

# Miracles



Classroom for the Universal Course

November ~ December ~ 2020

**ACCEPTANCE:**

Your Get-Out-of-Jail

FREE Card

P. 12

**THE CANTICLE OF  
ARCHANGEL RAPHAEL**

P. 32



# A Course in Miracles

with Jon Mundy, Ph.D.

Join our ongoing/online class!



Tuesday Evenings 8:00 p.m. to 9:30 p.m. EST  
or Thursday Afternoons 1:00 p.m. - 2:30 p.m. EST

## ***A Course in Miracles Index***

What is...The Holy Instant? The Atonement?  
A Happy Dream? A Little Willingness?  
The Real World? And More

Tuesdays - Nov. 10, 17, Dec. 1, 8, 15

Thursdays - Nov. 12, 19, Dec. 3, 10, 17

**Free For All Tuesday, Nov. 24 at 8:00 p.m.**

\$75 for five-week session

Receive an automatic one-year subscription  
to Miracles Magazine when you sign up.

Or a free one-year renewal for  
current subscribers.

## **Join Anytime!**

Session can be prorated

~ Scholarships Available ~

Please contact [Jon@miraclesmagazine.org](mailto:Jon@miraclesmagazine.org)  
or call 845-496-9089

Sample a FREE class at anytime

# Contents

---

<b><i>Rebirthing Christ Within</i></b> .....	4
by Jon Mundy	
<b><i>Acceptance: Your Get-Out-of-Jail FREE Card</i></b> .....	12
by Laurel Elstrom	
<b><i>Crossing the Intersection of Love and Form</i></b> .....	19
by MaryBeth Scalice	
<b><i>Love Without Thinking: A True Story</i></b> .....	25
by Beth Geer	
<b><i>The Canticle of Archangel Raphael</i></b> .....	32
by Sebastián Blaksley	
<b><i>I Came to Love You</i></b> .....	38
by Lesly Benditsky	
<b><i>Planning</i></b> .....	40
by Celia Hales	
<b><i>Notes from Nancy</i></b>	
<b><i>Holy Oneness</i></b> .....	42
by Rev. Dr. Nancy L. Davis LMSW, DD	
<b><i>Treading in Jesus' Footsteps:</i></b>	
<b><i>The Seamless Path of Love</i></b> .....	44
by Lana Carolan	
<b><i>Thank you, Donald Trump</i></b> .....	49
by Karči Cole Kňazovický	
<b><i>Yield to Joy</i></b> .....	54
Reviewed by Guy Scalzi	

CHRISTMAS 2020

# REBIRTHING CHRIST WITHIN

by Jon Mundy



*Christ in the Wilderness — Ivan Kramskoy*

## **Preface**

First a word about the picture that accompanies this article. I used it once before, back when *Miracles* was in all black and white. Now that we are in color I wish to bring it out again. It is called *Christ in the Wilderness* by Russian painter Ivan Kramskoi (1837–1887). He was a Realist painter, painting mostly portraits. He painted the wealthy to earn a living, and ordinary folks, looking for the soul within. This he has done with Christ in the Desert, as the picture shows Jesus going deep within making the decision that must be made, which ultimately we all must make — to follow only the way God would lead.

*The thief comes to steal,  
to kill and to destroy.  
I am come that you might have life  
That you may have it abundantly.*  
John 10:10

## **Being Dispirited**

I often say: “Don’t let anything take the peace of God away from you.” When awareness is low, the ego can slip in the back door and take control. The more we let the ego dominate the mind, the more *dispirited* we become. We are disheartened and discouraged because somehow we know we are letting the ego take control. The devil is not a person or a beast or any “thing” at all. It is quite simply the *belief in separation* and the thought that we (the ego) can run the show.

Once the ego is in charge, it runs and often ruins our lives. We go about mindlessly doing what we are directed to do, leaving us with little awareness of the Self we always have been and ever will be. It is as though our will has been taken away from us. All the while, it is we who have given it away, often for a worldly reward of no lasting value. In both the gospels and the Course, Jesus repeatedly asks us to “watch” for this thief or else we lose our way in this world.

*Watch that you not fall into temptation.  
The spirit is willing, but the flesh is weak.*  
Matthew 26:41

*Watch your mind for the temptations of the ego,  
and do not be deceived by it. It offers you nothing.  
When you have given up this voluntary dis-spiriting,  
you will see how your mind can focus  
and rise above fatigue and heal.*  
T-4.IV.6:1-3

## **Dis-Spiriting**

The Christmas season and the beginning of a new year is a good time to get the ego (devil) out. Let’s let this new year be a time of renewal and rebirth. *The Holy Spirit is the Christ*

*Mind* (T-5.I.5:1) who came into being with the separation as a protection, providing us with an inner guide who can show us the way home—to a place we never left, except in some unhappy dream.

*All that is given you is for release;  
the sight, the vision, and the inner Guide  
all lead you out of hell with those you love beside you,  
and the universe with them.*

T-31.VII.7:7

According to the Bible, a deep sleep fell upon Adam (i.e., mankind), and nowhere is there any mention of Adam's awakening. We need to awake from our slumber and get back on the path to peace. Buddha meditates and fasts for seven years sitting under the Bodhi tree. Jesus goes into the wilderness, where, like the Buddha, he also fasts while looking deep within. The earliest Christians, "Desert fathers," did the same. Likewise, Mohammad is off in a cave when he hears: "Recite, recite," and he is given the words to the Quran. Fasting is often part of deep spiritual work. Fasting changes the blood chemistry and facilitates visionary experience, affording an opportunity to look within.

Meditating in the wilderness, Jesus must decide which way to go. Satan, "the great separator" puts before Jesus three temptations. In the last of the three temptations, he takes Jesus to a high mountain and there, looking down on all the countries of the earth, he says: "Bow down and worship me, the Ego, and all these kingdoms will be yours." This is the great temptation to be "A," number one, king of the hill, top of the heap — tyrant and dictator of all that one sees. Then for the third and final time, Jesus says: "Get thee behind me, Satan." Later, at the end of his earthly life, Pontius Pilate will say to Jesus: "Are you a king?" And Jesus says: "Yes, but my Kingdom is not of this world." Thus it is that the Kingdom of Heaven is inside you.

*"No man cometh unto the Father but by me"  
does not mean that I am in any way separate*

*or different from you except in time,  
and time does not really exist.*

T-1.II.4:1

According to the Course, the world is yet to experience any comprehensive reawakening or rebirth. “*Such a rebirth is impossible as long as you continue to project or miscreate.*” (T-2.I.3:8) Awakening to the Christ within simply means we cease our projections and miscreations. We stop seeing problems in the world and turn instead to see what blocks our sight of Christ within. Remember, “*Miracles are everyone’s right, but purification is necessary first.*” (Principle No.7 of the 50 Miracle Principles).

It is as though our identity as Christ has been stolen and hidden from our view, buried within the dark recess of the unconscious mind. With a dictatorial ego running the show, our identity as the Self—the Christ we were meant to be—is covered over with a seemingly powerful “persona.”

When I was living in California during the 1960’s, I came home one day to find that my most valuable possessions, (typewriter, stereo, etc.) had been stolen. Anyone who has had such an experience immediately feels violated. Similarly, when the ego steals our identity, a sense of angst and underlying guilt sets in: angst because life seems meaningless, and we feel guilty because we fear the meaninglessness of life to be our own fault.

The body is the ego’s chosen home. Spirit is willing, but the flesh is weak. Surely, life is more than eating, sleeping, having children, playing, working, retiring, and dying. How can we be the Christ we were meant to be? I love the definition of Jesus that is given to us in the Course.

*Jesus was a man who saw the face of Christ  
in all his brothers and sisters and remembered God.*

C-5.2:1

## **Do You Like You?**

How did Jesus find the Christ within? He did it by “seeing” the face of Christ in everyone. As “projection makes perception,”

seeing the Christ in everyone must reflect an awareness of the Christ within. The Course tells us that “the mind is very powerful.” We need, therefore, to watch for the judgments we throw out onto the world, remembering that everything rebounds.

Since in Truth every sister and every brother is oneself, it behooves us to watch what we project onto them. In fact, the Course is clear: “*If you attack error in another, you will hurt yourself.*” (T-3.III.7:1) We then feel defiled, knowing not why—not realizing that, as the Course says: “You did this to yourself.” (T-25.II.5:4) Another way to say this is: “Do you like you? Do, you love you?” Can you forgive yourself for your failings, knowing that these tests were only “*lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one.*” (T-31.VIII.3:1)

## **Projection Makes Perception**

The “normal ego” point of view is to judge everything. Indeed, a favorite egoistic point of view is to engage in name-calling: “stupid, idiotic, ridiculous, absurd, insane.” A million other insults may be thrown out upon the world. We do it as an automatic, instinctive, unconscious, reflexive response. Every “body” (person or thing) the ego looks upon is judged—good or bad, pretty, or ugly, nice, or not nice. We praise the good and condemn what we label “bad.” Fortunately,

*The still, small Voice for God is not drowned out by all the ego's  
raucous screams and senseless ravings  
to those who want to hear It.*

T-21.V.1:8

## **Projection Is a Choice**

When our response is involuntary, instinctive, and mindless, we do not see how projective we can be. The most basic law in the Universe is the Law of Cause and Effect. What goes around comes around. As we give, so do we receive. With “what” eye do we look out upon the world? Projection makes perception, and “Projection is a choice.” (T-21.V.1:7).

