

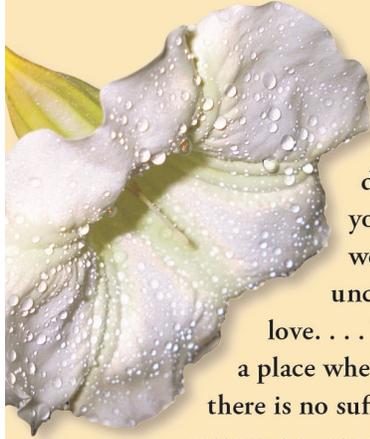


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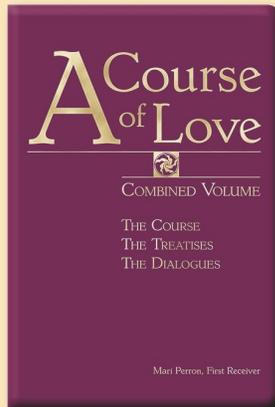
Vol. 18 ~ No. 1 ~ Issue 103 ~ Jan./Feb. 2019

Mysticism ~ Metaphysics ~ Mirth

Only love is real



“ You will feel as if you will burst if you cannot share the union that you touch when you fulfill your function of direct union with God. How do you let it pass through you to the world? The most simple, direct, and uncomplicated answer is that of living love. . . . You realize that you have known a place where nothing but love exists, where there is no suffering, no death, no pain nor sorrow, no separation or alienation. D:DAY22.6-7



Can you not see the necessity of removing the idea that your true Self will be returned to you only through death? . . . What purpose will death serve when your true Self has joined with your physical form? You will see it simply as the transformation it has always been, the transformation from singular consciousness to Christ-consciousness. Form has been but a representation of singular consciousness. As form becomes a representation of Christ-consciousness, it will take on the nature of Christ-consciousness, of which my life was the example life. T4:4.17-18 ”



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Miracles Magazine®

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



Established in 1985

PUBLISHED BY:

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January/February 2019 www.miraclesmagazine.org 3



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

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

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

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

THIS MONTH’S COVER ART

The cover picture was designed by Brad Oliphant.

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

BradOliphantPhotography.com



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

T = *Text*

P = *Psychology: Purpose, Process & Practice*

W = *Workbook*

M = *Manual for Teachers*

C = *Clarification of Terms*

S = *The Song of Prayer*

In = *Introduction*

R = *Review*

Bible Quotations are from the King James Version, the same version referenced within the *Course*.

If no name is given after a centered italicized quote, it’s from me (Rev. Jon Mundy).

Jan-Feb 2019

Vol. 17
No. 5
Issue 103

contents

We're All Doing Time...7

by Jon Mundy

Rupert Spira and A Course in Miracles...16

by Bill Free

You Can't Go On With Your Thinking Mind...21

by Mari Perron

The Art of True Response...26

by Karči Cole Kňazovický

Poetry...31

Truth Makes Us Free – Even in Prison...36

by Sebastian Blaksley

Struggle Not...39

by Celia Hales

Notes from Nancy...41

by Dr. Nancy Davis

Schedule...40

A Gift of Presence. Spacious Presence...43

by John Mark Stroud

The Dreamer's Guide to Dreaming:

Practical tools to remember our Truth...50

by Dr. Dana Marrocco

The Child Experience How am I to be Love Today?...55

by Dr. Roxanne Daleo

One Last Thought...64

by Eileen Kelly Katzmann





The Temple of the Holy Spirit

*The body is the ego's idol;
the belief in sin made flesh and then projected outward.*

*This produces what seems to be a wall of
flesh around the mind,
keeping it prisoner in a tiny spot of space and time,
beholden unto death, and given but an instant in which
to sigh and grieve and die in honor of its master.*

*And this unholy instant seems to be life;
an instant of despair, a tiny island of dry sand,
bereft of water and set uncertainly upon oblivion.*

*Here does the Son of God stop briefly by,
to offer his devotion to death's idols and then pass on.*

And here he is more dead than living.

*Yet it is also here he makes his choice again
between idolatry and love.*

*Here it is given him to choose to spend this
instant paying tribute
to the body or let himself be given freedom from it.*

*Here he can accept the holy instant,
offered him to replace the unholy one he chose before.
And here can he learn relationships are his salvation,
and not his doom.*

A Course in Miracles T-20.VI.11:1-4

We're All Doing Time

Practical Suggestions for Finding Freedom

by Jon Mundy

*There is no one who does not feel
that he is imprisoned in some way.*

T-3.VI.11:1

*If it elects to do so, the mind can become the medium
by which spirit creates along the line of its own creation.
If it does not freely elect to do so, it retains its creative potential
but places itself under tyrannous rather than Authoritative control.
As a result it imprisons because such are the dictates of tyrants.*

*To change your mind means to place it
at the disposal of "true" Authority.*

T-1.V.5:4-7

Tyrannous or Authoritative Control

In 1985 Bo Lazoff (1947-2012), an American writer and interfaith-humanitarian published a book titled *We're All Doing Time*. In prisons throughout the country, his book became known as "the convict's bible." *A Course in Miracles* makes 28 references to our being prisoners in the ego's dream of separation. There are also a number of references in *A Course of Love* to our being prisoners. We are prisoners insofar as we place ourselves under the tyrannous control of an ego. We seem to be trapped within an ego frame of mind, in a body—in an illusory dream-like, insane and often troubled world. The Course calls upon us to "undo," or "unravel," the mess we find ourselves in, in order to be free of what amounts to self-imposed confinement.

Those who have crippled, broken bodies, or are confined to a bed or a wheelchair, certainly have a tough time making it through this world. It can, however, be done and with dignity. There are many untold stories of those who have lived valiant lives despite severe handicaps. Two of our best examples were the deaf/blind American

author Helen Keller (1880-1968) and the English theoretical physicist Dr. Stephen Hawkins (1942-2018), who lived with Lou Gehrig's disease way beyond his doctor's expectation. There are many such examples, including my best-friend and the best-man at our wedding, Myron Blackman, who lived within a body taken over by muscular dystrophy.

The body is the ego's chosen home. Yet, no "body" lasts. The name, the façade, the guise, the mask, the image, all that which constitutes "the dreaming of the world"—falls away and disappears when we come to the remembrance of the True Self, no longer delimited in space/time. Note the following from the famous physicist Dr. Albert Einstein.

*A human being is a part of the whole called by us the universe,
a part limited in time and space.
He experiences himself, his thoughts and feeling
as something separated from the rest,
a kind of optical delusion of his consciousness.
This delusion is a kind of prison for us,
restricting us to our personal desires
and to affection for a few persons nearest to us.
Our task must be to free ourselves from this prison
by widening our circle of compassion to embrace
all living creatures and the whole of nature in its beauty.*

Redemption, Freedom, and Release

As long as we are in this world we cannot transcend our skin. The skin (the eyes, ears, and senses) along with the mind tell us of "an outside" and that which constitutes our prison. There are, of course, exceptions on the part of those who have near death experiences and are "relieved" for a moment from the heaviness of a body. Those who have such experiences tell us they did not want to come back and only do so because there is some mission they have yet to fulfill. Perhaps there is a child to raise, or as in the case of Anita Moorjani, author of *Dying To Be Me*, there is a story she needs to tell.

It is easy to feel imprisoned in a body, especially when that body is in pain. One of the most moving and difficult consultations I ever did

was with a woman who was in excruciating back pain. The pain never stopped. A couple of months after that call, her husband phoned and asked me to drop her subscription to *Miracles* magazine as she had taken the gun he purchased to protect them and used it to find freedom from pain the only way she knew how.

I look at our preschool grandson, Bryson, and our granddaughter, Avery. They are all body, toddling, running, laughing, falling, screaming, getting up, playing, impulsively jumping into the arms of anyone who will catch them. How free they are. They fall and cry, and a few seconds later, it's an ancient memory: all forgotten and buried in some disregarded past.

*You may believe that you are responsible for what you do,
but not for what you think.*

*The truth is that 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

A mind that does not rely on Divine Guidance places itself under tyrannous, rather than Authoritative, control. The older we get, the more we realize that we are not just bodies. It is the mind which runs the show, telling the body what to do. The question is “who is the thinker?” “The mind can become ***the medium by which spirit creates along the line of its own creation.***” Or, we can abandon our God given responsibility and let an insane ego take over. “*Miracles*,” the Course tells us, “***are natural.*** When they don't occur, something has gone wrong.”

The story of Adam and Eve tells us of a man and woman who separated from God by symbolically “eating the fruit of the knowledge of good and evil.” * The moment we have good and evil we have division—right and wrong, helpful or hurtful, selfishness or self-fullness—and there are decisions which must be made. (*The word *apple* never appears in the entire Bible, though the word apple can be used to mean any kind of fruit).

Desiring

Just as there is *right-mindedness* and *wrong-mindedness*, so there are two kinds of desiring, depending on which mind the desiring comes from. A prison, Einstein says, can also be defined by *personal desires*. “I

teach desiring,” said the Buddha, “its origin, cessation, and path. That’s all I teach.” Buddha is trying to teach us a peaceful path free from *needing, wanting, and having to have*. He is trying to tell us of what *A Course of Love*, and spiritual teachers like John Mark Stroud, call *spaciousness*—a state of mind that can be reached through practicing the principles of the Course and through meditation.

The spacious Self knows no obstacles for it knows no uncaring.

It knows only love for the One Self.

It feels the obstacle but does not know it.

*The feeling that is the sense organ of the spacious Self
then remembers its spaciousness and calls upon it.*

ACOL, D:Day 12:8

In 2005, Byron Katie wrote a book called *I Need Your Love. Is That True?* Do we really “need” some of the things we think we need? The most helpful thing might simply be to ask the Holy Spirit for help: then sit in a place of spaciousness and let some of the things we worry about work themselves out. The Holy Spirit can bring peace to any situation if we are willing to turn things over to His care and keeping. The Course calls for a correct use of desire. It says that we should *desire* to make “the holy instant” the Heaven that it is. We “should” desire to look upon each other, in holiness, seeing everyone as holy no matter what their ego has led them to believe.

Judgment always imprisons because

it separates segments of reality by the unstable scales of desire.

T-3.VI.11:4

Freedom From Tyranny

One of the simplest ways to release the ego’s stronghold is to be aware of any desire to attack or to defend. Lesson 135 from the Course is “*If I defend myself, I am attacked.*” Much of the Course can be explained very simply in two, three-word sentences: “Do not attack.” And, “Do not defend.” Of course, you would defend your body if you were physically attacked. It’s the natural thing to do. To not defend in this case means not defending the ego.

*Everyone is seeking to escape from the prison he has made,
and the way to find release is not denied him.*

Being in him, he has found it.

**“When” he finds it is only a matter of time,
and time is but an illusion.**

T-13.I.5:3-5

We “chose” to come here. We chose to be in this world, in these bodies. Otherwise, we would not be here. **Circumstances cannot be blamed on happenstance.** “*No one is where he is by accident, and chance plays no part in God's plan*” (M-9.1:3). We chose a body bounded by space and time. We are all doing time – living out a story, trying to learn along the way how to be the loving beings we were meant to be. We choose our prison. We *choose* a place where the body can live. We *choose* to be single or married. We *choose* to have children or not. We *choose* the work we do. We *choose* the way in which we spend our free time. In the same way, we can choose to escape from the prison we made by seeing our circumstances, not as a prison but a school from which we will one day graduate.

