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A Course in Miracles
and
The 100/0 Principle
by Jon Mundy

*When you fail to comply with the requirements
of this course, you have merely made a mistake.
This calls for correction, and for nothing else.
To allow a mistake to continue is to make additional mistakes,
based on the first and reinforcing it.
It is this process that must be laid aside, for it is but another
way in which you would defend illusions against the truth.
Let all these errors go by recognizing them for what they are.
They are attempts to keep you unaware you are one Self,
united with your Creator, at one with every aspect of creation,
and limitless in power and in peace.
This is the truth, and nothing else is true.
W-95.9:1-4*

Let's begin with a few basic postulates:

1. God loves us unconditionally 100% of the time.
2. In exchange for this 100% commitment, God asks for 0% in return.

To be happy, our job is simple.
All we have to do is to do what God does.
This means loving everyone, 100% of the time.

This also means loving every situation we find ourselves in,
loving our environment and our body.

In exchange for the love we give everyone we are to ask for
Bupkis ~ Nothing ~ Nada ~ Zilch ~ Zip ~ Zero in return.
The result is Perfect Happiness.

The book *The 100/0 Principle* by Al Ritter, subtitled *The Secret of Great Relationships*, provides a practical example for the application of Miracles principles. According to Al Ritter, the most effective way to create and sustain a great relationship is to take full responsibility (the 100%) for the relationship, expecting nothing (0%) in return. This 100/0 principle does not seem *natural* for most folks, as it is a philosophy free of all anger, attack and expectation. The ego is, if anything, both defensive and ever on the attack.

“Total open mindedness” (the opposite of the ego’s thought system), is the Course says, perhaps “the last attribute” a teacher of God develops. Anita Moorjani, in her book *Dying To Be Me*, said that in her near death experience she was encompassed by unconditional love, and yet she said even the word “unconditional” did not do justice to what she felt. The Course never uses the word “unconditional.” It speaks rather of “Infinite Love,” which it equates with “Infinite Patience.”

*Infinite patience calls upon infinite love,
and by producing results “now”
it renders time unnecessary.*

T-5.VI.12:3

No matter what we do, no matter how far we wander “off course,” God’s love for us is not just unconditional. It is infinite, unlimited and boundless in duration.

*The Son of God cannot be bound by time
nor place nor anything God did not will.*

T-25.VII.7:4.

The love Anita said she felt was “***totally indiscriminating.***”

There was nothing she could have done to deserve it. A Hindu by birth, Anita said that since her near death experience, she no longer believes in *good* and *bad* karma. One need do nothing to earn God’s love. It is always there. No repentance of sin is called for. There is no “sin” in the Course. There is no blame. There is no judgment. There is no hurt, no pain and no error. Mistaken perception calls for corrected perception. As it is, minds (egos) have chosen to see themselves as separate.

To correct misperception, what is called for is *forgiveness*. This leads to the realization that we all have always been a part of perfect Love. As eternity is *always* present, it’s really a matter of recognizing what already is.

Your Creations

Eternity is one time, its only dimension being "always."

*This cannot mean anything to you
until you remember God's open Arms,
and finally know His open Mind.*

*Like Him, “you” are "always";
in His Mind and with a mind like His.*

*In your open mind are your creations,
in perfect communication*

born of perfect understanding.

*Could you but accept one of them
you would not want anything the world has to offer.*

*Everything else would be totally meaningless.
God's meaning is incomplete without you, and*

you are incomplete without your creations.
*Accept your brother in this world and accept nothing else,
for in him you will find your creations
because he created them with you.*
*You will never know that you are co-creator with God
until you learn that your brother is co-creator with you.*
(bolding mine)
T-9.VI.7:1-9

The light of Heaven (perfect love) is such that all sorrow disappears in the face of Christ. We know we're home. We know we are blessed. We know we are free. We can only 'recognize' Heaven by preparing ourselves for the 'experiencing' in Heaven. This is why Ken Wapnick was such a perfect teacher of the Course. He not only knew it. He also lived it. In his "living" of it, was the proof that he "knew" it. Enlightenment is the other side (or the opposite) of suicide. Enlightenment comes by trusting very deeply in the process the Course describes.

