

MIGHTY COMPANIONS LECTURE SERIES

BOOK ONE

THIS SIDE OF THE WALL

*How to Remember Who You Are,
Let Love Lead, and Live in Peace*



This side of the wall is waiting for you.

ROBIN DUNCAN

TEACHER OF A COURSE IN MIRACLES

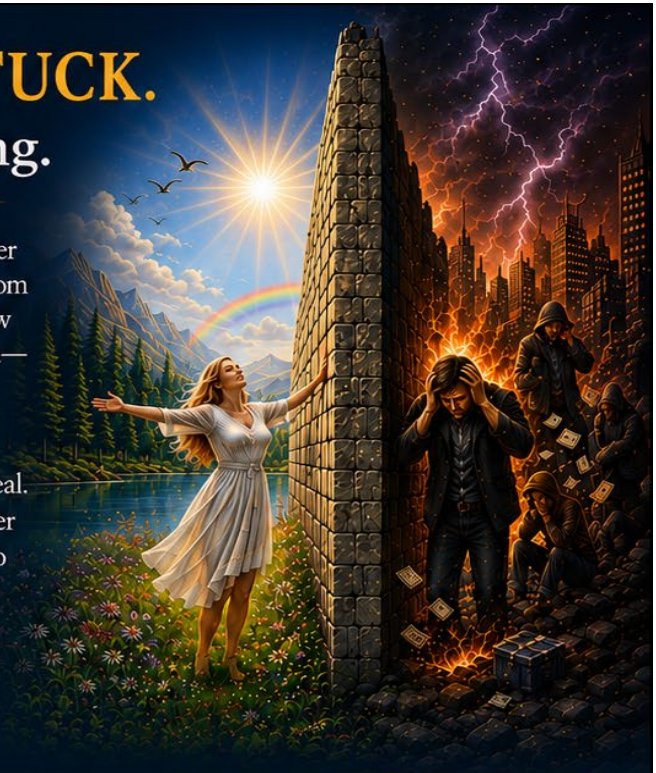
YOU ARE NOT STUCK.

You're just dreaming.

This Side of the Wall is an invitation to remember the peace that has always been here. Drawing from A Course in Miracles, Robin Duncan reveals how the world of lack, fear, and separation is a dream—and how you can wake up to love, guidance, and the truth of who you really are.

On this side of the wall, everything appears so real. But you are never alone, never separate, and never outside of love. The moment you remember who you are, the wall begins to dissolve—and your life begins to change.

Peace is not something you have to find.
It's something you choose to remember.



IN THIS BOOK YOU WILL DISCOVER:

- ♥ Why the world of lack and fear is a dream, not real
- ♥ How guilt built the wall of separation
- ♥ How your relationships reflect your inner conflict
- ♥ How to choose peace over panic in any moment
- ♥ How to lean in more and let love lead
- ♥ How to experience a sudden shift to peace
- ♥ How to truly love the one you're with
- ♥ Why you already have everything you need
- ♥ How guidance becomes easier to hear
- ♥ How to stay on this side of the wall—where love is

You are not a body. You are not a mind. You are not a victim.
You are not alone. You are the Son of God.

♥
This side of the wall is waiting for you.



ROBIN DUNCAN

is a teacher of A Course in Miracles and the founder of Heavenly House Publishing and Mighty Companions. Her heart-centered teachings help people awaken from fear and remember who they truly are so they can live with peace, purpose, and joy.



MIGHTY COMPANIONS
LECTURE SERIES
BOOK ONE



THIS SIDE OF THE WALL

A Mighty Companions Reader's Edition

Robin Duncan

Heavenly House Publishing

Copyright

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This Reader's Edition has been adapted from a live Mighty Companions lecture presented by Robin Duncan. Minor edits have been made for readability, punctuation, grammar, chapter organization, and book flow while preserving the author's original teaching style, stories, examples, humor, and spiritual instruction.

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Disclaimer

The information presented in this book is intended for educational, inspirational, and spiritual growth purposes only.

The ideas and principles discussed are based primarily upon the teachings of A Course in Miracles, spiritual practice, personal experience, and the author's work with students and clients over many years.

This material is not intended to diagnose, treat, cure, or prevent any medical, psychological, legal, or financial condition. Readers are encouraged to seek appropriate professional guidance whenever needed.

Any stories, examples, healing experiences, or outcomes shared in this book are presented for educational purposes and should not be interpreted as guarantees of future results.

The purpose of this material is not to replace your own discernment, inner wisdom, or relationship with God, but to support and strengthen it.

Dedication

To every Mighty Companion who has ever wondered if there might be a better way.

To those who have grown weary of trying to fix every problem, manage every circumstance, and carry every burden alone.

And to those who are willing, even for a moment, to stop struggling and remember the truth.

May these pages help you discover that peace, love, healing, abundance, freedom, and happiness are not waiting somewhere in the future.

They are already here. On this side of the wall.

How to Use This Reader's Edition

This book began as a live Mighty Companions teaching.

Unlike a traditional book that is written first and presented later, the material in these pages was originally shared with a live audience. As a result, you may notice a conversational style, personal stories, humor, repeated themes, and practical examples woven throughout the text. These elements have been intentionally preserved to maintain the warmth, spirit, and teaching flow of the original presentation.

The purpose of this Reader's Edition is not simply to provide information. It is designed to help you experience the material, reflect upon it, and apply it in your daily life.

You may choose to read this book from beginning to end in a single sitting, or you may prefer to move through it one chapter at a time. Many readers find it helpful to read a chapter, spend a few days practicing the ideas presented, and then continue to the next chapter.

At the end of each chapter, you will find three sections designed to deepen your understanding and support practical application.

Key Points to Remember

This section summarizes the most important ideas from the chapter. If you only remember a handful of concepts from each chapter, these are the ones I hope stay with you. They provide a quick review and can be revisited whenever you need a reminder of the central teaching.

Student Reflection Questions

These questions are intended to help you move beyond intellectual understanding and into personal experience. There are no right or wrong answers. You may wish to reflect on them quietly, discuss them with a friend, use them as conversation starters in a study group, or journal your responses.

Sometimes the most valuable insights come from simply sitting with a question and allowing the Holy Spirit to answer in His own way.

ACIM Connection

Each chapter concludes with selected references from *A Course in Miracles* that support and reinforce the ideas discussed in the text. These passages are not intended as an exhaustive study of the Course, but rather as helpful starting points for readers who wish to explore the teachings more deeply.

A Final Suggestion

As you read, try not to rush. Pause when something speaks to you. Underline passages that feel meaningful. Revisit ideas that challenge you. Most importantly, practice what resonates.

The purpose of this book is not to convince you of anything. Its purpose is to help you remember what you already know.

If a particular idea brings you greater peace, greater love, greater forgiveness, greater trust, or a deeper sense of connection with God, spend some time with it. Let it become part of your daily experience.

The goal is not simply to understand these principles. The goal is to live them.

Thank you for allowing me to share this journey with you.

A Note to the Reader

This book began as a live Mighty Companions teaching.

Unlike a traditional book that is written first and spoken later, this material was originally shared with a live audience. The goal of this Reader's Edition is to preserve the warmth, spontaneity, humor, stories, and conversational style of the original lecture while making the material easier to read and study.

