

Miracles

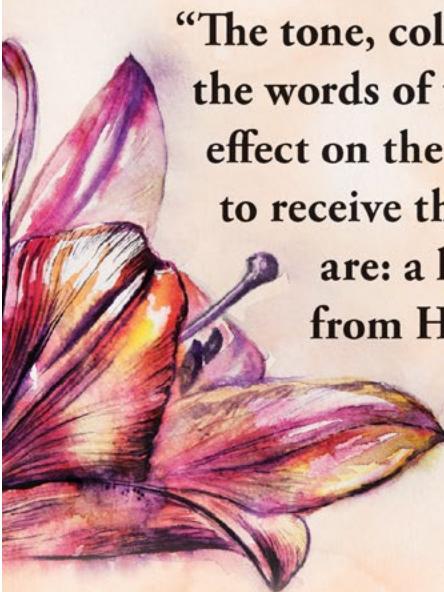
Classroom for the Universal Course

March ~ April ~ 2021

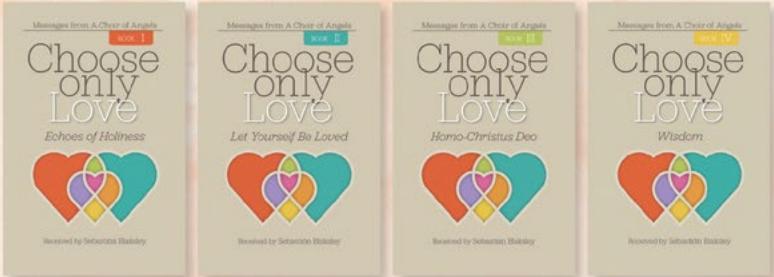
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“The tone, color, and rhythm of the words of this work cause an effect on the heart that is open to receive them for what they are: a letter of love given from Heaven to grow in a greater knowledge of God’s love.”



Invisible realms of Angels became visible to Sebastián Blaksley in an extraordinary series of 144 visitations overseen by Archangels Raphael and Gabriel. They asked him to take down their messages, including messages from Jesus and Mother Mary. Choose Only Love is the result.

Take Heart Publications

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THE LOVELIEST OF GOD'S CREATIONS

by Jon Mundy, Ph.D.

*The reality of your mind is
the loveliest of God's creations.*

*Coming only from God, its power and grandeur
could only bring you peace
if you really looked upon it.*

T-12.VII.10:2-3

Life is given to each of us as a great adventure filled with some laughter, a little bit of song, a few rewards, some good food, some comfort, a family, and some friends. And then, inevitably it seems, we encounter some misadventures: romances that do not work out well, health issues, money issues, and so much more. The world can be exciting and fun, but sometimes, it seems like hell: Why this ringing in my ears? Where did this plague come from? Why this social unrest?

Life is a journey and we're all prodigal sons and daughters looking to find our way through this amazing maze we call life so that a peaceful mindscape can be found. We've been given these marvelous minds. What will we do with them? Shall we curse and attack the world we see, or can we find a better way? Can we simply be the love we already are? ACIM describes the mind as

*the loveliest of God's creations,
the activating agent of spirit,
the mechanism of decision, and
the means by which we determine our own condition.*

French Philosopher Rene Descartes (1596-1650), “the father of modern philosophy,” asked himself the question: what was the one most undeniable truth? In that moment, he was thinking just as we are thinking right now. Thus, he is best remembered for his deduction: *Cogito Ergo Sum*, “I think therefore I am.” And thus, he concluded that:

*Of all the ideas that are in me,
the idea that I have of God is the most true,
the most clear and distinct.*

The mind produces thoughts and thereby activates either spirit or ego, directing the body, managing relationships, our environment, our work, money, and time. Throughout it all, we are called upon to remember the Christ within, to awaken to Spirit and follow the direction of the Christ mind.

*The Bible says that a deep sleep fell upon Adam,
and nowhere is there any reference to his waking up.*

T-2.I.3:6

Like the mythic Adam and Eve, we have wandered away from paradise and fallen into both an individual and a collective dream. These dreams were on a more localized level until now, thanks to television and computers, the soap opera of everyday life and the dreaming of the world is played out daily in front of us on a large screen. And in this way, we all are “bothered” by the same insanity.

As children, we must adjust to our parent’s personalities. If we are lucky, we will be well nurtured and loved, but life does not always work that way. Sometimes the classroom we find ourselves in is not what we might hope for, and we struggle to awaken. How many marriages begin with bliss, joy, and love-filled hearts only to crash and burn in bitterness?

Who oversees this life? Who runs this show? We are easily pulled into angry attack thoughts, addictions, distress, and distractions. All the while, what we need is to sit up, get up, put our feet on the floor, and live life as fully as we can.

Living conscientiously is the only way to be happy. Running away—continuing to sleep—simply does not work. Fortunately, *A Course in Miracles*, *A Course in Love*, and a host of ancient as well as contemporary works have been given to us. These spiritual teachings help us make our way through the world till the day we find the door to Heaven and recognize it again, as if for the first time. The Course is clear: we need not wait for death to find that door, as it is here and now within the mind eternal.

*You may believe that you are responsible for what you do,
but not for what you think. The truth is
you are responsible for what you think,
because it is only at this level that you can exercise choice.*

T-2.VI.2:5-6

Following the guidance of the ego, we are left time and again in a sorrowful state. *A Course in Miracles* and *A Course of Love* are trying to help us learn how to live in accordance with a wise inner guide who can—if we pay attention—lead us out of an insane world and home again to a place of peace within, regardless of what is happening in the exterior world at large. Choosing in alignment with inner guidance is always more rewarding than listening to the raucous shrieking of the ego.

While our minds are a gift from God, they are also malleable. And we have free will, so which guide will we follow?

Learning Devices

A variety of learning devices are given to us to help us make our way through this labyrinth of life. The Course very clearly describes these learning devices as the *mind*, the *body*, *time*, *holy instances*, *miracles*, and *extreme experiences*. The mind is the driver. The body is a tool, an instrument, a vehicle, a computer, and most importantly, a communication device receiving messages from either the ego or spirit. What channel is your tuner set on? Which program are you listening to?

*Everything is accomplished through life, and
Life is of the Mind and in the Mind.*

*The body neither lives nor dies,
because it cannot contain you who are life.*
T-6.V.A.1:3-4

We get caught in the delights and pleasures of the world, but pleasure is never enough. To be satisfied with so little is like putting a lid on happiness. All the while, there is no limit on learning, no limit on sharing and communion, and no limit on mind. To live life fully there must also be purpose and meaning and something to live for. The happiest people on earth are those who are engaged in the give and take of meaningful, loving relationships. We can allow our minds to be ruled by a mad and furious master we call the ego that is often power-hungry, selfish, self-seeking, and unloving; or we can follow the Holy Spirit, the guide for God. Which way shall we go? What kind of result would we like to achieve?

*The higher mind thinks according to the laws spirit obeys,
and therefore, honors only the laws of God.
To spirit getting is meaningless and giving is all.*

T-5.I.1:6-7

To get a glimpse of how deep the level of mind runs, read *The Secret Life of Trees* by Peter Wohlleben. Trees have no words as we do, and yet they are perfectly capable of being in communication and communion with each other and the Earth and, through the Earth, with all of life. The vastness of life is so great. We see only a tiny piece of it. Yet are we blessed with a



higher mind that, given the opportunity, can take us way beyond the body to higher levels of connectivity and communion with the divine.

Animals, insects, and plants live to a great degree by an automated system we call instinct. Principal number 5 of the 50 Miracles Principles of the Course tells us that “*Miracles are habits, and should be involuntary. They should not be under conscious control. Consciously selected miracles can be misguided.*” What separates humans from our animal brothers is “self-reflective” thought. We cannot only think; we think about thinking, which can also present us with somewhat of a conundrum.