*All their harmfulness lies in the ego's judgment.  
All their helpfulness lies in the judgment of the Holy Spirit.*  
T-9.IV.3:2-6

One Saturday back in the mid-1980's, when I was working as a United Methodist minister, I had to attend an all-day seminar for the ministers in our district. When we reached a point for a mid-morning break, I looked around to see whom I might talk to. Most folks had already broken up into little groups of two or three, just talking. Looking around, I saw a fellow minister standing by himself. He was the pastor of one of the smaller churches, and I knew he had a reputation for being ineffectual. He was obese with lots of dandruff on the shoulders of his soiled and poorly fitting suit coat. Something said: "Go talk to him." I did, and I found out that he had a mentally challenged son, whose care and attention demanded a great deal of his time, contributing to his being unavailable to his congregation. Yet what a sweet man he was. From that day forward we were friends, and at later meetings we would seek each other out. I was sorry for whatever judgments I previously had thrown upon this brother.

I have a young Chinese friend named Zhao Wang. Zhao grew up in China and is now a student here in the United States. She was very unhappy as a child, seeing no meaning in life. At the age of 14, she decided that it made no difference if she was alive or dead, so she decided to commit suicide—"on her bed." Having said "yes" to death and "no" to life—having thrown everything away—she now entered a deep emptiness and then, as she tells her story:

*"The whole world disappeared. My self disappeared. I felt I had melted into God, the supreme good, the most beautiful, peaceful, joyful state. I realized that I had been looking in the wrong place. The truth is not in the material—it is here in the present. Over the next few days, I started seeing God in everything—even dung, people arguing—everything turned into God's shining presence."*

Zhao's mystical experience sounds a bit like Lesson 32:

*God is in everything I see.  
Behind every image I have made,  
the truth remains unchanged.  
Behind every veil I have drawn across the face of love,  
its light remains undimmed.  
Beyond all my insane wishes is my will,  
united with the Will of my Father.*

Jesus says of himself and ourselves that there is no difference between us except in time — and time is “a vast illusion.” It is, thus, only in fulfilling God's will that we can know our own true happiness. Though it may seem real, our having separated ourselves from God means we are now living in illusory dreams, and we are easily caught in the soap opera of the outside world, believing somehow it is reality. Ten years from now, whatever is happening in politics right now will be an ancient memory, and whatever is happening then will appear as real.

*All we see or seem is but a dream within a dream.*  
American poet Edgar Allen Poe (1809 – 1949)

Our night-time dreams and our day-time dreams have a different form; that is all. We walk about, we drive our cars, we lay in bed and dream. The ego appears as a thief, throws a blanket over us, and smothers our lives with dream of plagues, wildfires, police brutality, global warming, and social unrest. All the while Heaven seems like a dream.

## **Eternity Is Internal**

According to Christian theology, Jesus was divine from the moment of his birth. Everyone is divine at the moment of birth and right now. The only Biblical record we have of Jesus' youth tells us that, after his time with the Rabbis in the Temple at the age of twelve, he then “increased in wisdom and stature, and in favor with God and men” (Luke 2:52). Then comes the baptism by John the Baptist, then the wandering in the wilderness. There Jesus does a deep dive into his own psyche. He takes a good look at the temptations, and he makes the only reasonable decision he can. He says “No” to the ego and “Yes” to God, and he breaks

through to the Christ within. The same task is put before us. Remembering the eternal is internal. It happens in the eternal “now”—it is not going to happen “someday.”

*The body is a limit imposed on the universal communication  
that is an eternal property of mind.  
But the communication is internal.*

*Mind reaches to itself.*

*It is “not” made up of different parts, which reach each other.  
It does not go out. Within itself it has no limits, and there is nothing  
outside it. It encompasses everything. It encompasses you entirely;  
you within it and it within you.*

*There is nothing else, anywhere or ever.*

T-18.VI.8:3-11

At Christmas we celebrate the birth of the Son of God. You! You are the Son of God, always have been, always will be. As you are, so must we all be. Jesus knew it. We are yet to affirm it.

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

T-3.VI.11:8-9

We are each the slumbering Christ. At any moment, just like Zhao Wang, we could awaken—remember who we are, and best of all, be—the one we were meant to me.

*In this [Christmas] season which celebrates the birth of holiness into  
this world, join with me who decided for holiness for you.*

*It is our task together to restore the awareness of magnitude to the  
host whom God appointed for Himself.*

*It is beyond all your littleness to give the gift of God,  
but not beyond you.*

T-15.III.7:1-3

Numerologically, the Number One represent a new beginning.

May 2021 place before you a great blessing.

Thank you for sharing the journey.

Lovingly, 

# ACCEPTANCE:

## *Your Get-Out-of-Jail FREE Card*

*by Laurel Elstrom*

“Don’t cry. It will feel better soon,” says a parent to a child.

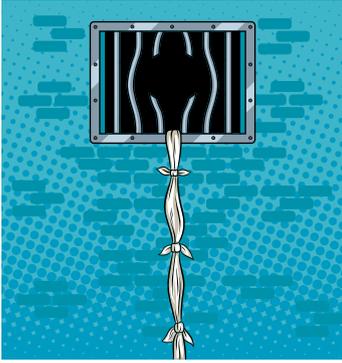
“Don’t be angry. I didn’t mean to hurt you,” says a contrite husband to his wife.

“Don’t be sad. Everything happens for a reason,” says a well-meaning friend.



**H**ow many times have you heard or spoken words similar to these? We consider advice like this to be supportive and encouraging. In reality, when we ask ourselves and others to reject any present moment experience, especially our feelings, we reinforce an illusory world and perpetuate the false idea of separation.

While you may intellectually agree with the idea of acceptance, you may secretly equate acceptance with failure. Acceptance might seem like giving up on your life. This is a big misunderstanding. The only thing that fails when you accept your feelings is the false idea of separation. Acceptance



doesn't mean that you pretend to like what is happening. You don't slap a coat of white paint over your experience and call it good. You tell the absolute truth to yourself. You accept your feelings as they are, no matter what. You let them come, and you let them go, without interference and without the ego mind's interpretations.

---

**Acceptance doesn't mean that you pretend  
to like what is happening.  
You tell the absolute truth to yourself.**

---

Feelings seem dangerous when there are stories attached to them. The mind rushes in to interpret a feeling and offers an explanation about why you are feeling the way you are, replaying familiar narratives that reinforce a sense of separation. A feeling of sadness might attach a re-play of some past trauma. It might carry an oft-repeated judgment such as, "I'm all alone. No one genuinely loves me." If you get caught up in the mind's interpretations, you can't accept the feeling in its own right. You might run away from it or cling to it for days, repeating the story and idea in your head. This isn't acceptance of feelings. It's acceptance of the ego mind's programming.

We all bite the ego's hook sometimes. If incessant toxic chatter continues despite your best efforts, turn the magic of acceptance onto the chatter itself. "I accept that I haven't been able to let go of this old story." "It's okay that this idea keeps replaying in my head. I know it isn't true, and it will stop in its own time. This happens to humans." Letting go of your resistance to the chatter will break the spell and provide relief.

---

## The entire illusory world is founded on your identification as a person who needs to manage your experience.

---

The entire illusory world is founded on your identification as a person who needs to manage your experience. An identity is always striving to be somewhere other than here, feeling and doing something other than this. This pursuit of “something else” perpetuates the false idea that you, a separated person, are in charge of making things better. This is the fundamental movement that sustains your separated world.

What is the opposite of seeking something better than this? Accepting what is here. If you live as a separate individual doing your best to avoid discomfort and achieve a set of unattainable ideals, how can you possibly accept your present moment experience? If you are in charge of making a better future for yourself and everyone you love, you need to get busy. As you try to manage your experience, you must always be on alert for threats while trying to minimize suffering and maximize pleasure. It’s exhausting. No matter how hard you try, you will always fall short of your idealized version of how you should act, look, feel, be loved, and speak, because your identity is based on a lie.

If you are not a separate person struggling to navigate circumstances, who are you?

Examine the nature of your experience. Certainly you seem to be having an experience that is unlike any other. You are always the star of your own show, the center of your own universe. The ego translates this miracle as evidence of separation, but separation from your Self is impossible. You just got caught up and forgot who you are.

When you believe yourself to actually be the vulnerable, mortal human filter you experience through, you are compelled to improve it because it feels wrong. Belief in the countless conditioned stories and thoughts that support your separated identification causes suffering. You are not separate from everyone and everything else. You are a unique expression of the same, shared, universal energy.

When you shift into awareness and acceptance of whatever is happening in your current experience, you join that shared energy rather than trying to separate yourself from it. It might seem logical to allow only positive feelings and reject negative feelings in order to have a more pleasant experience, but what you are rejecting is your own Self.

---

## Acceptance of feelings triggers a trap door that drops you out of separation and back into the arms of wholeness, beyond the ego's grasp.

---

Acceptance of feelings triggers a trap door that drops you out of separation and back into the arms of wholeness, beyond the ego's grasp. It's your "Get-out-of-Jail FREE" card. Make sure it's in your back pocket at all times. You're going to need it.