Edits have been made for clarity, readability, and organization. Key Point Summaries, Student Reflection Questions, and A Course in Miracles references have been added to support deeper contemplation and practical application.

My hope is that as you read these pages, you will feel as though we are sitting together in a Mighty Companions gathering, exploring these ideas side by side.

Welcome, my friend.

Now let's begin.

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Opening Prayer

Take a moment to calm your mind, turning inward where every answer is, calling on Divine Intelligence that knows all about everyone all the time. Even when we are worried, our higher consciousness is not. When we do not know what to do, our higher consciousness is quite clear on what to do.

Today, dear God, we join together and bring all of our thoughts, worries, and concerns and place them in Your hands, along with our future. We trust that everything is exactly as it should be, and we are willing to follow Your guidance according to Your plan and purpose.

We have no other plan.

May Your Will be done.

Amen.

Chapter One

The Wall in the Mind

Welcome everyone. This is Robin Duncan, and this is Mighty Companions. Tonight our topic is *This Side of the Wall*.

A few days before this teaching, I was given a very simple image in my mind. I saw a large block wall. It wasn't a physical wall. It was more like a wall in consciousness. As I sat with the image, I began to understand that one side of the wall represented truth, while the other side represented illusion.

As students of *A Course in Miracles*, we are taught that we are exactly as God created us. We have never been anything else, and we have never been anything less. God created us as Eternal Spirit, one with Himself, free of all limits. We are safe, healed, blessed, holy, innocent, and loved. We have everything we need to fulfill God's happy plan for our lives.

That is the side of the wall I am calling the truth.

Yet somewhere in time, we accepted the idea that we could be separated from God. It was a false idea, but we accepted it as though it were true. Now we're looking at a world that appears very separated. Not only do we seem separate from God, but we seem separate from one another as well. This oneness that we are all a part of appears to have been broken into billions of fragments.

A Course in Miracles teaches that we are asleep and dreaming. Most people don't realize that because they think they woke up this morning. We woke up from last night's dream, but the Course says we are still dreaming. We are simply having a daytime dream now.

I know that can be a challenging idea for some people, and I respect that. But because we all have the experience of nighttime dreams, it makes sense to me. If I have a nightmare tonight and it frightens me terribly, it feels completely real while I'm in it. Then I wake up in the morning and realize none of it actually happened. The danger wasn't real. The loss wasn't real. The problem wasn't real. It only existed within the dream.

The Course says the same thing is happening now.

You might think of nighttime dreaming as one level of sleep, daytime dreaming as another, and true awakening as something beyond both. We think we've awakened because we got out of bed this morning, but the Course gently says, "Not yet."

One of the biggest reasons we remain asleep is because we are invested in the dream. We love our people. We love our circumstances. We love our plans. We love our special relationships. We love the dream as we have made it.

And who doesn't, right?

Because we value the dream, we don't allow ourselves to awaken fully. We become attached to what is happening within it. We focus our attention on things that are temporary, changing, and uncertain, and then we wonder why we feel anxious and afraid.

This brings us back to the wall.

On the truth side of the wall, you are as God created you. You are Eternal Spirit, one with God, free of all limits. You are safe, healed, blessed, innocent, invulnerable, perfect, holy, sinless, whole, and complete. You are changeless, loving, and eternal.

Nothing is missing.

Nothing needs to be fixed.

Nothing needs to be improved.

Everything has already been accomplished.

God created perfectly and then rested.

On this side of the wall, we are in agreement with God.

The other side of the wall is something entirely different.

That side represents the illusion. It is where we see ourselves as bodies. It is where we see vulnerability, inadequacy, fear, sickness, aging, limitation, and loss. It is where we become convinced that something is wrong and needs to be fixed before we can be happy.

Everything on that side of the wall changes.

One day we feel energetic and optimistic. The next day we feel tired and discouraged.

One day we feel successful. The next day we feel inadequate.

One day a relationship seems wonderful. The next day it feels strained.

Everything on the illusion side of the wall is changeable.

One of the quickest ways to identify an illusion is simply to ask yourself whether it can change. If it can change, it cannot be the truth.

Truth does not change. Reality does not change. God does not change. What God created does not change. The illusion, however, is built entirely upon change.

As I began working with this image, I found myself asking a simple question throughout the day:

Where am I placing my attention? Am I focusing on what God created? Or am I focusing on what I think happened?

Am I giving my time, energy, and attention to the truth, or am I reaching over the wall and becoming preoccupied with the illusion?

If we're honest, most of us spend a great deal of time on the illusion side of the wall. We're worried about our health, our finances, our relationships, our future, our children, our careers, and the world around us. Our attention keeps returning to the place where things appear vulnerable, uncertain, and incomplete.

Every time we do that, we unknowingly enter into disagreement with God.

God says we are whole. We say we are lacking.

God says we are safe. We say we are vulnerable.

God says we are complete. We say we need something.

God says we are eternal. We say we are bodies.

Do you see the conflict? One side of the wall is agreement. The other side is disagreement.

One side is truth. The other side is illusion.

One side leads to peace. The other leads to fear.

The purpose of this teaching is not to condemn us for choosing the illusion. We've all done it. Every one of us has spent time there. The purpose is simply to become aware of where we are standing.

Once we become aware, we can choose again.

That choice—more than anything else—determines which teacher we will hear, which guide we will follow, and ultimately what kind of experience we will have.

The wall itself is not real.

The choice is this...

And every day, moment by moment, we decide which side of the wall will receive our attention.

The more we learn to remain on the side of truth, the more we begin to remember who we are, who everyone else is, and what God has already given us.

That is where real healing begins.

Key Points to Remember

- The wall is not a physical barrier. It is a symbol for the difference between truth and illusion in our own minds
- According to *A Course in Miracles*, we remain exactly as God created us—Eternal Spirit, one with God, free of all limits
- The world we experience through the body's eyes is a projection of the belief in separation and is therefore changeable and uncertain
- Anything that changes belongs to the realm of illusion. Truth is changeless
- The truth side of the wall is where we remember our innocence, wholeness, safety, and completeness
- The illusion side of the wall is where we experience fear, vulnerability, lack, conflict, and limitation
- Every moment we are choosing where to place our attention: on what God created or on what we think happened
- Peace comes from agreement with God. Fear comes from agreement with the ego

Student Reflection Questions

- When challenges arise in your life, do you tend to focus on the problem or on the truth of who you are?
- What situations currently occupy most of your attention? Would you place those situations on the truth side of the wall or the illusion side?
- Can you identify an area of your life where you have been believing that something must change before you can be happy?
- What does it mean to you personally to be "as God created you"?
- If truth is changeless, what changes might you stop taking so seriously?

ACIM Connection

"I am as God created me."

— Workbook Lesson 94

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."

— Text, Introduction

"The world you see is an illusion of a world."

— Workbook Lesson 132

Chapter Two

Come On, God!

As I continued contemplating this image of the wall, another realization began to emerge. I started to notice that most of us spend a great deal of our spiritual lives standing on the illusion side of the wall and then asking God to join us there.

I don't mean that critically. In fact, it's something almost all of us do.

When we pray, we're often praying because something appears to be wrong. Someone is sick. A relationship is struggling. Money is tight. A child is hurting. A situation feels uncertain. We look out at the circumstances of our lives and then ask God to come help us fix what we see.

