

A woman is sitting on a white, fluffy rug in front of a fireplace. She is holding a baby in her arms and looking at a tablet computer. The fireplace is lit, and a candle is burning in a glass holder on the rug. The scene is warmly lit with orange and red tones.

# Miracles

Classroom for the Universal Course  
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*The End of  
Seeking – p. 11*

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# LIVING IN THE REAL WORLD

by Jon Mundy

*The Goal of the Course is to be Living in the Real World.*  
Dr. Kenneth Wapnick

A Course in Miracles makes seventy-seven references to  
The Real World. What is the Real World?

The publisher of *A Course in Miracles*  
is The Foundation for Inner Peace.

To be peaceful is to be living in the real world.

*The real world shows a world seen differently  
through quiet eyes and with a mind at peace.*

W-pii.8:2:2 (page 443 in the FIP workbook)

*The real world was given to you by God in a loving exchange  
for the world you made and the world you see.*

T-12.VIII.8:1

## **What do you see?**

It's all about how we "choose to see" the world and our willingness to accept responsibility for our projections and reactions to the world. What do you see?

*Projection makes perception.*

*The world you see is what you gave it,  
nothing more than that.*

*But though it is no more than that, it is not less.*

*Therefore, to you, it is important.*

*It is the witness to your state of mind,  
the outside picture of an inward condition.*

T-21.II.in.1:1-5

## Egos Out of Bounds

Turn on the news, and we see a world filled with wars, threats from would-be dictators, and an abundance of egos out of bounds. A study of history is a study of wars. The world we see on the evening news is not where love prevails. Instead, it is a world crying out for love. As it is, it is a world where egos play out a centuries-old, seemingly never-ever-ending, retaliatory game of tit-for-tat and an eye-for-an-eye and a-tooth-for-a-tooth, which, of course, leaves everyone blind and toothless. All the while, Heaven awaits our embrace if we can relinquish the ego's rebellious, insane thinking.

*Consider how much vigilance you have been willing to exert to protect your ego and how little you have been willing to expend to protect your higher mind.*

*Who but the insane would undertake to believe what is not true and then protect this belief at the cost of truth?*

T-4.III.10:1-4

A miracle is a change of mind from misthought, wrong-mindedness, or insanity to mind-fullness, sanity, and right-mindedness. Love "needs" to rule the day. It is the only system of government that will work. We need only bring our minds in line with the Mind of God to see clearly. We need only see it to be it. God is always speaking to all of us all through the day. It's a matter of our willingness to listen.

*You must change your mind,  
not your behavior, and this "is" a matter of willingness.*

*You do not need guidance except at the mind level.*

*Correction belongs only at the level where change is possible.*

T-2.VI.3:4-6

## Amor Fati

Living in the real world requires seeing the world from a higher awakened, non-condemnatory point of view. Around 300 B.C., the Greek philosopher Zeno began teaching a philosophy of life called Stoicism. There are many similarities between Stoicism, Taoism, Zen Buddhism, and the Course. According to Zeno, happiness and peace of mind can be found by living a virtuous life, which is

expressed in *Amor Fati's—Love of Fate*. Practicing a good life through wisdom, willingness, moderation, and justice enables *eudaimonia* (happiness). *Amor Fati* works well with workbook lesson 268. *Let all things be exactly as they are*. Love your life the way it is transcending the externals. Do what you can to improve it for others, and you will enrich your life.

Jesus speaking:

*I do not attack your ego. I do work with your higher mind,  
the home of the Holy Spirit, whether you are asleep or awake,  
just as your ego does with your lower mind,  
which is its home.*

T-4.IV.11:1-2

We can never attain good by attacking the world  
in thought, word, or deed.

*The real world cannot be perceived  
except through eyes forgiveness blesses,  
so they see a world where terror is impossible,  
and witnesses to fear cannot be found.*

W-pii.8.1:4

The first step, the transformation of seeing, is the hardest. We must begin by forgiving ourselves for our insanity. We are being called upon to give up our recalcitrant resistance, stop running away from God, turn around, and go home.

*Reason will tell you that the only way to escape from misery  
is to recognize it “and go the other way.”*

T-22.II.4:1

To do that, we must think like God. How does God think? He does not criticize, attack, or condemn. Instead, He always forgives. He always welcomes us home again. He never holds our evil dream against us.

Jesus' Parable of the Prodigal Son perfectly describes this process. A young man chooses to leave home and go off on his own. The father does not try to stop him as he has free will. He spends all he has and falls into want. When he returns, the father does not mention his waywardness – he is already forgiven. Instead, he says,

*Bring the best robe and put it on him.  
Put a ring on his finger and sandals on his feet.  
(His status is being returned.)  
Bring the fattened calf and kill it.  
Let's have a feast and celebrate.  
For my son was dead and is alive again;  
he was lost and is found.'*  
Luke 15:22-24

The only thing that matters is that he is safe at home. The only thing that matters is that we, too, wake up and remember that we have been on a nightmare journey. Where we went and what we did, the level of illusion does not matter. The only thing that matters is waking up and realizing we are already home. We never went anywhere.

*God knows you "now." He remembers nothing,  
having always known you exactly as He knows you now.*  
T-15.V.9:1

It is impossible to lose Heaven;  
We can only sleep and dream we're in a foreign land  
for a time too short even to remember.

*The real world is, but  
you're welcome to what always was.  
Therefore, the call of joy is in it, and your glad response is your  
awakening to what you have not lost.*  
T-13.VII.9:7-8

*The real world is attained  
simply by the complete forgiveness of the old,  
the world you see without forgiveness.*  
T-17.II.5:1

Complete forgiveness of the old means holding onto nothing.  
We need complete forgiveness. Remember,

*The past as well held no mistakes;  
nothing that did not serve to benefit the world  
and him to whom it seemed to happen.*  
M-4.VII.1:6

Guilt only points to a land we never want to visit again.

*Forgiveness is the call to sanity,  
for who but the insane would look on sin  
when he could see the face of Christ instead?  
And thus is prayer restored to formlessness, beyond all limits into  
timelessness, with nothing of the past  
to hold it back from reuniting  
with the ceaseless song that all creation sings unto its God.*

S-2.I.8.1&6

*The holy relationship,  
a major step toward the perception of the real world, is learned.  
It is the old, unholy relationship transformed and seen anew.*

T-17.V.2:1-2

Behind the chaos that dominates the clouds, the sun still shines. Our world is experiencing an unprecedented spiritual revolution. Older, highly structured, rule-ridden, and ritualized religions are dying. New, more holistic, and interfaith-oriented ways of seeing now become apparent. Science, technology, and spirituality combine in a power surge of refreshing energy, opening doors to more profound and, yet again, deeper levels of seeing, knowing, and being. Let nature take its course says the Stoics, the Zen Buddhist, and the Taoists. That which is untrue dies away from the insidious ingestion of untruth. Only that which stands in the light can grow.

*Look at your life and see what the devil (ego) has made.  
But realize that this making will surely dissolve in the light of  
truth because its foundation is a lie.*

T-3.VII.5:3-4

*Remembering is as selective as perception,  
being its past tense.*

T-28.I.2:5

The ego would have us review our pains and examine the awful things that happened in the past. All the while, to be free, we could just let it go. Forgive, forget, and go on—looking ever at the rising Son.



*The real world still is but a dream.  
Except the figures have been changed.  
They are not seen as idols that betray.*  
T-29.IX.7.1-8

## **Forgiving Dreams**

The real world is a dream because the world is a dream, a fantasy, an improvisation we make up as we go along. Think about your childhood for a moment. Does it not now seem like a dream? And what happens after you have let your body go – will this world then not seem like a dream? Something that happened in some distant land – far, far away. For this reason, being lucid dreamers in everyday life is essential to our complete awakening in which, like Jesus, we remember Heaven as our Home.

*All your time is spent dreaming.  
Your sleeping and your waking dreams have different forms,  
and that is all.*  
T-8.II.5:12

Awakening within the dream, we are less likely to do foolish things, and we dream happy dreams where -- content within ourselves because we do not attack nor take insanity seriously. Instead, we take it as a call for help. When we see a call for help, we help, for by helping others, we help ourselves. According to Principle No. 33 of the 50 Miracles Principles, *Miracles dispel illusions and free us from our nightmares by releasing our minds from the imprisonment of our illusions.* Happy dreams lead us beyond illusion to the truth. Happy dreams are forgiving dreams in which we release the world from our condemnation and forgive ourselves.