Life happens fast. Even when you do your very best, you will encounter stress and discomfort. When you feel yourself contract and all of your trusted techniques fail, remember your magic acceptance card. Acceptance is always available, regardless of whether you've studied personal growth for fifty years or fifteen minutes. You don't need to master a long, involved process. Simply turn toward your current experience and join the flow of it, allowing the energy to be as it is, moving and changing however it does, without interpretation or evaluation.

Human experience is intense. People leave. They die. They disappoint. You will get sick and hurt, and eventually die. Some life surprises are pleasant, and some are challenging. It's all part of the human experience. Every part of it is included in wholeness. Every feeling is valid. Every energy movement is supported. It's not your job to create a 5-point plan to explain your experiences. It's your job to receive the gifts of your experiences. They're the reason you're here. Your experiences are the making of you. They are how you are able to see your own face.

---

## You can use your feelings like an inner GPS guidance system.

---

Even when life isn't dramatic, uncomfortable feelings happen all the time. Boredom, disappointment, vulnerability, unexplained sadness—these are just some examples of uncomfortable feelings that happen on a daily basis. How you deal with these feelings on the inside makes all the difference. The temptation is to respond to uncomfortable feelings through either denial or distraction. As a spiritual aspirant, acceptance of feelings is more than a way to escape suffering. Feelings are a reliable navigation tool on your path to freedom.

You can use your feelings like an inner GPS guidance system. They're always inviting you to discover something more about yourself. Remember to approach feelings cleanly, without a story. Regard the feeling as pure, nonverbal energy. Is the energy revealing a place where you cling to control? Does boredom beckon to you to expand? Does frustration tell you it's time to move on? What happens if you follow your excitement? Explore and allow. You can't get it wrong. Let your feelings come into and out of your experience without

trying to shut them down or divert them in any way. Don't analyze them; follow them. If you respect them, they will reveal something lovely.

Admittedly, some feelings are easier to accept than others. It's pretty easy to accept the contentment of relaxing in your warm bed or the sweetness of a lover's kiss. No acceptance issues there! In fact, we already have a word for awareness and acceptance of good feelings. We call it "gratitude." It has magical qualities of its own.

All feelings can serve as a springboard to enlightenment. Through watching your resistance to feelings, you can see where you are still attached to living as a separate person. Here are some practical examples of how to shift into acceptance of difficult experience:

- ▶ You feel restless and dissatisfied. Your first instinct is to cover it up with activity. Instead, turn toward the feeling and explore it. See how it feels in your body. Watch what comes up. Resist the urge to move away from it. Don't use your mind to analyze why you feel this way. Just allow it to be as it is. Acknowledge what is here. Notice when the experience changes. If you give up and get busy, accept that too.
- ▶ You automatically lashed out at someone. Now you feel ashamed or guilty. Explore that feeling. Are your fists clenched? Do you feel like hiding? Are you sad? Angry? Afraid? Drop the story and allow the feelings. Let them roll. They can't hurt you. Don't let the mind justify or explain. Just let yourself feel whatever you feel. If revelation comes on its own, great. Otherwise, give yourself the space to feel this way until it passes.
- ▶ You notice that you are in serious self-judgment. The voice in your head tells you that you are not enough, too much, too little, or too flawed. Rather than trying to give yourself a pep talk that you probably won't believe

anyway, turn toward the feeling. Recognize the self-abusive voice in you. Feel how sad it is to be hateful to yourself. Allow the feelings to come and go as they will, accepting whatever is here, recognizing that these are the mind's abusive stories. Treat yourself with the tenderness you would offer a vulnerable, frightened child.

It takes bravery and trust to turn toward difficult experiences instead of turning away from them. But you are brave and earnest by nature, or you wouldn't have chosen this experience in the first place. The next time someone tells you not to feel the way you feel, rise to your own defense. Support your right to have feelings. Be willing to say, "I accept that I feel afraid." "It's okay that I feel angry."



People who try to talk you out of your challenging feelings are afraid of their own uncomfortable feelings. When you show them it's safe to accept all

feelings, you give them permission to feel their feelings too. This is the real model life, not an angelic, untouchable being who sees only light, but a fully present being who joins all human experience with bravery and true grit. Yours is the example life the world has been waiting for. Acceptance of your feelings is your pathway back to wholeness.

---

*Laurel Elstrom has been a student and teacher of A Course in Miracles and A Course of Love for over 30 years. She is a contributing author in A Bridge: Exploring the Connections Between A Course in Miracles and A Course of Love. Her newly released book, Love on the Mountain: A Guide to Self-Discovery, is a self-inquiry guide based on the "Forty Days and Nights" of the Dialogues of A Course of Love. It is available on Amazon.com or at [www.laurelelstrom.com](http://www.laurelelstrom.com).*

# Crossing the Intersection of Love and Form

by MaryBeth Scalice



This week I had to replace my washer and dryer. I also had to replace my computer. My car needed service. Overgrown bushes and trees around the house required a heavy-duty trim. This week a handyman erected a four-tier piece of shelving for all those books that are accumulating again. My Mom's condominium was sold. Bank accounts were opened and loans closed. This week, my cleaning company quit, a tenant broke his contract, credit cards fell into the hands of fraudulent takers, I paid my taxes, and clients cancelled appointments.

Sometimes we hope to stop the world. Sometimes we want to end all contact with the systems and structures that seem to limit our lives, demanding we live false roles and consumerist ideals.

I have been in the world. Just as Jesus encountered unscrupulous money changers at the gates of the temple, the sacrilegious remain ready to deceive the naive. I have been in the thick of it, moving through the slab of fear that accompanies the thicker slab of sickness we call Covid.

Still I say to you, *losing touch with the world is loss of the sacred*. It is loss of Self. It is rejection of Heaven.

This is the paradox of creation, of duality, of being both human and Christ.

*All that is, is of God.*

The planet is not some figment of imagination. I want to write it off as illusion, a bad dream, an ego disavowed. But today, Jesus asks that I not use my spiritual practice in denial of what is. For now, God has called me to be *in the world, though not of it*. Being in the world requires acceptance of all my feelings, perceptions, and experiences. Being in the world requires arms willing to embrace relationship with everything.

---

**The planet is created as Home for the Sons of God.  
It is our devotion, our fidelity to God and each  
other that must arise to heal it**

---

The planet is created as Home for the Sons of God. It is part of our *living* and shared Consciousness. If we find its pulse racing, if it is debilitated, if the world built upon its fertile soils is ugly, loud, and oppressive, we are called. It is our devotion, our fidelity to God and each other that must arise to heal it.

We are miracle workers, not by denying the harm engendered on brother or sister, upon tree or river, but by acting as RE-SOURCES. We are the *source of replenishment* for each other and our planet. Our embrace is the enveloping response of God's Love.

Rejection of the external is rejection of the path forward. Meditation, contemplation, and co-habitation are tools for realization. Through them I discover the Light of my true nature. Completing the realization of Self as Light happens in relationship in the world. I express forgiveness, clear Presence, a calm, open, and peaceful mind becoming utterly useful, helpful, and healing; living the Light that enlightens the world.

You have heard Jesus say, *the wind blows wherever it pleases...you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.* (John 3:8) You are born of the Spirit, reborn as Christ on Earth. *Christ is on Earth!* To you, He *sendeth His word, and melteth them; He causeth His wind to blow, the waters flow.* (Ps. 147:18)

Right now, Spirit is moving in infinite directions through you and the multitude of those reborn to Christ. Light is omnidirectional. Good appears through humanity, through the Sonship, through effects. So it is said to Adam in Genesis, Be fruitful and multiply, and replenish the Earth... subdue it and have dominion over every living thing that moveth. (Gen. 1:28 KJ)

The collective ego decided this was a mandate to dominate, pillage, and rape every material form, especially bodies. In truth, God placed Her Trust in human beings to lovingly care for The Garden and all its inhabitants. It is our appreciation and fidelity to Source that ensures a thriving and prosperous home, for God, the Sons, and all creation.

---

## Wakening is a process.

---

But it hurts me profoundly to touch the world now. I have largely disinherited my inheritance here, given away power and capacity to create the New. I see sickness and fear in spades. Perhaps I thought meditation alone would take care of everything. Now I must ask, has it? Have I wanted complete and individual bliss before I have fulfilled its conditions? Have I denied humanity in the hope of getting beyond my human beingness?

Wakening is a process. Wakefulness lives at the intersection of heart and mind, as spirit and matter meet. It is a flow that goes in all directions, exactly as the Wind

blows, or as Light shines. The Wind or Light may be thought of as the wisdom of the way. It is being and doing, present and becoming. It moves out from Love as we become aware of pain, poverty, or fear, and returns to Love again, remembering our holiness.

---

## Wakefulness lives at the intersection of heart and mind, as spirit and matter meet.

---

Doing has become a bad word but doing or acting in the world is our call to Love. *We cannot hope to recede into unity and disown our duality.* We tiptoe across those worlds as Jesus did, quite nimbly, heart, soul, body, in relationship, in wholeness, in integrity, dual and One.

*Doing is as holy as being. Having God, being God, and extending God* are the same. It's all One glorious stroke of the Original Painter, splaying resplendent colors of Divinity into form. If I am not present, I am unconscious. Unconsciousness closes the portal between Mind and Heart-Mind, the portal through which God-Self extends in relationship with every realm.

Love is both yes and no, being or doing, and requires both. It requires your body. It requires embrace of your feelings and perceptions. It requires that you show up as you, that God might show up as Herself.