I jokingly call this the "Come on, God!" approach to prayer.

"Come on, God! My relationship is a mess."

"Come on, God! This person is sick."

"Come on, God! I need money by Friday."

"Come on, God! Fix this problem."

Most of us can relate to that because we've all done it.

The interesting thing is that we're usually asking God to fix something that exists on the illusion side of the wall. We're focused on the problem, convinced that the problem is real, and then asking God to solve it.

The Course invites us to look at this differently.

What if the problem isn't where we think it is?

What if we've spent our lives trying to solve effects while ignoring the cause?

One of the examples that helps me understand this comes from the old movie theaters. Remember when the projector sat in the back of the room and cast the movie onto a giant screen? Imagine sitting there watching a film and seeing a terrible scene unfold on the screen. Perhaps there is conflict. Perhaps there is suffering. Perhaps there is fear.

Now imagine standing up and shouting, "Somebody fix that!"

You point at the screen and demand that the image be changed.

The problem, of course, is that the screen is not creating the image. The screen is merely displaying what is being projected.

If you want to change the image, you have to go back to the projector.

The screen is the effect. The projector is the cause.

The Course teaches that much of what we experience in this world works the same way. We become preoccupied with what is appearing on the screen. We focus on sickness, conflict, lack, betrayal, fear, and uncertainty. We spend our time trying to improve the images. We try to rearrange them. We try to make them more comfortable. We try to produce a happier ending.

Who doesn't, right?

Of course we want a happier ending.

We come from Heaven. We come from happiness. Naturally we want peace. The problem is that we're trying to create that peace by changing the images instead of addressing the projector.

The projector is the mind. More specifically, it is the part of the mind that once accepted the idea that separation from God could be real. That single mistake produced an entire world of consequences.

Once we accepted separation, vulnerability seemed possible. Once vulnerability seemed possible, fear appeared. Once fear appeared, defense became necessary. Once defense became necessary, conflict followed. Before long we had an entire world filled with problems that appear completely real.

The Course is not asking us to blame ourselves for this. That's important to understand.

There is a tremendous difference between blame and responsibility.

Blame says, "I am bad." Responsibility says, "I can choose again."

The Course never asks us to feel guilty. In fact, guilt is one of the primary obstacles to healing. Instead, it invites us to understand how we got lost so we can find our way home again.

Suppose you have a loved one who is sick and in the hospital. Naturally you want them to be well. Of course you do. The question isn't whether you want them healed. The question is where you are looking for healing.

Most people immediately focus on the body. They see a body that appears sick, vulnerable, and in need of help. The body becomes the center of attention. Yet if we look carefully at our wall analogy, where does that body exist? It exists on the illusion side of the wall.

That doesn't mean we ignore it. It doesn't mean we refuse treatment. It doesn't mean we stop caring. It simply means we recognize that what we are seeing is not the truth of that person.

The truth of that person remains exactly what it has always been. They are still a Child of God. They are still Eternal Spirit. They are still one with God. They are still innocent. They are still whole. They are still complete. The body may appear to be struggling, but what God created has not changed. That realization shifts the entire way we pray.

Instead of asking God to fix an image, we begin asking the Holy Spirit to heal the part of the mind that believes the image is real. That is a completely different prayer.

It is no longer:

"Come on, God, and join me in my problem."

Instead, it becomes:

"Holy Spirit, help me see this differently."

"Holy Spirit, help me return to the truth."

"Holy Spirit, decide for me."

That shift may seem subtle, but it changes everything. The Holy Spirit's function is not to rearrange the dream. The Holy Spirit's function is to heal the part of the mind that is dreaming.

As long as we remain completely invested in the story, the Holy Spirit cannot fully help us because we are still insisting that the illusion is the truth.

We keep pointing to the screen. We keep talking about the image. We keep defending the problem. Meanwhile, the projector remains untouched.

The moment we become willing to question what we're seeing, healing can begin. The moment we become willing to admit that perhaps we do not see the situation correctly, another teacher can enter. The moment we stop insisting that our interpretation is true, the Holy Spirit finally has room to work.

This is why the wall is such a helpful image.

The wall prompts us to focus on where we are standing.

Am I standing with the problem? Or am I standing with the answer?

Am I standing with fear? Or am I standing with truth?

Am I asking God to enter the illusion? Or am I allowing myself to return to God?

Those questions may be simple, but they can transform the way we approach every challenge in our lives. The answer is not found by becoming more invested in the problem. The answer is found by becoming more devoted to the truth. That truth has been waiting for us all along. We simply forgot which side of the wall we were standing on.

Key Points to Remember

- Most people pray from the illusion side of the wall, asking God to fix circumstances they believe are real
- The "Come on, God!" approach asks God to join us in the illusion rather than helping us return to the truth
- The movie screen represents effects. The projector represents the cause
- The world we experience is like the image on the screen; the mind is the projector
- Healing occurs when we address the source of perception rather than becoming preoccupied with appearances
- The Holy Spirit's function is to heal the part of the mind that believes in separation
- Responsibility is not blame. Responsibility means we can choose again
- The truth about ourselves and others remains unchanged regardless of appearances
- The answer is found on the truth side of the wall, not within the illusion

Student Reflection Questions

- When you pray, do you typically ask God to fix a circumstance, or do you ask to see it differently?
- What "movie screen" problems currently occupy most of your attention?
- Can you identify a situation where you may be focusing on effects rather than causes?
- How would your approach change if you believed the Holy Spirit's role was to heal perception rather than rearrange circumstances?
- What does "choosing again" mean in your life right now?

ACIM Connection

"I could see peace instead of this."

— Workbook Lesson 34

"Projection makes perception."

— Text, Chapter 21

"Seek not to change the world, but choose to change your mind about the world."

— Text, Chapter 21

"The Holy Spirit's task is to undo what the ego has made."

— Text, Chapter 5

Chapter Three

The Great Leap

Once we begin to recognize the difference between the truth side of the wall and the illusion side of the wall, a practical question naturally arises.

How do we get from one side to the other?

Most of us have spent years standing on the side of the wall where the problems seem to be. We have become experts at analyzing them, discussing them, defending them, worrying about them, and trying to solve them. Even our spiritual practice often revolves around the problem. We pray about it, think about it, research it, and talk to our friends about it. Sometimes we become so focused on the problem that we forget there is another side of the wall altogether.

One of the things I have noticed over the years is that people often become emotionally attached to the very problems they want to escape. That may sound strange at first, but if you've ever spent hours replaying a situation in your mind, you know exactly what I mean. We revisit conversations. We imagine future scenarios. We gather evidence. We strengthen our case. Before long, we have become more committed to the story than to the solution.

The ego loves that.

The ego wants us focused on the problem because as long as we are focused on the problem, we remain on the illusion side of the wall. We continue treating the illusion as though it is the truth.

The Holy Spirit invites us to do something very different. The Holy Spirit invites us to make what I think of as the great leap. That leap is not physical. It is not geographical. It is not even external. It happens entirely within the mind. The leap occurs when we stop giving our loyalty to the illusion and begin giving our loyalty to the truth.

Over the years I have found that this leap often happens through three very simple steps.