We have free will. We have to have free will because God’s Will is free, and we are part of God. Free will is also a double-edged sword, since the ego can also assert its right to use free will, which then means it can be misused and abused. Thus, we are called upon to discipline ourselves to the point where we think only in alignment with God and thus with our higher self—The Christ Mind. Our brother plants and animals are lacking in this dimension of mind. And yet, as we read in Matthew 6:26-29:

*Look at the birds of the air,
for they neither sow nor reap nor gather into barns;
yet your heavenly Father feeds them.
And why do you worry about clothing?
Consider the lilies of the field, how they grow:
they neither toil nor spin;
and yet I say to you that even Solomon in all his glory
was not arrayed like one of these.*

The answer is to use this marvelous mind to consistently choose to hear only one voice—the Holy Spirit’s, the Voice for Love.

The Invitation of the Holy Spirit

Once the decision-making part of the mind begins to look for a better way, a better way can be found. This then opens the mind to right-mindedness, which is always healing. Helen

Schucman once said that the primary purpose of the Course was to help us learn how to listen to the Inner Teacher. Listening to and following the guidance of the Holy Spirit, we begin to think in a wholly new and higher way. The more we can let go of the ego and turn our minds over to inner guidance, the smoother the path, the more focused, balanced, and stable life becomes.

The ego, which is not real, attempts to persuade the mind, which is real, that the mind is the ego's learning device; and further, that the body is more real than the mind is.

No one in his right mind could possibly believe this, and no one in his right mind does believe it.

T-6.IV.5:3-4

The Call to Right Thinking

Who oversees the mind? Who decides to go with love, and what is it within us that drifts off into fear? The ministry of the historic Jesus is prefaced with his going alone into the desert, where he takes a good look at the temptations of the ego (Satan) and the rewards of becoming the Christ. There, Jesus makes the choiceless choice. He chooses for the Christ within, and in that single choice is everyone set free. Because he chose for the Christ mind, so can we. The door to Heaven then opens, and all are welcome in. All of this happens not on the level of the body and the world. Rather, liberation comes on the only eternal level—the dimension of mind.

This is the vocation of the mind.

The mind had no calling until the separation, because before that it had only being, and would not have understood the Call to right thinking.

The Holy Spirit is God's Answer to the separation; the means by which the Atonement heals until the whole mind returns to creating.

T-5.II.2:3-5

Only the Mind

A dozen different times the Course uses the phrase “Only the mind.” Notice that in each of the following sentences the mind can be turned over to either the ego or spirit. The question is who are Chelsey and Charlie the Choosers? Who is the decider who rules the mind?

*Only the mind is real.
Only the mind can value.
Only the mind can create.
Only the mind can be sick.
Only the mind is capable of error.
Only the mind needs healing.
Only the mind decides on what it would give and receive.
Only the mind can set a purpose.
Only the mind can see the means for its accomplishment.
Only the mind can justify its use.
Only the mind can be healed.
Only the mind is capable of illumination.
Spirit is already illuminated, and the body is too dense.*

***Only the mind is responsible for seeing.
It alone decides whether what is seen is real or illusory,
desirable or undesirable, pleasurable or painful.***

M-8.III.10-11

The Turning Point

Tolerance for pain may be high, but it is not without limit.

*Eventually everyone begins to recognize, however dimly, that
there “must” be a better way.*

*As this recognition becomes more firmly established,
it becomes a turning point.*

*This ultimately reawakens spiritual vision,
simultaneously weakening the investment in physical sight.*

T-2.II.3:5-8

Enough is Enough

Most folks only decide to switch from the ego to inner guidance when they get tired of the unhelpful answers of the ego. When we say, “Something is wrong with this picture,” change is possible. This might be seen as the only positive use for pain. When we’ve had enough, we begin to look for another way. If we really begin to improve, that improvement can feel so good we want to keep doing it over and again. It is as easy to get comfortable with exercising as it is with over-eating. Which way would you like to go?

You Are the Christ

Working from the perspective of Christ makes everything different. It is a lot better and much happier than trying to work from the ego’s perspective. We are asked to let the Christ in us be the interpreter. We are not to limit what we see to *narrow little beliefs that are unworthy of us*. We are not fatherless. Neither are we lacking in inner guidance if we simply listen to “the still small voice for God.” Memorize, if you can, the following lines and let them be a consistent guide.

*I am responsible for what I see.
I choose the feelings I experience.
I decide upon the goals I would achieve.
And everything that seems to happen to me
I ask for, and receive as I have asked.*

T-21.II.2:3-5

*Say with me,
God is the mind with which I think
God is the light in which I see.
God is the strength in which I trust.
I thank my Father for his gifts to me.*

Lovingly, *Jon*

HAS **TRUTH** BECOME YOUR WEAPON?

by MaryBeth Scalice

In my meditation this week, I brought to Jesus my thoughts about teachers of God, and the mistakes we make, sometimes clobbering those who have come vulnerably into our circles, using spiritual principles that deny or neglect their cry for help.

Absolute Truth can be used for ego's purpose, a means to negate others and bypass the Unity Consciousness which is the goal of our joining. I have done this and want to learn from my mistakes. I have made beautiful weapons of holy words and holy words into hellish debates. Who does not want to leap into Heaven slipping past the junk yards and hungry dogs of the world? I do and have tried, only to find that leap is not Heaven-bound but into the numb-psychosis of inauthentic communication and separation.

In *A Course in Miracles*, level confusion is the brain fog that arises when one attempts to fit the unchanging, eternal truth of God into the split mind of ever changing, temporary human perception. A teacher may be hurtful by saying, "If there is God (Love) there is no pain, or sickness, or war and therefore what you experience does not exist."



This is true if you are experiencing yourself as Christ; but honestly—please take at least a little peek at today's world—most of us are not consciously experiencing the absolute Love of Christ. More often we live in a dualistic, incomplete thought paradigm still challenged by soul-wounding lessons. In this reality, the belief we are not of God is manifest as a world of unjust, abusive, hellish experiences.

Sometimes, “I am sorry for your pain” is the most loving refrain to one who is hurting.

Well-meaning teachers may think they are doing good to proclaim some paramount Law, placing themselves above the ego; but I wonder if we might do better to embrace the practical lessons which are the path and process to undoing the ego, letting the Reality of Christ's unconditional Love unveil What we are together, in truth. Sometimes, “I am sorry for your pain” is the most loving refrain to one who is hurting.

The Course implies, “If you spot it, dear teacher, you got it.” This is my lesson. This is how perception works. I see what



belongs to me. Indeed, the world is within and healed at its source. If a participant expresses in a way that irks my peace, it is beneficial, as I notice my edges. The assignment is not to fix them, but to become *tender mercies*, living the attributes developed as part of our self-study and relationship with God.

Jesus is our process for healing painful perceptions. He seeks welcome into our relationships. As we grow in the willingness to be vulnerable and disciplined, we experience the use of His eyes, His Voice, making His choice for us, applying His lessons and forgiving. In this way we gently surpass our learned reality and come to See differently, experiencing miracles, God, truth in universal ways, ways that heal and bless us and glimpse our unity.

As facilitators, we need not know the Answer for everyone, nor provide solutions to some conundrum usurping the power of breath, silence, and the Holy Spirit

As facilitators, we need not know the Answer for everyone, nor provide solutions to some conundrum. Yes, I have done this too, usurping the power of breath, silence, and the Holy Spirit, forgetting that stillness is the field of every precious pearl.

Reflecting on my feelings during and after a group meeting provides the epiphany. Feelings enable me to sort through what is truly helpful as I recognize my own limits and opportunities for awakening. My own pain, anger, and fear tell me I may be facilitating erroneously. I have lost my heart's wisdom.

Spiritual circles offer a path of return to the wisdom of our true Identity. We know but are yet reluctant to share this authentic self, sometimes propping up our insecurities

and doubts with Laws of God, made impotent by ignorance. Perhaps every well-meaning teacher has spoken powerful truth while experiencing weakness. Lessons like, *My thoughts do not mean anything*, (ACIM WB 10) can deny a person's pain and become a hurtful weapon.