Freedom from tyranny is possible simply because *only the mind is real*, therefore, *only the mind can be free*. Your body can be in a wheelchair and your mind at peace. You can drive a luxury automobile, live in a mansion, and your mind imprisoned in horrific guilt. A documentary about the Mafia on PBS played an FBI 1980's secret recording of a Mafia boss talking privately about how he hated his life. He did not know whom to trust or when the police might show up. He always had to be looking over his shoulder. He was not proud of his behavior. He did not enjoy hurting people. He said it made him sick to be doing what he was doing. He had a lot of money, but it came at a heavy price, and it gave him no satisfaction as he lived in a constant state of fear.

I will occasionally ask members of an audience, “Who would like to come back here again?” Almost no one raises a hand. Once in a while, I'll get a hand or two, usually from a young healthy person who has not as yet collected too many scars. If I do get a raised hand, I'll say, “Are you sure?” Bodies are a lot of work.

One day my former assistant Fran took a call in the office. After she got off the phone, she said: “Julie died.” To which I responded, “Oh good!” I was happy for Julie. Julie had been hoping for Home for a long time, and now she was free of a body that was well-worn and also a bit torn. The hard part of a loved one dying is what happens to those of us who have shared our lives with them—and now they are gone from our presence in space time. It is we who suffer, not those who have gone on.

*As I walked out the door toward the gate that would lead to my freedom, I
knew if I didn't leave my bitterness
and hatred behind, I'd still be in prison.*

Nelson Mandela

The Addiction Prison

Hurtful habits and debilitating addictions are obviously prisons. We can blame an addiction on the body, or blame it on a drug, but all addictions regardless of their form are first “a decision.” The choice to give way to judgment, to say an unkind word, to light another cigarette or have another drink are all decisions.

*There is a way in which escape is possible.
It can be learned and taught,
but it requires patience and abundant willingness.*

M-17.8:3

To be addicted is to be enslaved to a habit. The hardest habit to break is our addiction to the ego itself. A first step toward freedom is a willingness to acknowledge the extent of the ego's tight hold on our individual psyche. Topping the list of bodily-based addictions is something everyone on the planet must deal with daily; namely, the need to eat and the choice to avoid overdoing it. Americans tip the scales on the heavy end when it comes to being over-weight, while 65 percent of Americans are overweight, the figure is only 25 percent in Japan. One simple reason is that the Japanese eat far less than we do.

Of the 65 percent of Americans who are overweight, 38 percent are obese, and of that total, 8 percent are excessively obese. Obesity is not fun. It can be changed with a simple decision to do something today in order to weigh less tomorrow, even if it's just the loss of a few ounces. Cutting back, we start feeling better, and we have more energy. Likewise, cutting back on spending, one can slowly and steadily reduce their debt.

To wish is to imply that willing is not sufficient.

Yet no one in his right mind

believes that what is wished is as real as what is willed.

*Instead of “Seek ye first the Kingdom of Heaven” say,
“Will ye first the Kingdom of Heaven,” and you have said,
“I know what I am and I accept my own inheritance.”*

T-3.VI.11:6-8

I have a friend who lost 45 pounds, and he has kept it off. He did not *wish* the weight away; he *willed* it away by simply cutting back on the amount of food he put in his mouth and exercising more. I listened to James Clear's book *Atomic Habits*. Atomic habits are little things you can do to slowly break bad habits or to develop healthy habits. First, you have to decide on where to cut back or what you want to begin. Start by being more aware of eating. Who, if not you, decides how much, how often, and what you will eat?

Nothing in Excess

A very long time ago, in the ninth century BCE, the historian Hesiod wrote: "In works and days observe due measure, moderation is best in all things." The motto "*nothing in excess*" appears frequently in the teaching of the ancient Greeks. Once moderation begins, it can be continued and practiced bit-by-bit, less and less, or more and more, depending on where we're going. It is said that when Einstein was asked what the most important mystery is in the universe, he replied tongue-in-cheek "compound interest." The more we save, the more our saving compounds itself.

Practical Advice

Develop a *tendency toward* losing weight, instead of a *tendency toward* gaining. Get a digital scale that measures in pounds and tenths of a pound. If possible, put the scale below or near a calendar perhaps in the bedroom, and then weigh yourself at the same time each day, perhaps before taking a shower. Work on the ounces and the pounds will take care of themselves. If the scale goes up — think, "What did I do that made it go up?" If it goes down — think, "What did I do to help it go down." What can you do to weigh less tomorrow than today?"

Start Stopping

Losing a pound in a week is not a big deal. The thing to do is to start stopping (gaining weight), and with just a little discipline added on to a little more discipline, the process will gain in momentum. Very simply, the more we eat, the more the stomach expands. When we don't eat, the stomach shrinks. How simple is the obvious? The

less one eats, the less one needs to eat. It's a decision. This process can be applied to many things other than eating. You can cut down or cut out anger, impatience, over-spending or anything that is hurtful to your well-being.

The Holy Spirit is in you in a very literal sense.

His is the Voice that calls you back

to where you were before and will be again.

It is possible even in this world to hear only that Voice and no other.

It takes effort and great willingness to learn.

It is the final lesson that I learned,

and God's Sons are as equal as learners as they are as Sons.

T-5.II.3:7-11

The answer is so simple: you've got to want to do it. One of my favorite books from the 1970's was Carlos Castaneda's *Journey to Ixland*, wherein Carlos' teacher, Mexican shaman Don Juan, says, "Success must come gently, with a great deal of effort, but with no stress or obsession." How do you do something with "a great deal of effort," but no stress or obsession? You can do it the same way my friend lost 45 pounds: ounce by ounce, day by day, the job gets done, the prison doors are opened, and a new sense of freedom is found. It's true for losing weight. It's true for improving relationships. It's true for improving one's finances. What is true is what is true. Aim for what is true and everything else will be given unto you.

The Holy Spirit cannot ask more than you are willing to do.

The strength to do comes from your undivided decision.

There is no strain in doing God's Will

as soon as you recognize that it is also your own.

T-2.VI.6:2-4

Jon





Rupert Spira and *A Course in Miracles*

by Bill Free

There is a growing interest in the Course Community regarding the non-dual teaching of Rupert Spira and other non-dual teachers of Advaita.

In my recent interview with Rupert at the Garrison institute in New York, fate would have it that Jon Mundy asked me to write this article the day after I attended the retreat.

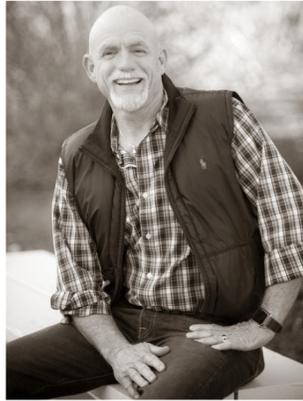
I read to Rupert Workbook Lessons 360-365 and after listening he said, "I counted four entity's that you are referring to in that reading." (It was two short paragraphs) The direct path only uses One, "I" or "I Am" in referring to the essential Self, Pure Presence that is also referred to as God. This can be experienced by everyone by asking within; What is aware of my experience, right now?

There is a certain level of duality using the language of Him, God, Son of God, the Holy Spirit, Jesus, your Guide, Your Teacher and so on. On another level of non-duality, *A Course in Miracles* speaks of One Self United with my Creator, The Self that I am, God is and I cease to speak and God has no name.

It is my interest in pointing to Rupert Spira's teaching that other Course students may want to look deeper in a more intimate investigation of their own understanding of this knowing of I Am as God Created me (and really that is too many words) awakening by whatever means they are being drawn to follow. My experience of following Rupert Spira for three years following 7 years of inquiry with Mooji has been *That other Means* of understanding.

If *A Course in Miracles* is the whole truth what are we still searching for? Maybe you're not searching and like me you have realized you are now a lover of Truth. It's so good, right? However, a lot of Course students are still working on forgiveness, instead of Being the light that holds all things within itself as One.

16 January/February 2019 www.miraclesmagazine.org



It's very simple really, we are just not sure how to have this direct experience using the Course. The Course speaks to you on two levels and most of us don't recognize that we stay fixed in the duality of the Course language even though it tells us beginning with workbook lesson 200 that the need for words is over now and we're moving into the phase of a direct experience. That God promises to come to us in the quiet and he will take the last step. (This is only a figure of speech).

For most Course students, I would have to say no, the direct experience is long delayed as we stay located in a fixed position of analyzing or studying the illusion under the guise of mind training or even more subtle and more spiritual, Attainment of The Happy Dream.

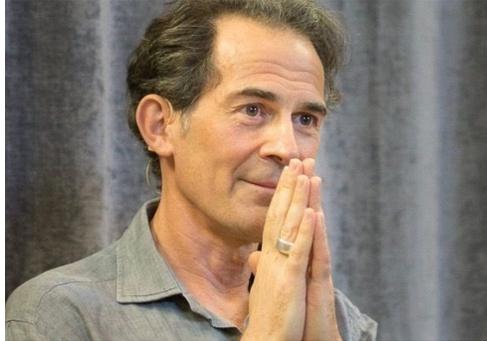
As I was setting up the background for some of my questions for the interview with Rupert, I read the introduction to the clarification of terms in The Manual for Teachers to Rupert which explains that the Course teaches it's written in the framework of the ego thought system and that the Course is not concerned with what is beyond all error.

I am remembering in this meeting that the Course says in many places, this is not the end, only the beginning, that it's aim is not to teach us the meaning of love for that is beyond what can be taught. There is another section in Workbook lesson 189.7 which asks us to *forget this world, forget this Course and come with wholly empty hands unto your God*. Basically, inviting Course students to begin to consider letting go of duality (although it is never explicit, it is implicit all through the Course).

These are only a few of the places that mention the unfinished or incomplete nature of *A Course in Miracles*, there are many statements of this nature in the Course. I have heard over the years from Course students saying that the next level or step up from *A Course in Miracles* is such and such and this is only my own point of view of course but I have to say Neti, Neti to anything in the realm of duality or making a better dream. They may in fact be great spiritual teachings and helpful in the release from suffering on the journey home but if it is steeped in duality it's just another step towards the final step or the placeless place of Oneness.

When I go back and read the language of the real world in the text of the CE edition Chapter 11 section VIII I see the description of non-duality as a condition which must be met before one can have a knowing experience of the real world. Further, when you read the attainment of the real world in the FIP edition chapter 13 section VII

you also see that this world is not experienced with the body's eyes, perceptions or senses. Clearly one can see that there is more to the direct experience of non-duality than merely understanding and applying the lessons of *A Course in Miracles* in your life. The aim of *A Course in Miracles* and the non-dual path is to know thy Self.



What Rupert Spira teaches initially is what is termed the direct path of Advaita Vedanta which is like Self inquiry, what am I or what is Aware? Like Ramana Maharshi and the Maharaj Nisargadatta, then, Neti, Neti, (not this, not that) as Awareness, I Am that which is Aware

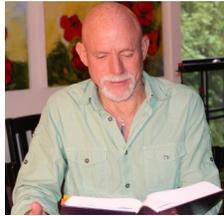
(the subject of experience) and all objects arise like clouds before the sky, remaining as the changeless sky in all appearances and experience.