Heaven and Earth are sacred. We cannot camp out in one or the other without feeling incomplete, divided. We have found Love in the formless Grace we know as God within. Now we are asked to look and feel again.

Look with your third eye,  
move from formlessness to form,  
flow from inner to outer,  
from inhale to exhale

and then flow back again.  
Rejection of form is sin,  
an absence of love,  
a denial of self.  
Beauty wanes  
as you cloister the Light,  
meant to shine outward,  
a beam of awareness  
touching a world yet  
waiting for change.

Touching the world is breathing God in directions you know not *where*, splaying Light you know not *how*. *Where* is the intersection of Spirit and human. *How* is the intersection of Being and doing.

I am requested to fulfill my part in the return to Love. Going within, however, is *only a part* of fulfillment, and in separation, divided from the world, cannot fulfill the glory meant for the Sons of God.

It is time for us to bring what is within, without; to answer the call for creating the New; to apply the gifts we've received. We are given to touch the world with our eyes, hearts, hands, lips, aware and accepting what is, living as the Beloved lives, as Christ in a world crying out for recognition. We are given to return back to the womb of peace and let divinity hold us, especially as we feel a need to reject, judge, and neglect other's and our own experiences. We are given to cross that intersection again and again between Love within and form without. In this way we transform the world, bridge the divide, bringing Christ into relationships, perceptions, and form, completing the cycle of transformation, and the creation of Heaven on Earth.

Touching the world makes us vulnerable to the touch of the world. Will you let yourself be so touched? Every cloud, person, bee, tree, creature that reaches toward you, would



# LOVE WITHOUT THINKING A TRUE STORY

by Beth Geer



Jesus once said, “For truly I say to you, if you have faith the size of a mustard grain, you will say to this mountain, ‘Move from here to there’, and it will move and nothing will be impossible for you.” Matt. 17:20

And yet, even though I believe these words to be true, if miracles are so easy with just a wee bit of faith, then why don’t we see mountains jumping around? Or even the simplest things made easier for us here in this world?

What I have discovered is that the problem is not in the strength of our faith, but rather, *how we apply it*.

So how does one learn how to make such a shift in thinking? How does one remove the barriers to miracles and the knowledge of Love’s Presence in their life?

All it takes is a shift in perspective and everything will fall miraculously into place—I reckon even mountains if need be, although I have yet to meet anyone who has had a legitimate need to move one.

The perspective needed for lifting the barriers we hold in place between us and God’s Love, which is also our Source of power for working miracles, is but this: See no one as but a body. See them only as they are in truth: a perfect being created by God as an embodiment of His Love.

---

## This correct perspective brings about corrected perception of your brothers and sisters

---

This correct perspective brings about corrected perception of your brothers and sisters which aligns your mind with God's Mind and therefore His Power.

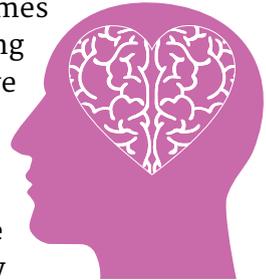
That being said, I myself have found this mindset very difficult to put into practice in the face of actual conflict. I am determined each day to live as though I am Light and Love, but the second I'm faced with conflict, it all goes right out the window and my ego takes over. It is extremely difficult to live this truth, though I can easily accept it in my mind. My heart doesn't seem to want to budge. In fact, being told I am a being of Light and Love is completely the opposite of my experience here as a body. Telling me we are not bodies but really beings of Light and Love, is about as believable as telling me we're all cats. In fact, it might actually be easier to believe we're cats; at least a cat still has a body we can relate to.

So how do we shift our perspective in order to shift our perception, which in turn shifts us into the miracle-minded thinking of God?

The answer is simple: our minds and hearts are in need of healing. *A Course In Miracles* tells us the healer's prayer is always this:

*Let me know this brother as I know myself.* T-5.Intro.3:8

Yet this simple prayer presumes knowing the answer to the underlying question: Who **are** we? To be told we are Love and Light and not the bodies we appear to be, is to be told we are something else entirely. And not only that, but this alternate "identity" is an **invisible** identity, one that can't be seen, but only



**felt** within and must be taken completely on faith and belief alone.

To the ears of the ego this sounds altogether preposterous and insane, so foreign we may as well be told we're all cats.

We can read and hear the words "I am Love" over and over again, yet no real fundamental change occurs. We may agree with these words in our minds, but then still go out into the world and react to one another as bodies.

---

## Truth is lived in the heart, not merely understood in the mind.

---

Yet if one *truly believed* such words, and lived as though they were true, such a person would treat others as part of themselves—part of the One Love we are being told we are in truth—with utmost sincere loving kindness, patience, and care.

Truth is lived in the heart, not merely understood in the mind. This is why it is called the *living truth*. What you believe is demonstrated by how you live. And not a false way of living, where your actions feel forced because they contradict what your mind is thinking. This is not living your truth, but living a lie.

When we find ourselves in such predicaments, it's time to ask for help.

A few years ago, I found myself in just such a situation; the outcome was miraculous. Here is what happened:

I was called to the cash register to counsel a patient at our pharmacy who was receiving a new medication. On my way, she received a phone call and proceeded to answer it just as I reached her. I expected her to quickly tell the person on

the other end she'd call them right back, just as most people do when this happens.

This woman did not. She proceeded to talk to the other person as though I was not there. It was not an emergency either, just idle chit-chat. I became irritated because I was in the middle of trying to serve her. Rather than ask her to hang up—which my ego felt it shouldn't have to do—I decided to just move forward with the process, thinking she'd come to her senses and stop talking on her phone. So I began to consult her about her medication, but to my intense irritation she simply waved her hand at me to be quiet, because I was interrupting her conversation. This was upsetting and insulting to my ego, since she was the one who walked up to me for pharmacy service!

My blood started to run hot and my cheeks flushed with outrage. It was then that I remembered this from ACIM:

*Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you. T-31.VIII.3:1*

Here was a lesson being presented to me and I wanted to make another choice! What should I do? Nothing? And let her just walk all over me? Should I point out her seemingly rude behavior? None of these answers felt loving or different from choices I'd made in the past. My irritation was rising to new levels with every moment that passed, and I didn't know what I should do or say to this woman. That was when I decided to ask the Holy Spirit to take over and help me choose differently.

I was lost in my irritated thoughts as I gathered up the money she was owed back in change, and just as I was about to hand it to her, she concluded her phone conversation with, "Bye, I love you honey!"

It was then the Holy Spirit intervened, side-stepping my ego's thoughts altogether. An automatic response erupted from the part of my mind that still remembered God's Love. Without thinking, I heard myself say aloud to her, "I love you too!"

For a heartbeat we both just stood there, realizing how comical this was. I had responded to words clearly not intended for me—and it was just too funny. We burst into giggles and laughter as we parted ways without another word.

In fact, as I walked away, I realized that the only words we exchanged at all were, "I love you." I had gone from seething irritation to complete love and joy in a holy instant—but not until I had asked to see the truth in the other woman. I had asked to know her as I knew myself—I wanted to see only her Love and Light—and that's exactly what the Holy Spirit craftily showed me. With His Help, I overcame the barriers to Love's Presence and loved her without thinking.

Yet, until an inner shift like this takes permanent residence in the heart, we must continue to practice being what we think is the truth and changing our minds the instant we feel the slightest twinge of discomfort—the clarion sign that we are living as an ego and not as Love. This practice requires an unaccustomed inner vigilance over our thoughts and feelings; a discipline the world does not teach.

When you are tempted to believe in the falsity your eyes see, remember that you are only here to observe and deliver the message of peace and love from Him Who sent you. It is not your job to convince anyone of his or her true identity, but only to give God's love as you have been given It.

*Love without thinking and you will experience without doing.*

---

**Beth Geer** is the author of "Awakening To One Love." Visit her at [www.awakening2onelove.com](http://www.awakening2onelove.com).



---

## Don't Make Old People Mad

*The following is a letter sent to a bank by an 82 year-old woman.  
The bank manager thought it amusing enough  
to have it published in the New York Times.*

Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the check and the arrival in my account of the funds needed to honor it.

I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an OFFENSE under the Postal Act for any other person to open such an envelope.

Please find attached an Application Contact which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

---

---

In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits, but again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further. When you call me, press buttons as follows:

IMMEDIATELY AFTER DIALING, PRESS THE STAR (\*) BUTTON FOR ENGLISH

- #1. To make an appointment to see me.
- #2. To query a missing payment.
- #3. To transfer the call to my living room in case I am there.
- #4. To transfer the call to my bedroom in case I am sleeping.
- #5. To transfer the call to my toilet in case I am attending to nature.
- #6. To transfer the call to my mobile phone if I am not at home.
- #7. To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.
- #8. To return to the main menu and to listen to options 1 through 7 again
- #9. To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automated answering service.
- #10. This is a second reminder to press\* for English.

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call. Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous, New Year?

*Your Humble Client*

**And remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to piss us off.**

---



# The Canticle of Archangel Raphael

**O**h daughter or son of light, blessed soul of our Creator! Just as you have opened your heart, stripped naked and unadorned in its beauty, bared in direct relationship with God, in the same way I share with you the beating of my Archangelic heart, a heart created by the Father of Beauty and Holiness just like yours. A heart that is one with you and with everyone, for we are one heart. We are united.