Nonetheless, we are invited to persist. Jesus calls us to be truly humble in fulfilling His Plan. *I need devoted teachers who share my aim of healing the mind.* (T:4. I.13) Teacher, you are *the one who . . . answered . . . the Call...to speak for It and redeem the world.* (M:1.2)

Who me? Redeem the world? I swim in a molasses of resistance. But Jess does not fail to offer inspiration. He is with us and provides meaning:

*To teach is to feel what it is, what it means
to touch a heart, to rouse a soul to weep for joy,
to find yourself, over there and here too,
like a bird who eats the worms of earth
but also knows the sky.
Be that bridge Who spans the worlds.*

*To teach is to become and become and become,
an un-inflated balloon that nonetheless rises
by dying, dying, dying,
as what you touch and what you rouse to life
is the hope of your salvation,
your special function in this world;
void of hot air and full of appreciation.*

*Ultimately, We are only one student,
roused, weeping, become a living resurrection.
listening to our Self,*

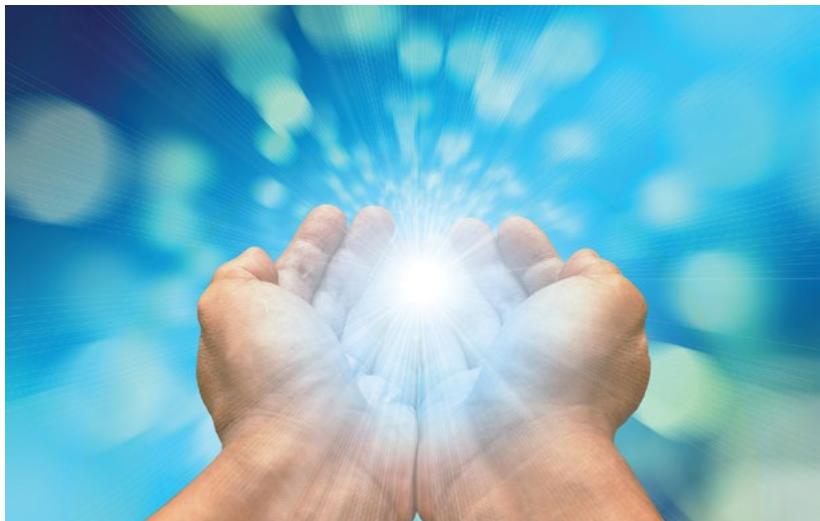
*arms wrapped around our innermost longings,
forgiving and blessing our cursed hallucinations.*

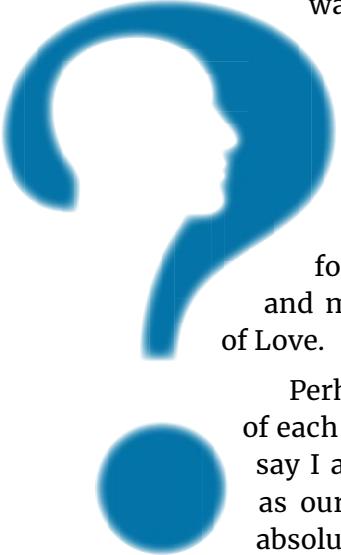
*Let Me come, Teacher of God into every classroom
and show you What you Are, demonstrating so gently,
correction so Light, forgiveness so easy,*

*My teaching, full of mercy.
Every student, a gift, brilliant as the Ray of Son
worthy of the Plan, and ordained by God
to facilitate Our Will, the reign of Love on earth.
Let Me be your Teacher and demonstrate Christ's Love.
I promise to be gentle.*

Recently I posed the question, “Who do you say I am?” as a theme for our gathering. It is the question Jesus asked of His teachers. Some said, “preacher, prophet, master.” You have to wonder if Jesus himself was seeking a witness of His Identity to buoy Him in the revelation of His Purpose. Peter called out, “You are the messiah, the one who has come to save the world.”

Jesus was thoughtful, feeling, and physical even unto death. He was fully embodied.





The pearl of salvation He offered was not a denial of the physical or of feeling experiences. Jesus was thoughtful, feeling, and physical even unto death. He was fully embodied in the humanity through which he lived. He expressed the revelation of Christ as human being. Certainly, He struggled. Certainly, He taught Absolute Truth through the demonstration of ultimate Love, laying down one's life for another. Here is our resurrection and mind-blowing Cosmic Consciousness of Love.



Perhaps this is a question we might ask of each other, again and again, "Who do you say I am?" visioning our spiritual families as our saviors and giving up, though not absolutely, our podiums for salvation.

I know, I am talking to my Self.
There is only one of us here . . .

MaryBeth Scalice, M.A., Ed.D., views her life as a living-breathing poem of God. Many years ago, her heart opened, her listening deepened, the breath fell away, and divine union was realized. Through this union, MaryBeth came to experience the Voice for Love. Its invitation has been to listen, to write and share the words that fulfilled her life. MaryBeth is a counselor, writer and teacher trained in humanistic and transpersonal psychology. Her work integrates psychology with spirituality, offering transformational heart-centered therapies for health, and self-realization. She created the Foundation of Open Hearts, <https://www.foundationofopenhearts.org> and in 2019 published Write, Beloved, Write.

AN OFFICIAL EXTRATERRESTRIAL INTRODUCTION

by Beth Geer



Throughout my life I have had some remarkable encounters with beings not of this planet. My first experiences began in my early teenage years. I should begin by making one thing very clear: Not a single encounter has ever been negative or caused me any harm. In fact, I look forward with great excitement to each new encounter. Each time I learn more about who they are, what they want, and what our role is in the greater plan for our vast universe—a plan that both they and I agree is of God.

Many people may not have considered extraterrestrials and spirituality to be intricately linked, but they are.

Many people may not have considered extraterrestrials and spirituality to be intricately linked, but they are. I assure you that their interest in our planet has nothing to do with our politics, climate, or physical evolution, although these things affect their greater agenda. Their primary concern, at least as far as my own observation goes, is our *spirituality*. We have reached a point where humanity is waking from a long, dark sleep, and we have many observers at our bedside,

including extraterrestrials, waiting for us to join with the rest of the universe.

Recently, individual ETs have begun to introduce themselves to me personally in order that I “get used” to them and come to know them more intimately. I feel they are doing this so as to make future open, global contact go more smoothly. I think the idea is that the more people who are mentally acclimated to their look and feel, the easier their “outing” will be. But most importantly, we are being implored to listen to what they have to teach us.

All contact previous to what I am about to share here has been in the physical. I most certainly felt as though I had left my bed and travelled somewhere to have interactions with them. And aside from a single incident, they have always been small grey beings with large dark eyes.

But recent contact has revealed new races of beings through lucid dreaming—a state in which I am aware the experience is taking place in my mind, but it seems as real as waking life. My contact with them has continued to evolve as my relationship with them deepens. I will share one such experience here.

On October 9, 2020, my family and I went on a two-night hiking/camping trip along the Superior Hiking Trail, not many miles from Duluth, Minnesota. That first chilly night, I snuggled into my warm sleeping bag and found



myself instantly drifting off to sleep after a rigorous first day out in the wilderness.

I then began to dream something strange and wonderful. A beautiful alien being appeared before me. Her form filled my view and the power of her presence was overwhelming. Not only could I clearly see her, but I could feel her as well. She radiated pure love; I felt as though I was in the presence of a truly divine being. She was shining with an inner light that formed a halo around her entire body.

I lay there and began to observe the details of her face. As I did this, I became aware that I wasn't quite asleep; I could still feel my sleeping bag around me, and that I was lying on my back, facing upward. I realized that I was having a lucid dream. I was awake, but in a state where this glorious being could reach me while I was semi-conscious.

As I began to look closely at her face, she zoomed in to accommodate me. She had pale blue skin that seemed to have a slight glow to it, as though her spirit shone from within. Her hair was straight, pure white, and hung down past her shoulders. She had bangs that were gently pushed to one side of her face. Her eyes were large and totally dark;



and when I looked into them, they expressed only the deepest compassionate love I have ever felt. Her nose was small, no more than a hint of a bump, almost non-existent. Her mouth was thin, and the corners were curved up in a faint but endearing smile.

She zoomed back out a bit and I could see she was sitting. The rest of her body was lean and thin-limbed but had our basic humanoid shape.

I could scarcely believe how beautiful she was. Even in my dream-like state I marveled at how someone who appeared so different from humans could appear so glorious to me. Her beauty was her own and was incomparable to any human.

In addition to her captivating beauty, she felt ancient and wise to me, and with this thought she told me telepathically that she was only nearly halfway through her time in this body.