*Any attempt you make to correct a brother
means that you believe correction by you is possible,
and this can only be the arrogance of the ego.*
T-9.III.7:8

Thoughts and Results

God cannot judge. Or, you could say that God can only judge truly which means, He can only judge lovingly (T-5.IV.1:1). God has carefully laid out a perfect plan for salvation; however, God cannot perform magic for us. As Jesus says in ACIM:

***If I intervened between your thoughts and their results,
I would be tampering with a basic law of cause and effect;
the most fundamental law there is.***

I would hardly help you if I depreciated the power of your own thinking.

This would be in direct opposition to the purpose of this course.

*It is much more helpful to remind you that
you do not guard your thoughts carefully enough.*

*You may feel that at this point it would take a miracle
to enable you to do this, which is perfectly true.*

***You are not used to miracle-minded thinking,
but you can be trained to think that way.***
All miracle workers need that kind of training.

[bolding and underlining mine]

T-2.VII.1:4-10

A Course in Mind Training

The human mind is saturated with thoughts of culture, family, race, religion, nationality, habits, compulsions, obsessions and addictions. The list goes on and on. “Living” *A Course in Miracles* means guarding our thoughts with care. As it is, we are much too tolerant of the mind’s wandering, and we passively condone its miscreations.

“**God’s Will is Thought**” (T-8.VI.7:3), and you are part of that Thought. You can’t help being part of God. Like it or not, that is your divine inheritance. People sometimes say, “Why doesn’t God intervene in that war or that illness, etc.?” God, Jesus, the Holy Spirit cannot intervene. Doing so would be a manipulation of physical matter which would be magic—not a miracle. God does not create the unreal. God knows only miracles. He knows no magic tricks. If God were to intervene in our thinking process, we would learn *nothing* about controlling our own minds. To be “like” God, we must be at peace 100% of the time—which is achieved not by magic, but by the miracle of a shift in perception, or total forgiveness.

A Miracle is a Correction

A Miracle gives the mind back to Mind, to truth and reason. A healed mind does not attack, and it does not defend. It sees no reason to. ‘Everything’ is our projection or, if you prefer, use the word “interpretation,” since all interpretation arises out of projection (T-3.I.1:6). We think that the **cause** of whatever is happening in the world is independent of our thinking. The opposite is true. Everything in the world is **wholly** dependent on our thinking. The ego analyzes (and projects illusions), and the Holy Spirit accepts (and sees Reality). Projection makes perception, and perception is a choice. The way we chose to see determines the world we see. Thus the Course says:

*As long as you believe you can attend to what is not true,
you are accepting conflict as your choice. Is it really a choice?
It seems to be, but seeming and reality are hardly the same.
You who **are** the Kingdom are not concerned with seeming.
Reality is yours because you are reality.*

[bolding mine]

T-7.III.4:2-6

How often do we allow some *seemingly* worthwhile annoyance or frustration to pull us into madness? We disagree with what someone says, or a wrong intonation in someone’s voice sends us flying into lunacy. It is never a matter of what others think that upsets us. We can only upset ourselves. Only the ephemeral ever upsets us, and the ephemeral is not real. For this reason, very early on in the workbook, Lesson Number 5 says, “I am never upset for the reason I think.” We get upset because we won’t let other people be who they are, and we project our own inner discontent on to them.

Complaining

One day I had breakfast with a local minister friend near where I live. All he wanted to talk about was how unwilling the leaders of his church were to accept responsibility for the church’s terrible financial situation. There were too many things that needed to be fixed and no funds with which to fix them.

I left my friend and went to the post office where I listened to the postal clerk tell me how bad things were at the post office. The prices of stamps were being raised, and everybody was asking about it. He complained that the employees had been left in the dark as to when the price raise was going to occur and how it would affect things like bulk rate or overseas rates.

I left and went to the bank where the teller—another friend—wanted to tell me about all of the trouble she was having with her wayward daughter.

I went to the grocery store, and at the checkout counter I asked the clerk how she was doing. She replied, “*I can’t think of anything to complain about.*” We are complaint animals—on the looking out for a possible object for our projections.