My son, daughter, we cannot separate the beauty of God from yours, nor from ours, nor can we separate it from divine Grace. You yourself are the personification of the Grace of love; thus you are graceful, beautiful, holy.

Remember, my beloved, that Grace is like the mantle of the night sky that surrounds creation with the beauty of its stars, with a silver moon giving light and mystery to an Earth blessed by the Creator.

Beloved soul of mine, feel the sweetness of my love. Rest your head on my chest. Rest in the peace of my being. I am your beloved Archangel Raphael, I am a light that illuminates. I am love. I am peace. I am healing.

Stars twinkling in the skies of the night, laughing waters dancing to the beat of joy, wet earth nourishing the children of creation. Trees hug, flowers beautify, birds fly in an air of immensity, fish swim through rivers and oceans, algae float with the currents of the seas, fireflies illumine



*Archangel Raphael and Tobit by Titian*

with their perfect bodies, felines slink stealthily with scrutinizing eyes.

---

**To love yourself is to love God Himself because  
you are God in Him, Creator-created,  
inseparable union, undivided reality.  
Madness of infinite love, who can imitate you?**

---

Birds sing to the rhythm of the sun's arc. Rain cleans all. Fruit of all colors feed the beloved children of Mother Earth. Harmonies of creation! Perfection of forms and sounds, symphony of creative love! Delirium of a God of pure love.

Oh created majesty! Who can know your laws and parts in their entirety? None. None can penetrate the bowels of your essence. None can explain Who has given you life. You are the face of God. You are his body, his handiwork. To look at you leads my angelic soul and all souls to the contemplation of

the mystery of love. To love yourself is to love God Himself because you are God in Him, Creator-created, inseparable union, undivided reality. Madness of infinite love, who can imitate you?

Oh holy creation! Who created you? From whence comes your beauty? From where did you come? Who has begotten you and joined you with everything that exists, worlds of infinite worlds that make up your totality? Unfathomable mystery, immeasurable reality sprung from a heart that loves beauty, diversity, and majesty.

Creation belongs to you by divine right. You are the essence of filiation. You are the foundation of everything created. Without you, nothing would exist because everything was done in you and for you.

How much beauty there is in your face! How much holiness in your eyes, how much joy in your perfect heart, how much purity, how much love!

Oh, my beloved!

Source of my being and of all being, longing for my heart and fullness of souls, to know you, to contemplate you paradise, is Heaven. The angels adore you. The Archangels loudly proclaim the greatness of your name. The cherubs with their trumpets intone a hymn of praise and gratitude heard in all corners of the universe. God Himself is ecstatic before your presence.

You are the mystery of the Word through whom everything has been given life. You dwell in the Father from all eternity. Before anything existed you were united in love with the Creator. Within the eternal solitude of the most holy trinity you existed, together with the Father and your Spirit of love, living together, rejoicing in the infinite extension of love.

You are the holy abode of wisdom from which all life flows. You are the creative and re-creative eternity. You are the belly of life.

---

## Can you, soul created by God, realize how sublime you are?

---

Blessed soul of the Father, extension of the living Christ. Know that all creation meets in you. You are the synthesis of the Father's love. In you are conjugated all elements, all matter, all sentient spirits. You were created by holiness itself as its extension. When you shine in the light of truth you become a word that gives life to your step.

Can you, soul created by God, realize how sublime you are? So much so that even Christ created in you his holy dwelling? You are that which neither eye saw, nor ear heard. You are the ineffable reality of God made humanity.

Remember, beloved of God, you who receive and share these words, that the reality of what you are resides in union with all that is true. There is no such thing as parts of creation. All is an undivided unity, without leaving the self and you. God Himself has created the identity of each being with the holy purpose of creating in relationship.

Just as a child has everything of the father and the mother, and yet is not deprived of the freedom to make his or her own choices and thereby create a way of life, in the same way it happens with the children of the highest one. We are all the firstborn children of the Father. We are the heirs of the kingdom.

You who have been given a life, a mind, a heart, and a conscience, have made a deliberate choice. The world moved against your choice countless times, always with the hidden purpose of strengthening your decision and your will to the ways of the Lord.

---

## You cannot imagine the power of your irrevocable decision to live in love.

---

Your choice is irrevocable. Of this I assure you: Your choice is in itself a force that crosses the entire universe with a power emanating from love. It has no equal. You cannot imagine the power of your irrevocable decision to live in love.

The deafening sounds of the pseudo-voice of illusion may make it difficult to hear the voice of love in the world, yet she calls everyone incessantly from all corners of the Earth and the created universe. The truth presents itself at the crossroads of each one's life. It is afraid of nothing. Wherever a human soul is, it constantly whispers with a sweet voice, singing melodies of beauty and love to draw to itself the children of light.

You have a Kingdom, a Kingdom that you yourself have created. This is not a metaphor, but the creative reality of your existence. You are a creator, something you cannot avoid. You create your reality at every moment. You can only create a reality with love or without love; there is no third option.

In the relationship that exists between Christ, your Soul, my being and all being, is the truth about God, you, and me.

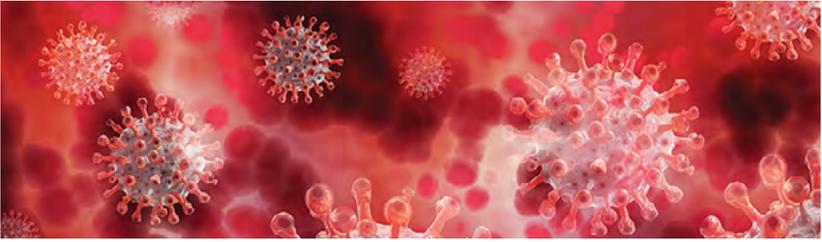
I stand before you as Archangel Raphael since in this identity you can recognize me and relate to me through your self. However, that does not imply that we are separate beings. Everything that is truly part of my Archangelic being is also part of your spirit. We all share everything that God has given us.

---

*This message from Archangel Raphael was received by Sebastián Blaksley and is contained within Book IV of Choose Only Love: Wisdom.*



Can we uninstall 2020  
and reinstall it again?  
This version has a virus!



They said a mask and  
gloves were enough  
to go to the  
grocery store.

They lied,  
Everybody else  
had clothes on!

# *I Came to Love You*

by Lesly Benditsky

I Came to Love You.

I came to show you what love is like.  
I came to manifest the love of God.

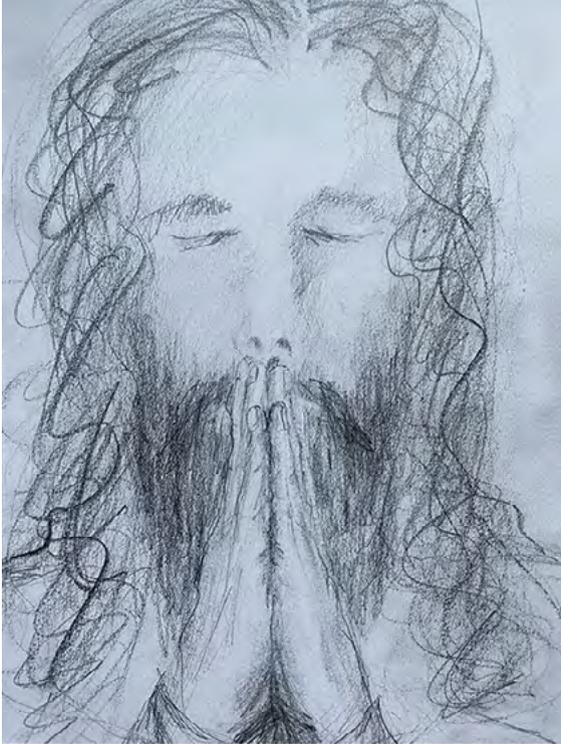
I was Jewish. I was a Rabbi.

Not once did I say the Jews killed me.  
Not once did I say I want you to start another  
religion and separate after I left the body.  
Not once did I say, and now go out and try and kill  
off the jews, or anyone, ever.  
Not once did I say to hate them, or anyone, ever.  
Not once did I say go forth and ignore all Jewish  
traditions, but rather I wish you to honour all  
traditions.

I came to love you.  
I came to manifest Love and to show you how loved  
you are.  
I came to show you a Perfect Love.

I come now as the Healing Light of the Christ  
to love you,  
to heal you.  
I Am always here, Now, beyond time and space,  
to show you how Perfect, Innocent, Pure, and  
Beautiful a Soul you are.

I hold you in my heart  
forever  
in Love.  
J.



*Illustrated by Lesly Benditsky*

---

*Lesly says: "This healing prayer/poem came through me this week during the High Holy Days of the Jewish New Year. I cried as it came into mind. I felt very passionately that the Christ Mind wishes us to know this, about religion, and about what He came for. I am an artist living in Nova Scotia Canada who came to A Course in Miracles , then A Course of Love and Way of Mastery with no previous relationship to Jeshua whatsoever. I felt a love I'd never known before coming through these sacred texts right into my heart. It has been the most healing experience I've ever known. It's the Love."*

# PLANNING

by Celia Hales



*If you . . . make plans against uncertainties to come . . .  
the mind is sick.” (ACIM, W-136.20:2)*

*“The Christ in you has no need to plan . . . let life itself  
be your chosen way . . .” (ACOL, T2:10.19)*

*“The healed mind does not plan. It does not mean that it does not  
structure a day. . . . But it does not plan what the day shall be for.  
It merely surrenders into Love.”*

*(“The Way of Transformation,” WOM, Lesson 30, Page 345)*

I had long puzzled over the prohibition found in *A Course in Miracles* about planning. *The Way of Mastery* clarifies. The type of planning that is meant is not the “structure” of a day; instead, it is “what the day shall be for.”