*Only forgiving dreams can enter here,  
for time is almost over.  
And the forms that enter the dream  
are now perceived as brothers,  
not in judgment but in love.*  
T-29.IX.7.1-8

As I get older, I'm happy to be carving out more time for stillness and reflection. Many seniors experience this inevitable

“cleansing of the ego” in relinquishing what is not needed in favor of the richness of what the moment brings – whether in silence or with friends. We relinquish our investment in the world as we allow the Holy Spirit to extend the real world. Life is simple when we follow the Voice of God. The Holy Spirit has nothing in mind for us that will not bring us the security and peace of mind that comes with knowing God. The Real World is the Holy Spirit’s happy dream, the end of the atonement, and the undoing of our thoughts of separation. Living in the real world means living in the now, in the world, in a body free of sin, guilt, and fear. From this perspective, we can experience total forgiveness and the absence of guilt while not taking the world too seriously.

The Higher Mind is a place of heightened awareness. We see what is going on without judgment or condemnation, just as God does. God only loves.

Remember:

*The Holy Spirit, like the ego, is a decision.  
They are the only choices open to you.  
God created one, and you cannot eradicate it.  
You made the other, and so you can.*

T-5.V.6:6-9

***Perceiving ONLY the real world will lead you to the real Heaven,  
because it will make you capable of understanding it.***

T-11.VII.3:9

Finally,  
the doors of Heaven open and we let the dream be gone.  
Heaven belongs to everyone because it is already ours.  
Heaven is Here. Heaven is Now.  
There is no other Place. There is no other time.

Lovingly, *Jon*

# THE END OF SEEKING

## *The Need to Pause to Recognize That We Are What We Are Seeking*

by Rodrigo P. Cayres



Once I was a seeker, looking for books on the shelves of libraries and bookstores, traveling to the Himalayas in Nepal, studying Sanskrit, searching for wisdom in the ashrams in India, sitting with Buddhist monks in Dharamsala, figuring out the meaning of complex paintings in Tibet and Mongolia, visiting temples in Thailand, Cambodia, Laos, Myanmar, Vietnam, China, Malaysia, Bali, and much more.

The seeking was inspired by the timeless Greek aphorism “know thyself,” and by the wisdom displayed by the character Moses in the movie “The Ten Commandments” (1956), which I watched in my teenage years. Back then I was looking for something or some mystical experience that could provide me with a sense of everlasting joy, fulfilment, or meaning. The drive to find answers to the eternal questions that intrigue humanity was part of my life for decades:

*Who am I?*

*Where do I come from?*

*What is the purpose of existence?*

*What and where is God?*

*Why do bad things sometimes happen to good people?*

*How to be free from suffering?*



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## Even witnessing miracles was based on the belief that awakening must be difficult.

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Deep down this mind-based seeking for answers, for finding secret teachings, unraveling mysteries, explaining complex esoteric symbols, or even witnessing miracles was based on the belief that awakening must be difficult and come as a result of long years of hard work on oneself. In some circles this difficulty was emphasized, with lifetimes needed to achieve the elusive “enlightenment.” Then this passage from *A Course in Miracles* spoke to me:

*No one who comes here but must still have hope, some lingering illusion, or some dream that there is something outside of himself that will bring happiness and peace to him. If everything is in him, this cannot be so. [...] And thus he wanders aimlessly about in search of something that he cannot find, believing that he is what he is not. (ACIM-OE, T-29.VII.44-45)*

Those last words were the key. While we perceive ourselves as being a separate self that needs to accomplish

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## While we perceive ourselves as being a separate self the search will continue.

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something to eventually be able to reconnect with Self or God, the search will continue. And if we believe awakening is really difficult, it is then only for a few.

This belief tends to foster a sense of superiority, of knowing better, or being more awakened, which easily leads to judgment and thus further separation. This became clearer when I heard these words in *A Course of Love*:

*You look for explanations and information rather than the truth you claim to seek. You look in judgment rather than in forgiveness. You look from separation's stance rather than from the grace-filled place of union. . . . You would like to be a problem solver, a person who could, as in a court of law, separate right from wrong, truth from lies, fact from fiction. You do not even see that what you desire is further separation, and that separation cannot bring about the truth nor arise from unity. (ACOL, C:8.11)*





When it dawns on us that the essence of who we truly are is love, freely available to anyone willing to accept it, and that miracles are simply love’s expressions—which often happen in humble moments of daily life rather than in stunning colors that dazzle the mind—the simplicity and ease of the spiritual path leaves the seeking mind confused.

*The ego is certain that love is dangerous, and this is always its central teaching. It never puts it this way; on the contrary, everyone who believes that the ego is salvation is intensely engaged in the search for love. Yet the ego, though encouraging the search very actively, makes one proviso—do not find it. Its dictates, then, can be summed up simply as, “Seek and do not find.” (ACIM-OE T-11.V.36)*

Appealing to the heart and listening to feelings may be most helpful to avoid the pitfalls of becoming an endless seeker. The felt knowing of a “golden age,” of a “paradise lost,” or of a “Heavenly Father’s house,” impelling the “prodigal son” to search for a return to a seemingly lost state of being evokes memories that are closer to feelings or longings than to thoughts. That is why music and poetry can evoke powerful memories in us.

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## Now I see that all this seeking could only provide me with pointers.

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*This time we take a direct approach, an approach that seems at first to leave behind abstract learning and the complex mechanisms of the mind that so betray you. We take a step away from intellect, the pride of the ego, and approach this final learning through the realm of the heart. (ACOL, C:P.44)*

*Truth is. It can be neither lost nor sought nor found. It is there, wherever you are, being within you. Yet it can be recognized or unrecognized, real or false to you. (ACIM-OE T-14.IV.25)*

Now I see that all this seeking could only provide me with pointers or symbols to that which can only be found or realized when seeking comes to an end. I needed to turn my gaze away from the pointers and toward that which is being pointed to. It's like the imagery of the Buddha's finger pointing to the moon. Somewhere along the journey, we need to turn our attention away from the Buddha or the finger so we can turn it toward the moon.

What is going to be found is that our true identity or Self is an awareness, consciousness, or simply the presence that lies beneath thoughts, feelings, memories, sensory perceptions, and mental impressions. And while being this aware-presence, thoughts, feelings, and so on will continue to arise, we will know experientially that we are not them. Presence will reveal itself to be a spacious, loving awareness that embraces everything. And since it rejects nothing, it is free of any tension or struggle. Peace and love are inherent in it.

*For those intent on seeking there is always more to seek, but those who find must stop to realize what*

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## Seeking is the movement of a mind that still carries the residues of the thought of separation.

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*they have found and to realize that they seek no more.*  
(ACOL C:P.23)

*Can you let the worries of today leave your mind? Can you let the disappointments of yesterday go and be no more? Can you let the planning for the future cease? Can you be still and know your Self? (ACOL, C:26.16)*

Our real Self has never been lost. The awareness of its presence has simply been blocked by the illusory thought of separation. The Self does not seek anything. Seeking is the movement of a mind that still carries the residues of the thought of separation. Thus “finding” merely means relinquishing the belief in separation and accepting the truth of union.

In truth there is no return to a place we have never left. The character Dorothy in “The Wizard of Oz” does not need to return home. In her sleep, she dreams of living in an alien land, searching for a master that can guide her back home, while she is just lying on her bed at home.