Next, he moves his students into the Tantric tradition of advaita as an all-inclusive experience of awareness that includes all objective experience as Oneness, Beingness which is non-separation and may be called Enlightenment. This practice is done through yoga meditation where one makes the connection as meditation itself developing the practice and the understanding of abiding in the quiet space as awareness resting in meditation as direct experience of awareness. Opening the eyes and merging what is being made aware of to include all objective experience. This would include thoughts, feelings, emotions, and all of the senses into the Oneness of Being. It's really quite remarkable and definitely experiential.

It has been my experience that bringing the teaching of Rupert Spira into the teaching of *A Course in Miracles* that a much deeper connection is made as the Self as God created me while the language of duality in the Course is blending into a sort of transparency where there is no Jesus, God, Holy Spirit, or use of personal pronouns. There is only Oneness. It's like a gradual dissolving of the duality language of not only the Course but in everything I read and understand.

If you are interested in expanding your mind, opening your heart to a fuller experience of your own God Self I would suggest following the teaching of Rupert Spira in the non-dual tradition or his teacher Francis

Lucille and then go back and re-read *A Course in Miracles* from a non-dual point of view. You may find that you are no longer reading the Course as something to attain or learn or apply but you will be reading it from and as the embodiment of the Christ Mind, I Am.



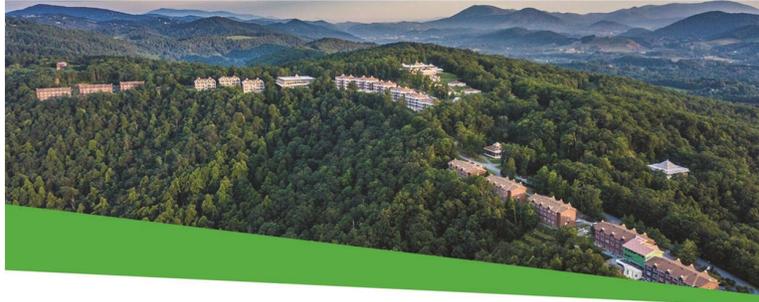
Bill is a *A Course in Miracles* Teacher and Student, A Disciple of Jesus, Mooji, Rupert Spira, and He follows the Truth through many others on the path to freedom in this great time of the global Awakening. Bill is host of Pure Presence Book Club that He started in 2017, He writes a monthly video blog at The Teachers of God website and often appears as a regular presenter for the TGF Online Spiritual Center. Bill presents at *A Course in Miracles* Conferences in the USA and You can visit Bill's website to be included on his mailing list, join his book club and discover more insights from his teachings and his own personal way of Being at www.billfree.com/a-course-in-miracles-and-non-duality/ Email address billfreeonline@gmail.com



TEN WAYS TO LOVE



1. **LISTEN** without interrupting. (Proverbs 18)
2. **SPEAK** without accusing. (James 1:19)
3. **GIVE** without sparing. (Proverbs 21:26)
4. **PRAY** without ceasing. (Colossians 1:9)
5. **ANSWER** without arguing. (Proverbs 17:1)
6. **SHARE** without pretending. (Ephesians 4:15)
7. **ENJOY** without complaint. (Philippians 2:14)
8. **TRUST** without wavering. (Corinthians 13:7)
9. **FORGIVE** without punishing. (Colossians 3:13)
10. **PROMISE** without forgetting. (Proverbs 13:12)



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You Can't Go On With Your Thinking Mind

by Mari Perron

This is the seventh in a series by the First Receiver of A Course of Love, in which she describes her movement to, and within, the reception of the Course.

I've spent a lot of time in these articles on my experience of the "coming" of *A Course of Love*. Acceptance of a calling is one thing. Adjustment to that acceptance and what it asks of us is another. Each of us who find ACOL to be our way are "called" to "the new," and the adjustment, the really big newness of *A Course of Love*, is one of letting the thinking mind recede so that new knowing can come forth.



This letting go is a continual fine-tuning. I may "accept" the way my thinking mind doesn't work as it used to, but acclimating myself to new ways of knowing still happens daily. I can feel that I completely embrace Jesus's request to accept the new and deny the old, and still realize that I've been hesitating to leave some aspect of "the old" behind, or to accept the actuality of this concerted movement into the new.

Do you ever feel this way? Have this feeling of desire for "the new," and have yourself begin to review all the reasons you can't accept the change that would fulfill that desire? Or have the feeling that the old way is no longer working for you, but you don't know what the new way is? The sense that when you "know" . . . then you'll accept the change? I certainly have.

The biggest change of all that we're asked for in ACOL is to let go of our thinking minds.

When I'd completed Chapter 19 of the first book, "The Course," I had my most intense experience of the time of receiving. The powerful chapter I'd just received was titled: Oneness and Duality. Within it is this verse:

Out of the deepest, darkest chaos of your mind comes the possibility of light. It is a bit like traveling backward, or the review of life that some experience after death. In order to remember unity you must, in a sense, travel back to it, undoing as you go all you have learned since last you knew it, so all that remains is love. This undoing, or atonement, has begun—and once begun is unstoppable and thus already inevitably accomplished. C:19.19

In the spring of 1999, as my experience began, I didn't remember Chapter 19, even though the experience related to it. This lack of remembering was not uncommon.

"Now," many of us who've been with ACOL for a while, are talking about our inability to "get" this course in the same way we did other learning. But "then" that wasn't happening. Then—my lack of recall concerned me greatly. I asked myself, *What is wrong with me?*

While I'd begun ACOL with an attitude of humility because it was sacred, before long my humility became a feeling based on my lack of memory. It embarrassed me not to remember.

I was sharing ACOL each week, passing on what I had received to a few people I'd meet with on Sundays, when we'd review what I'd given them the week before. As this happened, everyone with whom I shared the chapters had a chance to read them in depth between one week and the next, while I had gone on to receiving the next chapter. Usually, I had not reviewed at all, or only briefly. I faulted myself for having no recall and began to feel . . . small. I remember it almost like a helplessness.

And still, once in a while, I'd have flashes of knowing. They happened when someone "read" what had been received from a slant that wasn't consistent with the way I had felt it, or even "known" it to be meant. Sometimes I dared to express this, sometimes not.

How could I not remember . . . and still "know?"

I knew, but I couldn't *think* of what I knew, and it drove me a little crazy. And so, what I suspect had happened before this experience I'll recount, is that I had begun to try to "think" about what I'd received, and Jesus was putting a quick end to it.

I suspect this because of what happened next. When I went to receive the next chapter (Chapter 20), expecting that things would

proceed as they had each time I sat down and made myself ready—nothing happened. I waited a bit without alarm, but then began to get worried. About the time I began to worry, words came into my mind, but they weren't for the next chapter. They were for me. They were:

“You can't go on with your thinking mind.”

My internal response might have sounded something like this: *What do you mean I can't go on with my thinking mind? I'm already almost incapable of thinking!*

But as Jesus said nothing but this statement to me for days on end, it became clear that I still had an active “thinking” mind in every area “but” the words I had received!

As one week became two, it felt like months had gone by. I didn't know what to do. My mission was at stake. Then my health began to decline. I felt as if I was withering away. I saw a doctor. I was diagnosed as terribly anemic, and asked to return for tests. But I knew the cause wasn't physical. The cause, I felt certain, was this feeling of being too tired to think. The sense was . . . whatever worked to keep me in this state would come to me. And I didn't want to continue to feel the way I was feeling. A different kind of help was needed, and I knew it.

I turned to my spirit sisters, Mary Love and Julieanne Carver.

Under their tender ways of drawing forth what was within me, I had a vision of myself within a cave. I wasn't unhappy there. I had no feeling that I was dying. Being there felt like a choice. Nonetheless, they stood by my side as I was prone on a daybed, calling me to come out. I didn't want to. It was peaceful in the cave.

I can no longer recall what sparked what came next—what related words might have been said—but I do remember a moment when I realized that if I did not come out of the cave, I would have no voice. Knowing I wanted to have a voice drew me back into the world of the living and the course resumed about a month later, with the beautiful chapter on The Embrace.

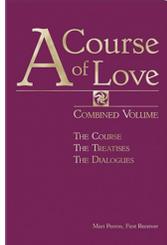
It strikes me now that we are all buried in the cave until the Christ in us returns us to the embrace. The words of Chapter 20 were the most soothing words of love imaginable to me when they finally came. But I share these that relate to the cave:

I am alive and you do believe this or you would not be here. Yet you think not of me living and imagine it not. Christ reigns in the kingdom in which I live just as Christ reigned within me on earth. In the cave on this earth where my dead body was laid, the Christ in me returned me to the embrace. The singular heartbeat of the man Jesus no longer sounded. My heartbeat was the heartbeat of the world.

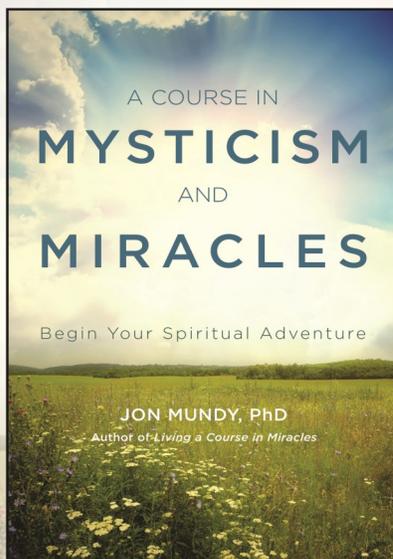
Imagine a body in a cave, a cave in the earth, the earth in the planet, the planet in the universe. Each cradles the other. None are passive. None are dead. All share the heartbeat of the world and are at rest within each other, within each other's embrace and the embrace of God's love, God's creation, God's heartbeat. God's heartbeat is the Source of the world, the Soul of the world, the Sound of the world in harmony, existence with no beginning and no end. One embrace. All in all. None lesser and none greater for all is all. One is one. There is no longer cause for alienation, nor for the feeling of abandonment so many of you have felt. You are now within the embrace where all such hurts are healed.
C:20.14-16

When you and I exit the cave, and enter the embrace, it is time to use our voices! To join in the dialogue of creation of the new.



 <p>A Course of Love COMBINED VOLUME THE COURSE THE TREATISES THE DIALOGUES Mary Perron, Paul Beeman</p>	<p>I will be sharing this story with Mary Love and Julieanne Carver during the ACOL online conference: https://acourseoflove.org/online-conference/. You can also meet Mary on my new website: www.mariperron.com</p>
	

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The Art of True Response

by Karči Cole Kňazovický



The Art of True Response is the ability to truly communicate with oneself first and therefore with others. This ability has been largely lost. Many are not really in touch with themselves or with a true part of themselves, and most certainly not in touch with their feeling body which lies, denied, below their conscious and subconscious awareness.

The split is between thought and feeling. This is the cause of all "evil."

Did you skim over the above sentence? I recommend you read it again!