What a difference this newer statement by Jesus makes! I could not see, earlier, how we could avoid making decisions about upcoming activities. But I do see how we should avoid deciding with our little mind what the day “shall be for.” We have guidance for that! In ACIM, it is the guidance of the Holy Spirit; in *A Course of Love*, it is the guidance of the Christ-Self.

I see divine guidance as a better way of talking about intuition. It is the way of going within. And this way takes many decisions out of our hands. Letting intuition guide us is a much easier way to live. We live fully in the present, but we go with the nudges that decide our next steps, one step at a time.

This advice means that we let life tell us what to do next. This way of proceeding is the “flow” that is often championed in New Age thought.

I know from experience that an intuitive, flowing way of going through a day is a much happier way to live. And ACIM says that our happiness and our function are one. (W-66) We cannot have this happiness without Love, and WOM identifies surrendering into Love in order to determine what a day is for.

We thus follow God-originating guidance through intuitive nudges informed by Love, moment by moment.

I can witness that this very practical advice from Jesus works amazingly well in daily life.

---

*Celia Hales blogs frequently at “Miracles Each Day” and is the author of A Course of Love: An Overview, a 48-page well-received booklet available for \$3.95 (print and e-book). She is putting the finishing touches on a book-length manuscript that ponders A Course of Love, entitled Being Who You Are. The release date is Valentine’s Day, 2021.*

---



**World AWAKE**  
**[www.worldawakeinc.org](http://www.worldawakeinc.org)**

**World AWAKE supports, inspires, empowers and promotes Interfaith Clergy, Spiritual Care Professionals, Students and Spiritual Organizations globally. We are devoted to building bridges for a peaceful world community. Please join us!**

---

# Holy Oneness

**Q:** In this time of such divisiveness, what does the *A Course in Miracles* say about how to experience Oneness?



**A:** Because of our attachment to being special figures in this illusory dream, the Course teaches that we must be willing to **accept** the Holy Spirit as our Teacher in order to remember our Oneness. “It is apparent that a mind so split could never be the Teacher of Oneness, which unites all things within Itself. And so What is within this mind, and does unite all things together, must be its Teacher.” (T-25.I.7:2-4) For it is the Holy Spirit who recognizes our desire to remain separate, but who also understands that we can be taught to **remember** our **Oneness**. “The Holy Spirit links the other part—the tiny, mad desire to be separate, different and special—to the Christ, to make the oneness clear to what is really one. In this world this is not understood but can be taught.” (T-25.I.5:5-6)

The *Course* also explains that the Holy Spirit teaches us the “how, what, and where” we must learn and apply in order to experience Oneness. “It is the Holy Spirit’s function to teach you **how** this oneness is experienced (the holy instant), **what** you must do that it can be experienced (forgiveness), and **where** you should go to do it (relationships).” (T-25.I.6:4; the words in parenthesis are added, based on Ken Wapnick’s commentary, *The Journey Home*, “The Obstacles to Peace” p. 21)

Choosing to follow the Holy Spirit's teachings, we will always recognize our forgiveness opportunities in every relationship. The first step of forgiveness is recognizing that "**what we are judging against** in another is ... **what we have condemned in ourselves** ... In reversing the process of projection (we are) undoing its effects" (Wapnick, *Forgiveness and Jesus* p.49). Releasing judgment, reversing all projections in **all** our relationships, will ultimately culminate in lifting our awareness out of time, to the experience of our Oneness. For this is the ultimate holy instant of recognition! "Those who call upon the Name of God cannot mistake ... bodies for the holy Child of God." (L.183:5:3)

---

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



**Awakening is Natural**  
Together, we speed up the process.

Willingness to look is all that's required.  
Miracles are everyone's right.  
Purification is necessary first.

**TRUST YOUR SELF**

*"Belief in dreams is an addiction to our conflicting thoughts of good & bad"*

ACIM Mentor Service  
1st Session FREE

David Fishman 914-282-4455  
[acimgather7@gmail.com](mailto:acimgather7@gmail.com)  
[www.OneMindFoundation.org](http://www.OneMindFoundation.org)

# TREADING IN JESUS' FOOTSTEPS: THE SEAMLESS PATH OF LOVE

by Lana Carolan



For years, I have been writing about the “thoughts I do not think” and how they are seemingly delivered into my mind without my participation. I first discovered them during an episode of automatic writing, about which I will speak of in a moment. These “thoughts I do not think” are true thoughts, not false.

In *A Course in Miracles* (ACIM), Jesus asks us over and over again in many ways: “How hard is it to see that what is false cannot be true, and what is true cannot be false?”

Ironically, teaching ourselves the opposite of Truth has been much more difficult, and a far greater learning accomplishment, than simply *knowing* the Truth. Knowing is natural. Learning is tough. Unfortunately, what we taught ourselves was entirely wrong.

To remedy this situation, the unlearning and undoing of our own erroneous teaching began in ACIM. ACIM really loosened the hold of this imaginary identity we made up called the ego. This learning and undoing process continues in *A Course of Love* (ACOL) to reveal Truth, which is what ACOL would call “a given” because, as noted above, “what is false cannot be true, and what is true cannot be false.”

One of the many reasons Jesus has given us ACOL is not only to reinforce the teachings of ACIM but also to provide additional tools and practices that will once and for all end the reign of the ego. In so doing we naturally reestablish our *true* Identity as the Son of God. The way of Salvation is not difficult but it is a very different way of *being*.

In eternity this is already accomplished. In fact, in eternity there never was a “tiny mad idea” called separation, for in the same instant the thought occurred, it was healed. So, in effect, it never happened. Yet within the perceptual realm of time and space, there still remains a “seeming so.” It is like an echo or shadow of something that in truth never existed.

---

## In ACIM Jesus had to meet us where we thought we were and address us as who we thought we were.

---

What was accomplished at the instant of our creation by God is *still accomplished*. Reality has not changed. It is impossible for the changeless to change. What has always been *still is*. ACOL reminds us that we are “the Accomplished.” For how can a perfect creation of God ever become less than perfect?

In ACIM Jesus had to meet us where we thought we were and address us as who we thought we were. Now that the lies of the ego have been exposed and the very foundation of the ego thought system shaken beyond repair, Jesus in ACOL meets and greets the Truth of us as the Son of God. Now he challenges us to embrace our Truth and to *live* from the Truth we are. We are the Christ—*One shared identity*—within the Mind of God. Stepping into our certainty, owning our Truth and living that Truth becomes our focus now and going forward into the realization of Christ-consciousness.

Jesus is the “example life,” one who actually lived and demonstrated Christ-consciousness while he walked among us in form. “These and greater things” he assured us we can do. It entails a new way of being. The specifics of this new way of being is why ACOL has been given, as we continue to unlearn the ways of the past even as we embrace the ways of the New.

As in ACIM, all that is asked of us in ACOL is our willingness and open-mindedness. It is a willingness to accept our *true* nature as the Son of God and to be open-minded enough to take the teachings of ACOL out for a test drive and see what shows up.

---

**I was making notes for a morning business meeting  
when these “thoughts I did not think”  
took over my writing.**

---

ACOL informs us of another means of accessing information—the “New,” which contains all the knowledge of the universe and creation. It is how the unknown becomes known. It is an ability we already possess, that everyone possesses.

As I mentioned, for years I have experienced “thoughts I do not think,” seemingly delivered into my mind without my participation. Sometimes they show up out of nowhere. Other times they come in answer to a question. One thing is for sure: they are not of my own making.

I first discovered them during an episode of automatic writing. I was making notes for a morning business meeting when these “thoughts I did not think” took over my writing. After getting over my initial shock, I learned this voice that made no sound was a well of great wisdom. I soon learned that

I could ask it questions and receive a response. The response always came with clarity, certainty, and peace.

The first time I held ACOL in my hands, I opened it up randomly and was greeted with these words: *For many of you, 'thoughts you did not think' are among your first experiences of unity.* D:Day5.3 In that instant I knew ACOL was going to pick up where Jesus left off in ACIM and that I was being guided to welcome it with love.

---

**A closed mind accepts nothing “New.”  
Yet without the New our spiritual progress  
and awakening is stopped.**

---

It is about *allowing* ACOL to reveal itself, and allowing ACOL to demonstrate itself to us and for us. A closed mind accepts nothing “New.” Yet without the New our spiritual progress and awakening is stopped.

And oh, what a welcome it gave me. Although ACOL contained many new word symbols, as I looked closer they were merely expanded ideas from ACIM. “Unity” in place of “Wholeness.” “Wholeheartedness” in place of “Right-mindedness.” ACIM taught me all I needed to know about the Truth of who I am. ACOL is about accepting my Truth and living it.

It is time, my brothers and sisters, to live as our authentic Self. From ACIM, ACOL takes us in a seamless continuation of the love that we truly are. It is about “Being” as God created us to be. It is about realizing our unity in God and in each other. It is about living with our heart and mind joined in Wholeheartedness.