*This going back is the journey without distance. You need not go in search of it, and in truth, cannot, for the*





*past does not abide in you. What you need rather do is strive for a place of stillness. . . (ACOL, C:19.21)*

Let us remember together a few lessons from *A Course in Miracles* and *A Course of Love*:

*I am as God created me (94). I am one Self, united with my Creator (95). I am spirit (97). God, being Love, is also happiness (103). I rest in God (109).*

*I dedicate all thought to union. (C:5.20)*

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*Rodrigo Cayres is an international speaker on self-knowledge and spiritual awakening, event organizer, and group facilitator for over 30 years. He traveled to 35 countries and lived for many years in India, Nepal, Mongolia, and Thailand. He is a co-publisher of Take Heart Publications and is actively involved in satisfying the thirst for A Course of Love in his native Brazil. For more, please visit <https://rodrigocayres.com>.*

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“ You can’t predict when you will be the catalyst for something wonderful to light up another human being, but there will be many such moments when your love and compassion are just what someone needs to feel understood, and okay, and inspired. To feel seen. ”

~ From *Enough As You Are*  
by Scott Stabile

# WE ARE THE CHILDREN OF LOVE AND LIGHT

by Rod Friend through Alice Friend

*Editor's note: Rod Friend was a highly accomplished artist, especially in stained-glass, and an excellent pianist. He passed away on July 17<sup>th</sup> in southern Spain, where they live. His wife, Alice, is a medium. They have been in touch almost constantly since then. On September 29<sup>th</sup> he dictated this message.*



Good morning, my own Sweetling. I am loving you now, in this eternal now where Love is everything. Do you feel it all through you? I am all through you in every way, my darling.

Oh, Alicia, the colours and vibrancy here are indescribable. I loved, loved creating with coloured glass because I must have remembered what I am witnessing now. Light radiates through everything. Love and Light are colour's parents. Can you imagine that! Love and Light are music's parents too. I told you before that instruments are alive here and I am united to the energy of the piano and we are actually having a relationship. We are in a holy union with Divine Music that is literally out of this world.

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I loved, loved creating with coloured glass  
because I must have remembered  
what I am witnessing now.

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Love and Light are dynamic, alive and so joyous. Music is one way that Love expresses, and so is colour. They are a living force. I can unite with it, which is more than experiencing it from a separated self. Here there is unity in everything even though there is individual identity at the same “time.”

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**I was often frustrated that my visions were not represented in my art the way I saw them.**

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Who you knew as Rod is an individual spark of Love’s creation experiencing Love’s creation in the realm of Love. I needed to bring a representation of that to Earth and was often frustrated that my visions were not represented in my art the way I saw them. Colour is so alive. Music is so alive. I am not just looking at colour and listening to music, I am united to them in sheer bliss. I am giving you some of my experience as best as I can by sharing these words with you.

Let me love through you, my darling, just as you let God love me through you. It is so real.

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## One of the gifts of incarnating in a human body is to love through matter.

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Inside everyone is a knowing of Reality, a remembering. One of the gifts of incarnating in a human body (and there are other forms of incarnating, by the way) is to love through matter. I know that might sound a bit strange but from where I am it makes perfect sense. It makes divine sense that you are all experiencing matter in an incarnated Earth-body right now. You are all here to bring Love into matter, into embodiment.

And let me tell you, you are truly meant to represent those who no longer have physical bodies. You all are meant to use us and we are meant to be like Angels for you all. What are Angels anyway but a living extension of Love? As you have heard them say before, there are Angels for everything. Ask them! They love to be asked. That is why they exist. Coming back to being each other's Angels . . . why not?

If you knew that you are Angels of Love—if you really knew it!—how would that affect you? Now I tell you that you are. I am your Angel of Love telling you that. I asked you just now to look up the meaning of the word Angel and this is one of the things Google said: “An Angel is an attendant spirit.” We are all attendant spirits for each other whether we are in a body or not. We are all meant to receive Love so fully, so wholeheartedly, that only Love flows to and from us to those who are also radiating the same. Love is alive and lights up everything. It is so obvious from here where I am.

One of my functions now is to bring Heaven's Love and Light even more into your awareness. It is a reality that a new way is being ushered to you all in incarnation. It is new because it is not the expression physicality now experiences, but it is not new to Love. It is Love as it has always been and will always be. Yet Love is renewing itSelf in unique experiences

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I am a living Love/Light beam reminding you that you are the same. Light each other up as if you are all suns.

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though everything. Just choose it and be its representative on Earth while you still have a physical body to represent it.



I can represent it from here and will do everything to help you all. I know that many of you are already feeling me do this. I am a living Love/Light beam reminding you that you are the same.

Light each other up as if you are all suns. You ARE the sons and daughter of Love and Light for each other, so you are all brothers and sisters of the union of Love/Light. You are sun beams. You are rays of Love beams. Feel it, know it, be it, and you will know the Christ that you are.

That is enough for now. I hope you “got it” because I am sure beaming Love and Light’s presence as best as I can to each of you. Oh, what a wonderous gift of Love we all are, for ourselves and each other. I love you from Love itSelf.

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*Rod Friend’s body was very ill prior to his passing at age 85, but his spirit and mind were crystal clear right until the end. Go to [www.rodfriend.com](http://www.rodfriend.com) for a taste of his stained glass work, art work and music. Prior to his passing, Rod put together a book entitled Here I Am, Dad consisting of over 65 transmissions that his son in spirit shared with him and Alice. It is a testimony to love’s eternal life, and will soon be available on Amazon. Alice Friend received and published [A Course in Christ](#) and [Mary Magdalene, a Force of Love](#).*

# THE SURE PATH TO GOD

by Sebastián Blaksley



Very early in the revelation of *Choose Only Love*, Jesus tells us that he wants to show us a sure path to happiness and fulfillment. This, in his words, consists of “loving all that arises” in our present human lives. That is, bringing love to all we experience. To leave no room for doubt, he lists what that “all” means: images, feelings, memories, emotions, thoughts, sensations, etc.

As I received that revelation, I realized that the somewhat exhaustive description of what the “all” means had a clear purpose—to understand in a simple way that the sure path to happiness is to embrace, honor, integrate, and love every aspect of our humanity in every moment. This is not a simple description of one spiritual path among many. It is, rather, the hallmark of “The New.”

In *The Age of the Heart*, the voice of Christ says that feelings and everything that concerns the heart, including intuition, are finally going to be honored—that is, integrated into our individual consciousness in order to unite our divinity with our humanity.

Ultimately, union means the union of body and spirit, humanity and divinity, Heaven and Earth, time and eternity, the abstract and the concrete. It makes sense, at least to me, for if the new is a state of union, it is necessary that it begin by reuniting what is closest to us: ourselves.

According to the revelation received from Jesus, the new will always have the charisma of an embodied spirituality, that is, one in which our “human self,” with all the nuances that

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Is it possible to love all things if I do not love myself in all that I am, without leaving any of my humanity aside?

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human experience entails, is integrated, accepted, blessed, included, and loved. And as an effect of this, all is transmuted into perfect love.

How else can I integrate, accept, bless, include, and love others and everything else if I do not do so with all that I am in each present moment? Is it possible to love all things if I do not love myself in all that I am, without leaving any of my humanity aside?

I share these questions because they help me to visualize the path. And I feel that perhaps they can help others as well. When asked consciously, they act in me as signposts to the truth of what the incarnation of Christ in each of us means. They remind me of what I am: the living Christ who lives in

me—human-God, body-spirit, Earth-sky, the part and the whole. I am one—first with all that I am being, and then with all else. In that order.

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**Our humanness, with all that it entails, is an expression in form of formless spirit.**

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Spirituality with a body is spirituality “from below,” one in which our earthliness is intrinsically linked to our heavenliness. The revelation tells us that our humanness, with all that it entails, is an expression in form of formless spirit, which is why it is worthy of being loved, honored, and respected as sacred. This includes every thought, emotion, sensation, and all the many other things that are part of the holy humanity that we are.





The knowledge I share here has led me to become aware of the multiple mechanisms that we so often use as individuals and as a universal family to “spiritually by-pass”—that is, the tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental tasks, both individually and collectively.

Spirituality is not the only thing that can serve to “bypass” our present human experience. Entertainment, work, addictions, relationships, and much more can have the same purpose: to avoid connecting with the heart and instead attaining an “ideal self” which may seem very beautiful, holy, and elevated, but will never be real and therefore true. Consequently it will not be the holy expression of the love that we are.