I then asked her name.

She replied with a thought, “You can call me Aya.” (Pronounced “eye-yah”)

She then wordlessly expressed to me that she was merely introducing herself and had been assigned to me as part of her work as a contact personality with humans. This implied I was not her only charge; there were others she was assigned to. She indicated that this was only the initial introduction and there would be further contact as time went on.

She then disappeared, only to be immediately replaced by another, yet totally different extraterrestrial being.

This one was male, and if Aya had felt ancient to me, this individual felt beyond all time and wisdom. His skin was the color of sandpaper and he had an elongated head that slightly curved off behind him. He had large, dark insect-like eyes, and looking into them, I felt as though I might disappear into his benevolence. I could not hold his gaze. There were only

two small, faint holes for a nose and his mouth was just a thin line. His hands curved around in front of him like a praying mantis, ending in long thin fingers. He mentally explained that he was Aya's mentor; a being from a race even more ancient and advanced than hers.

He, too, then disappeared.

I was introduced to a being I have never yet conceived of, and in a unique way that only she could have contrived.

The vision had abruptly ended, and I lay there in my sleeping bag wide awake, wondering about what had just happened and what it all meant.

I had a second encounter exactly two months later on December 9, 2020. Brevity does not allow me to reveal the details of that meeting in this article, but if interest is keen, I will share more in future articles. Of the second encounter I can say this: I was introduced to a being I have never yet conceived of, and in a unique way that only she could have contrived. We have now begun an ongoing dialogue which



she says “will turn the world on its end. Part of a masterpiece of information not yet fully revealed on your planet.” I am taking careful notes of our conversations, which are being compiled into my next book, *“Awakening Humanity: Our Place Among Extraterrestrials and Angels.”*

Where are these different races of extraterrestrial beings from? Several times I have tried to ask, and sometimes the answer is “Pleiades” or “Sirius,” and sometimes I am told, “Places in your grand universe you have yet to know.” I have also wondered how they could possibly travel such great distances, and their auspicious answer has been, “time and space are an illusion.”

We belong to a family much greater than the human race alone. Time is fast approaching our meeting them. They will not reveal themselves fully until enough of us are ready for such an encounter, for they are far advanced in spirituality and love, and will not push us faster than we can go towards their vibration. They are enlightened and awake, fully aware

**We belong to a family much greater than
the human race alone. Time is fast
approaching our meeting them.**

of Who They Are in relation to us and to God. Let us show them we understand this too and allow them to help us enter a new age of light and love, an age of joint co-creation of a future more wondrous than we could ever imagine.

*Beth Geer is the author of *Awakening To One Love*, a compilation of inner conversations with the Holy Spirit. She is currently working on a second book titled, “Awakening Humanity: Our place among extraterrestrials and angels.” For more information go to www.awakening2onelove.com.*



Remembering Jerry Jampolsky

“Think It’s Time for Ice Cream?”

by Dr. Lee Jampolsky

My Dad, Dr. Gerald “Jerry” Jampolsky, passed away the evening of December 29th at 7:07 under a luminous rising full moon.

When Jon Mundy asked me to write something for this magazine, I asked him what tone he would like. His wise response was, “Seeing how you’re his son, I think more personal would be good.” Jon also asked me to give an overview of my dad’s life for those who may not know him so well.

Dr. Jerry Jampolsky, along with Judith Skutch and Drs. Helen Schucman, William Thetford, and Kenneth Wapnick, was an integral member of the early group both as a student and a public communicator of *A Course in Miracles*' principles. His numerous books introduced the Course to countless students. He remained a dedicated practitioner of the Course's concepts and lessons for 45 years.

Jerry was born in 1925 in Long Beach, CA, completed his undergraduate degree at UC Berkeley, and his M.D. from Stanford. He served in the Naval Air Force during the second World War. Jerry had a psychiatric practice that specialized in the treatment of children. In 1975 he received the manuscript of *A Course in Miracles*, and the same year he founded the Center for Attitudinal Healing, which now exists in 37 countries on six continents. He authored 16 books featuring *A Course in Miracles*' principles, including *Love is Letting Go of Fear*, that have sold over 10 million copies. Throughout his career, Jerry won numerous awards, including the Ellis Island Medal of Honor and the American Medical Association Excellence in Medicine Pride in the Profession Award.

I was with Dad over the last few months of his life. During that time, I made several journal entries. Here is one of them. I hope it provides a glimpse into my dad's life through a loving son's eyes.



Jerry the Kid Lives!

Dad had a particularly rough day. His face etched with exhaustion and his raspy whispers and mumbles hard to understand, he gestures for his granddaughter, Lexi, to come closer. She leans in, placing her ear near his lips, trying to hear what he wanted to say or request.

“Don’t you think it’s time for some ice cream?” Dad mumbled and then grinned like a little kid.

Though the list of Dad’s degrees, accomplishments, and awards is lengthy, none of them are the source of

His unique ability was to connect with so many children with catastrophic illnesses.

his unique ability to connect with so many children with catastrophic illnesses. Because of the same playful kid asking his granddaughter for ice cream, he played hooky to all of the dying business. If you have ever wondered if a blind dying man can have a sparkle in his eye, the answer is yes, at least one with the playful child within alive and well. With his life behind him and while going through a challenging transition from this life, Jerry the Kid lives!

I think Dad has been the same age his entire life. Today, the voice he hears in his thoughts is not that of a dying old man; it the mischievous kid wanting ice cream. His smile wakes us all up out of our focus on the suffering, and Lexi, Diane, and I laugh as he eats a bowl of Ben and Jerry’s Cherry Garcia, his favorite.



I don’t think Dad spent much time wondering what it would be like to be an old man because he knew he never would be one, at least not in spirit. Dad has the unique existence of being an old soul born into a kid’s spirit. I remember once I watched him give a serious lecture to a few thousand people, and on his way out, he got on the floor of the auditorium to play with a kid

who was looking bored. This is not to say Dad has lacked the awareness that his body was aging rapidly and his cognitive abilities diminishing, but his old soul in a kid's spirit never changed, never left, and is here with us today.

In the midst of one of Dad's most challenging days, Jerry the Kid reminds us that our spirit and soul are eternal.

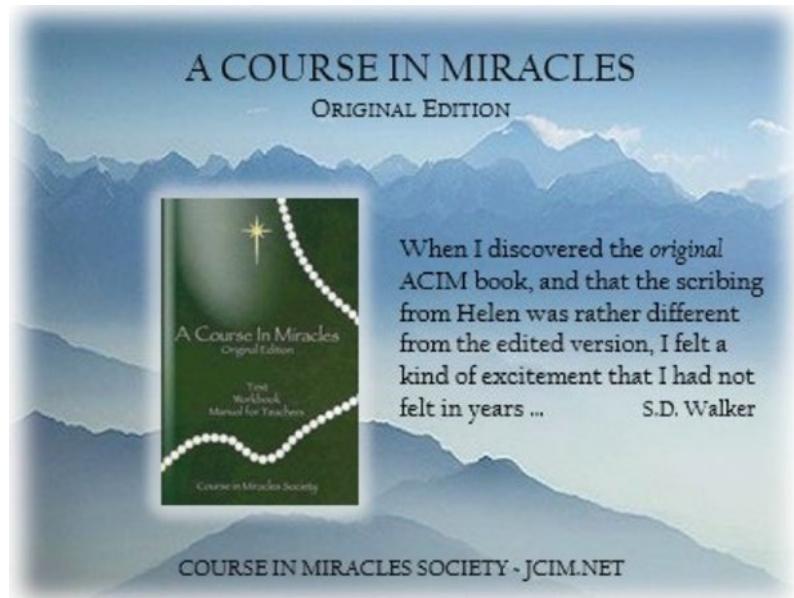
Oh, and, after Dad ate the bowl of ice cream, he smiled again and said,

“I'd like another bowl full.”

That night I read to Dad what you are reading now. Two days later in the mail, not long before he passed, was a gift for me from Dad: an ice cream bowl with photos of Dad and me with the caption:

“Don't you think it's time for some ice cream?”

Dr. Lee Jampolsky, author and psychologist, is a recognized leader in psychology and human potential.