*Talking was invented
to satisfy man’s deep need to complain.*
~ Lilly Tomlin (1939 - present)

The Course is asking us to give up 100% on all projecting, complaining, cantankerous, irritable, argumentative, belligerent, grumbling, nagging ways—all of them. Making room for *any* such thinking keeps us miserable and unhappy, and it doesn’t feel very good to the people who live around us. Ritter says, “It takes real commitment and a good dose of self-discipline to think, act and give 100 percent.”

Commitment to following inner guidance (the Holy Spirit) is crucial. There is good reason for the phrase in the Lord’s Prayer: “Lead us not into temptation.” The “outer world” is always throwing temptations our way. In traditional Christianity these temptations are thought to be of the devil. We now live in a more “enlightened” age. We no longer speak of the devil but the ego. Tomorrow perhaps we’ll speak of nothing at all, knowing that no illusion, not that of an illusory devil or an illusory ego, can take the sight of Heaven from our eyes.

With this goal in mind, the Course asks us to:

1. Recognize our errors. We cannot learn this Course and be angry and defensive at the same time. Fear, worry, depression, anxiety, anger, hatred, jealousy—it does not matter what form an “upset” takes. They are all forms of insanity and therefore not in line with the Mind of God.

2. Choose to abandon insanity.

The best way to abandon error is to follow inner guidance.

Appetites

Ritter’s 100/0 principle is applicable to not just interpersonal relationships. Some of the most obvious ways in which temptation is placed in front of each of us every day are the compulsions to over-do, to over-spend, to drink too much or to eat too much, or to give in to a variety of ego desires, cravings and passions we think we cannot control.

*Appetites are "getting" mechanisms,
representing the ego's need to confirm itself.
This is as true of body appetites
as it is of the so-called "higher ego needs."
Body appetites are not physical in origin.
(bolding mine) T-4.II.7:5-6*

Given that the body is the ego's chosen home, appetites appear to be bodily in origin. When a temptation to *over indulge* comes sniffing around looking for something to bite into, we give in with only the slightest restraint. We do not make a 100% commitment—"appetite" wins.

For several years, I've been visiting a health club, conveniently located next to my bank. During these years, I have consistently seen one man and one woman there, each of whom has been steadily getting bigger and bigger. Since they are frequently at the health club, the weight gain is not due to a lack of exercise. The word "appetite" comes from the Latin *appetitus*, meaning *desire*. After air and water, eating seems to be our bodies' most basic and consuming need. Eating is also an aggressive act and an affirmation of bodily life. Eating the fruit of the tree of knowledge of good and evil is a symbolic expression for usurping God's power (T-3.VII.4:1).

After I came out of the coma from encephalitis back in 2007, I could eat very little, if at all. When you don't eat for a long time, you lose your appetite. Back home I could eat only slowly. I sat at the table and watched my wife, Dolores, and our daughter, Sarah, eating. I played with my food and tried to eat because I was supposed to. It took time to get back into the habit. Eating is a strange act, and teeth are funny things—they masticate food. Much of our time is spent eating other bodies that die so our bodies may live.

*You cannot be totally committed sometimes.
T-7.VI.7:4*

Go the Other Way

If we want to lose weight or stop smoking, we know it may take "great effort and willingness." However, we all also know that *it can be done*, if we make a conscious effort. We can't keep getting 'on the wagon' and then falling off again—that just leads to great frustration.

*Reason will tell you that the only way to escape
from misery is to recognize it
and go the other way begins.
[bolding mine]
T-22.II.4:1*

In living the Course you eventually realize you can't just do the Course "sometimes." An alcoholic who joins Alcoholics Anonymous and cheats is still an alcoholic. The only way to gain complete freedom from alcohol is to observe 100% abstinence. There are hundreds of book on dieting and losing weight. If I were to write a diet book, it would contain four words, none of them more than four letters long, "Don't eat too much." All that really matters is that I demonstrate willingness to—go the other way.