- 1. Forgive**
- 2. Refuse to validate**
- 3. Choose again**

Simple does not necessarily mean easy, but it does mean clear.

The first step is forgiveness.

Whenever we lose our peace, there is usually a judgment somewhere in the picture. We may be judging another person. We may be judging ourselves. We may be judging circumstances. We may even be judging God.

Something has happened, and we have decided it should not have happened.

Someone has done something, and we have decided they should not have done it.

A situation has unfolded, and we have decided reality should look different than it does.

That judgment becomes a barrier between us and peace.

The ego tells us that our judgment is justified. In fact, the ego often tells us that giving up the judgment would be irresponsible. It whispers, "You have every right to feel this way."

Maybe you do. But the question is not whether you have the right to hold the judgment.

The question is whether holding it is making you happy.

The question is whether it is bringing you peace.

The question is whether it is helping you remember God.

If the answer is no, then forgiveness becomes an act of self-liberation.

Forgiveness is not saying that what happened was wonderful.

Forgiveness is not pretending that painful things never occurred.

Forgiveness is not approving of bad behavior.

Forgiveness is releasing the illusion's claim upon your mind.

Forgiveness is your willingness to say, "I no longer want this judgment more than I want peace."

That is where healing begins.

The second step is equally important.

Refuse to validate the illusion.

This may be one of the most powerful ideas in the entire teaching.

Most of us spend our lives validating the illusion. We gather evidence that the problem is real. We collect examples. We build a case. We convince ourselves that our fears are justified and our worries are reasonable.

The ego loves evidence. The ego loves witnesses. The ego loves proof.

The Holy Spirit asks different questions.

Did God create this? If God did not create it, can it ultimately be true?

These questions change everything.

If I am seeing vulnerability, did God create vulnerability? If I am seeing lack, did God create lack? If I am seeing separation, did God create separation? If I am seeing sickness, fear, guilt, hatred, or conflict, did God create those things?

The Course would say no.

That doesn't mean those things don't appear to be happening. It doesn't mean we deny our experience. It simply means we stop granting the illusion the status of truth. That distinction is critical.

Many students think the Course is asking them to deny what they see. It isn't.

The Course is asking us to question our interpretation of what we see. That's very different.

The ego says, "Look at all the evidence." The Holy Spirit says, "Look beyond the evidence."

The ego says, "This proves the problem is real." The Holy Spirit says, "This proves you are looking at an illusion."

One interpretation leads to fear. The other leads to freedom.

Once we stop validating the illusion, we are ready for the third step.

Choose again.

This is where the miracle happens.

The mind cannot simply let go of one teacher without choosing another. We cannot release fear without choosing peace. We cannot release judgment without choosing forgiveness. We cannot release the ego without choosing the Holy Spirit.

Every moment becomes a decision point.

Will I continue believing the story? Or will I choose again?

Will I continue defending the illusion? Or will I choose again?

Will I continue listening to fear? Or will I choose again?

One of my favorite prayers is incredibly simple:

"Holy Spirit, decide for me." That's it.

"Holy Spirit, decide for me."

Those five words acknowledge that perhaps my interpretation is not the best one available. They acknowledge that there is a wisdom beyond my personal perception. They acknowledge that I am willing to be shown another way.

Sometimes I will simply say:

"My goal is peace."

Other times I will say:

"I am willing to see this differently."

The exact words don't matter nearly as much as the willingness behind them. The miracle begins the moment we stop insisting that we already know. The miracle begins the moment we become teachable. The miracle begins the moment we allow another Teacher to enter.

- 1. Forgive**
- 2. Refuse to validate**
- 3. Choose again**

That is the leap.

That is how we stop shouting for God to come into the illusion and instead allow ourselves to return to the truth.

The interesting thing is that the more often you practice these three steps, the easier they become. You begin recognizing when you have wandered over to the illusion side of the wall. You begin noticing when the ego has captured your attention. You begin catching yourself before the story gains too much momentum.

Eventually you become less interested in being right and more interested in being peaceful. You become less interested in proving your case and more interested in remembering the truth. You become less interested in fixing the dream and more interested in awakening from it.

And that changes everything.

Key Points to Remember

- The great leap from illusion to truth occurs in the mind, not in the world
- The ego keeps us focused on problems, while the Holy Spirit directs us toward truth
- Forgiveness is releasing judgment in favor of peace
- Forgiveness does not require approval of behavior; it requires willingness to let go of the grievance
- The ego constantly seeks evidence that the illusion is real
- The Holy Spirit asks us to question whether what we see was created by God
- Refusing to validate the illusion weakens its hold on the mind
- Every miracle begins with a willingness to choose again
- "Holy Spirit, decide for me" is a powerful way of surrendering the ego's interpretation
- The goal is not to become right. The goal is to become peaceful

Student Reflection Questions

- Is there a person, situation, or circumstance you have been judging that may be blocking your peace?
- What grievance are you currently carrying that you might be willing to release?
- Can you identify an area of your life where you are gathering evidence for the problem instead of looking for the truth?
- How often do you ask the Holy Spirit to help interpret your experiences?
- What would change if your primary goal became peace instead of being right?
- Which of the three steps—Forgive, Refuse to Validate, or Choose Again—feels most challenging for you right now?

ACIM Connection

"Forgiveness is the key to happiness."

— Workbook Lesson 121

"I am never upset for the reason I think."

— Workbook Lesson 5

"I could see peace instead of this."

— Workbook Lesson 34

"I do not know what anything, including this, means."

— Workbook Lesson 25

Chapter Four

The Teacher You Choose

One of the most helpful ideas I have learned from *A Course in Miracles* is that every experience in life is interpreted by one of two teachers. We may think we are choosing between solutions, strategies, outcomes, or decisions, but beneath all of those choices lies something much more fundamental.

We are choosing who will interpret the situation for us.

The Course calls these two teachers the Holy Spirit and the ego. Over the years, I have often thought of them as the Teacher of Peace and the Teacher of Pain.

Every moment of every day, one of these teachers is helping us make sense of what we see.

The Teacher of Pain interprets everything through separation. It sees a dangerous world filled with vulnerable people, uncertain outcomes, and endless problems. It constantly reminds us of what might go wrong. It focuses on the past, worries about the future, and encourages us to remain vigilant because something bad might happen at any moment.

The Teacher of Peace sees the same circumstances very differently. It reminds us that God is still present. It reminds us that the truth has not changed. It reminds us that what God created remains exactly as God created it, regardless of appearances.

Both teachers are looking at the same world. Both teachers are looking at the same circumstances. Both teachers are looking at the same people. Yet they arrive at entirely different conclusions.

That is why two people can experience the same situation and walk away with completely different emotional experiences.

One leaves frightened. The other leaves peaceful.

One leaves angry. The other leaves understanding.

One leaves discouraged. The other leaves hopeful.

The difference is not the circumstance. The difference is the teacher.

This realization helped me tremendously because for many years I believed my feelings were being caused by circumstances. I thought the situation itself was making me anxious. I thought other people were making me upset. I thought difficult events were taking away my

peace. Eventually I began to realize that the circumstance was not producing my emotional experience nearly as much as the interpretation I was giving it.

The Holy Spirit and the ego were offering two completely different explanations, and whichever explanation I accepted determined how I felt.

The ego is remarkably convincing.