ACIM: Any split in mind must involve a rejection of part of it, and this is the belief in separation. (T-6.II.1)

ACOL: What is required to claim your power is the willingness to move through the conflict of two opposing thoughts and feelings to the place of unity. (T2:4.9)

Feelings are not equal to thoughts. They lay hidden under clouds of denial. To find complete oneness with oneself, all feelings must be recognized, accepted, and then evolved with the rest of oneself.

Here are some guidelines on how to do this easily, without much trauma or endless verbal expression.

The most important step in this evolution is to realize that what we *think* our feelings are, *are not our true feelings!* They are thoughts that *seem* like feelings; endless descriptions and long stories that keep one away from what is really happening. Our most powerful feelings are often kept away from conscious awareness. They are generally not acceptable in today's society. This needs to be recognized and brought to the light of healing for us to feel the freedom to do what we would truly like to do.

Feelings have a profound ability to help us navigate to our destination which is, of course, the Self, but also a feeling of

contentment and rightness while we live here on earth. So, the first step is to develop a new relationship with them. This might seem hard at first, but will become increasingly easy when you realize that feelings are not as bad as you might have believed at first. Much could be said regarding feelings but be cautious that this not become a delaying tactic. Let's not delay.

Relax. Take a slow breath. Allow yourself to feel. Dare to invite a feeling that you find unacceptable. Notice what happens in your body. Notice some sort of contraction, a dislike of some sort. Now, instead of recoiling from it, establish an attitude of strong intent to get to know this part of yourself! Remember, it is trying to tell you something, which may well be of great importance to you. This part of yourself could be in a very bad shape from your constant rejection of it. And yes, you need to nurse your whole self, including the rejected parts, back to health.

Try this several times with a feeling that first comes up which you judge as negative or unpleasant.

Step 1. *Talk to it.* (Do this out loud, and for a while. Notice any discomfort.)

Does this feel ridiculous and uncomfortable to you? Don't let that stop you. Say "Hello" to it, just to break the ice. Imagine you met a stranger and you are determined to get to know him or her. Sometimes this can be startling, since this feeling has never received any acknowledgment or acceptance from you before, except for your judgment against it.

Step 2. *Accept its responses.*

Ask yourself: Can I accept this feeling? And let the answer spontaneously come up. Be honest. Saying NO is often more honest than a "kind of yes." You need to determine what feels truer. If the answer is no, ask yourself again, "Is it OK that it is NO?" Again, wait for the reply. This reply must emerge from within, so do not make the old mistake of getting answers from your mind. If the reply is NO again, continue asking: "Is NO an OK answer?" NO might come up endlessly, or seemingly so. Is it OK that it's not OK that it's not OK? Just continue asking until you get YES. "Yes" is a form of acceptance, and acceptance is what this feeling part of you desperately needs.

Step 3. *Explain to it why you felt you had to deny it.*

Take time and ask yourself for reasons why you had to deny

this feeling. When the answers come, speak directly to the feeling as if you were talking to a friend whom you could not talk to for a long time. Some examples: "I did not even know I could talk to you;" "I thought you were not real or were unconscious;" or "I was frightened of what you might tell me." Simple, honest answers are like soothing waters to most of these dried up, rejected, lost feelings.

The next step takes real courage.

Step 4. *Apologize to it.* (Aloud, and loudly, is best.)

Notice your resistance: "Why should I apologize? I am right!" Yet in this realization that you think "you" are right, the long-standing separation between you and your true feelings might be apparent. Mind has a habit of thinking it is right, but when it comes to feelings it is surely mistaken. Feelings are a reflective agent to let the mind know what it is doing.

Step 5. *Ask forgiveness.*

You are asking this feeling part of yourself to forgive you for denying it and excluding it from proper participation in your life. It has an amazing intelligence to show you the beauty and gifts it has to offer. It will forgive you in a most profound way. Trust it.

Step 6. *Forgive yourself for denying it.*

Here is a chance to accept yourself and forgive yourself for not allowing your own full freedom to move and expand. "I forgive myself for denying my feeling of _____" could be repeated several times, or any form of forgiveness you feel is appropriate. Let your feelings guide you here. At times forgiveness might feel impossible. In that instant try: "I accept myself for _____ and I forgive myself for not accepting myself earlier." Repeat this several times, slowly, until you feel the release.

Step 7. *Release judgments.*

Holding judgments—especially toward parts of yourself—can keep your whole world locked up in its unmoving grip. Oftentimes our feelings are named, judged, and misunderstood, but as they evolve they change and become new. A feeling that was hard to feel before becomes not only OK to feel but has a pleasant, flowing quality. Some beliefs are true only in our own minds. They limit us to new possibilities. Therefore it is healthy to release these judgments and replace them with new understandings. For example: "I release the judgment that this feeling is in fact bad, or unpleasant, or something to avoid." Then allow those feelings to be participants in your daily life.

Step 8. *Negotiate a new relationship with this part and the rest of you.*

You might invite this part of you to be present with you. If it is not fully transformed, repeat the process until it is. You are training yourself to express what is really happening in you without drama, and without burdening those close to you with your misunderstandings of yourself. If you really get into it, you will find all your denials, all your blocks to love's presence, give them release, and free the energy flow in your body and your life.

This liberating process can be applied to aches, illnesses, hurts, depressions or anything you find in yourself that is not completely happy.

The above is what I call "The Eight Steps" or "The Art of True Response."

Promoting feeling over thinking is not popular in spiritual circles. Without training, allowing feelings to arise can make us muddled and confused. I am a long-term teacher of ACIM. I have also been guided by *Right Use of Will*, another channeled work that is practically unknown in spiritual circles. ACIM focuses on healing and awakening the mind. RUOW focuses on feeling over thinking. Both felt true, but for years I could not reconcile these two powerful works. ACOL, however, brought them together for me through its integration of thought and feeling in the heart.

A full appreciation of both thought and feeling is essential. As ACOL says:

You are a thinking being. This cannot be denied nor should it be. Thus a Course that left you with an erroneous impression that relying on feeling alone would complete your learning would in actuality leave your learning incomplete . . . too many of you would become muddled in your feelings and know not where to turn to explain the many riddles they would seem at times to represent. (T1:1.8)

For me personally, feeling is the secret to it all! All my feelings—particularly so-called negative ones—became my most beloved allies. They began to evolve into what they were meant to be: the free flow of light and love. Free Will. They become a True Response that mind does not control.

When the Call from Love comes my way I step back and freely respond to the feeling. My body vibrates with the feeling of that light.

ACOL introduces feelings quite elaborately. It distinguishes between emotions, which “*speak the language of your separated self,*” as opposed to feelings, which are “*the language of the heart.*” (C:9.2) It is heart-centered feelings of which I speak. “*In your feelings, especially those you cannot name, lies your connection to all that is.*” (C:9.13)

Feelings, unified with thoughts, are constantly creating. Feelings, when truly allowed in a maximal, free expression, are highly creative. If they are free, they create expressions of love; if not, they manifest as sickness and fearful situations generally. “*Sickness is a rejection of feelings. All that causes fear is rejection of feelings.*” (D:Day14.2) When feelings are not free, one’s “dialogue” with the universe is just a mental, hobbled, response.

The Art of True Response helps to heal the feelings so they have an ability to fully create and manifest. One might also say that the Art of True Response is a search-and-destroy mission for all the blocks to love’s presence. ACOL enjoins us to “*willfully remember*” feelings, which are to be “*accepted back into the spacious Self.*” (D:Day16.4)

Awakening one’s receptivity, opening the receptive centers to feelings, is a key in spirituality. Until we do so, our search for God or ourSelves will succeed only partially. Feelings provide juice and wholeness. Without feelings there is no spine and no connection to true Spirit. True response keeps the spirit in constant manifestation, not just a momentary revelation, but a constant expression of the love that we are.

When true feelings are available, they ground the mind and severely reduce erratic thinking. This brings the quiet, tranquility, softness, and tenderness that stays effortlessly with you without the need to hide.

Karči (Cole) Kňazovický is a classical guitar teacher, composer and performer, a couple’s therapist, ad a professional facilitator of men’s groups and mixed gender polarity work with focus on masculinity. Cole extensively explored deep feelings through channeled material called Right Use of Will and is also a long-term teacher of ACIM focused particularly on the Workbook as a means of feeling application. Cole’s 9-year-old son, Juni, lives with him in a community near Byron Bay, Australia.

POETRY

Heaven is the Decision I Must Make

ACIM WB Lesson 138

by MaryBeth Scalice

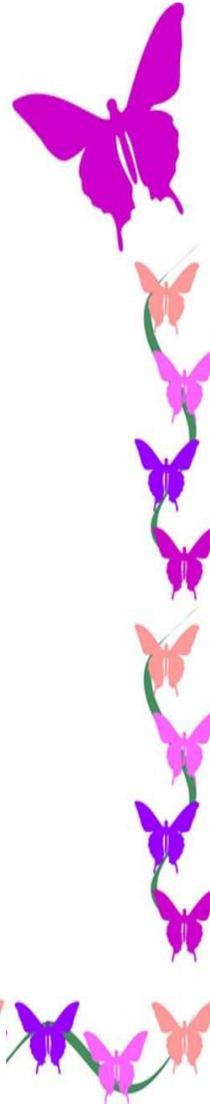
One heart beat at a time,
One Word,
One Breath
expelled in the Name of Love.
I cannot write to you when anxiety hammers my soul
pounding out a demand for production.

I cannot sing when the judge of my lower lobe
is molesting newly sung notes with criticism.
Who can give anything worth receiving
when attention is stolen from the moment
and offered to the master of chaos.

The anti-christ is no horn and tail, red suited male.
The anti-christ is the mind stolen from Presence,
the part that has opted for anything but Heaven.
The anti-christ is my own surmising that there is
not enough time, enough help, enough energy
for this....

What is this?
Merely a blessing, a smiling face, a kiss,
to awaken you, to awaken me.
This is the decision for Heaven,
five minutes stolen from the devil,
from the world and offered to you.
Just a little sip of God's eternal bliss;
a holy instant!

If you take It, I will receive It.
If you choose It, I will be chosen.
If you share It, a hundred hyperventilating,
over oscillating minds will tilt;
ears plugged with the wax
of busyness will melt.
The still small voice
in gentle reminder will rise
and our Hearts will remember
This moment is for Love.
It is the only thing I want
Pause, rest, breathe, and feel.
I love you.