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**Our Divine Mother tells us that *we cannot love what we do not see, if we do not love what we do see.***

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Isn't the mechanism of “spiritual bypass” a way of denying who we are? Let us connect this with the statement that our Divine Mother gives us when she tells us that *we cannot love what we do not see, if we do not love what we do see.* And what else do we see first but our present human experience?

When we speak of spiritual bypass, we are talking about a spirituality “from above”—one that totally or partially denies our humanity by not lovingly embracing and integrating it as it is right now, in each present moment. This can be accomplished not only through practices, rituals, and belief systems, but also in spiritual communities.

Throughout history there have been, and continue to be, many “religious” or “spiritual” groups whose goal is, essentially, to withdraw from or overcome the world by

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**Spirituality “from below” honors life  
without judging anything but loving  
everything and everyone.**

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reinforcing a feeling of religious identity. There are also other types of withdrawal. Although withdrawal may have the intention of not leaving aside our divine aspect, it often ends up generating a state of dissociation, a condition of division and exclusion, which finally becomes a lack of love.

In short, trying to escape from what is not necessary or possible—from the varied human experience—leads us to continue living in a state of separation, which is far from love. This is why, as our Divine Mother tells us in one of the dialogues, that a spirituality based on the firm rock of truth and love is one in which one lives with one’s eyes on Heaven and one’s feet on the ground.

Spirituality “from below” honors life as it is here and now in all its forms of expression, without judging anything but loving everything and everyone, without excluding anything, but embracing all—all—ALL!—in the love we are. Giving space to what is, just as it is. Without pretending it to be different.

A spirituality like this allows each of us to be fully as we are without trying to be an ideal self not based on reality—one in which humanity is finally recognized as the holiness, beauty, and magnificence it truly is. This is, to a large extent, the path of the new. I feel that when *A Course of Love* that tells us that *the new is love extending into creation*, it is referring to some degree to what is shared here.

Accordingly, I now understand the following: it is by loving everything that arises in me, allowing everything I feel, think, and experience to show me the truth of what I am, that the incarnate Christ manifests from me in all its glory,



beauty, and holiness. And by doing so, I live in the happiness and fullness of the children of God, which consists of being as we were created to be—the embodied Christ.

This understanding is what I wish to share with you, my dear reader, with all my heart. I do so in the hope that together we will remember again the beauty of our humanity and of all living beings as they are. And in this way unite Heaven and Earth.

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# REFLECTIONS ON THANKSGIVING



*by Dr. Lee Jampolsky*

**O**n Thanksgiving we are accustomed to focus on the positive occurrences in our lives. Although this is undoubtedly important, this morning I am most thankful for the times I was quiet enough to be astonished by love and beauty.



I don't limit my gratitude to what I may deem positive occurrences. Even amidst our turbulent times, my deepest gratitude arises from continued awakening to all of life and our inherent interconnection. Gratitude grows my understanding of the true nature of love and the healing power of holding others in tenderness.

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**I was quiet enough to be astonished by  
love and beauty.**

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I am grateful today for the privilege of being alive, feeling and knowing I am and will always remain a part of something larger than myself even while living in a world that is experiencing pain and separation. I recall the many moments this year that deepened my sense of presence with whoever I was with, even a passerby. I am grateful for everything that happens around and within me because it

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Over the years, I learned to pay attention to what I have to give no matter what: Love.

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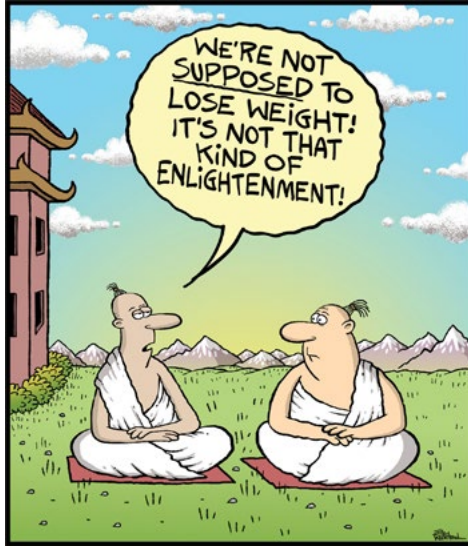


is all fodder for opening my heart wide and full. I am most grateful that I can respond with a measure of kindness in all I do and in all I see, not a fleeting moment of service, but rather a deep breath from the infinite, and a soft, long exhale of love into the world. From here, effortlessness is born. I step into a flow rather than trying hard to swim upstream. It may sound trivial, but it is everything to me; I can relax now.

Many this Thanksgiving may feel guilty for what they have when others suffer. I know that guilt and unappreciation are gratitude killers. Over the years, I learned to pay attention to what I have to give no matter what: Love. That's the essence: I am grateful for the love that created us, lives in us, and joins us all. Happy Thanksgiving.



Some more important philosophical questions on life!





What do you call it when a snowman throws  
a temper tantrum?



A meltdown!

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How do mountains stay warm?



They put on their snowcaps!

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# Motherhood on the Threshold of the New World

*From Mother Mary through Marietta Beragi*

**D**ear soul! It is with great happiness that I am able to go down this path together with you. I have been waiting so long to share the holy secrets of motherhood with you. I will talk about motherhood for the sake of simplicity, but you need to know that it matters not whether you listen to my words as a mother or a father. I will talk about the sacred role of parenthood, which includes motherhood and fatherhood.

A beautiful new period will begin on Earth. The world wakes up slowly, stretching from a deep sleep. A new Heaven and a new Earth are being born. Mankind has





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The world wakes up slowly, stretching from a deep sleep. A new Heaven and a new Earth are being born.

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matured to move to a new dimension of living and expressing love. Hearts find each other on the timeless wings of love and their peace descends quietly and softly to a world tired of fighting.

New humanity is being born, my dears! Children—whether consciously or not—will remember their self conceived in love and build bridges instead of walls. They will hold each other's hands boldly and gently and will treasure their hearts, not the proving memories of mistakes. With the fragrant beauty of the flowers in their souls they will spread peace and joy in the world.

Children arrive on Earth with a heart of a caring mother and know that every element of nature is valuable and important. They will regard the plants, animals, and beauties of all the inhabitants of Mother Earth as their brothers and sisters. They will protect and defend all creatures of God.

Rejoice, beautiful souls, the foundations of the period of peace already shine on Earth, and angels guard every ray of its light.

Real transformational work is taking place in the depths of the soul. Carry each other in the cradle of your heart. Rock everyone gently to the tune of love, leaving all judgments, all earthly feelings and worries behind you. See God in each of your precious siblings. You cannot see this miracle in the light of your mind, but your heart is ready to glimpse everything I talk about.

Take a look at this amazing picture I have painted for you. Retreat to the silence of your heart so that you can truly

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The whole beloved planet is floating  
in a flood of light.

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experience this miracle. See the Earth shine in its wonderful splendor. The whole beloved planet is floating in a flood of light. All trees and flowers glow with the love of God. All the beauty of nature rests in the arms of God.

And look at human beings, the faces of God. How majestically beautiful they are! There is nothing in them but beautiful, flaming love that creates worlds. Look at the deep love that binds all people together. See the miracle. Your hearts are ready for it. Flaming, sweet fire, God's unspeakable love is reflected back in every human being. They see and love God in each other. Yet each is unique and unrepeatable. A thousand faces of God.

Immerse yourself in the beauty of this picture. Carry it within you like a treasure. This is the promise, the promise of God.

My dear ones! You are all mothers in spirit and carry miracles in your hearts. The mother is so preoccupied with

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## Immerse yourself in the infinite mystery of the birth of the new and keep this miracle in your hearts until its time comes.

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the love for the baby carried in her body that she overcomes her fear and worry. The miracle is there in you, too. You carry the new world within your hearts. Immerse yourself in the infinite mystery of the birth of the new and keep this miracle in your hearts until its time comes. Love and cherish it with a motherly heart, with tenderness and understanding.

Whatever comes before you on the way, return to the miracle carried in your heart. Feel it pulsating in you. Do not let the fears of the world come close. For you already know that the birth of a miracle is on its way.

How will it be born? Dear spiritual mothers! Are you worried about how it is born? Instead, surrender yourself to the wonderful feeling of being able to see your little one right away. After all, the new world will be your little one. The new humanity is literally born of your heart. If you were able to see this miracle now, the gratitude of God would fill your souls and the eternal happiness of Heaven would shine in your hearts.