In fact, one of the reasons it is so effective is because it often sounds reasonable. Most people imagine the ego as a loud, angry voice shouting negative things. Sometimes it behaves that way, but more often it sounds practical.

It says things like:

"You should be worried."

"You need to think about this more."

"You can't afford to make a mistake."

"What if things get worse?"

"What if nobody helps you?"

"What if this doesn't work out?"

The ego presents fear as wisdom. It presents worry as responsibility. It presents anxiety as preparation. It presents guilt as morality. If we are not paying attention, we can spend years listening to the Teacher of Pain while believing we are simply being realistic.

The Holy Spirit sounds very different.

The Holy Spirit does not deny circumstances, but neither does it become hypnotized by them. It gently reminds us that peace is available now, not later. It reminds us that our safety comes from God, not from circumstances. It reminds us that our value does not depend upon success, approval, health, money, relationships, or anything else in the world. The Holy Spirit constantly returns us to the truth.

One of the biggest differences between these two teachers is their relationship to time.

The ego is almost always focused on the past or your fear of the future.

What if this happens? What if that happens? What if things get worse? What if you fail? What if you lose? What if you don't get what you want?

The Holy Spirit remains in the present.

The Holy Spirit says, "You are safe now."

The Holy Spirit says, "God is with you now."

The Holy Spirit says, "Peace is available now."

The ego says peace will come later if everything works out.

The Holy Spirit says peace can come now and help everything work out.

That is a very different approach to life.

I remember witnessing something years ago that helped deepen this understanding for me. A young mother was walking with her baby in one of those front carriers that straps across the chest. As she walked, she tripped and fell forward. The baby's head struck the pavement with a sound that immediately caught my attention.

For a moment, the entire scene appeared frightening. The mother's reaction was understandable, as the sound of the baby's head hitting the pavement was so frightening. Everything about the situation seemed to justify fear.

Yet in that moment, I found myself making a choice.

Would I join the fear? Or would I join the truth?

I began affirming what I knew from the Course. I reminded myself that there is only the power of God. I reminded myself that God's creation cannot be harmed. I reminded myself that what God created remains exactly as God created it.

Something shifted.

The baby, who had been crying intensely, became calm and eventually looked directly at me and smiled after just a few seconds. I do not share that story because I believe I personally healed the child. I share it because it demonstrates the power of choosing the right teacher.

One teacher saw danger, vulnerability, and tragedy. The other teacher remembered God.

One teacher focused entirely on appearances. The other focused on truth.

The circumstances appeared the same, but the interpretation was completely different.

Every day we face opportunities to make that same choice.

Let's say a health concern appears. Which teacher will interpret it?

A financial challenge arises. Which teacher will interpret it?

A relationship becomes difficult. Which teacher will interpret it?

Someone disappoints us. Which teacher will interpret it?

The answer to these questions will determine the experience that follows.

The ego always interprets through fear. The Holy Spirit always interprets through love.

The ego always points toward the illusion side of the wall. The Holy Spirit always points toward the truth side.

The ego says, "Look at the problem." The Holy Spirit says, "Remember the answer."

The ego says, "Protect yourself." The Holy Spirit says, "Trust God."

The ego says, "Something is wrong." The Holy Spirit says, "Nothing real can be threatened."

One teacher strengthens fear. The other strengthens peace.

Once we begin recognizing which teacher is speaking, our spiritual journey becomes much simpler. We may not always choose correctly at first. We may still find ourselves drifting back toward old habits and fearful thinking. But at least we know what is happening.

We know a choice is being made. And once we recognize that a choice exists, we can always choose again. That is one of the most comforting ideas in the entire Course.

No matter what has happened. No matter what we have believed. No matter how far we seem to have wandered into the illusion. We can choose again.

The Teacher of Peace is still available. The truth is still available. God is still available. And the wall we thought separated us from that truth was never real in the first place.

Key Points to Remember

- Every experience is interpreted by one of two teachers: the ego or the Holy Spirit
- The ego is the Teacher of Pain and interprets everything through fear and separation
- The Holy Spirit is the Teacher of Peace and interprets everything through love and truth
- Circumstances do not determine our experience as much as the meaning we assign to them

- The ego often disguises fear as wisdom, responsibility, or practicality
- The Holy Spirit reminds us that peace is available now
- The ego lives in the future; the Holy Spirit remains in the present
- The same circumstance can produce entirely different experiences depending on which teacher we choose
- Recognizing the teacher is the first step toward choosing again
- The Teacher of Peace is always available

Student Reflection Questions

- When you feel upset, can you identify which teacher you have been listening to?
- How does the ego typically speak to you? Does it use worry, fear, guilt, urgency, or self-doubt?
- Can you remember a recent situation where you might have interpreted events differently if you had listened to the Holy Spirit?
- What does peace feel like in your body when you stop listening to fear?
- In what area of your life would you most like to practice choosing the Teacher of Peace?
- How often do you remember that you can choose again?

ACIM Connection

"I can elect to change all thoughts that hurt."

— Workbook Lesson 284

"I am sustained by the Love of God."

— Workbook Lesson 50

"The Holy Spirit's perception leaves no room for an attack upon God's Son."

— Text, Chapter 12

"Nothing real can be threatened. Nothing unreal exists."

— Text, Introduction

"Choose once again if you would take your place among the saviors of the world."

— Text, Chapter 31

Chapter Five

Bringing Everyone Over the Wall

As we begin learning how to live on the truth side of the wall, a question naturally arises. What do we do about the people we love?

It's one thing to remember the truth about ourselves. It's another thing entirely when someone we care about appears to be struggling. Maybe they're sick. Maybe they're depressed. Maybe they're making choices we don't understand. Maybe they're frightened, angry, lonely, or lost.

Most of us find it much easier to see perfection in theory than to see it in people. That's where this teaching becomes practical.

One of the things I've noticed over the years is that we often define people by their problems. We don't mean to do it. In fact, we're usually trying to help. But after a while, the problem becomes so closely associated with the person that we begin seeing the problem instead of the person.

Someone struggles financially, and we start thinking of them as poor.

Someone becomes ill, and we start thinking of them as sick.

Someone makes poor choices, and we start thinking of them as irresponsible.

Someone becomes fearful, and we start thinking of them as weak.

Without realizing it, we begin describing people according to what appears to be happening on the illusion side of the wall.

The Course asks us to do something radically different. It asks us to see beyond appearances. It asks us to look beyond behavior. It asks us to look beyond circumstances. Most importantly, it asks us to remember what God created.

This is not always easy.

If someone appears sick, the sickness seems real. If someone appears frightened, the fear seems real. If someone appears lost, the confusion seems real. The body's eyes report one thing while the Holy Spirit gently reminds us of another.

The Holy Spirit reminds us that God's creation has not changed. The Holy Spirit reminds us that what is real remains real regardless of appearances. The Holy Spirit reminds us that

beneath every fearful thought, every mistaken behavior, every painful circumstance, there remains a perfect Child of God.

That is where healing begins.

Many years ago, I began practicing something that I still use today. Whenever I became worried about someone, I would mentally bring them over to the truth side of the wall.

Not their body.

Not their diagnosis.

Not their financial problems.

Not their relationship issues.

Not their fears.

Just them.