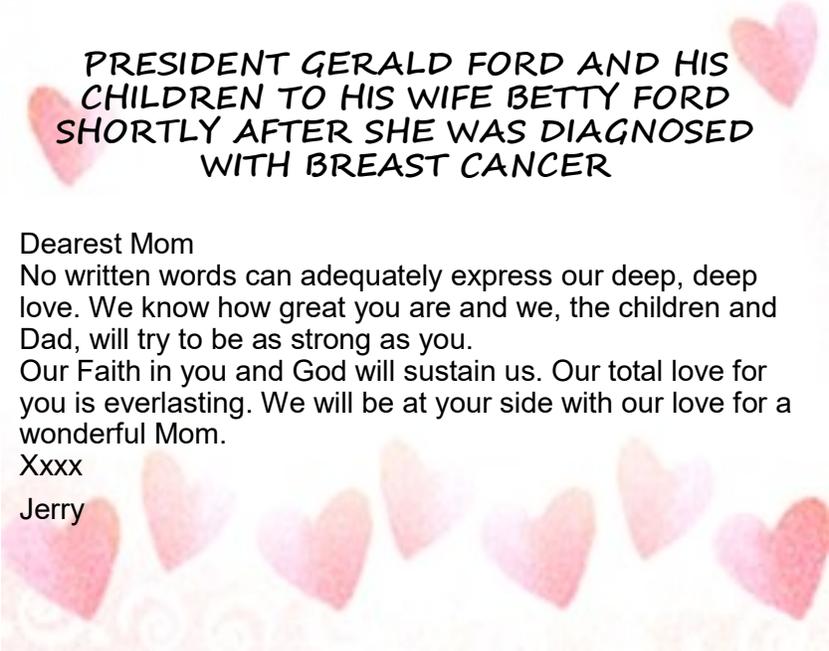


Love Notes



FRIDA KAHLO TO HER HUSBAND DIEGO RIVERA

Diego, my love,
Remember that once you finish the fresco we will be together
forever once and for all, without arguments or anything, only
to love one another.
Behave yourself and do everything that Emmy Lou
tells you.
I adore you more than ever.
Your girl, Frida
(Write me)



PRESIDENT GERALD FORD AND HIS CHILDREN TO HIS WIFE BETTY FORD SHORTLY AFTER SHE WAS DIAGNOSED WITH BREAST CANCER

Dearest Mom
No written words can adequately express our deep, deep
love. We know how great you are and we, the children and
Dad, will try to be as strong as you.
Our Faith in you and God will sustain us. Our total love for
you is everlasting. We will be at your side with our love for a
wonderful Mom.
Xxxx
Jerry

JOHNNY CASH TO HIS WIFE JUNE

Hey June,
That's really nice June. You've got a way with words and a way with me as well.

The fire and excitement may be gone now that we don't go out there and sing them anymore, but the ring of fire still burns around you and I, keeping our love hotter than a pepper sprout.

Love John

THE AMERICAN ARTIST ROCKWELL KENT TO HIS WIFE FRANCES (1926)

Frances! I am so lonely I can hardly bear it. As one needs happiness so have I needed love; that is the deepest need of the human spirit. And as I love you utterly, so have you now become the whole world of my spirit. It is beside and beyond anything that you can ever do for me; it lies in what you are, dear love — to me so infinitely lovely that to be near you, to see you, hear you, is now the only happiness, the only life, I know. How long these hours are alone!

Yet is good for me to know the measure of my love and need, that I may at least be brought to so govern myself as never to lose the love and trust that you have given me.

Dear Frances, let us make and keep our love more beautiful than any love has ever been before.

Forever, dearest one.

Thy

Rockwell.

♥ *Happy Valentines Day* ♥



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Our list to choose from:

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- ◆ *With Watch Me, Angels* by Ray Comeau, Ph.D.
- ◆ *The Rhythm and Reason of Reality—Prose and Poetry in A Course in Miracles* Compiled by Steve “Michael” Russell
- ◆ *Miraculous Psychotherapy: Achieve Your Ultimate Happiness With A Course in Miracles* by Gary Tiemann, LCSW
- ◆ *Finding Your Self In The Mirror* by Barbara Goodman Siegel
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- ◆ *Becoming a Miracle Worker* by Bonnie Nack, Ed.D.
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- ◆ *Be the Light that You Are* by Debra Landwehr Engle



Please drop me a line
indicating your interest in
reviewing a book.
Jon@MiraclesMagazine.org



WIT & WISDOM

“Don't cry because it's over, smile because it happened.”

— **Dr. Seuss**

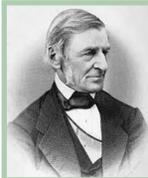


“You only live once, but if you do it right, once is enough.”

— **Mae West**

“A friend is someone who knows all about you and still loves you.”

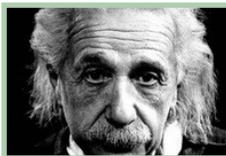
— **Elbert Hubbard**



“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” — **Ralph Waldo Emerson**

“I am so clever that sometimes I don't understand a single word of what I am saying.”

— **Oscar Wilde**



“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— **Albert Einstein**

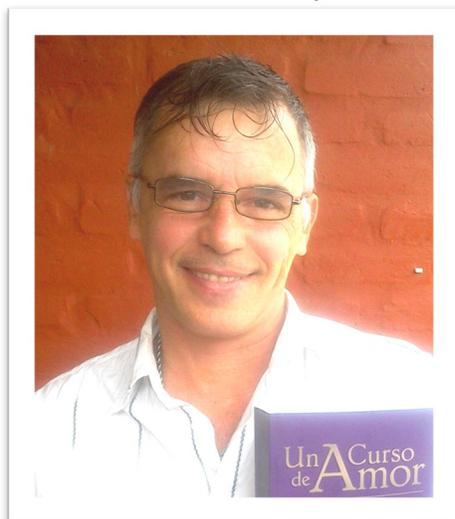
“The man who does not read has no advantage over the man who cannot read.”

— **Mark Twain**



Truth Makes Us Free – Even in Prison

by Sebastian Blaksley



I have had the unthinkable experience of having to go to two penitentiary institutions in Buenos Aires in order to visit some friends and family. I go weekly. At the beginning it was a shock. The prison system was so far from my thoughts that it practically did not exist, even though in the past I had participated in pastoral service to prisons in the parish where I lived. To perform a pastoral activity to prisoners is one thing;

but it is very different to see friends and family members living through the prison experience, with all its stigmatization and deprivation of freedom.

When life brought me the experience of having incarcerated relatives, I immediately thought: How can I transform this experience of apparent pain into Light? What does Jesus tell me to do? How can I be the incarnate Love of Christ in form in this situation—which for me was extreme?

The first day I went to visit them, I saw clearly that love must be shared at all times and places. Love cannot exclude anything. So I organized myself and made the long formalities necessary to present to the authorities a project of weekly meetings and workshops within the Ezeiza Penitentiary, a federal prison, the largest in Argentina. In the last week of August the project was approved unanimously, even enthusiastically.

So I started going to Ezeiza every week, conducting meetings and workshops with prisoners together with their families. The experience was so enlightening and healing that it is difficult to express

in words the joy of sharing the Love of God with those who are so open, so needing, to receive. Soon I was asked by the authorities to conduct the same program in another Argentinian prison.

What to say to a group of prisoners? That was the question I asked myself while organizing for the first meeting. And the answer was clear. **Create the new by letting the past go forever. Open up to be the new Self that we truly are.** Then the quote from ACOL came to mind:

"Your past has nothing to do with the truth about who you are, except insofar as it has helped you, or not, to remember who you are."
C:31.26

So, on this basis we held the first meeting and we will continue along these lines, reading and sharing together from *Un Curso de Amor*, the Spanish edition of ACOL. All this to help each other to remember: *Letting go of the past entirely. Letting it go never to return. And at the same time embracing the new Being that we always are, eternally, newly-loved and in Love.*

And in this way, we begin to experience the truth that makes us free—even in prison. What truth? The truth about who we really are, that is, God. For as we know from Lesson 110 of ACIM, beyond any theory or belief, *we are and always will be as God created us.*

It is incredible how everything flows with peace and harmony whenever I go to facilitate the prison groups. Yesterday several in the group had difficult legal situations. The father of one of them had died and although the prisoner could have gone to the funeral, he decided not to go to avoid media exposure because he is well known to the public. He felt guilty and angry. We had a great session to heal and leave everything behind.

Yesterday we focused on the theme of emotions and the topic of Day 8 in ACOL, "Accept the Present." The truth we are trying to make real in our lives is to accept everything that comes and to embrace it as a gift from Heaven. Easy to say! And often difficult to accept for minds that are still in the process of reuniting with the heart.

Because I am working with men, they often have difficulty expressing feelings. We are focused on that. Acceptance of feelings is essential in these conditions, as it is in everything.

They were so happy and grateful. I always come back from the prison with deep feelings of love, compassion and gratitude, in a condition of no judgment, great depth, and love.

I feel the Angels are present every Wednesday when I go to carry out the love of Christ among the prisoners. The eyes of the prisoners and their families express a great need for love. And a great feeling of gratitude. It is amazing how the eyes of those who implore love can embrace the soul.

Everything is light in those sessions. Everything is divine grace. It is impossible to express all the goodness that is done in this work. A song to God sounds in my heart every time I come back from the prison groups. A song that says: **How could we pay You, dear God, for all the good you have done for us?**

*We are one heart. We are one mind. Joined in wholeheartedness
we are the heaven of the world. C:I.11*

Sebastian Blaksley, of Buenos Aires, Argentina, was born to a prominent family. Although many opportunities were available to him, he wanted to be a monk. That not being allowed, he got a PhD in international business and communications, and lived in the US for 11 years, as well as in London, Shanghai, and elsewhere. In 2011 he discovered ACIM. In 2016 he discovered ACOL. Soon thereafter he left the business world behind and created the nonprofit Fundacion Un Curso de Amor, the organization publishing the Spanish edition of ACOL. Readers may also appreciate the story of how Sebastian discovered ACOL, published in <https://acourseoflove.org/the-embrace-13-miracles-in-buenos-aires/>, his reflections on being loved, <https://acourseoflove.org/the-embrace-25-i-was-created-to-be-loved/>, and his "song of gratitude," <https://acourseoflove.org/the-embrace-34-i-have-nothing-i-have-everything/>.



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STRUGGLE NOT

by Celia Hales

*“Out of His lack of conflict comes your peace.
And from His purpose comes the means for
effortless accomplishment and rest.”*

(A Course in Miracles, COA ed., T-VI.13:7)

*“All that you retain is a belief in effort and a
struggle to be good and to do good, a belief that clearly demonstrates
that you have rejected who you are.” (A Course of Love, C:P.13)*

When we launch into self-help mode, struggling to be better than we really are, then we are on the wrong track. Nobody, by effort, can effect great change. This is the ego’s plan, and it is a bad plan. The ego would have us fail continually, until we give up, turn against God, and decide that nothing we can ever do will make any difference anyway.

The quotation above from ACIM points out a better way. We know “effortless” accomplishment when we are depending on the Holy Spirit to rule our days. And we know the same when we follow the Christ Self, as ACOL would have us do in this time of Christ.

How might this effortless accomplishment come about? I think that quiet contemplation is the real way of change, effortless change. When we turn inward, we are merging with our Maker, for we are made of God-stuff. When we turn inward, calmly, we often intuit that things are not as bad as we thought when we judged ourselves as guilty. Our true innocence leads to self-acceptance, and this self-acceptance is being who we really are, something that ACOL champions.

Of course, we have not been perfect in our lives. We may have hurt ourselves and other people; we may have been guilty of violent acts. The Answer (which we all know) is forgiveness borne of the certainty that rescue is available. As faulty as our behavior may have been, we acted as well as we could, given our level of understanding at the time. And this is true for everyone.

Now we know better, for ACIM and ACOL both show us the way to a life of being who we really are, innocent children of God, no longer in a struggle to change by force of personal will. We listen to guidance, and in restful listening, let the Holy Spirit or the Christ Self take over. And thereby does change become effortless.