You are all the creators of the new. As a parent, you are given a new role: To show your children the beautiful self who they really are, and who is each a created soul. You need to show them a mirror to see themselves in the light of love. If they see and understand their majestic being, they will be able to see others in the same way. If they watch everything through the eyes of God, they will be happy and will build a happier world.

So far, all the efforts of parents have been to raise citizens from their children who can fight and survive the challenges of the world. Now is the time to take a new look

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## You need to know who you are, my beloved

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at the rising generation: they are the envoys of love and the peaceful wanderers of the world.

The time of struggle is over.

The battlefield of the world is transformed before your eyes into what is intended to be; a beautiful space and a storehouse of opportunities to discover and experience who you really are; a gorgeous place where you can love and where you are loved. Where you grow in wisdom and love, and where the whole of Heaven surrounds you. The Earth and Heaven, the two worlds you have perceived or hoped for, are united through the wonderful power of God.

You are moving step by step towards exploring and accepting reality. The marvelous world of God will unfold before you and you just have to embrace with a happy heart. Without effort. Everyone says yes by free will because this world is so beautiful that you do not even want to be anywhere else than in the heavenly land of God.

We need to start from a new foundation, dear one, because a new world cannot be built on old foundations. The parenting role begins with you examining yourself, the self you believe as yourself, and the self you received from God. You need to see the amazing reality so you can make others see it too. You need to know who you are, my beloved, as you can only give yourself to your children. You always give yourself, even if you do not want to. If you bring the old thought pattern with you and give your children your self conceived in fear, you cannot show them the path to happiness.

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# I'LL NEVER LEAVE YOUR SIDE

by Beth Geer



On May 13th, 2024, I had a dream about what I believe was a past life I had back in the 1870s. My name was Emmaline Fischer. I lived on a cattle ranch with my parents in the southwestern U.S. I was the eldest of four children.

Our ranch had several hired hands that lived on or nearby the ranch homestead, one of whom came aboard when I was about 12 years old. His name was Burton Sauer.

I didn't pay much attention to any of the ranch hands as a child, other than exchanging words when working cattle or calling them in for a meal.

However, around the time I turned 16 or 17 Burton began a curious habit. Whenever I would wave hello or greet him in any way, instead of waving to me, he would close his fist and lightly touch it twice to his heart. I knew this gesture meant that I "had his heart," but he did it with such a big grin on his face that I never knew if he was joking or serious.

I decided that if he was just joking, that was fine. But if he was serious, there was no way he'd ever have me. I had plans to move to a big city as soon as I was old enough and find myself a well-to-do business man to whisk me away from ranch life.

It was then that my dream shifted and flitted through all the many moments that Burton had done his "heart beat"

gesture. We'd had this exchange so many times that it was often comical. Once his arms were full of tools and all he could do was squeeze the grease can two pumps and got some on the ground. I found the sight hilarious. Another time he was holding dusty rags and beat his fist against his chest, releasing an plume of dirt and dust which caused us both to burst out laughing.

Over the next 2 to 3 years, this gesture came to be "our thing." I didn't give it much thought other than that Burton was a kind man.

When I turned 19, against my parent's advice I left to go find my dreams and a "well-to-do business man" in the big city. Or at least I tried to.

I was back in just over 8 months. The city was not what I had expected, and neither were the business men. Nothing was as I'd hoped, and I soon found I missed the peace and quiet of the ranch and our simple routines. The work was hard but satisfying.

A few days after I'd returned, I was standing on a low hill overlooking the cattle pasture. There down below, was Burton, his back to me, pumping water into the cattle trough.

I realized I'd never really taken a good look at him. He was a giant of a man, easily 6 foot 5 inches tall, with broad shoulders and a lean frame. I never really thought of him as either good or bad looking one way or the other, but now I realized he was quite handsome. He was 6 years older than me; I was 20. I now looked at him through more mature eyes.

I also realized he was rare among men, nothing like the city men I'd met. He was filled with the depth and strength of a life of hard physical work, and that builds character.

I also had always thought of him as perhaps a bit uneducated or lacking in intelligence, but now I thought about how we always knew that when Burton had fixed or

built something, it was done to perfection. He took pride in everything he did and did it to the best of his ability no matter how small the task. I realized he wasn't unintelligent, he was just a quiet person who mainly kept to himself.

I also thought about how kind he was to the farm animals, and the extra care he gave them, ensuring they had enough food, water, and shelter. His primary concern was always their comfort.

Burton was a kind and good man in every way, and my heart swelled with love for him. I realized that I'd never really seen him for who he truly was.

And I finally saw that he had loved me for years, but I could never see it because my mind was made up with plans for a future of my own design. I marveled at his patience and respect for me.

It was then that I went down to him and stood silently behind him while he continued pumping the well handle, filling the stock tank. At last he turned around and saw me standing there, and said, "Well, hello there, you! What can I do for you?"

I didn't say a word but took two steps towards him, closing the gap between us and wrapped him in my arms in the most loving hug I had ever given anyone. He hesitantly but happily returned the hug. I had never done such a thing before, and he was slightly confused by my actions.

I then turned the hug into a deep kiss. And I could feel shock and disbelief reverberate throughout his entire being.

After a few moments he pulled slightly away from my face to look into my eyes and softly said in his deep, gentle voice, "I thought this day would never come."

And I replied, "It is here, and I'm never going to leave your side."

With that I woke up.

My first thought upon waking was, “What a dream!” I knew instantly that it was from a past life and could feel the sameness of the energy of Burton to my present-day husband, and knew they were one and the same. He and I had clearly spent this past life together.

Such dreams do not come for no reason. There is always something to be learned or understood more deeply.

That morning, as I turned to my daily Workbook lesson in *A Course In Miracles*, I had my answer. The lesson was #135: If I Defend Myself I Am Attacked.

That lesson was always difficult for me to understand on a deep level. I mean, of course I’m attacked if I defend myself; I’m being attacked! However, it took on new meaning in light of the past life dream.

As I read it again, it became extremely clear that one of our ego’s “defenses” against the truth of our unity and perfection in God was to make future plans. We are “defending” against the truth when we make future plans. In essence, we are saying that God is wrong—we are not safe and must make our own separate plans for our future happiness. The lesson now made perfect sense. Here are a few lines from lesson 135 read in this way:

- Defense (making our own plans) is frightening. It stems from fear, increasing fear as each defense (plan) is made. You think it offers safety. Yet it speaks of fear made real and terror justified.”
- A healed mind does not plan. It carries out the plans that it receives through listening to Wisdom that is not its own. It waits until it has been taught what should be done, and then proceeds to do it.
- The mind engaged in planning for itself is occupied in setting up control of future happenings. It does not



think that it will be provided for, unless it makes its own provisions.

- Your present trust in Him is the defense (the plan) that promises a future undisturbed, without a trace of sorrow, and with joy that constantly increases, as this life becomes a holy instant, set in time, but heeding only immortality.

In my past life experience I had tried to make my own future plans, or defenses. What I hadn't realized until I returned was that I needn't have made any plans at all. My own plans were not in my best interests. And I nearly missed the even better, much happier plans that were already laid before me by a Higher Power.

Isn't that what we're doing here now, in this earthly life? Haven't we "left" or forgotten our Oneness in God, thinking we can find something better, apart from Him? This lesson from *A Course In Miracles* asks that we practice trust and faith in the truth of our Oneness. And in this way, the unseen can become the seen, and the best plan ever laid before us can become manifest.



When we recognize the Christ in ourselves and one another, when we finally see Him at last, we will rush into the Light, into His arms, and say, "I thought this day would never come. It is here, and I'm never going to leave your side."

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*Beth Geer is the author of three books: [Awakening To One Love](#), [Awakening Humanity: Our Place Among ETs and Angels](#), and [The Light Has Come!](#)*

*You can find these and more at: [www.bethgeer.com](http://www.bethgeer.com)*

# ROYAL, HOLY ONE: A STORY

by Laurel Elstrom



The elder rested her forehead against the trunk of the graceful oak, leaning into its wisdom and beauty. A door opened behind her, followed by a melodic voice. “He’s asking for you again. Do you mind?”