I would leave the story on the illusion side of the wall and bring the Child of God over to the truth side. Then I would sit quietly and remember who they really are.

They are still innocent.

They are still loved.

They are still whole.

They are still complete.

They are still one with God.

They are still exactly as God created them.

That simple practice changed the way I viewed people.

Instead of constantly focusing on what appeared to be wrong, I began focusing on what could never be wrong.

Instead of seeing weakness, I began looking for strength.

Instead of seeing fear, I began looking for truth.

Instead of seeing the problem, I began looking for God.

The ego doesn't like this approach at all.

The ego wants us focused on the problem because the ego survives through problems. It wants us talking about the problem, analyzing the problem, defending the problem, and worrying about the problem.

The Holy Spirit is interested in something entirely different. The Holy Spirit is interested in healing perception. That distinction is important.

The ego wants to fix appearances.

The Holy Spirit wants to correct perception.

The ego asks, "How do we solve this problem?"

The Holy Spirit asks, "How are you seeing this?"

Those are very different questions.

The more I practiced this, the more I noticed something interesting. Whenever I became attached to another person's problem, I lost my peace. Whenever I became attached to the truth of who they were, I regained it. The circumstances often remained unchanged for a period of time, but my experience changed immediately.

That's one of the reasons I believe peace is such a reliable indicator. Peace tells us we're looking in the right direction and we are listening to the right Teacher. Fear tells us we've wandered back into the illusion and we are listening to our ego.

Now, does that mean we stop helping people? Of course not. In fact, I think we become more helpful. When we're trapped in fear, we're often reacting rather than responding. We're trying to control outcomes. We're trying to force solutions. We're trying to rescue people from experiences that may contain important lessons.

When we're listening to the Holy Spirit, our help comes from a different place. We come from peace. We come from clarity. We come from guidance. We come from love rather than fear.

The actions we take may look very similar on the surface. We may still offer assistance. We may still provide support. We may still make phone calls, schedule appointments, offer resources, or extend a helping hand. The difference is that we're no longer joining the illusion. We're joining the truth. And that changes everything.

One of the great gifts of this practice is that it eventually begins to change the way we see ourselves as well. After all, if I'm willing to see another person as innocent despite appearances, perhaps I can extend the same grace to myself. If I'm willing to remember their perfection beneath the story, perhaps I can remember my own. If I'm willing to look beyond

their mistakes, perhaps I can look beyond mine. That realization is often where true healing begins.

The Course teaches that we either remember innocence together or forget it together. We either recognize the Christ in everyone or we fail to recognize it in ourselves as well.

That is why relationships become such important classrooms. Every person we encounter gives us another opportunity to decide what we want to see.

Do we want to see the illusion? Or do we want to see the truth?

Do we want to see a body? Or do we want to see a Child of God?

Do we want to reinforce separation? Or do we want to remember oneness?

The answer to those questions shapes not only our relationships, but our entire experience of life. The more willing we become to bring others over the wall, the more natural it becomes to live there ourselves. And eventually we begin to discover something beautiful.

The wall was never keeping us from God.

The wall was only keeping us from seeing what God had already given.

Key Points to Remember

- The ego encourages us to define people by their problems, circumstances, and behaviors
- The Holy Spirit encourages us to remember what God created
- Healing begins when we look beyond appearances and recognize the truth in another person
- Bringing someone "over the wall" means remembering their eternal reality rather than focusing on their temporary circumstances
- The Holy Spirit is interested in healing perception, not simply fixing appearances
- Peace is often a sign that we are seeing correctly
- The way we see others ultimately affects the way we see ourselves
- Relationships provide opportunities to practice seeing through the eyes of truth
- We either remember innocence together or forget it together
- The more we focus on the truth, the easier it becomes to remain on the truth side of the wall

Student Reflection Questions

- Is there someone in your life whom you have been defining by their problems or circumstances?
- What would change if you consciously practiced bringing that person "over the wall" in your mind?
- Can you identify a situation where your fear about another person may be stronger than your trust in God?
- How often do you focus on what appears wrong instead of what remains eternally true?
- What qualities of the Child of God would you like to remember more consistently in others?
- Can you extend the same compassion and vision to yourself?

ACIM Connection

"I would see you as my friend, that I may remember you are part of me and come to know myself."

— Workbook Lesson 336

"The holiest of all the spots on earth is where an ancient hatred has become a present love."

— Text, Chapter 26

"Your brother is the mirror in which you see the image of yourself."

— Text, Chapter 7

"Forgiveness recognizes what you thought your brother did to you has not occurred."

— Workbook Lesson 134

"When you meet anyone, remember it is a holy encounter."

— Text, Chapter 8

Chapter Six

Camping on the Truth Side of the Wall

One of the first things people discover when they begin practicing these ideas is that it is relatively easy to visit the truth side of the wall. The challenge is staying there.

Most of us can attend a spiritual gathering, read a book, listen to an inspiring message, or have a powerful meditation experience and feel completely connected to God. For a few minutes, or perhaps even a few hours, everything seems clear. We feel peaceful. We feel certain. We feel connected.

Then the phone rings. An unexpected bill arrives. A relationship becomes difficult. Someone says something upsetting. The news comes on television. A physical symptom appears. And suddenly we're sprinting back to the illusion side of the wall.

It's almost as if we've been camping on the truth side for a little while, but the moment something uncomfortable appears, we pack up our tent and run back to where we've always lived. I think most spiritual students can relate to that.

We have a beautiful insight in the morning and a complete meltdown by lunchtime. Who doesn't, right? The reason this happens is because we have spent a lifetime developing the habit of identifying with the illusion. We've become accustomed to looking at circumstances for guidance. We've learned to trust appearances more than truth.

The Holy Spirit is teaching us a new habit. The Holy Spirit is teaching us how to remain on the truth side of the wall regardless of what appears to be happening. That doesn't mean we never notice problems. It doesn't mean we stop paying attention to our responsibilities. It doesn't mean we ignore life.

It simply means that circumstances no longer determine where we stand. A storm can pass through your life without pulling you into fear. A challenge can arise without taking away your peace. A difficult conversation can occur without convincing you that love has disappeared. That's what spiritual stability looks like.

Most people believe peace is the result of favorable conditions. The Course teaches the opposite. Peace comes from choosing the truth regardless of conditions.

One of the reasons we struggle with this is because the ego constantly tries to lure us back to the illusion side of the wall. It does this by convincing us that something urgent requires our attention.

The ego says, "You need to worry about this." Then when that problem is resolved, it says, "Now you need to worry about that." And when that one disappears, another one magically appears. Have you ever noticed that?

The ego always seems to have another problem available. There is always another concern. There is always another reason to postpone peace. There is always another condition that must be satisfied before happiness becomes possible. The finish line keeps moving.

The Holy Spirit does not play that game. The Holy Spirit gently reminds us that peace is available now. Not after the problem is solved. Not after the relationship improves. Not after the money arrives. Not after the diagnosis changes.

Now.

That is one of the most radical teachings in *A Course in Miracles*. The Course is not teaching us how to become peaceful someday. It is teaching us how to be peaceful now. If peace depends upon circumstances, then peace will always be temporary because circumstances are temporary. If peace depends upon truth, then peace can be constant because truth is constant. That realization changed the way I approached my spiritual life.