ACIM informed me of who I am and who I am not. ACOL reinforces what I have learned about my true Self in ACIM. ACOL asks me to accept my Reality as the Son of God. It is



*Illustrated by Lana Carolan*

showing me how to respond and live from Truth rather than reacting to who I thought I was. We are encouraged in ACOL to leave learning and the ego behind and start being who we are.

Just as Jesus walked among us and lived as Christ-consciousness while still in form, so are we called to live our “elevated Self of form.” In other words, to live and sustain Christ-consciousness while still in the body, just as Jesus did two thousand years ago.

---

*Lana Carolan has been a student of ACIM for about 40 years and, more recently, of ACOL. She says: “I’ve found that their application and integration into my everyday life has afforded me a state of consistent peace. I mentor many students and it has been through them that I have come to recognize that giving and receiving are truly one. I am in the process of writing a book of essays that will share my experiences with ACIM and ACOL. I feel so very blessed and am overflowing with gratitude.” Lana can be reached via Facebook or email, [lcarolan49@gmail.com](mailto:lcarolan49@gmail.com).*

# THANK YOU, DONALD TRUMP

by Karči Cole Kňazovický

Try this: Instead of watching the political parade every day, and instead of building up stronger and more solid images of him in yourself, allow your true feelings in response to Trump (or Biden, or \_\_\_\_\_ fill in the blank) to come up.



Pause. Feel. Simply step back. Let all feelings come up. *Feelings, not reactions!* Reaction is what he feeds on!

So what is the feeling? Did it come to you quickly? Did you name it? If so, then it's not a true feeling, just a thought—a mental idea about a feeling. As ACIM says in Lesson 13, *The ego rushes in frantically to establish its own ideas there, fearful that the void may otherwise be used to demonstrate its own impotence and unreality.*

---

## Go beyond the mental ideas about feeling.

---

Go beyond the mental ideas about feeling. Rather, pause to find the deep, deep feeling, one that is even below the heart. Feel down, feeling even below what seems to be yourself. That's what needs to shift for outer reality to change. Once you genuinely ask the question—What am I truly feeling? — it may take a while, even a few days, to be felt, because mostly only reactions come up at first.

How does Trump make you really *FEEL*? (NOTE: I am simply using Trump as an example of someone that people tend to have strong feelings about. Pick your own bogeyman.) If you feel sick in your gut, just allow it. I repeat: Don't confuse *feelings* with *reactions*. When I say feelings I don't mean the reactive thoughts we usually call feelings.

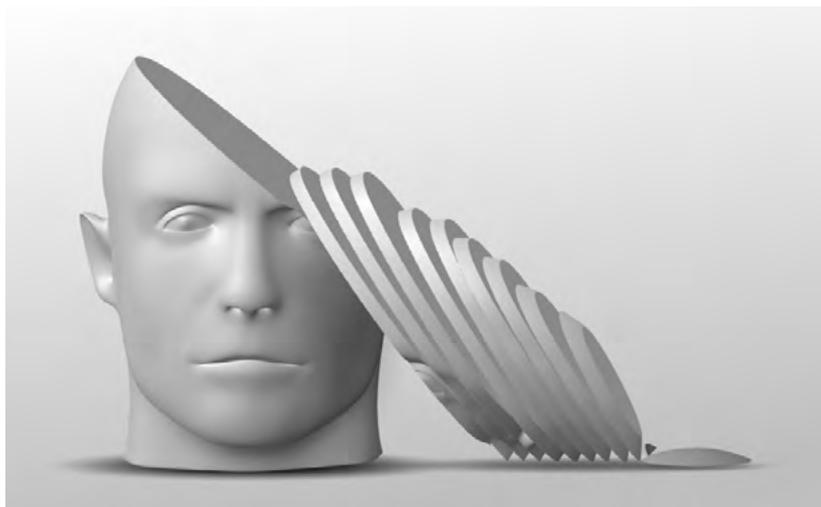
---

**It's important to connect with your true feelings.  
The ones that have no labels.**

---

It's important to connect with your true feelings. The ones that have no labels. Ones that emerge when we take time and allow space for them. Which is mostly never. Most of what people call feelings are just ideas in the mind. In my case, it took me three days to find my actual feeling regarding Trump.

Remember ACIM Lesson Number 5? *I am never upset for the reason I think*. The purpose of that lesson is to demonstrate to yourself that you are never upset for the reason you think. Why am I really upset? The answer, which is a true feeling—the feeling that you have forgotten God, that feeling of



separation from your true Self—has to emerge from deep within that part of us that only feels in order to be healed. True feelings are a place of no-thought. A place where there are hardly any past associations with this feeling. A place of the present moment: a now thing.

Then, when you actually really reach the real feeling, comes an important step —*noticing the relationship* you have

---

**Remember: It cannot be feelings, plural.  
If there are many, they are just emotions  
masquerading as feelings.**

---

with this arising feeling. Remember: It cannot be feelings, plural. If multiple feelings come, they are still just ideas in the mind. If there are many, they are just emotions masquerading as feelings. They are OK, but still not the real deal. The one true feeling has not been allowed to emerge. Only one.

When the one real feeling does emerge, it's time to forget Trump! Focus on the feeling. If you are doing this correctly, you will see that the *rejection of this feeling* is what is causing you to interpret what you think is happening. Remember ACIM Lesson Number Two? *I have given everything I see . . . all the meaning it has for me.* This feeling **is** the cause of your grievance, which you may have labeled “Trump.”

Mostly we push feelings down. It often happens even before we notice it. We disown them and project these denied aspects of ourselves. What we think we see is actually the parade of projections, blaming and seeing the faults of “others.” Yet the conflict is in us.

These held-down feelings need movement and life. If you successfully liberate this feeling, you will see that it is not your best friend, just as Donald Trump is not your best

friend. It is how you feel about *yourself*, whether the feeling is rage or just the slightest twinge of annoyance.

This is the relationship you have with yourself.

Have you ever gotten in touch with the intense fury mentioned in ACIM Lesson 21? That's where the fun begins! Once again, denied fury or rage results in the world we see. What are they but feelings that remain denied, deep within, that never manage to be touched by the loving light we can so gracefully shine on everything else but them—these feelings that need it the most.

Instead of actually feeling and taking responsibility for our own denied feelings, accepting and thereby healing them, we usually magnetize to ourselves projected images. We make new images of untruth every day. Every judgment makes a segment of the world we see.

---

## The recognition and blessing of all feelings—their full forgiveness—allows the opportunity for the full power of Creation to be manifest.

---

Not this time! As said in *A Course of Love* (D:Day12.1): *Now we listen to feelings. Now we listen to feelings and understand what they have to say to us. Now we listen with a new ear, the ear of the heart. Now we recognize the thoughts that would censor our feelings, calling them selfish, uncaring, or judgmental. We examine. And we realize it is our thoughts and not our feelings that are selfish, uncaring, or judgmental. We realize this because we realize the sacred space we have become. Our space is the space of unity. It is the space of ease because thoughts are no longer allowed their rule.*

How do you know you have truly healed any images in your life that seems to be less than love? They simply cease to exist, or they no longer bother you at all. Practicing

forgiveness is complete. You have forgiven the world. But if there is still a lot to forgive, the feeling aspect of the self has not been blessed by your presence yet, and your mind is not fully trained to forgive and release your past condemnations of your feeling self. The recognition and blessing of all feelings—their full forgiveness—allows the opportunity for the full power of Creation to be manifest.

As I said, it took me three days to find my actual feeling regarding Trump. And on the fourth day Trump vanished from my feed, my sphere, my life. Do I still see him? Yes, barely. But now there is no reaction to him. Just passing show. Slowly he is vanishing from my world because the CAUSE of Trump was identified. It had nothing to do with the image, or Trump himself, but that which manifested this effect.

By the way, it would be wise to use this feeling process on everything that triggers us in life. This is true forgiveness. Be grateful to your triggers, as they will show you your blocks to Love's presence.

Regardless of how you might feel about Trump himself, or whomever fills that role for you, it is always helpful to connect with the deeper feelings that we are not accustomed to feel or are conditioned to avoid feeling. Remember, mind is not all that we are. The feeling body is also part of the self that needs forgiveness—more than most of us realize.

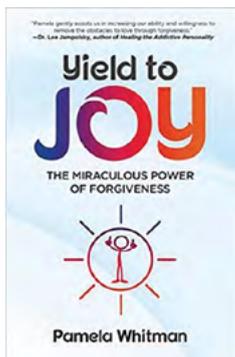
---

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

# *Yield to Joy*

by Pamela Whitman

Reviewed by Guy Scalzi



The Manual for Teachers of *A Course in Miracles* tells us in Section 1.0 that there are “...many thousands of forms...” of the universal course. Pamela Whitman has given us a new one with her recently published *Yield to Joy*. I approached this book as I would the beginning text of any new subject, without preconceptions. For context I reread the section in the Manual on Joy, one of the characteristics of God’s teachers. Joy is described as the “*result of gentleness*” where fear, the interference to joy, is now impossible. I think of gentleness as not attacking and when asking for forgiveness, when I do, I know it leads to joy. The book’s subtitle, *The Miraculous Power of Forgiveness*, makes this point succinctly and is a theme throughout.

Whitman includes anecdotes and uses humor and irony which make her book an easy read. My favorite is in chapter three where she quotes the Dalai Lama saying, “*Chairman Mao was a spiritual teacher and his strongest influence because of the hardships Mao created for him and Tibet.*” Forgiveness was a challenge and he learned a lot. Whitman goes on to discuss, “My Mao [who] occupied my mind with thoughts of guilt.”