Celia Hales, Ph.D., writes three blogs on spirituality, including the popular “Miracles Each Day.” She is also the author of A Course of Love: An Overview, published by Take Heart Publications



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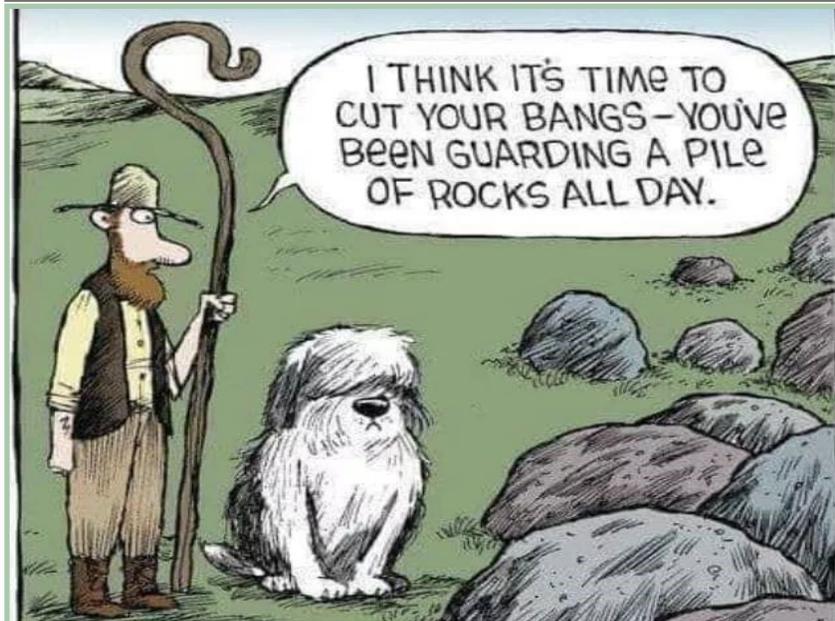
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Notes from Nancy

The Window to Eternity

Q: What is a holy instant?

A: There are actually two kinds of holy instants *A Course in Miracles* refers to. Dr. Kenneth Wapnick in Glossary-Index for ACIM defines the kind of 'holy instant' which we are able to **choose each day as**, "the instant outside time in which we choose forgiveness instead of guilt, the miracle instead of a grievance, the Holy Spirit instead of the ego; the expression of our **little willingness** to live in the **present**, which **opens into eternity**, rather than the past and fearing the future, which keeps us in hell." The other kind of 'holy instant' he defines as, "the ultimate holy instant, the real world, the culmination of all the holy instants we have chosen along the way."



As a psychotherapist who was initially trained in the Freudian perspective, I am aware that in some ways the 'holy instant' is like what Freudians described as the great 'ah ha' moment. The only difference in my experience is that 'ah ha' moments of insight do not necessarily lead to any change. While the holy instant is the result of asking for the **Holy Spirit's perspective**, which always leads to a holy instant, an instant of recognizing the **mutual holiness** of our self and another.

When **forgiveness** is **chosen** instead of projecting blame onto another, peace and compassion follow. Glimpses of our true power as an extension of God is felt...for an instant. In time, because we are in a school house of learning with the Holy Spirit as our Teacher, and with practice, choosing forgiveness comes more easily because experiencing that **window to eternity** is so **peaceful**, we want more than a glimpse. It becomes a state we want to reside in.

In Dr. Wapnick's book, *A Vast Illusion Time according to ACIM*, he explains that **linear time** is an invention of the ego so that we continue

to perpetuate the guilt from the past onto the future, which maintains our separation from eternity, which is in the present. When we **choose true forgiveness**, we are lifted out of linear time for a holy instant and while the linear time line seems to continue, when we return, we are **never the same**.

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

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<p style="text-align: center;">Sunday, January 6 Unity of Flushing Flushing, NY</p> <p style="text-align: center;">Sunday, January 13 Miracles in Manhattan New York, NY</p> <p style="text-align: center;">Sunday, January 27 Unity of Sussex Sussex, NJ</p> <p style="text-align: center;">Sunday, February 10 Miracles in Manhattan New York, NY</p> <p style="text-align: center;">Saturday, March 23 Unity of Dunedin Dunedin, FL</p>	 <p style="text-align: center;">May 23—May 26 ACIM Conference The Power to Heal Omni Parker House Boston, MA</p> <p style="text-align: center;">Friday/Saturday, June 21 & 22 Miracle One Center Madison, WI</p> <p style="text-align: center;">Sunday, June 23 Speakeasy Spiritual Community Western Springs, IL</p> <p style="text-align: center;">October 11-14, 2019 Miracles in the Mountains Conference Art of Living Retreat Center Boone, NC</p>
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A Gift of Presence. Spacious Presence

by John Mark Stroud

Here I AM sitting in front of my computer staring at the blank white screen, reveling in its empty beauty. I feel the gentle rhythm of the body's breath coming and going. I hear the sounds of water bubbling in the fountain behind me. There's a gentle breeze caressing my skin, dancing with the hairs on my body. My fingers are resting on the keys, waiting, waiting for Love to express itSelf.



This moment is already full to overflowing...

I wait. I then express my reluctance to my friend and playmate, Cindy. She smiles gently and offers a few suggestions. None of the things she offers feel right, so she asks, "What do you want to tell those who will read this article?"

"I don't want to tell them anything," I reply. I want to show them. I want to share the experience with them directly." With that, she goes back to her knitting. It's her meditation.

I wait. The cursor flashes like a silent metronome, announcing its readiness to be moved into expression.

Still I wait, allowing the power in the silence to just be. Then I feel it. A friendly and familiar movement arises from within. I feel it, I know it. If I had to express that knowing in words it would be, "Just tell it like you KNOW it."

OK. I can do that. As I move into agreement with that inner knowing, a soft inner flow begins. I trust where it will take me. Where it can take us together.

Why has it taken me so long to write this article? Honestly, I am loath to add more characters called “letters” to a page. I am loath to create more words to express ideas and concepts or wax on about these things that Jesus has already shared in so many texts with the most amazing clarity. He has done so in *A Course in Miracles*, *A Course of Love*, and he even beautifully spoke the words aloud via his chosen channel in *The Way of Mastery*.

I have especially loved the instruction to “lay aside all thoughts” and simply BE as exemplified by ACIM Lesson 189:

Simply do this: Be still and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, or good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God.

Yet the time for reading, writing, or talking about Christ Consciousness is finished for me. It has been finished for some time. All I can truly do now is BE. And how I am moved to simply BE leaves these pathways and individual journeys within them in the rear-view mirror. My inner compass is fixed upon the I AM and the magnificent unknown as it unfolds right here and now. That compass guides me perfectly without the need to circle back to any of Jesus’s pathways.

I have come to know and appreciate words for all their beauty, for their ability to inspire and invoke within us deep remembrance. They can encourage us, call us, even seduce us into the process of Awakening. But words themselves are, frankly, inadequate substitutes for the *felt knowing* that is our true birthright. Ideas and concepts have a place but *knowing through direct experience* — that’s the bomb. The only way to go. No ideas to promote or defend. No metaphysical concepts to try to understand. Just my own direct experience, because my experience *is* my true knowing.

This brings me squarely to the purpose of this article, what I call Spacious Presence, what Jesus calls the Spacious Self. In ACOL, Jesus introduces us to the concept of the Spacious Self in Day 12 of the



Dialogues. Notice this comes just after he resigned as our teacher. The Dialogue begins with:

“Now we listen to feelings. Now we listen to feelings and understand what they have to say to us. Now we listen with a new ear, the ear of the heart.”

Wahoo! My heart sings with joy. My weary mind sighs with relief that it may lay aside its need to learn, and to thereby earn its way into Heaven. My mind has come to know its only real safety is in *not* knowing, or even needing to know. Now it remains open and is effortlessly filled with the knowing of the heart. The heart’s knowing just is. It’s always simple, and it is free from knowledge based in learning, time, need, or outcome.

Long before I actually come across his references to the Spacious Self in ACOL, Jesus taught me how to attune my awareness, or enter into, Spacious Presence. And to my surprise, he used the doorway of my body to access that communion. The very body I had been trying to deny, having encountered the ACIM workbook Lesson “I am not a body, I am free.” I could not help but laugh when I recognized that the very thing, I was trying to get away from contained the doorway to All That Is. Ha-ha-hah! The joke was on me.

Some take the position that the body is an illusion, insisting that it is not even really here. How then, can the body contain a doorway to the Eternal? The first choice is to let go of all we think the body is, along with our past experiences with it. This is not always an easy task. But it is what moves us into a felt communion with, and ultimately AS, the One Self in Unity and Relationship. By changing our relationship to the body, we can allow it to become our partner, even our teacher.

To assist my skeptical mind, Jesus asked me a few questions.

“Is your mind always present in the now moment?” No, of course not. It’s here for a moment, then it’s reviewing last week, skipping forward to next year, or just asking what’s for dinner. It can be all over the place, but hardly ever *here*, now.

“How about your body?” he asked. BOOM. Revelation and its knowing swept through my Being. Without hesitation, I knew my body IS PRESENT ALL THE TIME. And I also realized its presence was effortless. No thought, no strategy, not even a choice was required to keep the body from running to the past or future. Like it or not, my body was always right here, right now. I could not even imagine a way to change that. The body is always Perfectly Present.

Jesus made it clear to me that the body was a Master of Presence. “Are you willing to allow it to teach you its mastery?” he asked. “Yes, yes I am!” was my eager reply.

He then went on to show me how to use the power of the Light of my Awareness. We all possess an individual awareness that hears our thoughts, is aware of our hunger, is aware that our toe hurts. This Awareness is also aware of Itself. This Light of Awareness is within each of us. It is actually an aspect of the Source Light. It came into Being when God said, “Let there be light.” The very Light of God has been within me since the dawn of creation. I have never been apart from it. I was convinced I was a body only because I had cleverly used my light to show me nothing but a body, limiting my awareness to five physical senses. That was a brilliant creation to experience separation — an amazing expression of my freedom — but that’s another story.

Under Jesus’s guidance, I had identified the two things I needed to enter into the Spacious Self. My body was the doorway. And the light of my awareness had the power to move me over the threshold. You have these, too. Right here, right now, we each have all we need to enter into Union and express that Union in relationship. I have enjoyed much time in communion exploring, playing, and abiding as the Spacious Self.

I am grateful to be past the time of learning and its need for teachers. I have no need or desire to teach, but I am eager to share in Unity and Relationship. To have more friends to play with! Not to share more words or concepts, but to share in a direct experiential communion with and as the Spacious Self. To KNOW like you have never known before. To FEEL beyond the need for beliefs.

Editor’s note: Beginning January 1, John Mark and Cindy Stroud are offering an online group experience of attunement to the Spacious Self that they call “Beyond Belief into Presence, The

Claiming of the Spacious Self.” There is no charge. If interested, email presence@onewhowakes.org to let them know.

Following a successful career in business, John Mark plunged into darkness, emptiness. Unexpectedly in 2011 he experienced a spiritual awakening that radically changed his life. He found himself being clairaudient and he received extensive tutoring from Jesus.