I stopped asking, "How do I solve this problem?" And I began asking, "How do I stay on the truth side of the wall while this unfolds?" That is a very different question.

The first question makes the problem the center of attention. The second question makes God the center of attention.

One creates anxiety. The other creates peace.

One strengthens the illusion. The other strengthens the truth.

As I practiced this, I began noticing that many of the problems I thought were so important eventually resolved themselves. Some disappeared entirely. Others changed in ways I never could have predicted. Still others remained for a time but no longer disturbed my peace. That was surprising.

For years I believed peace would come after the solution. Instead, I discovered that peace often helped reveal the solution. Fear had been clouding my thinking. Fear had been narrowing my perception. Fear had been convincing me that I was alone. When peace returned, clarity returned with it. Guidance returned with it. Wisdom returned with it.

That doesn't mean every situation immediately became perfect and peaceful. It means I was no longer trying to navigate life from a frightened state of mind.

The Holy Spirit could finally get a word in.

One of the simplest ways to practice this is throughout the ordinary moments of daily life. You don't have to wait for a major crisis. In fact, it is often easier to build the habit during smaller situations.

Maybe you're stuck in traffic. Maybe someone is rude. Maybe a plan changes unexpectedly. Maybe a project doesn't go as smoothly as you hoped. Those moments become opportunities.

Each one asks the same question: Which side of the wall do you want to stand on? The answer may seem insignificant in the moment, but those small choices gradually become a way of life. You begin choosing peace more quickly. You begin recognizing fear more quickly. You begin remembering the truth more quickly. Eventually you discover that living on the truth side of the wall is not something you do occasionally. *It becomes your home.*

You still interact with the world. You still fulfill your responsibilities. You still experience relationships, work, challenges, and opportunities. But something fundamental has changed.

Your foundation is no longer built upon appearances. Your foundation is built upon truth. And because truth does not change, you begin experiencing a stability that the world cannot provide. The storms may still come. The headlines may still change. The circumstances may still fluctuate. But your peace becomes less dependent upon all of it.

You stop visiting the truth side of the wall.

You start living there.

And that, perhaps more than anything else, is what the Holy Spirit has been trying to teach us all along.

Key Points to Remember

- Spiritual growth is not merely visiting the truth side of the wall but learning to remain there
- The ego constantly presents new problems in an attempt to pull our attention back to the illusion
- Peace does not come from favorable circumstances; it comes from choosing truth
- The Holy Spirit teaches that peace is available now
- Fear narrows perception, while peace allows guidance and clarity to emerge

- Many problems lose their power when we stop making them the center of our attention
- Daily inconveniences provide valuable opportunities to practice choosing truth
- Spiritual stability develops through repeated choices for peace
- The goal is not to escape life but to experience life from a different foundation
- Eventually the truth side of the wall becomes our home rather than an occasional destination

Student Reflection Questions

- What circumstances currently seem to determine whether you feel peaceful or not?
- How often do you postpone peace until something changes?
- Can you identify a recurring problem that the ego repeatedly uses to capture your attention?
- What would it look like to remain on the truth side of the wall while a challenge unfolds?
- How do you typically react when unexpected difficulties arise?
- What small daily situations could become opportunities to practice choosing peace?
- In what area of your life would you most like to "camp on the truth side of the wall"?

ACIM Connection

"I could see peace instead of this."

— Workbook Lesson 34

"In my defenselessness my safety lies."

— Workbook Lesson 153

"The presence of fear is a sure sign that you are trusting in your own strength."

— Text, Chapter 2

"Those who are certain of the outcome can afford to wait, and wait without anxiety."

— Manual for Teachers, Chapter 19

"The peace of God is shining in me now."

— Workbook Lesson 188

Chapter Seven

Already Solved

As we come to the end of this journey, I would like to return to where we began.

A wall.

Such a simple image. On one side of the wall is truth. On the other side is illusion. Everything we have discussed throughout this book points back to that single distinction.

The more I have worked with this teaching, the more I have come to believe that most of our suffering comes from forgetting which side of the wall we are standing on. We become fascinated with the illusion. We become absorbed in the story. We become convinced that the images on the screen are the cause of our experience. Then we spend enormous amounts of energy trying to repair what was never the source of the problem in the first place.

The Course invites us to consider another possibility.

What if the answer is already present?

What if the healing is already present?

What if the peace is already present?

What if the love, safety, abundance, joy, and certainty we seek are not waiting somewhere in the future?

What if they are already ours?

That question changes everything.

Most of us have spent years pursuing something we believe is missing. We chase happiness. We chase success. We chase approval. We chase security. We chase love. We chase peace.

The ego is built upon the assumption that fulfillment exists somewhere else. Somewhere later. Somewhere beyond our current experience. Somewhere outside of us.

The Holy Spirit teaches exactly the opposite. The Holy Spirit teaches that what God created is already complete. Nothing is missing. Nothing has been lost. Nothing needs to be added. Nothing needs to be earned. Nothing needs to be achieved. The treasure we have been searching for has never left us.

The difficulty is not that we do not possess it. The difficulty is that we have been looking somewhere else.

Imagine a person standing in bright sunlight while insisting that they are surrounded by darkness. The solution is not to create the sun. The solution is not to manufacture light. The solution is simply to stop arguing with what is already present.

In many ways, that is what spiritual awakening is. We stop arguing with God. We stop arguing with the truth. We stop arguing with what has always been true.

For years I thought spiritual growth involved becoming something better. I thought it meant improving myself, fixing myself, healing myself, and transforming myself into a more spiritual person. The Course offered a completely different perspective.

What if I do not need to become something different? What if I simply need to remember what I already am? That is a very different journey.

One path is based on self-improvement. The other is based on self-remembrance.

One path assumes something is missing. The other assumes nothing is missing.

One path begins with lack. The other begins with wholeness.

The ego loves self-improvement because it quietly reinforces the belief that something is wrong. It constantly presents new goals, new standards, and new conditions that must be satisfied before happiness becomes possible. The Holy Spirit gently reminds us that God's creation does not require improvement. God's creation requires recognition. That recognition is what the Course calls a miracle.

A miracle is not the creation of something new.

A miracle is the recognition of what was always there.

A miracle occurs when we stop believing the illusion and remember the truth.

A miracle occurs when we stop identifying with fear and remember love.

A miracle occurs when we stop seeing ourselves as bodies and remember ourselves as spirit.

A miracle occurs when we stop defending separation and remember oneness.

The truth does not change when the miracle happens.

Our perception changes.

That is why miracles often feel so peaceful. Nothing has actually been added. The struggle has simply been removed.

One of the greatest gifts this teaching has given me is the realization that I do not have to carry the world on my shoulders. I do not have to solve every problem. I do not have to figure everything out. I do not have to manage the future. I do not have to force outcomes.

I can participate. I can listen. I can follow guidance. I can take whatever action is given to me.

But I no longer have to believe that I am personally responsible for holding the universe together. Thank goodness! That job was exhausting. And honestly, I wasn't very good at it.

Who doesn't know that feeling? Most of us have tried to run the universe at one time or another. Most of us have tried to manage outcomes. Most of us have tried to control people. Most of us have tried to guarantee our own safety through planning, worrying, analyzing, and preparing. Yet despite all that effort, life continues to remind us that we are not in charge of everything. That realization can feel frightening until we remember that God is. Then it becomes comforting.