“Not at all. ” Doors slid open before her as she walked the granite halls toward the child’s bedroom. She knocked gently.

A tiny voice called out, “Is that you, Great Mother?” She entered, smiling at the child who sat up in his bed. “Will you tell me the story of Kaiulani again? I keep forgetting parts.”

“Of course.” She climbed into bed beside the boy, drawing him close. When she felt him relax into her, she began. “It started before time began, when Kaiulani gave birth to an idea...”

“Was it the idea of time, Great Mother?”

“Yes, Kailuani used the ideas of time and space as boundaries for her new creation, made manifest on the physical plane. She made many different choices leading to countless expressions. Each was unique and magnificent.”

“Creations need choices, don’t they, Great Mother? Like when I choose blue paint, I’m choosing not to paint with red. Is that how Kaiulani created, too?”

“That’s right, dear. Kaiulani’s choices created millions of her own reflections, filling a beautiful new world that teemed



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**Kaiulani wasn't content to watch her creation;  
she wanted to be a part of it.**

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with life.” The elder waved her hand toward the ceiling, causing holographic images to float above them, illustrating her story.

As she spoke, the little boy stared at the changing scenes, fascinated by all he saw. When he'd watched long enough, he said wistfully, “It really is beautiful. It's too bad Kaiulani went too far.”

The old woman nodded. “Ah, you remember that part. Yes. Kaiulani wasn't content to watch her creation; she wanted to be a part of it. She longed to smell the musky earth through a physical nose, to touch the fur and scales of the animals through real skin, to taste the salt of the sea and the honey of the bees on her own tongue. To do that, she needed a body of her own.”

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## No creation is bad. Having physical experiences was just another choice.

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“Was it bad that she wanted a body? Is that why things went wrong?”

The Old One smiled. “No creation is bad. Having physical experiences was just another choice. After many attempts, Kaiulani created a beautiful body for herself that complied with the limitations she set for the rest of her creation.”

“And she made herself small on purpose, didn’t she? Did it hurt her?”

“Well, she wasn’t confined to it. Even a body is just an idea, so she was only restricted while she believed the idea. It didn’t hurt exactly, but it was . . . too tight. She created and occupied millions of bodies over thousands and thousands of physical years. Because she is who she is, Kaiulani was able to live thousands of lives at the same time. Every version of herself lived out a different scenario with different parents and different circumstances. It wasn’t easy, but she was growing in a way, understanding more through lots of different experiences.”

“But something went wrong, didn’t it, Great Mother?”

“No, nothing that comes from love is ever wrong, but Kaiulani’s ideas changed, which means her creation changed. As she spent more and more time believing she was a body, she started forgetting who she was. She immersed herself in each incarnation until she only remembered the truth in-between incarnations, when her individual bodies expired. She really believed she was separate from everything. She felt powerless and alone.”

“That’s so sad for her. How could she think that?”



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She kind of got caught in her own creation.

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“She kind of got caught in her own creation. It wasn’t possible to actually *be* separate from Source, but Kaiulani created the *perception* of being separate, which led to a kind of dreamed experience. It wasn’t real, but it seemed real.

“Remember that Kaiulani was living out billions of lives. Now every version of herself believed they were weak and on their own. This made them desperate to protect themselves. Fear set in, and incarnations began to turn on each other. Since they all shared the same heart, they ached for love and union, but they forgot everything was already joined. All of her selves knew something was wrong, but they forgot what it was.”

“What happened to her creation when Kaiulani forgot?”

The elder hesitated. “Are you sure you want to know?”

“I’m sure. Show me.”

With a wave of her hand, new holograms appeared above them. Instead of beautiful scenes of nature, horrific scenes flashed of people killing and hurting each other. Some people were enslaved by other people, sold and abused, and treated like property. Thousands of angry, fearful, hate-filled faces appeared above them. Once-lush lands turned to wastelands in time-lapsed images, showing lands stripped of minerals and desecrated forests and jungles.

“You should have stopped it. You could have made her wake up.” His voice trembled.

The elder said nothing while the images continued. Fires, floods, and raging storms destroyed towns, islands, and entire countries. Terrified faces flashed in all directions.

“Stop the story! I don’t want to see any more!” The child buried his face in his pillow.

The elder sat in silence until he stopped crying and sat up. “Why did you show me those things? It’s a bad story. I don’t like feeling sad.”



“You asked for the story, remember? Why do you always ask to hear the story even though it makes you feel sad?”

He faced her, tears still running down his cheeks. “Because I wanted to remember, Great Mother.” He took a big gulp. “*I’m Kaiulani, aren’t I? This is my creation we’re watching.*”

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**You always ask for the story before you go back.  
It helps you remember.”**

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The elder wiped his tears. “Yes, my love. You are Kaiulani. You always ask for the story before you go back. It helps you remember.”

The little boy climbed into her lap. “I don’t want to incarnate again. I never want to go back there.”

“Are you sure? If you don’t go back, who will rescue all those parts of you who believe they’re separate and alone? They’re miserable.”

“I’ve tried telling them before, but they won’t listen! I’ve created religions, written books, come up with teachings and practices to remind them of the truth, but hardly anybody remembers. It’s a terrible mess.”

“No, sweetheart. More of your incarnations remember all the time. Ideas that were once considered crazy are becoming mainstream... You know what I think? I think you’re getting ready to wake all your selves up out of that dreamed world.”

He sighed. “Maybe, but it’s hard to live there, and I don’t like it any more. Won’t they all wake up on their own eventually? Do I have to go back?”

“You don’t have to do anything you don’t want to. But that’s you, down there, suffering. Those other selves need you

to remind them. Think about how much you love that moment when you wake up inside the dream. Remember that?"

The boy laughed sheepishly. "It is pretty fun. You think the world is one way, and suddenly, it all opens up. It's a surprise to realize the truth was there all along. It makes me laugh when I remember."

"And remember what it's like to join your heart with your other incarnations, to meet them in the field of love? What does that feel like?"

"It's so good. My heart turns to yummy goo. And when the dream world flips, and love makes my creation real again? When I'm still in the dream, but I'm awake? That's the most fun of all. You're right, Great Mother. I need to go back. I want to join my other incarnations. We'll flip our creation back to remembering love. I want to heal the dream." His face clouded. "But I won't remember who I am when I go back, will I? I'll be born into a world of fear and separation again, won't I?"

"Yes, but deep down you'll remember love. Once you've remembered the truth, you never totally forget. Your





incarnation won't be satisfied until you figure it out again. Plus, I'll be there to remind you. I'll call to your heart over and over, whispering messages to remind you that you're one with everything. I'll never abandon you, for we belong to each other."

"What if something bad happens, and I can't get over it? What if I can't remember this time?"

The elder shrugged. "It won't matter. Every experience is valuable. No life is a mistake, and you can't really be threatened. Plus, you'll always come home."

He snuggled into her with a deep sigh. "Okay, I guess I'll go back. I really love my creation, Great Mother, even with the sad parts. It's so beautiful, and it changes all the time."



"The sad part is only a dream, little One. Everything in your creation is perfect." She caressed his cheek. "Don't worry, Kaiulani. You come from love, and you create from love. No matter what happens, only love will remain."

His sleepy voice asked, "What does my name mean again?"

"Kaiulani means three things: "Royal," because you're the child of Source, "Holy," because you are perfect love, and "One," because there is only one, and all of it is you."

She pulled the blankets up around his shoulders and turned out the light. Leaning over him, she whispered, "Don't worry, little one. You can't get it wrong."

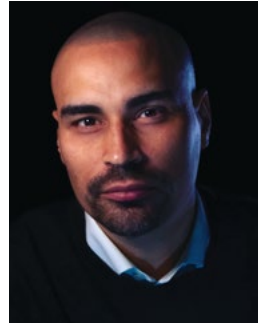
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*Laurel Elstrom is the author of [Love on the Mountain, A Guide to Self-Discovery](#). She teaches A Course of Love and coaches groups and individuals following principles of A Course in Miracles and A Course of Love. Read more at [www.laurelstrom.com](http://www.laurelstrom.com)*



# A MEASURING STICK FOR SPIRITUAL PROGRESS

by *Hakim Hamza*



**W**e understand the importance of not being invested in having the external form of a problem change, but why is it that sometimes there is a corresponding external change and sometimes there isn't?

