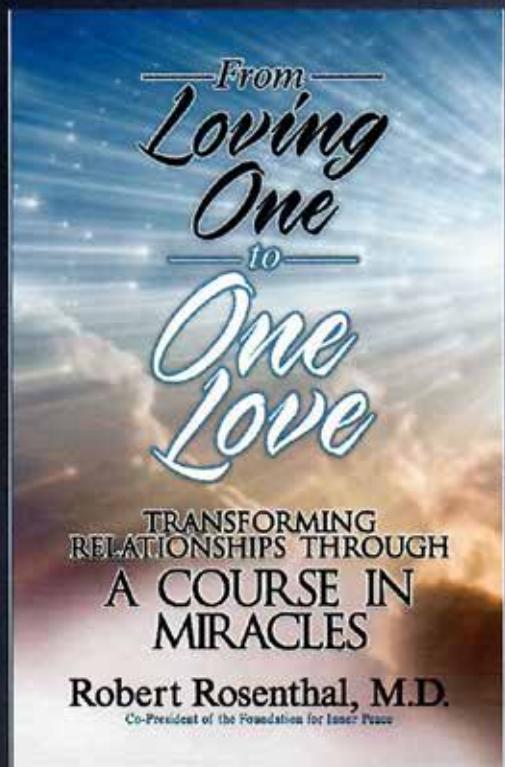
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"[This book] is a delightful exploration of using relationships to find inner freedom and awaken to Divine Love."

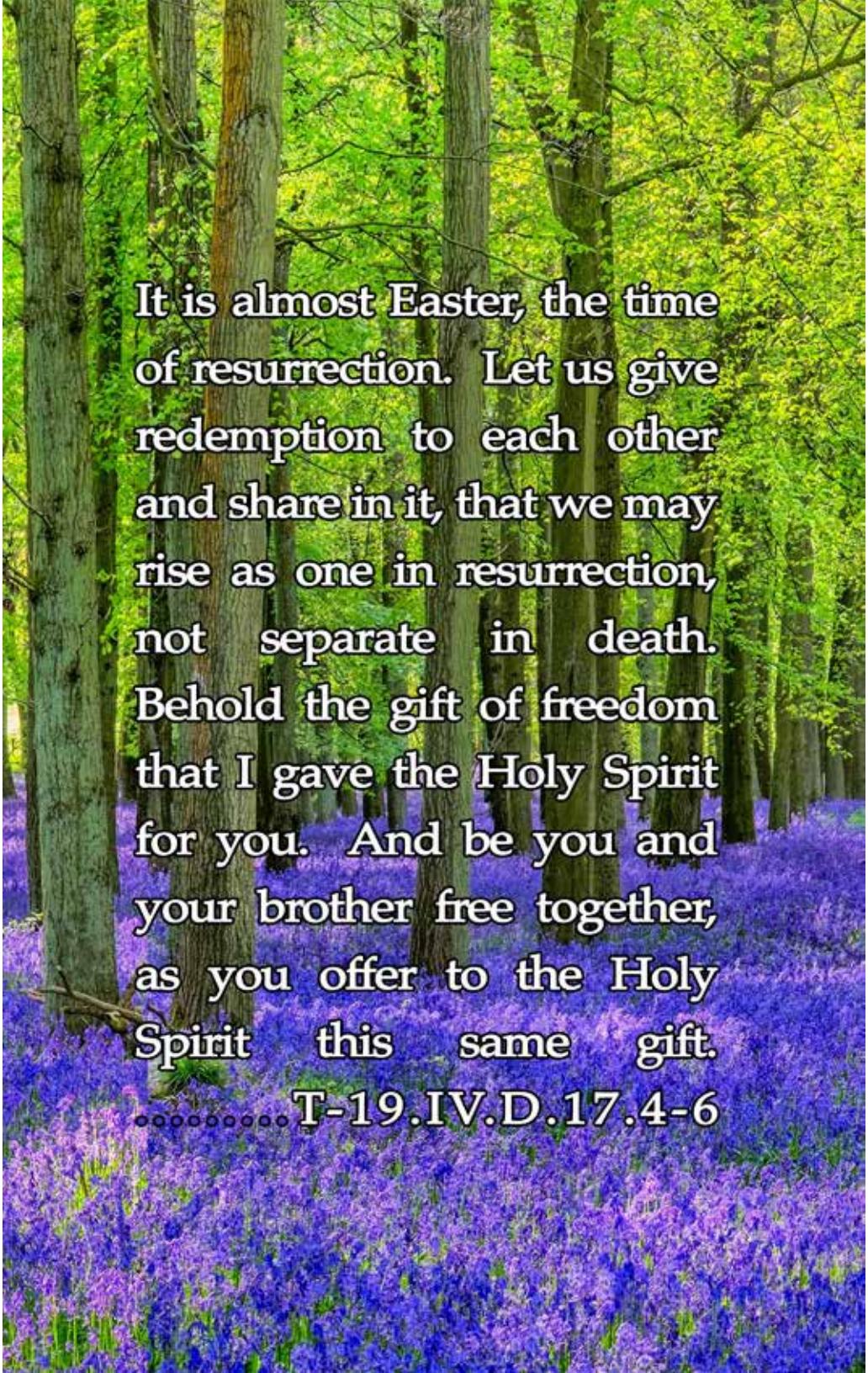
David Hoffmeister, author
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From Anxiety To Love



We think of relationships as special arrangements made between two people. But *A Course in Miracles* teaches that relationships are the classrooms in which we learn to awaken to our true nature, which is only love. They are crucibles for enlightenment through forgiveness. *From Loving One to One Love* will guide you past grievances toward an experience of love that is beyond imagining. You remember how to love as God loves.

A photograph of a forest floor covered in a dense carpet of bluebells. The trees are tall and thin, with sunlight filtering through the canopy, creating a dappled light effect on the flowers. The overall atmosphere is peaceful and natural.

It is almost Easter, the time
of resurrection. Let us give
redemption to each other
and share in it, that we may
rise as one in resurrection,
not separate in death.
Behold the gift of freedom
that I gave the Holy Spirit
for you. And be you and
your brother free together,
as you offer to the Holy
Spirit this same gift.

.....T-19.IV.D.17.4-6