My good friend **Ken Mallory**, an ACIM leader from Hartford, CT passed this last November 2018. Ken was not only a good friend, he was a dedicated ACIM student/teacher. Ken helped in editing and providing commentary on a number of previous articles and various chapters in some of my books. I always appreciated his point of view and his continued emphasis on being sure to turning everything over to the Holy Spirit. I talked to Ken a few days before he passed. He was in good spirits and he said he was ready to go. God Bless you Ken on your journey. Lovingly, Jon Mundy

Here are couple of memories from other friends. The following is from Vicki Thomas of Quincy, MA—*There are many ways we each live out ACIM, but the most valuable gift we offer one another is always our LOVE and example. This was the gift many of us received each and every day from Ken... his passion was in his GIVING ... he was our resource beyond the book or the internet to find any and every obscure quote and then a reflection of it as well. JOY was contagious through his immediate and prolific answer to every request or comment on one of his daily posts or bumper stickers. Each morning he became part of my daily practice as I took his message to be my directive for the day. His added humor and music always opened my heart to the true meaning not just of the passage but of the JOINING with him which was beyond any quote. I still join with him each morning knowing our ONENESS is his EXAMPLE of LOVE now LOVE YOU MORE KEN !!*

The following is from Ken’s Friend Mark Rubenstein
Of all the people I’ve ever known well, he’s the one whom I felt would transition from here (space/time) to there (eternity) smoother than anyone. And when I told him that he seemed genuinely pleased. He was a serious Course student and for that I was honored to be his friend. Miss you, my brother.





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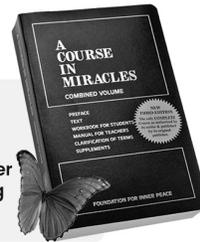


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The Dreamer's Guide to Dreaming: **Practical tools to remember our Truth**

by Dr. Dana Marrocco



A prerequisite to accepting the Truth of what we are—Love and nothing else, is to fully understand the barrier of self-deception. And we're all deceiving ourselves whenever we believe we actually came from and reside within the dream world. If self-deception were a pool, some would appear to be all the way under, and some would appear to be sitting on the side with just one toe dipped in. If we're not all the way out, though, it's equivalent to all the way in. Remember that we're playing all parts simultaneously. We are the One appearing as many. Therefore, judgment is not required. The One of us here is calling out for help, and the One of us here can answer. This occurs naturally when a shared will is acknowledged and peace is our only goal. *A Course in Miracles* tells us that if our peace doesn't include everyone it's not True peace, which makes sense if we remember that whoever we exclude is also our self in disguise. The following list is meant to help keep our focus on our shared goal of peace, despite the colossal distraction of the dream world. Our mantra could be, "Go One and Go Home;" which means when we undo the error of separation—the ultimate deception that is embedded in all others—we are aware that we go home together or not at all. Although, "not at all" is only an option for the illusory ego. In Truth, we have never left Home. We never could.

Do's and Don't of the Dream World

DON'T ask for things in the dream: Oh, no! I'm breaking the first one right now in real time—if there was any part of time that was real. As you read this article, I really want you to connect with it on a meaningful level. There is nothing wrong with that intention. I just need to be mindful of my investment in the outcome. Since the dream

is over, and I only see the past—I'll either watch myself become a spiritual author who inspires many, or not. Ego tells me, "Yes, if it works out this could finally be the experience that brings you lasting happiness, but don't get your hopes up, idiot." Spirit tells me, "Both outcomes—success or failure—are the same in that they are equally without reality. Your peace can be unwavering if it's not bound by external conditions."

DON'T try to fix the dream: This one is really hard for me. *ACIM* tells us to "trust not your good intentions. They are not enough." The ego can very cleverly convince us to focus on all things external and try to fix up the world. This only serves to prolong our suffering, the ego's goal, because it's an impossible task. The dream world was built on a foundation of guilt over the separation, and with guilt it will remain true. Our only option is to withdraw our belief in it, and Spirit can walk us through that path without fear and without any feelings of sacrifice.

DON'T think you're not getting it because the dream still sucks: My insightful mother told me, "I understand it, but I can't live it." That actually makes perfect sense. None of us can live it as egos, or dream figures. We are the dreamer—who chooses to dream or not to dream. Understanding is all that's required, and all we can do. Allowing the dream to unfold as it will without judgment, without making it real in our minds is the goal. When I'm able to do this, I do appear to see evidence in the world that I hate myself less. Things do seem to go my way and meet or exceed my expectations. But when this happens, I see it as symbolic that I'm starting to accept my true nature as loving—the Source of which is outside the dream completely.

DON'T bring your Source into the dream: The only way we can release our unconscious guilt over the separation that never actually happened, is to remember that our innocence is still intact outside the dream. And, that our Source knows nothing of our failed experiment with darkness. In other words, our Source is



completely blameless here in the dark, and we are completely blameless for eternity in the Light. That really doesn't sound so bad!

DO be gentle with yourself as dreamer of the dream: When we watch ourselves go back and forth between loving and unloving, we must remember that we didn't come here to be loving, and forgive ourselves for wanting this shabby alternative to the Love we are. It's important to remember that the decision came first. We decided to experience separation from our Source of Love. Take backs are allowed, though, and expected without ANY consequence at all—other than laughter at the insanity of it all.

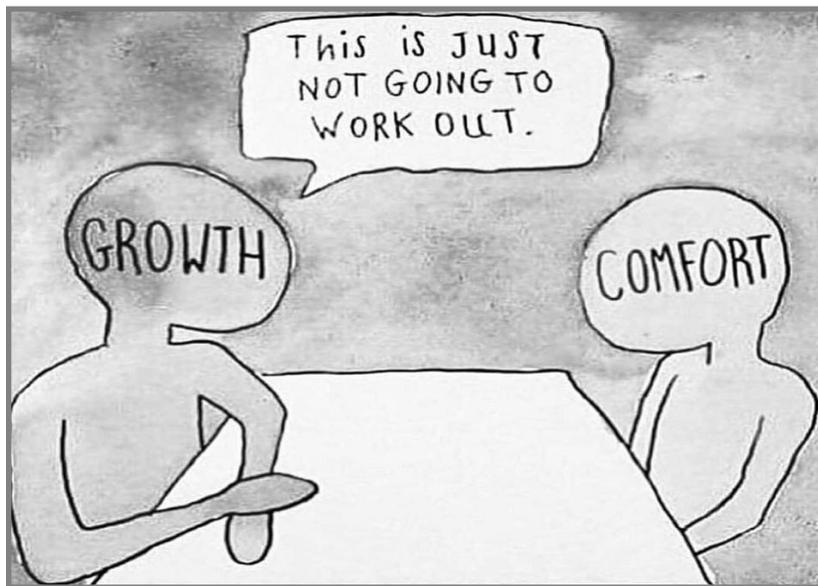
DO watch the dream with subtitles from Spirit: To watch the dream alone is to watch it with the ego, our default setting until we choose otherwise. We are to ask Spirit to reinterpret everything we see as often as we remember. Ego (our decision for separation) and Spirit (our memory of Oneness) are both a part of us until Spirit cancels out all ego thoughts, leaving nothing to decide between, and we exit the dream as One—reclaiming our Identity as equal to Source.

DO take the dream as lightly as possible: It serves us well to not take the dream personally, because there is no personal version of ourselves—only One of us appearing as many. When we watch ourselves appear to win, we are also the one who appeared to lose. It all cancels itself out without any interference on our part. All experiences are inherently neutral. Peace can be held in mind no matter what images of attack appear before us. *ACIM* gently reminds us to view attack as a “call for love.” The world will always send out a call for love, because it is the effect of our decision to separate from our Source of Love, which was the cause. We can answer that call for ourselves and everyone, simultaneously.

DO look deeply at the dream with full acceptance: We are required to take responsibility for the entire dream. When we watch ourselves turn off the news, we must remember that we made every headline of horror together. Denial doesn't get us off the hook; it only prolongs suffering. But, it turns out there is no “hook.” We are able to look straight at the dream without flinching when we are sure enough that no part of it is real. Only then can we truly let go of it all and regain All.

This decision is symbolic of a dream I had where I was submerged in a turbulent ocean hanging on to the side of a boat. The boat had twelve people safely on board, but I was determined to stay where I was, even though they were more than willing to help me. Then, I wondered why I was making it so much harder than it had to be. I crawled into the boat and joined the people on board. I realized that before climbing on board, I was choosing a separate story of victimhood—I would have eventually drowned—over a shared story of triumph. After waking up, I thought the boat could have been named the “S.S. *Innocent*.” The thought of innocence is our life raft, without which we are drowning in a sea of guilt. *ACIM* says, “Innocence is not a partial attribute. It is not real until it is total.

Dr. Dana Marrocco, PhD, is the author of *THE TOP TEN LIES WE TELL OURSELVES And How to Stop Living Them* (Ixia Press/Dover Publications, 2018). The teachings in this book draw from her professional background in educational psychology and *ACIM*. “Dr. Dana” speaks, sings, and performs self-help stand-up at events, on *ACIM Gather* (Wednesdays at 9:30am EST), and on her YouTube video series, “Did You Forget to Laugh?” Find out more: www.drdanamarrocco.com.





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The Child Experience
How am I to be Love Today?
Parent-Child Miracle-Mindedness
by Dr. Roxanne Daleo

How am I to be Love today? Let me start in this simple way.
I love everything I see. I see love in you and me!



Feelings are thoughts that produce images in the mind. These images thus produce emotions. Therefore, knowingly or not, consciously or unconsciously a cascade of neurochemicals incorporates the mind and emotions back into the body thereby promote healing or inhibit it.

Anytime there is a feeling, there is an activity in the mind, in short, psychological states have an effect on the immune system. This is why it is important for you to take an *active role* in your health. Research at the University of Rochester demonstrated that a drug was not necessary to change the immune response.

Our moods and attitudes affect us physically. If we want inner peace, we must create images in the mind of peaceful thoughts then the feelings of peace will flow back to the body. This is why it is helpful to use a photo book designed to provide easy mood-changing photographs that evoke peacefulness or excite you and make you feel happiness and love.

Here is a quick exercise to raise your emotional level to promote well-being. Ask your child to play the game: “I love...”

I love are two of the most powerful words on earth because when you say what you love, you start remembering who you truly are—which is Love! And when you start remembering who you are, you raise your vibration, moving up the emotional scale from restless to joy. When you vibrate at a higher frequency you connect with your child energetically in the spirit of play. Remember that camp song?

“I love the flowers. I love the daffodils, I love the trees, I love the rolling hills, I love the wavy seas, I love swinging in the breeze.” You can create your own songs. Start with your child singing together with you, then remind her she can do them on her own. This is how you give your child the *active role* in self-care.



Now, ask your child, “How will you be love today?” Ask: “Can you spread love by giving a smile or a

hug to someone? Ok, tell me who will get your touch of love?”

Helpfulness created me helpful— How will you be helpful today? Perhaps you will help by setting the table at dinnertime; or making your bed and keeping your room clean; or carrying a package for someone who needs assistance.

Kindness created me kind— How will you be kind today? Ask your child: “What kindness can you do for your sister? Can you imagine helping her pick up her room? You tell me a way you know you can be kind to her or share something with her.”

Here, you can offer your own stories of time you demonstrated kindness to your sibling and tell your child about those experiences and how it made you feel to be kind and the effect it had on the person who was given caring.