A Dream That Moved Me Deeply

by Kathryn Matous

My dream started in a huge town square where a battle of some sort was taking place. The scene was grim—people fighting, hurting each other; shouts of pain, torture, distress. It was an extremely upsetting scene; and I started crying, running for cover. I took refuge in a nearby shop, as this horrific battle scene was taking place in a town square in the middle of city—indeed not the normal setting for a “war.”



As I ran into the shop, I found another person there. I couldn't quite place who it was, but it was a female presence. Inside the shop, the situation was much more tranquil, although I could still hear the sounds of war outside. Suddenly, in a moment of epiphany, I turned to the woman and said, “It's okay, I know I'm only dreaming—everything we are seeing outside isn't real. There's no need to be afraid anymore.” And with that, all the war sounds from outside suddenly stopped.

I turned around to look outside and instinctively headed to the main door and opened it wide. To my amazement, the horrific scenes from a few seconds ago had completely vanished. All the people were embracing each other as one. They had put down their weapons and were giving each other love and gratitude. As I walked outside with my female friend, looking around in awe, I felt secure, knowing that I had never needed to be afraid.

In the same dream—but worlds away, as dreams so often take many different storylines, twists and turns—I was in a café, holding a tray and arguing with another woman. I can't remember the reason for the argument, but we were being vicious towards each other, calling names, etc. As I left her to get some food, I looked back and saw she was waiting for me, making it clear that she would throw to the floor any food I bought as I passed her. I was somewhat worried and a little alarmed by her threatening behavior.

As I turned back around to look at her from the counter, I saw her slip and fall. All the food she had on her tray instantly fell to the floor. As she sat on the floor looking perplexed, I calmly walked over to her and helped her up, picking up her things and putting them back on the tray. I turned to her and said, “Are you okay? I’m sorry I argued with you. I shouldn’t have called you names—I owe you one.” With this, her demeanor, along with my own, changed, and we smiled at each other lovingly.



When I dream, I have no doubt that I leave my body and go to other worlds in my spirit form. Both above instances moved me deeply, showing how, in every single moment, I can always choose to see and act out of love.

The first situation reminds me of what we are dealing with every day in this crazy world. The world seems to be in flames with everyone attacking each other. But remembering who we are is the key to change—to seeing things differently—and is a gift sent to us by our Higher Self in every moment.

Kathryn Matous is 24 and a graduate of the University of Exeter, England. Fluent in Spanish, she is presently living and working in Madrid. She can be reached at kathrynmatus@yahoo.co.uk



Now for some important philosophical questions on life:

Why isn't there
mouse-flavored
cat food?



Why do people
order double
cheeseburgers,
large fries, and
a DIET coke?



Why don't
sheep shrink
when it
rains?

Why can't women
put on mascara
with their
mouth closed?





The Spiritual Practice of Joy

A message from Jesus received by Sebastian Blaksley

Becoming a child is a spiritual attitude. In fact, it is a spiritual practice of great importance.

Too often the world walks with a frown reflecting problems that seem to have no solution. Day by day the minds of my beloved children remain bombarded with vain things and so much negativity.

Where there is no true joy, there is no God. Make this truth come alive in you and to reveal the depth, length, and breadth of its meaning. Life was given to you to be happy in the love of God, not to transform it into an inferno of worries.

Children are contemplatives par excellence.

If you observe small children you can learn a lot. They laugh, sing, cry, and express themselves. More than that, the natural attitude of my little ones is to spend time playing.

Children play. Let this tell you something. Play is natural with them. They do not make plans or complex thoughts. All is wonder. Babies play with their hands, let themselves be surprised, and can spend hours looking at a form of light. They are contemplatives par excellence. They laugh while observing.

Children do not feel guilty for being what they are. They are spontaneous. They do not have a mental language full of words that tires the mind. They do not seek to please. They simply are what they are in every moment.

Childhood is not a matter of age but of spiritual energy.

Beloved child! That cheerful, pure, spontaneous baby that you were is still alive in you. No matter how old, you cannot lose the inner child you carry in your being. My child, to express what we might call your spiritual childhood will make that beautiful child inside be fully alive. It cannot really die, but can be so relegated that it seems to no longer exist in you. All souls carry that child quality within themselves, because childhood is not a matter of age but of spiritual energy. It is a gift of being. It is the condition of the pure soul.



Remember, the mind is no longer in conflict with the heart. They are a unit. Now the mind speaks and the heart dances because it recognizes in it the voice of truth. In this symphony of love in which the mind and heart now live, both

dance to the beat of life as it truly is. No longer do they fight with each other. They recognized that they are one and the same without ceasing to be different.

Now the one who thinks is the Mind of Christ; the one who feels is the Sacred Heart. Now the mind-heart unit is expressing everything you are according to the will of God. You are no longer asleep in your Father's arms dreaming of exile.

**Giving joy in every encounter that you have
is the way that your happiness expands
in creation and in you.**

Joy and holiness are indivisible. In truth to think of one without the other is impossible.

Children evoke the purity and innocence of your being. This is why they evoke feelings of tenderness when you look at them. You are also your inner child. Allowing it to be alive in your memory and consciousness will allow you to stay in the Kingdom. Being a child is not a matter of age but of the soul.

Joy as a spiritual practice will also enable the practice of peace, harmony, order, and beauty. One will take you to the other because they are part of the same.

Let us begin, then, with the practice of joy. The practice of joy begins with giving. It is very important to understand that giving joy in every encounter that you have is the way that your happiness expands in creation and in you.

When you are told to give joy, the mind may resist, telling you that this is a new duty and rejecting outright any attempt to be happy. It is true that often you think you do not feel happy. And it is also true that this is not about denying feelings of sadness or unrest, nor of deceiving others by pretending to be as you are not. We are not talking about trying to project a false image. That is what you have been

doing for a long time and no longer want to do. We do not advocate hypocrisy but to live in the truth of what you really are here, now, and always.

Lack of joy has been very useful in the old stage of learning, in which the Holy Spirit used contrast as a perfect medium for learning and discernment.

True joy is the fruit of God's peace. It arises only in minds that have accepted their perfect innocence. Only those who love themselves with perfect love can allow the beauty of their being to be expressed for what it is.

Lack of joy comes from guilt—not psychological guilt, as many call it, but original guilt. It is the bitter aftertaste that remained in the pure soul from when it conceived the idea of fear or guilt. Although this dark color with which you impregnated a part of your soul was not necessarily in the original plan of your Creator, it is there. We cannot deny it, nor is it necessary to do so.

Everyone has experienced lack of joy. This experience has been very useful in the old stage of learning, in which the Holy Spirit used contrast as a perfect medium for learning and discernment. However, as has been remarked repeatedly, that stage has ended. Let us remember that the truth is not reached by means of effort or intellect, but by means of direct revelation.

True joy comes from being the one you truly are. In order to be able to live in that state it is essential to remain aware of the holiness that you are. I tell you once again, soul in love with Christ, that in truth, joy and holiness are one and the same. They go hand in hand, just as truth and love do.

Every state of unhappiness came from the belief that you should be a certain way, or that things should be a certain

way. When you experienced that you were different from your pre-established ideal, you became sad in the soul. A thought darkened your joy by telling you in the silence of your holy mind, "I am not worthy."

You feel the desire to be happy, which, by definition, comes from a lack. Therefore, first you perceive lack of happiness, then long for the opposite state and try to make it real.

Every time you feel the pang of pain it is asking you to be it, to feel it drop by drop. Honor her for what she is, a holy messenger from Heaven.

Being cheerful is part of the nature of being, as are wisdom and love. However, this does not mean that nothing will make you averse. Do you think God does not feel aversion? Yes, God does, otherwise your soul could not experience it. Aversion is a spiritual energy with its origin in the holy being that Christ is. If not, how could a mother take care of her beloved child so as not to experience what, as a loving mother, she would never want for the one who was born to her?

Joy is associated with the harmony you experience when fully in truth, because there is no other reality. When you fulfill the will of God, that is, your true purpose in creation, you cannot cease being happy since you are fulfilling your mission.