*This is the separation's final step,
with which salvation, which proceeds
to go the other way, begins.*

[bolding mine]

T-28.II.9:1

The Holy Spirit provides guidance 100% of the time. God is never absent. He is never off duty. The ego/body needs to rest because seeing itself as separate causes stress. However, the Holy Spirit never needs to rest because the Holy Spirit is never stressed. Spirit is always at rest; for rest comes from waking, not from sleeping (T-8.IX.3:5).

1. Are we paying attention?

*If you cannot hear the Voice for God,
it is because you do not choose to listen.
That you **do** listen to the voice of your ego
is demonstrated by your attitudes,
your feelings and your behavior.*

T-4.IV.1:1-2

2. Are we doing what we are being asked to do?

Only by doing what we are asked to do can we hear better the Voice for God. We've all heard the saying "You can lead a horse to water, but you can't make it drink." We can show someone a better way, but we can't make someone choose it. We can only suggest—we can't force anyone to believe or do anything. All the Holy Spirit can do is to give us the right information. It is *totally* up to us whether or not we partake of His Knowledge. The more we partake of His Knowledge, the more fulfilled, satisfied and happy our lives will be.

Read the Course as often as you want—absorb as many ideas as you can. No one 'really' knows the Course until they are living it. Otherwise, it is just a good idea. One good sign that you are living the Course is that attack, anger and defensiveness no longer characterize your behavior. God is never mad. And as a part of God, we have no reason to be mad 100% of the time, regardless of what the outside world 'seems' to throw our way.

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.

[bolding mine] - T-5.II.3:7-10

Jesus' parable of the Prodigal Son (Luke 15:11-32) is a wonderful story for understanding God's relationship to us. We have all left our father's home and wandered off into a far country. There we waste our resources on *wanton* living. Here is where the appetite comes back in again. "Wanton" means extravagant, willful or impious.

In many mythological stories, the hero or heroine loses their way and falls asleep. Not paying attention to the Voice for God means we also fall into a deep sleep where we have disturbing dreams. Throughout it all, during the entirety of our dreaming, God never stops loving us—remember, Infinite Patience calls upon Infinite Love. In order to hear and respond appropriately, we must demonstrate our willingness to learn. Our job is to do unto others exactly what God has done for us ~ to love everyone 100% conditionally.

The 100/0 Principle, the principle of total forgiveness, applies to everyone all the time. Application of the 100/0 Principle applies to our children, our mates, our work associates, customers, and friends—those with whom we have the most consistent ongoing relationships and all other people.

The following four steps are described by Ritter

STEP 1 – Determine what you can do to make the relationship work . . . then do it! Demonstrate respect and kindness to the other person—all the time under every circumstance. In Course terms, never be judgmental.

Remember—“Anger is *never* justified” (T-30.VI.1:1).

STEP 2 – Do not expect anything from others in return:
zero, zip, nada, nothing, zilch.

Just as a loving parent loves a child regardless of that child’s behavior, so does God love us whether or not we love Him.

STEP 3 – Do not allow anything the other person says or does (no matter how annoying) to affect you. This is very important:

Don't take the bait!

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*Non-reaction to the ego of others
is one of the most effective ways
not only of going beyond ego in yourself
but also dissolving the collective human ego.
Eckhart Tolle (1948 – present)*

STEP 4 – Be persistent with kindness.

We give up too soon, especially when others don't respond in kind. Remember—expect *nothing* in return.

From Knower to Learner

At times any relationship can be challenging, despite our 100 percent commitment and self-discipline. When this occurs avoid being the "Knower" and shift to being the "Learner." Avoid Knower statements—like "That won't work," "You're going to get into trouble," "You don't know what you're doing," "That's just the way it is." Use Learner statements—like "Tell me what is going on," "There must be a better way," "I wonder if..." etc. As a Learner, be curious!

Principle Paradox

When we take total responsibility for a relationship, more often than not the other person will begin to take more responsibility as well. Consequently, a 100/0 relationship can transform into something approaching 100/100. When that happens, miracles occur. The result is “happiness” and loving relationships in every human encounter.

*Ultimately everyone must remember the Will of God,
because ultimately everyone must recognize himself.
This recognition is the recognition that
his will and God's are one.*

T-9.I.9:1-2

Lovingly,

Jon