Maybe the value of the lesson is that the form does not change. To evaluate the content by the form is a very common and extremely easy trap to follow fall into.

Why assume that if we identify with the Holy Spirit's love, that everything should be better on the outside? And if it's not, we begin to doubt it. What if the most loving thing is for things not to get better on the outside? This can be easily understood when we have our Atonement path to consider. Imagine Jesus' path for example; crucifixion is not exactly a nice reflection in the dream, but obviously for him, this was in his Atonement path.

Perfect love cannot be changed in any way or affected by what happens outside. That's why it's perfect. If everything ends up looking wonderful, then what value lies in the lessons? Sure, guilt can cause "non-favorable" circumstances in the world, and thus the undoing of the guilt can, therefore,

undo the need for those parts of the script. But we can't always evaluate what the changes are, what they should be.

We do not perceive our own best interests. We want to be happy, have good health, good work conditions, happy family, and lots of money, but what if that is not in our best interest? It can be. But what if it's not? We can't judge this. What we can do however, is go to the right-mind that is totally independent of these factors. Its light shines through no matter what occurs.

We clearly believe that the peace of God is not affected by outside circumstances, so why do we demand these changes and use them as a measuring stick for our progress? Everything can be used to help us learn God's lessons. Workbook lesson 193 says, "All things are lessons God would have me learn. He would not leave an unforgiving thought without correction, nor one thorn or nail to hurt His holy Son in any way." (W-193.9:1-2).

Our investment in perfecting our dream (our specialness needs) is what has us tell God that we can do it better without Him. And so, if our dream "aspirations" fail, it means God could be better than our specialness. Maybe there's something else worth striving for?

This is also why we fight so hard to protect our dream—having it stay the way we like it—so we don't get in touch with this. This explains our investment, our tremendous need to have our perfect world and body free from God. Hence, the Course says that we made this world as a literal attack on God.

We are so scared of the horrifying thought that tells us that we are wrong. We can't stand that. Thus, it doesn't matter how many times our attempts have failed us, we still desperately try to make it better again. It can never work because it's set up not to work. How so? Because it's all based on egoic perception which can never be true. To be more specific, the Son of God is guilty, so everything He does must fail.

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## The ego is the attempt to have you believe that love can be destroyed.

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The whole focus of the Course has nothing to do with trying to change anything in the world. This whole purpose is to teach us not to do that because it's futile. Nothing here can be equal to or replace the Kingdom of Heaven. Everything else is valueless.

We shouldn't use anything in the world as a measuring stick for spiritual progress because the Son of God cannot be subjected to a fantasy. Our choice is easy; we either reaffirm that we are the Son of God, or say that the ego is stronger than Reality. The Peace of God can be there no matter the body's condition.

Jesus' crucifixion was a teaching lesson. It was a way of teaching the disciples that his body can be riddled with sickness and cancer, etc., but he is just as loving and just as peaceful as he was before. It's a way of saying our sins have no effect and whatever it is that is going on around me has no effect on me.

We can demonstrate that it's possible for people to be in what the world judges to be a painful state and feel no pain. We can still be loving and peaceful and say this doesn't matter now. You could destroy the body, but you can't destroy love. The ego is the attempt to have you believe that love can be destroyed. Don't affirm that belief. Expose the lie for what it is. Hence, we have death. But love cannot be affected by bodily death. You can still have relationships with people who died. Everything is in the mind.

The message of the Holy Spirit is nothing has happened so why idolize form? "What lives is holy as Himself, because what shares His life is part of Holiness, and could no more be sinful than the sun could choose to be of ice; the sea elect to be



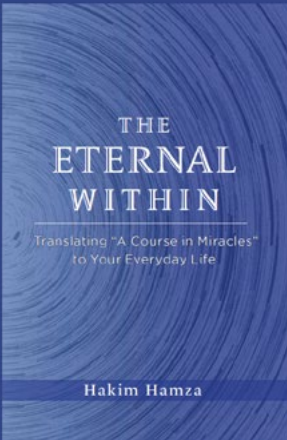
apart from water, or the grass to grow with roots suspended in the air.” (W-156:3:3).

The Course asks us to remember that love cannot be changed or affected by what happens to the body. If we learn this lesson with one particular person, we can eventually generalize it to others, which then leads to the realization that God has not been affected.

---

*Hakim Hamza is the author of [The Eternal Within](#). Learn more about him at [www.hakimhamza.com](http://www.hakimhamza.com).*

In "The Eternal Within," the first in a trilogy, Hakim aims to explain ACIM and share his insights from Dr. Kenneth Wapnick in a clear, structured manner that even newcomers can understand.



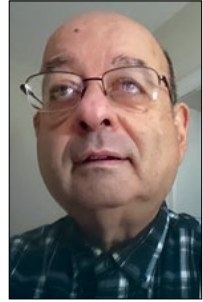
“What resonates most deeply with me is ACIM’s unique approach to integrating our darkness, resistance, and conflicted interpersonal relationships into the path of healing. ACIM offers a powerful intellectual framework for understanding our inner workings, serving as a form of “spiritual psychotherapy.” It doesn’t shy away from the darkness but rather uses it as a gateway for healing. As you read my books, you will find its unique perspective on spirituality and psychotherapy.”



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# HEALING THE SPLIT

by Martin Pressman



In a recent “Sunday With Mundy” event, Jon Mundy interviewed Glenn Hovemann, publisher of *A Course of Love*, and his wife Muffy Weaver. Mr. Hovemann’s observations about *A Course of Love* (ACOL) stayed with me after the interview concluded. He stated there are no ACOL teachers and pointed out that there are no lessons, no Workbook, in ACOL. The reason is simple—there is nothing we need to learn. As Jesus says in ACOL, the time of learning is over. Now is the time for Being. It’s the time for Being You, and You Are Love - through and through. You can’t teach what you already are.

*A Course in Miracles* removes the blocks to love and ACOL removes the blocks to Being Love. In ACOL, Jesus brings us back to our true self - our heart. Jesus talks directly to our heart. He asks us to listen to and feel his words, rather than think about them. In doing so, he introduces us to the practice of listening to our heart. Subsequently, our mind chooses the heart, rather than the ego, as the voice it listens to.

Just as *A Course in Miracles* heals a split mind, ACOL heals the split between head and heart. Heart and mind work in unity to create a wholehearted Self. ACOL enables us to have heart-consciousness and to live in Christ-consciousness. Our innate capacity to Be Love is brought forth and is extended to others.

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*Martin Pressman sends out a short inspired weekly message, “Love Says.” To subscribe, email him at [mhpress55@gmail.com](mailto:mhpress55@gmail.com)*

# THE MYSTERY OF LOCUTIONS FROM SPIRIT

with Celia Hales



**L**ocutions are not new. Locutions are interior, soundless words, phrases, sentences that appear to be from God, often signaling the path ahead. Locutions come when the mind is in neutral, not actively thinking, and often come when we are in blue-skying or daydreaming. What are we to make of them?

First, we need to realize that our thinking mind will often take these words literally. St. John of the Cross, that esteemed writer who described the dark night of the soul, tells us that we often misinterpret when we take these words literally. He exemplifies his strong assertion with numerous references in the Bible, when God's people were misled and also mightily confused by taking literally something that was true, but carried out in a manner that the people did not understand.

We do not often understand the workings of the Creator. Our little thinking mind cannot. But there is something that can, at least part of the time. That something is our heart.

When we find ourselves in a quandary about seemingly insurmountable locutions, ask the heart what we really want in this situation. For what are we really clamoring? God will not transgress this heart knowledge, for it is the knowledge of our essence, one with God.



Pause. Locutions can even make us irrational if we take them literally. With the passing of time, our heart sets us aright again.

Why does God not speak more clearly? Why would the essence of God tell us something that be confusing?