Every time you feel the pang of pain it is asking you to be it, to feel it drop by drop. Honor her for what she is, a holy messenger from Heaven who comes sweetly to remind you of your longing for perpetual happiness.

You must understand, my beloved, that the patterns of the ego must be first recognized and then abandoned. Transcendence comes by observing what you are experiencing within and deciding what to keep and what to release. The heart knows the truth. I am asking you is to stop looking for happiness and begin to be happy because of the holiness that you are.

Remind yourself as much as necessary that joy does not come from anything outside of you, because there is nothing outside of you. Recognize that if you are angry it is because in some way there is something that you do not like. You will know what you have judged as undesirable. Once you recognize what it is, then you can decide from love what to do or stop doing concerning it. You will begin to let go of the fear of feeling unhappy. Then you will begin to let go of the fear of fear.

All fear has its origin in the fear of not being. The opposite of joy arises from a fear of not being who you are.

Joy is the fruit of love. By their fruits you will know them, as I said a while ago. I repeat it again. Where love is, is the joy of being because being and love are one and the same.

I exhort you with pure love to go into the world telling happy stories, awakening true joy in the hearts of others, in the many ways you know how. There are plenty of reasons to praise and bless. There are many reasons to be happy, because Christ has come. Christ is here. And where he is, there is always love.

This message is taken from Choose Only Love: The Holy Dwelling, Book Five in the series, to be released at the end of March, 2021.

The End Is Near

by Miguel Carvalho

Behold my sister, brother.
You and I,
entwined beloveds dancing
and in our wake
spawning time and space,
and all that is
beyond imagining.

And yet,
in these dark confounding realms of time,
that but seem to hold us here,
what could we do, where can we go
how would we plead and to whom,
to but gain a mere quantum
of that orgasmic ecstasy
that would be ours
if we but recognized each other!

Please hold my hand would you,
in these here confines dark,
let's stay together, You and I
Our time is almost near.

The night must end
the Son must rise,
the time of old is passing
and Now is almost Here.

Yes let's stay close dear brother, sister,
as this celestial light emerges
from within our joining, merging hearts.

For don't you and I know for sure
that it's from the fusion of our hearts
that will dawn the certain splendor
where supernovae will merely twinkle,

For You and I with utter clarity
will have come to Know each other
and time with its blanket of illusion
will be done and gone at last.



RACISM AND *A Course in Miracles*

by Corinne Zupko

Have you ever wondered why the *A Course in Miracles* community appears to be comprised of mostly white bodies? If not, maybe it's because you believe "I don't see color" or perhaps "I don't think about race." You may be using ACIM to keep racism and supremacy intact—and avoiding a critical spiritual lesson.



I am directing this article to my companions, who, like me, appear to walk this world in a white body. It's important to acknowledge that we may well be mistakenly (and unknowingly) using the teachings of ACIM to keep racism and supremacy in place,

Please don't think that I am "making racism real" or "creating separation" by talking about it. Racism is built into the fabric of the dream we are dreaming, which we've already made very real for ourselves. Those of us in white bodies simply have the privilege of ignoring racism.

Rather than say "I don't have racism or supremacy in me," I accepted a more helpful position of acknowledging my blind spots, which must be exposed to be healed. Racism is not necessarily conscious hatred or bias. Racism is how the world is set up. It's a system that benefits white bodies at the expense of Black and brown bodies. And if we deny this, we are playing a role in keeping the system intact.

Please ponder:

- 1. When you learn of racism towards Black and brown bodies, simply reaffirming the truth in your mind (e.g. that we are dreaming, etc.) with no other action is likely a spiritual bypass and an excuse to do no further work.**

“Spiritual bypass” means to use spiritual ideas to avoid doing inner (and outer) work.

The loveless world is an illusion. Nevertheless, if you saw someone drowning, would you yell, “Don’t worry, it’s not real!” Or throw them a life ring?

We must be where we are. Telling a drowning person “You are not a body” is not extending love and will be unhelpful. Similarly, telling yourself “I am not racist” is not loving and is unhelpful.

Stopping at “we are one” or “only the truth is true” without exhuming hidden beliefs keeps the system of racism in place. Yes, only the truth is true. This may temporarily restore your peace. But if you stop here, this is your white privilege in action, using truth as an excuse to spiritually bypass the work needed to heal racism.

We are asked as Course students to seek and find the blocks to love. This means we must see internalized racism clearly and not spiritually bypass it. Only if we own our attitudes can we “hand them over” in exchange for healing.

- 2. Rather than jumping to oneness, be willing to acknowledge differences.**

Jumping to statements like, “we are all one” uses white privilege to deny that the day-to-day lives of Black and brown bodies are different from white

bodies. Oneness is accurate on the level of truth, but not on the level of form.

A dear friend of mine, a clinical psychologist, obtained her Ph.D. through the most rigorous psychology program in existence. She makes great money, drives a nice car, and is one of the most brilliant women I know.

She is Black.

Driving home from a trip to the mall, she was pulled over. The officer saw the shopping bags in the back seat and demanded that she produce every single receipt to prove she did not shoplift. This would never happen to me as a white woman.

Acknowledging our differences is a first step in learning what it means to be white, which must be seen to be healed. Although race is a manmade concept, racism is a cherished part of the ego belief system, which is why the topic elicits so much resistance. It is through honoring our differences and exposing the ego that we come to experience oneness.

Please stop saying, “I don’t see color.” It’s hurtful. It essentially says, “I don’t see a characteristic of who you are, and I don’t want to understand our different experiences in the world.”



**3. Be willing to get
uncomfortable.
Very uncomfortable.
Often.**

Students of ACIM are asked to discover our blocks to love and hand them over to the Holy Spirit. This isn’t always easy.

Healing racism requires getting uncomfortable. You are probably going to feel defensive, triggered, and upset—ego reactions that we don’t like experiencing. But remember, the Holy Spirit can help if you own your feelings. You cannot give something away that is not yours, so look at what is arising together.

4. “Not feeling guided” to take action can be an excuse for being fearful, or plain avoidance.

Ask for guidance. I’ve noticed that if I don’t know how to take action, or am afraid to take action, my convenient excuse is simply to say, “I don’t feel guided.”

“Not feeling guided” can also be a smokescreen for avoidance: “I have my own problems to deal with.” Avoidance is white privilege showing up yet again.

5. Stop talking and start listening.

This is no time to make only yourself feel better by simply reminding yourself that this “isn’t real” or that your part is to “love everybody.” One of the kindest things you can do is to listen, and listen compassionately. To dismiss racial issues by applying spiritual concepts (e.g. karma) is but a defense to love. Be willing to listen. Don’t parrot spiritual platitudes.

6. “Seek not to change the world but seek to change your mind about the world.”

The Course teaches that the loveless world is a projection of the mind. To heal the mind is to heal the world.

The world is not external to you. It is in your mind. Thus racism is your problem, not “society’s problem” or someone else’s problem. It is a manifestation coming from within your mind.

To change our minds requires taking an active part in exhuming what is hidden. White bodies have the privilege of not needing to think about race, because “white” is the norm. We think we are dissociated from racism; but by not seeing this norm operating in our minds and projected into the world, we’re actually maintaining the problem.

7. Please don't ask your Black or brown ACIM friend(s) how you can be an ally.

They've been carrying the emotional weight of racism and supremacy far longer than you've been aware of it. Do not ask them to educate you. Instead, turn to the internet and do some research about how to be helpful.

8. ACIM is uncompromising about where healing occurs: in relationship.

Healing occurs at the level of the mind. But if you stop there you miss one of ACIM's central precepts—healing happens *through relationship*. You alone cannot heal the mind.

“The lamp is lit in both of you for one another.”
(ACIM CE T-20.III.11:6.)

You need your Black and brown brothers. Healing takes two. You need to see the Truth in your brother. You also need to see how you have been complicit in a system that favors you in order to fully release the guilt and fear in both of your minds.

9. Harm occurs when we use the teachings of ACIM to gaslight people of color when they try to raise these issues. One of the most damaging responses is, “You are doing this to yourself.”

This turns ACIM into a weapon.

White bodies play an active part in upholding racism and supremacy. When we turn a blind eye, we are telling a brother of color that their suffering is totally their responsibility. It is time to stop doing this. It is time to take responsibility for our part.