Our purpose on this earth is to be Love, to express it to the best of our ability in every single moment of every single day.

At times, either in the late afternoon or in the evening before bed, sit with your child. Use photos of nature that feel peaceful to you and your child. Cultivate the art of slowing down together—turn off the cell phone, turn on the confidence and see what happens.



Love created me like itself. Lesson 67 A Course in Miracles

Say to yourself: “(I) will make an effort today to reach this truth about (myself) and to realize fully if only for a moment, that it is the truth: Love created me like itself.”

Say: “Holiness created me holy.”

“Kindness created me kind.”

“Helpfulness created me helpful.”

“Perfection created me perfect.”

“It will be particularly helpful today to practice the idea for the day as often as you can. You need to hear the truth as frequently as possible because your mind is so preoccupied with false self-images.”

Can you believe? You were created by Love like itself.” Once you do, you can give this belief away to your child. Begin by catching your child in the act of kindness, then say: “Sweetheart, giving grandmother a tissue was so kind of you!— Kindness created you kind! Love is who you are, did you know that? Yes, Love created you lovely.

Throughout the day and week look for and find attributes of loving-kindness, helpfulness, etc. in your child. Pause to acknowledge your child for who he/she truly is through their acts of kindness and loving behaviors. The more you seek, the more you’ll find.

Children become the messages they hear the most. As a parent, your beliefs, words and actions are constantly sending your child messages which create the child’s earliest ideas about him/herself, others and the world around him.

So, be mindful of the messages your child gets most. Infuse your child’s mind, heart and soul with messages of his/her holiness.

This is important because you are imprinting your child with an awareness of and belief in a sacred-self: his/her divinity. In short, teach only love, then your child will learn and know the Truth: “Love created me like itself.” And because God and Love are one and the same, your child will come to believe “I am Love.”

DR. ROXANNE DALEO Renowned clinician, leader and pioneer in Health Education, Dr. Roxie has an unwavering passion for helping children discover their inner resources and realize their own self-worth. As a counselor in Pediatric Stress Management, specializing in anxious children, and parent coaching. Her training from Harvard University and the Jung Institute combine evidence-based mind/body techniques with expressive arts and anchors her work in one of the most powerful methods for awakening natural healing within.

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I Am Here Only to be Truly Helpful

by Allan Schulte Ph.D.

We are often asked ***“How did you get your first clients in your practice?”*** This is a common question as we help people to start their own wellness businesses, using Quantum Biofeedback. Our standard answer is we suggest starting with friends and family. Recently, one person pressed us to be more specific... so here is how we answered her.

Back in the 1990's, we ran a Course in Miracles group that met at our home every Tuesday night. Our Miracles group was comprised of about two dozen people who were very supportive of each other's life paths.

One evening, my husband Allan, the leader of the group, shared that his chronic fatigue had been helped by a new bio-resonance machine from Germany. And he wanted to help others with it too. Members of our Course in Miracles group jumped right in with their support. One woman gave a small dessert party which resulted in a number of long-term clients. Two people pre-paid for months of therapy. Others set up appointments for themselves and recommended us to their friends and family. (Some of these individuals are still clients, almost 20 years later!)

Two others from our Miracles group started working with us at our wellness center as therapists and as biofeedback-stress relief coaches. One dear ACIM friend still does distance healing therapy for our center, specializing in both elderly people and pets.

Our group comprised people of all ages with various resources. I am often reminded of the ACIM line that says, ***“those that temporarily have more ... help those who temporarily have less.”***

Over the years, some of our former students have moved away, health and aging has affected some, and five have transitioned. In some ways, the life situations have changed considerably for many of our ACIM friends, but I know, whatever their life path, the theme is the same: they each try to be truly helpful to others... ***And they still are “making all decisions based on Love!”***

We ended each ACIM evening, holding hands and saying together: ***“I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal.”*** *Marcia, Allan and Evan Schulte are owners of Lotus Stress Relief, Sarasota, Florida*

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ONE LAST THOUGHT

by Eileen Kelly Katzmann



Life is unpredictable. So much of our journey isn't planning what we want to happen, but instead dealing with all the circumstances that we never anticipated that come our way. I am blindly meandering around one of those unanticipated circumstances now. My first instinct was to let go of the unpleasant situation. After all, who wants to feel pain? And while letting go has its benefits in countless scenarios, sometimes sitting in your hour (or days) of darkness and allowing yourself to be uncomfortable, reaps the rewards of a much-needed life lesson.

It is tempting to just want to let go of a painful situation or plot and plan our way out of it, but the truth is sometimes we need to just *let it be*. That can certainly be difficult because we are programmed to want to fix what is broken or toss it away. It is part of the human condition to either fight or flight from a difficult situation in order to protect ourselves. Sitting still in the murky water, however, can offer some clarity if we're patient. Consider a snow globe that has been shaken. Its picture is fuzzy and unclear until it settles for a while. Its only after the stillness and time spent settling that there is a refinement of clarity.

When life becomes challenging for me, it's always Pema Chodron's words that remind me there is often purpose in the pain. She wrote, "*Nothing ever goes away until it teaches us what we need to know.*" She is right of course because while we can choose to remove ourselves from situations and relationships, the reality is that it's a lesson that just might keep coming back until we have learned all we are supposed to.

By letting it be, we are still moving forward in our lives. We are still attracting abundance and meeting the surprises that each new sunrise may bring, but we aren't forcing ourselves to adopt a particular plan or outcome for ourselves or our lives. We are instead choosing to hit the pause button within our story and allowing it to bring forth the lesson it is so desperately trying to teach us.

So, I'm going to experiment and sit in this uncomfortable space for a while, not rushing through the lesson or struggling for the meaning of something that isn't yet ready to be understood. Because even in sadness, heartbreak, frustration, and anger there's a softness and peacefulness embedded deep within when we just lean into letting it be.

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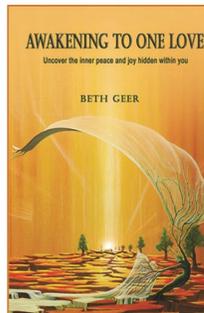


The central teaching of *A Course in Miracles* is that we have chosen to listen to the voice of the ego as our primary guide in life. Choosing the ego means we have also "chosen" to ignore the guidance of the Holy Spirit. While the ego invariably makes us unhappy, God's Will for us is Perfect Happiness. The Course also assures us that The Voice for God speaks to us all through the day. It is possible to listen to and follow God's Voice. Doing so leads us to our greatest happiness. This class will focus on turning down the staticky noise of the ego and turning instead to the soothing sounds of God's gentle voice.

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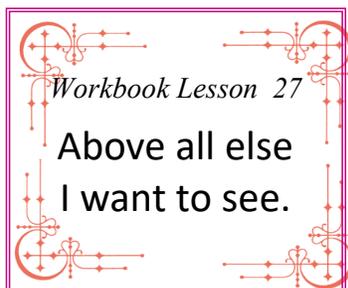
In 2004 Beth Geer had a wakening experience that changed her life forever. While standing in a bookstore holding a dark-blue book titled *A Course in Miracles* in her hands she suddenly heard an Inner Voice speak to her, saying "Read this.



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Do exactly as it says. Do not miss my message for the second time...." And so she bought the book, and over the next 12 years the Inner Voice guided her in her studies of the Course, during which she found the answers she was looking for about God, life, and the reason for our very existence.

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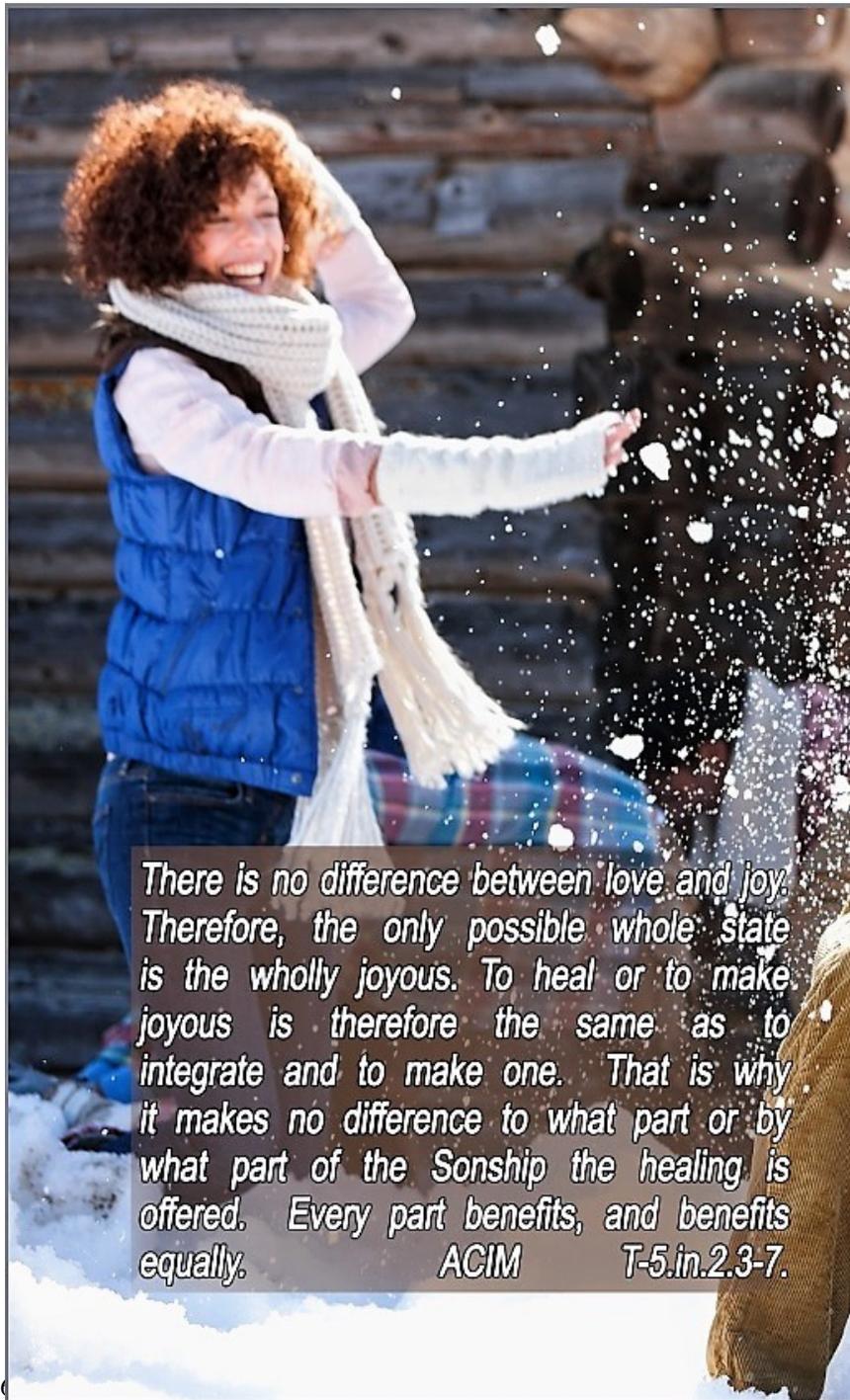
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