God is taking us a step farther into the unknown. He is sometimes revealing the future, but the passage of time differs for the Deity than for human beings. We think something will be

tomorrow, and it may show up several generations later, as measured by time. Time, as we know, is an illusion, after all.

Whatever we do, we must not allow conflict to reign in our lives. And the quickest way past conflict is to give up the thinking of the mind, for that is what produces conflict. This change gives us an immediate look into the dangers of appealing to the thinking mind, which is best seen as the servant of the heart. Good heart contact will educate the mind to the way things really are.

And in the process, it is just possible that the real meaning of our locutions will emerge in all their splendor.

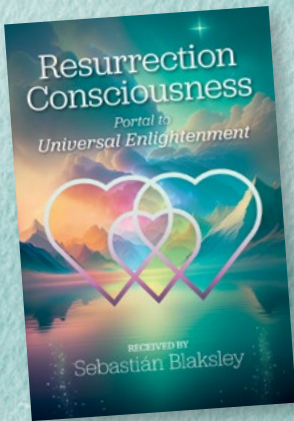
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*Celia Hales, blogger at "Miracles Each Day," has recently published [Words to God from the Heart of a Believer: Prayers & Poems](#). The prayers were written in the early morning, asking for God's help with the day. The poems were written later, after God had answered the prayers.*



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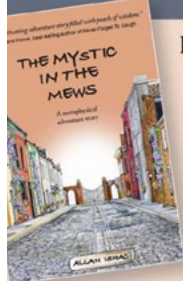


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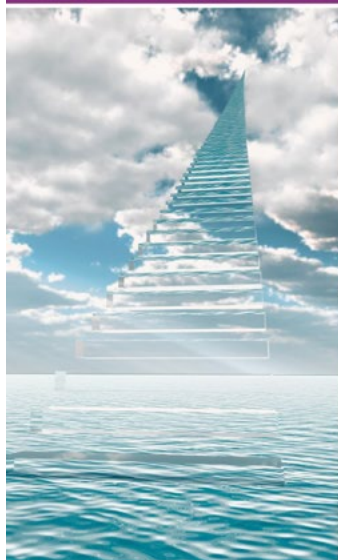


Allan Ishac is the best-selling author of *New York's 50 Best Places To Find Peace And Quiet* and a frequent contributor to *Miracles Magazine*.

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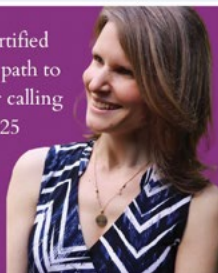
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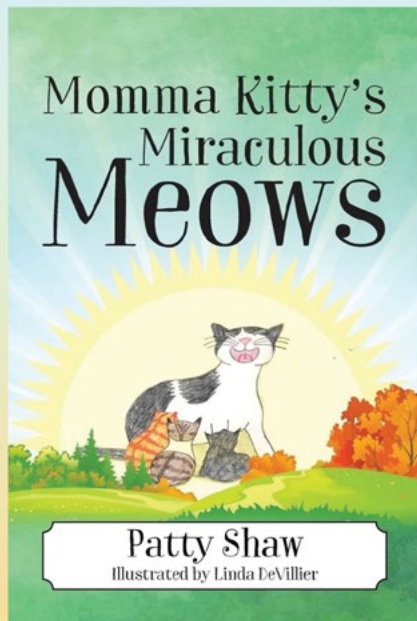
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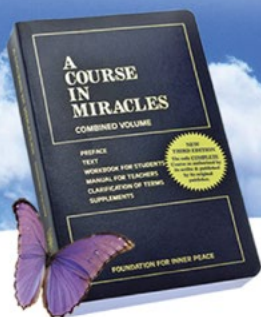
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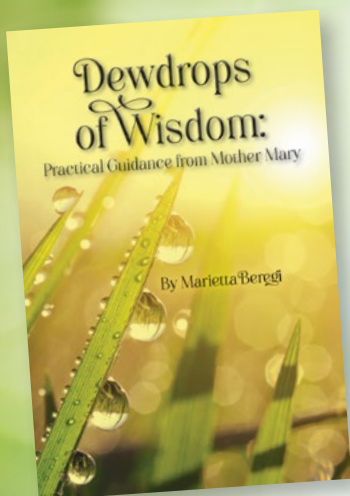
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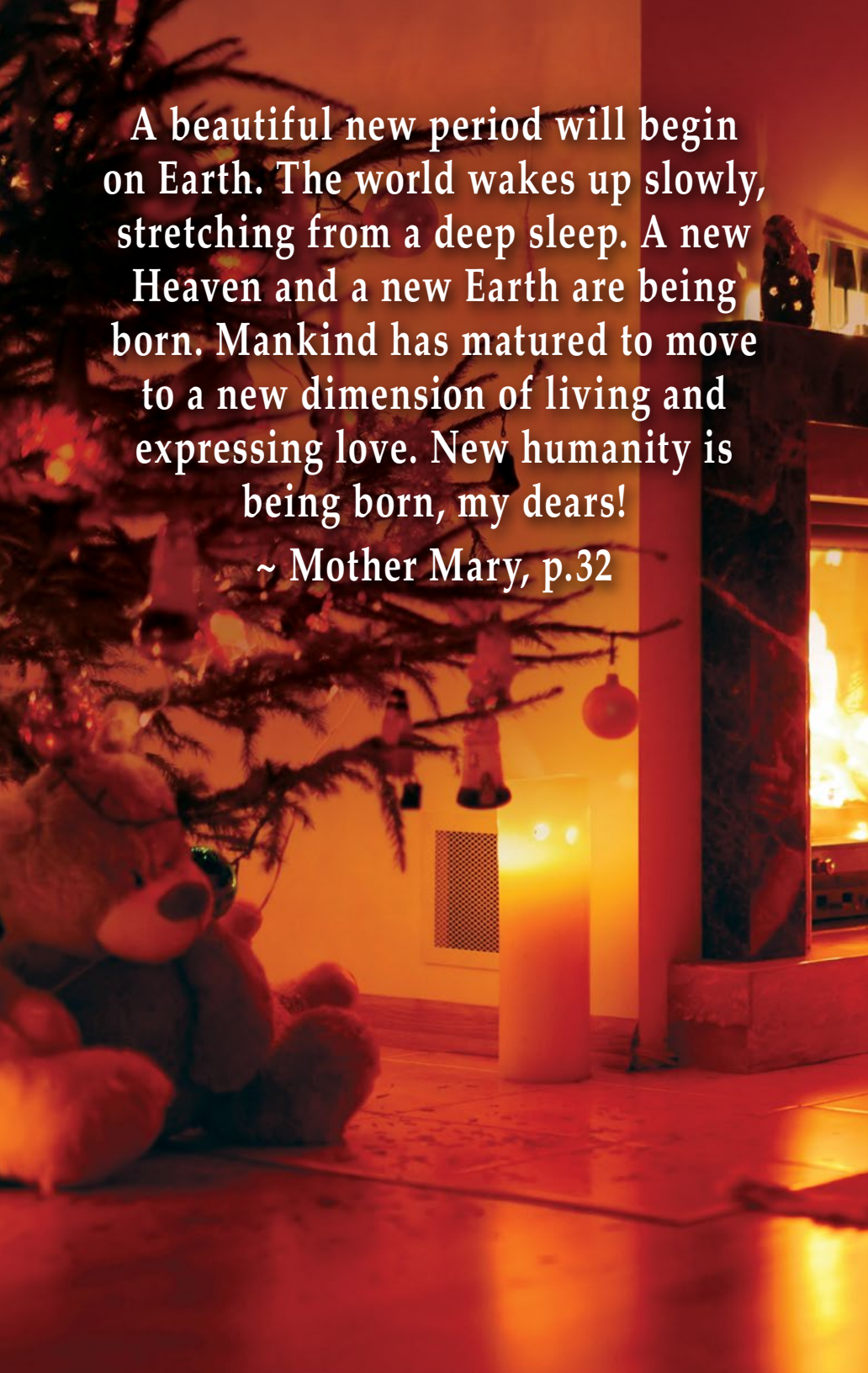
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to a new dimension of living and  
expressing love. New humanity is  
being born, my dears!

~ Mother Mary, p.32