Instead, when Black and brown people raise these issues, our job is to listen. And to listen carefully and compassionately so all can heal.

My white, mighty companions, let us cease to refuse to see. Let this be a true new beginning where we no longer deny our role in upholding racism and supremacy. We've been born into a world that favors white bodies at the expense of brown and Black bodies, and it has thus influenced our perceptions, opportunities, and even our spiritual practice.

As Course students, we must see where the ego hides out. As we become willing to look deeply at issues surrounding racism and own our part in upholding it, we take a "giant stride" in transforming a world of fear to a world of love.



Illustrated by Patty Arnold

Corinne Zupko is the bestselling author of *From Anxiety To Love*. Go to fromanxietytolove.com to learn more.

MY JOURNEY WITH *En kurs i kärlek*

by Lars Gimstedt

The only reason I purchased a copy of *A Course in Miracles* in 1986 was to prove my wife wrong. She was into it. But as a confirmed atheist, physicist, and development engineer, I knew it was hogwash. I tried my best—but never proved her wrong. Instead I was transformed. I even changed my career to that of spiritually-oriented psychosynthesis therapist.



ACIM has been, and still is, my professional foundation. Its thoughts and concepts have over time more and more formed how I experience the world, my fellow human beings, and my way of being, both privately and professionally.

When “by chance” I came across *A Course of Love*, I was skeptical. I have encountered much that was claimed to be of divine origin, but in my experience was affected in varying degrees by ego as the prime mover. Long ago I established a “rule” for myself to sort out such things: *If this message in any way, openly or covertly, uses fear in order to exert influence, it’s not for me.*

But my skepticism disappeared after reading just one chapter in ACOL, so strongly did I recognize what was to me the well-known voice of Jesus. I soon felt that ACOL was a necessary tool for the next step in my personal and spiritual growth. ACIM’s description of the ego and its machinations is exhaustive and utterly necessary. ACOL deepened that

understanding for me and made it obvious how important ACIM is and will continue to be for me. But ACOL expanded on this foundation, and gave me answers to a number of questions I had been struggling with.

I felt an acute risk of ending up heartless, indifferent, or even worse, cynical.

The primary issue I struggled with early in my ACIM studies is whether physical reality is illusory, because I felt that if I were to believe this, I really needn't care about all the terrible things that happen—they weren't "for real." I felt an acute risk of ending up heartless, indifferent, or even worse, cynical. ACIM says it is our *perception* of physical reality that presents an illusory way of seeing, one which prevents us from seeing that heaven is where we are. But ACIM is not sufficiently clear on this issue, and has in my experience often been misunderstood.

ACOL finally answered to my satisfaction: We as God's sons and daughters, *together* with God of Whom we are an inseparable part, *created* physical reality as an *act of love*, as a way of creating relationship, dialogue, creative tension, and an ongoing Creation, but still in Oneness. Thus physical



reality is real, but is only *one* aspect, *one* expression of I Am, of our Oneness. “The little mistake” we made was that we forgot that we “played a game.” We forgot to laugh. ACOL tells us that when this memory returns, our physical body will become “elevated” and again be the tool for new creation and discovery that it was meant to be originally.

It could be said that the theological interpretation of ACIM with respect to physical reality as completely illusory led to a new kind of dualism, despite the fact that ACIM advocates non-dualism. In ACOL everything we *experience*—physically, mentally, emotionally, and spiritually—is One, a borderless and undivided reality.

Another issue became obvious to me in connection with my therapeutic work with emotions. ACIM is a mentally-oriented, comprehensive self-study course and has influenced the world more than we realize. Yet it does not particularly address an important aspect of our human experience: the emotional realm.

In my professional life I have met many people who though cognitive methods have become “experts on their childhoods,” but still feel as miserable as ever. I didn’t find useful answers in ACIM to how to help my clients with painful emotions or how to help them find their intuitive, “feminine” way of knowing.

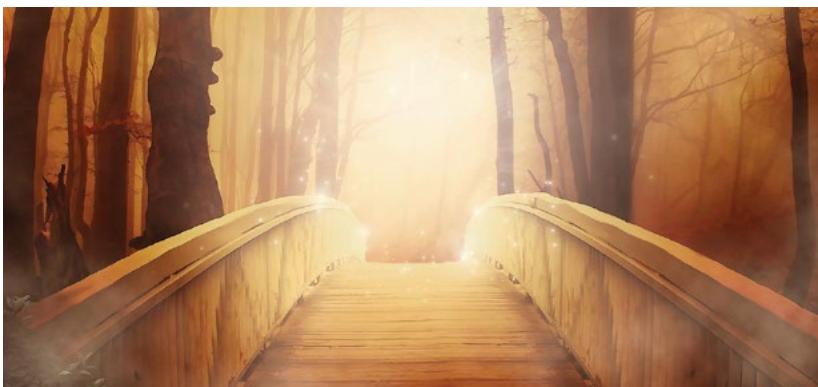
I was relieved to find comprehensive and valuable answers to this matter in ACOL. It does not consider thoughts as “less valuable” than emotions, but instead offers methods for using both thoughts and emotions *simultaneously*. ACOL calls this “bridgebuilding” a way to “wholeheartedness,” an inner state where we connect brain and heart together, where we unite masculine and our feminine energies, a state where we not only travel “the way of Jesus,” the way of teaching and action, but also “the way of Mary,” the way of being, of relationship. Wholeheartedness is a state of wholeness

All emotions represent important messages, regardless of whether they feel positive or negative, for there are no “bad” emotions

and oneness. ACOL also distinguishes the emotions of the ego, such as bitterness, from the emotions of the heart, and the necessity of learning to differentiate them. ACOL even calls the heart’s emotions “our inner sense organs” in our journey through life, where all emotions represent important messages, regardless of whether they feel positive or negative, for there are no “bad” emotions. This part of ACOL has been very helpful for me professionally as well as personally, where I have stopped judging myself for “bad” or “forbidden” feelings.

For more than five years now I have been “translator’s assistant” (sounding board, editor, administrator and computer expert) to Paulina Fredrikson in the translation work of ACOL into the Swedish edition, *En kurs i kärlek*. We have spent numerous hours discussing various key concepts that needed to be translated in a coherent way throughout the book. Many of these key concepts already exist in ACIM.

Paulina and I have very different personality types. I might be regarded as a bit square and orderly, while Paulina



has the soul of a true artist. Our differences might very well have been the cause of considerable friction. Yet our mutual work can be characterized as based on peace, dialogue, humor, and mutual exploration. Over these past five years we have met more than 500 times. Each meeting started with an hour of personal sharing which very often led to insights about the theme in ACOL that we were working on at the time.

Even though I have worked with the text together with Paulina for many hours, now and then I still am awestruck by the deep wisdom and also the everyday practical intelligence that it demonstrates. My spiritual foundation now is supported by even more plentiful aspects of the Voice of God—voices not limited to ACIM and ACOL, but that for me are also represented by others such as Eckart Tolle, Krishnamurti, Ho'oponopono, the Dalai Lama, and even voices from unexpected sources like a newspaper article, a conversation, or a song lyric.

With *En kurs i kärlek* now published, an important period of my life has come to an end. I look forward with curiosity and expectation to the tasks now to be laid before me by The Boss. As Jesus asks at the end of the book:

When you turn the last page, will you cry tears of sadness that our dialogue is complete, that you will hear my voice no more? Or will you brave your own relationship with me? Will you turn to your brother and hear my voice in him? Will you be my voice as you turn to your sister? Will you carry the fullness of our relationship within you? Will you be one with me, and in being one with me never feel alone again? Will you let the emptiness of separation leave you once and for all?

Lars lives with his family in Linköping, Sweden, where he also works as a Psychosynthesis therapist. He has written a number of ACIM- and ACOL-inspired books, including *I, Yeshua, Awakener*. (<https://psykosyntesforum.se/bookshop.html>) *En kurs i kärlek* was published Nov. 4, 2020, and is available at <https://enkursikarlek.org>.

Releasing Guilt

Q: Why is it so difficult to stop feeling guilty?