One of the most beautiful lessons in the Course teaches that those who are certain of the outcome can afford to wait and wait without anxiety. I love that idea. Those who are certain of the outcome can afford to wait.

If God is real, the outcome is certain.

If love is real, the outcome is certain.

If truth is real, the outcome is certain.

If God's Will is real, the outcome is certain.

The details may unfold in ways we do not understand. The path may look different than we expected. The timing may not match our preferences. Yet underneath it all remains a certainty that does not come from the world. It comes from God.

That certainty allows us to relax. It allows us to trust. It allows us to stop fighting every moment of our lives. Most importantly, it allows us to remain on the truth side of the wall.

As I look back over everything we have discussed, I find myself returning to a very simple realization. The wall was never the problem. The illusion was never the problem. Even the ego was never the problem. The only real problem was forgetting. We forgot who we are. We forgot who God is. We forgot what love is. We forgot what was given to us. We forgot what could never be taken away. The entire spiritual journey is simply the process of remembering.

Remembering the truth.

Remembering our Source.

Remembering our innocence.

Remembering our holiness.

Remembering our unity.

Remembering our inheritance.

Remembering God.

And as we remember, peace naturally returns. Not because we created it. Because it was there all along.

The answer was never hidden. The solution was never absent. The love was never lost. The peace was never gone. It was waiting for us on this side of the wall.

Welcome home.

Key Points to Remember

- The truth side of the wall represents what God created and what remains eternally true
- Most suffering comes from identifying with the illusion rather than the truth
- The Holy Spirit teaches that nothing real has been lost
- Peace, love, safety, abundance, and joy are not future achievements; they are present realities
- The spiritual journey is less about self-improvement and more about self-remembrance
- A miracle is a shift in perception from illusion to truth
- The ego assumes something is missing; the Holy Spirit reminds us that we are already whole
- We do not need to carry the burden of controlling life
- Trust grows naturally when we remember that God's Will cannot fail
- The entire journey can be summarized as remembering what we forgot

Student Reflection Questions

- In what ways have you been searching for outside solutions to what may be an inside remembering?
- What does the phrase "nothing real can be threatened" mean to you today?
- Are there areas of your life where you still believe peace must wait for a future outcome?
- What would change if you truly believed that you are already whole?
- How has your understanding of problems changed through this teaching?
- What spiritual truths do you most need to remember right now?
- What does "coming home" mean to you personally?

ACIM Connection

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."

— Text, Introduction

"I am as God created me."

— Workbook Lesson 94

"The peace of God is shining in me now."

— Workbook Lesson 188

"Those who are certain of the outcome can afford to wait, and wait without anxiety."

— Manual for Teachers, Chapter 19

"The journey to God is merely the reawakening of the knowledge of where you are always, and what you are forever."

— Text, Chapter 8

Closing Reflections

Thank you for spending this time with me. My hope is that somewhere within these pages you found more than information. I hope you found a reminder.

A reminder that you are not broken.

A reminder that you are not alone.

A reminder that you do not have to carry the weight of the world on your shoulders.

Most importantly, I hope you were reminded that you remain exactly as God created you.

Throughout this book, we have explored a simple image: a wall separating truth from illusion. Yet perhaps the greatest realization is that the wall itself was never real. It was only a symbol for the choices we make every day.

Will we focus on what changes or on what is changeless?

Will we focus on fear or on love?

Will we focus on appearances or on truth?

Will we listen to the ego or to the Holy Spirit?

Every day offers another opportunity to choose.

Some days you will remember easily. Other days you may find yourself wandering back into old fears, old habits, and old stories. That is perfectly normal. The goal is not perfection. The goal is willingness.

Each time you notice that you have drifted to the illusion side of the wall, simply choose again. Forgive. Refuse to validate. Choose again.

Return to the truth.

Return to peace.

Return to God.

You do not have to make the journey all at once. One peaceful thought is enough. One moment of willingness is enough. One decision to see differently is enough. The Holy Spirit can do a great deal with a little willingness.

As you move forward, I encourage you to revisit these ideas often. Read a chapter again. Reflect on the questions. Discuss them with a friend. Bring them into your daily life. Most importantly, practice them. The value of these ideas is not found in understanding them intellectually. Their value is found in experiencing them.

May you increasingly discover the peace that has always been yours.

May you recognize the love that has never left you.

May you remember the truth that has never changed.

And may you find yourself spending more and more time on this side of the wall.

Final Prayer

Dear God,

Thank You for bringing us together. Thank You for reminding us that we are far more than we have believed ourselves to be. Help us remember the truth when the illusion appears convincing. Help us choose peace when fear calls for our attention. Help us recognize Your Presence in ourselves and in everyone we meet. When we forget, help us remember. When we judge, help us forgive. When we become afraid, help us trust. When we feel alone, help us remember that we remain forever connected to You. May we learn to see through the eyes of the Holy Spirit. May we become willing to release what is false and accept what is true. May we recognize the innocence, beauty, and holiness that You created in all Your children. Thank You for guiding our thoughts, words, actions, and lives. Most of all, help us remember that we remain exactly as You created us—whole, perfect, innocent, loved, and forever at home in You. We place our future in Your hands. We place our loved ones in Your hands. We place ourselves in Your hands. We trust Your plan. We trust Your wisdom. We trust Your love.

May Your Will be done.

Amen

About Robin Duncan

Robin Duncan is a spiritual teacher, author, speaker, and founder of ACIM.TV. After a successful twenty-two-year career in finance, including positions as a CPA, CFO, Director of Finance, and Internal Auditor, Robin felt called to devote her life to spiritual development, healing, and personal transformation.

For more than three decades, she has taught classes, trainings, workshops, and certification programs in spiritual counseling, hypnotherapy, guided imagery, EFT, regression techniques, and holistic wellness. Her work is grounded in practical spirituality and is deeply influenced by the teachings of A Course in Miracles.

Robin is known for her warm, down-to-earth teaching style and her ability to make profound spiritual concepts accessible, practical, and immediately applicable to everyday life. Through stories, humor, personal experiences, and real-world examples, she helps students move beyond fear and rediscover the peace, love, and guidance that already reside within them.

Robin lives in the mountains of Southern California with her husband, Terry, where they continue to teach, write, and share spiritual principles with students around the world.

To learn more, visit **RobinDuncan.com**.

About Mighty Companions

Join the Group at **MyMightyCompanions.com**

Mighty Companions is an ongoing spiritual study and support community founded by Robin Duncan. Inspired by the teachings of A Course in Miracles, Mighty Companions provides a welcoming space where students can gather to learn, grow, heal, and remember the truth together. Through live classes, discussions, guided meditations, practical applications, and supportive community interaction, participants explore how spiritual principles can be applied to everyday challenges and relationships.

The name Mighty Companions reflects the understanding that none of us walk this path alone. As we learn, practice, forgive, and awaken together, we become powerful reminders of the truth for one another.

Whether you are new to A Course in Miracles or have been studying for years, Mighty Companions offers an opportunity to deepen your understanding, strengthen your practice, and experience the support of fellow travelers on the journey home. For information on upcoming classes, events, and resources, visit **RobinDuncan.com**.