A: You are not alone in this struggle. Some people point to their religious upbringing, which included confessing sin and the threat of hell. Others feel like a parent or significant other used guilt to try to control them. Still others realize because they feel more fortunate, they feel guilty for having more ability or opportunity.



A Course in Miracles validates how powerful and pervasive guilt is in this world. It also clarifies its purpose. “It is not will for life but wish for death that is the **motivation** for this **world**. Its **only purpose** is to **prove guilt real**. No worldly thought or act or feeling has a motivation other than this one” (T-27.I.6:3-5).

Our wrong-minded ego needs to prove guilt real, by projecting it onto others, because guilt **maintains** the **illusion of this world of separated bodies**. “The acceptance of guilt into the Mind of God’s Son was the beginning of **separation**, as the acceptance of the Atonement is its end” (T-13.in.2:1). “**Guilt is the only need the ego has**, and as long as you identify with it (as a separated body) guilt will remain attractive to you” (T-15.VII.10:4).

As long as we believe we are separated bodies and not the “**dreamer of the dream**,” we will continue to, “... keep your innocence by pushing guilt outside yourself, but **never letting go!**” (T-27.VIII.8:3) “This world is a picture of the

crucifixion (death) of God's Son. And until you realize that God's Son cannot be crucified (die), this is the world you will see. You will not realize this until you **accept** the **eternal fact** that God's Son is **not guilty**. He deserves **only love**...The Atonement (undoing our belief in separation) is the **final lesson** he needs to learn, for it teaches him that, never having sinned, he has no need of salvation" (T-13.in.4).



We struggle with releasing guilt, because we struggle with being **willing** to ask the Holy Spirit to help us awaken and remember we are not separated bodies. "You are **only love**, but when you **deny** this you make what you are something you must **learn to remember**" (T-6.III.2:3).

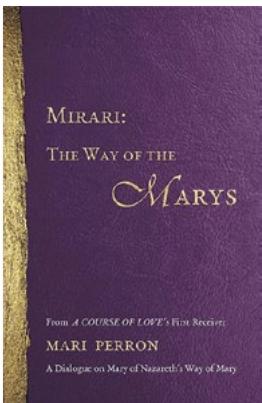
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Mirari: The Way of the Marys

Author: Mari Perron

Reviewed by Celia Hales



In *Mirari*, Mary of Nazareth, mother of Jesus, returns to one of God's faithful to herald the feminine face of God. Mari Perron announces in a dialogue with Mary a new beginning in which newly empowered feminine voices join with enlightened masculine voices to transform what we experience as "life." This new life is brought about solely by the power of love in the hand of the one who rocks the cradle.

For too long women have been seen as victims in a world dominated by men. This is due to change, as the meek inherit the earth. Women are naturally seen more easily as the "meek," for their role in the background and also their genes have given them a gentleness that men have not often manifested in their own makeup. So women now step forward to take their part in the world as the Second Coming of Christ is heralded. Jesus in *A Course of Love* first announced the comprehensive change; he said that the "way of Mary" was gradually coming into focus. He contrasted his own contribution, one of "doing," saying that there would be a period of overlap now, but eventually all will walk the way of Mary.

In my understanding of *Mirari* (a word that means “wonder”), now women everywhere are the “Marys” of which Mary of Nazareth speaks. We must assume a leadership role in which we do not feed egos, for egos are the province of a time fading away, a time of unconsciousness. And egos have brought us to the desperate straits in which we find ourselves.

Mary talks of male egos as “wild dogs,” but also says that there are plenty of female “wild dogs” as well. Mary would have us turn aside from feeding all egos, and presents this as the only way that we can hope to occupy a new world, to bring in the New (the “New” first heralded by Jesus in ACOL). She says that those individuals still possessing of ego need “training,” but that there are not enough trainers, will never be enough trainers. So we who are women, in assuming a new role, must cease feeding egos. We nurture others through what love has taught us because we are ideally suited for this new female face of God. We have known, of course, that the Divine is both male and female, for divinity is composed of both genders. But we have not lived that truth, and we are on the cusp of a new age in which this truth will be lived.

Mari Perron’s faith in God and her trust in both Jesus and Mary shine through everything she has taken down, typing on her computer. The words are absolutely beautiful, flowing and endearing. Often *Mirari* takes the form of a dialogue between Mary and Mari, a dialogue in which Mari unveils her insecurities with an honesty that is disarming and moving. She usually writes in solitude as the dawn is breaking, the sun seen through a window in her cabin, a cabin located in back of



her home. The dawn becomes a motif throughout the book. It is a fitting metaphor for the dawn of new beginnings.

If read narrowly, *Mirari* would be perceived as a new feminist manifesto, but *Mirari* is saved from this secular fate by its divine truth that love will inform every new direction taken. We are to unite the masculine and the feminine in a union that will transform our world, a union in which women will be more evident than previously in all the years of our Earth. Women in this new feminism are seen as necessary catalysts for the transformation that must occur if we are to save our world.



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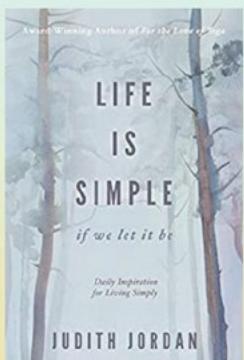
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As a student and teacher of A Course in Miracles, Judith has hosted ACIM study groups for the past 20 years, and lives by its tenents.



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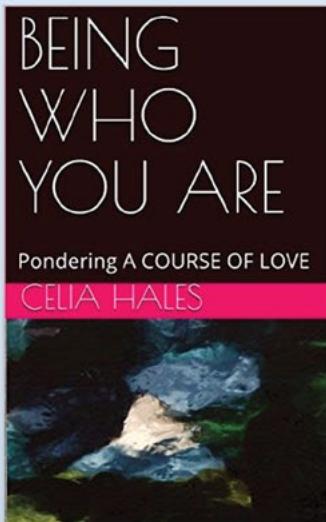
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Celia blogs at the well-received, long-running “Miracles Each Day”. She also authored *A Course of Love: An Overview*. A former university religion librarian, she lives with her husband in Oxford, Mississippi.

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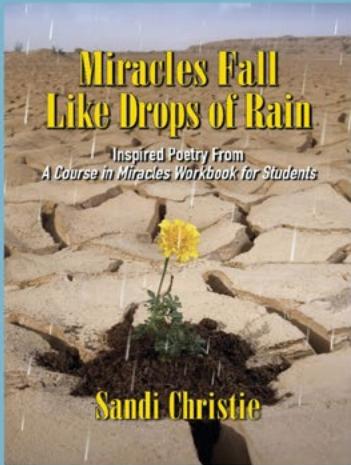
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Today I Give Up Judgements (Inspired by ACIM Lesson 243)

It is impossible to comprehend
A vision of the whole from little parts.
I'm certain that the tail I see's the end;
You're certain that the trunk's the only part.

There is an elephant that's in the room—
Perception's left us blind; we cannot see.
The truth is missing, but we still assume
That we can judge our own insanity.

Today I give up judgements I can't make,
Allowing all creation to be free;
I honor all its parts and won't forsake
A single part of My Identity.

Your memory remains in every Son;
Your truth must shine in all of us as One.

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Everlasting Love Surrounds Me (Inspired by ACIM Lesson 348)

Everlasting Love surrounds me;
The peace of God is all around me.
There is no fear; there's no distress;
There's not a single spot of darkness
That's left upon the world to see.

You share with me Your perfect safety;
Your grace restores my sanity.
My mind is full of happiness
And Everlasting Love.

Alone no more, I cannot be—
The Light of Love is all I see.
I stand in perfect sinlessness,
Created in Your holiness.
I have no needs for You surround me—
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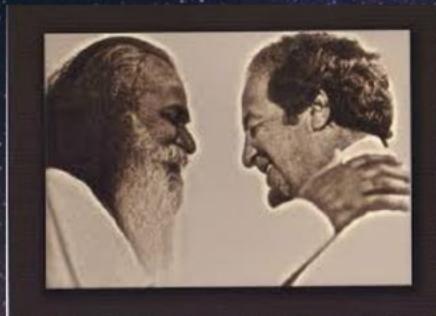


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— A Message from Jesus, p.32