For those looking for a path that resonates and gives clear direction to finding joy in your life, this book will help. It’s straightforward with plain language and a consistent message.

---

Guy Scalzi has been a student of Ken Wapnick for over 30 years.



## *Are You Interested in Reviewing a Book?*

---

### **Our list to choose from:**

*Life is Simple – if we let it be* -Daily Inspiration for Living Simply  
by Judith Jordan

*A Course In Christ* – scribed by Alice Friend

*The Rhythm and Reason of Reality—Prose and Poetry in A Course in Miracles* Compiled by Steve “Michael” Russell

*God Is: Ending Hell with A Course in Miracles* by Brother Hermit

*A Course in Miracles for Buddhists: The Sacred Workbook*  
by Kiley Jon Clark

*Enlighten Your Life* by Lena Rose

*Divine Logic and Transcendental Metaphor* by Martin Pettet

*Be the Light that You Are* by Debra Landwehr Engle

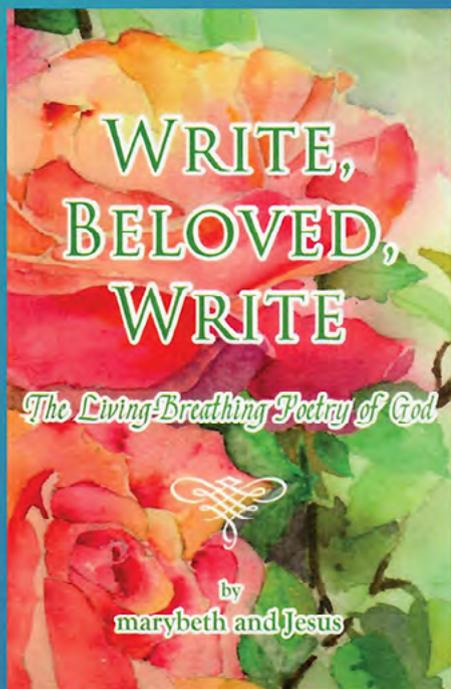
*Choose Only Love—Let Yourself Be Loved*, received by  
Sebastián Blaksley

**Please drop Jon a line**  
indicating your interest in reviewing a book.

[Jon@MiraclesMagazine.org](mailto:Jon@MiraclesMagazine.org)

# Write, Beloved, Write

Consider for a moment your life as poetry.  
Consider that your very breath, your thoughts,  
all that you do, and everyone you meet a part of a Poem with your  
name on it. This is the Poem of You, the authentic Self.  
You did not start the Poem. You were created as the Word of God,  
the most loving Poetry possible. You were spoken, as Christ,  
the ultimate, exquisite Self of God, One with Jesus,  
the Word given, extended and incarnate as human being.  
Divine and human, you too have power to speak, to create.  
It is not only possible to hear the Voice for Love,  
it is JOY and purpose to live it, to share it.



MaryBeth Scalice, M.A., Ed.D

Many years ago, a heart opened, an ear deepened, the breath fell away, and divine union was realized. Through this union, MaryBeth came to know the Voice for Love.

Write, Beloved, Write is available at [Amazon.com](https://www.amazon.com) and [store.bookbaby.com](https://www.store.bookbaby.com)



## Is 2021 the year you take ACIM to the next level?

I studied spiritual teachings for years and didn't see my life change... I thought there must be something wrong with me.

But it wasn't me. It was my PRACTICE. When I changed that, it changed EVERYTHING. That's why I created Masterful Living.



### Masterful Living 2020 with Jennifer Hadley

**Make 2021 the year you commit to your spiritual practice.  
You're the one constant in your life.**

- ♥ What if you really could release even 25% of the negative choices you make in just one year?
- ♥ What if by changing your beliefs and patterns, you could actually see new opportunities when they present themselves because you could ACTUALLY RECOGNIZE them?

**Do something differently this year and join us in Masterful Living.**



*"Jennifer encourages us to 'prove God' and as such I've been keeping a list of answered prayers. It's a LONG list :) Go for it! I recommend it for anyone on a spiritual path. It will deepen your understanding of prayer, Holy Spirit and ACIM."*

*- Uma Sanghvi*

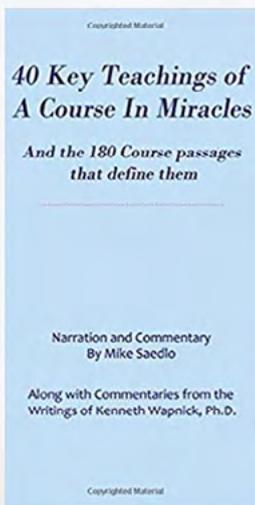


*"I was prescribed medication for depression for 17 years. I always imagined that I could use my spiritual practice to transform my emotional experience and stop taking meds. Taking Masterful Living changed my life completely: I am now medication free and enjoy a completely different relationship with my emotions and sense of well being. I am truly amazed and profoundly grateful."*

*~ Dr. Michael Lerner*

Experience the true transformation yourself.

[jenniferhadley.com/masterful-living](http://jenniferhadley.com/masterful-living)



For the past thirty years Mike Saedlo was a student and friend of Ken and Gloria Wapnick. He coordinated the ACIM study group, classes and workshops for twenty-five years at the Institute for the Advancement of Service in Alexandria, VA. Currently he is facilitating and teaching at the Body/Mind Therapy Center in Frederick, MD. Mike can currently be reached at [mike@teachacim.com](mailto:mike@teachacim.com)

*"Well researched and written. An excellent guide for Course students at all levels to deepen their understanding of many of the Course's key teachings."  
Laura Hall, Hall Coaching*

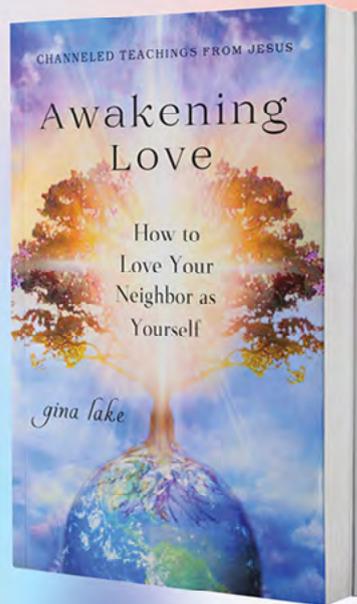
*"The blending of the Author's topics and narrative, the use of the 185 Course quotes, and Ken Wapnick's insights, makes this a truly insightful and helpful book for all Course students."  
Bob Carmack*

**Available for sale now at  
Amazon.com! Only \$14.95!**

# Just Released!

A new channeled book from Jesus by Gina Lake, nondual teacher and author of over twenty books

What would Jesus say about love  
if he were alive today?



"A profound teaching. This book is a vibrant, modern expression of Jesus's ancient teachings. Gina has not just brought through the great master's message, but she transmits his love and energy with every word." –Julia Padawer

## RadicalHappiness.com

*"This book is what I would teach about love if I were walking among you today. It takes its organization from particular quotes of mine and others from the Bible, which have come down through time. The quotes this book is built upon are the core teachings I gave then and I offer you today. If they are adhered to, they will change your life and change your world." –  
Jesus*

# Teachers of God Foundation

# Evolve

A global community for spiritual awakening

includes:



**THE PRESENTER SERIES**

Masterclasses  
from world  
renowned ACIM  
teachers.

Weekly  
broadcasts  
from 4 resident  
hosts. Fridays  
10:30am ET.



Learn more at:

[www.teachersofgod.org/evolve](http://www.teachersofgod.org/evolve)

# All Faiths Seminary International For the Training of Interfaith Ministers



*"Never Instead Of, Always In Addition To"*  
*Joseph H. Gelberman with Swami Satchidananda*

## **Do You Have a Calling?** **Announcing 2020-21 Ministerial Programs**

All Faith Seminary has a one-year online Ministerial Training Program with a specialization in Miracles Studies leading to Ordination as an Interfaith Minister in June 2021

Also offered is a Masters of Divinity (M.Div.) Program specializing in Miracles Studies Certified by the Commonwealth Open University. For more information about the ordination and/or Master's Program call Rev. Dr. Jon Mundy at 845-496-9089 or email [drjonmundy@gmail.com](mailto:drjonmundy@gmail.com)

**Visit our website for more information**  
**[www.allfaithsseminary.org](http://www.allfaithsseminary.org)**  
**212-866-3795**  
**[infoallfaithsseminary.org@gmail.com](mailto:infoallfaithsseminary.org@gmail.com)**



# Miracles Magazine®

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

**PUBLISHED BY:**

The One Mind Foundation

**BUSINESS MANAGER & EDITOR**

Eileen Kelly Katzmann

**PRESIDENT**

David Fishman

**COVER DESIGNER**

Brad Oliphant

**FOUNDER & PUBLISHER**

Jon Mundy, Ph.D.

PO Box 1000,

Washingtonville, NY 10992

**INTERIOR DESIGN/COMPUTER**

**PRODUCTION**

**ASSOCIATE EDITOR**

Glenn Hovemann

Patty Arnold,

*Menagerie Design & Publishing*

---

**For all subscription services**, including address changes, please  
call 845.496.9089 or email [Eileen@miraclesmagazine.org](mailto:Eileen@miraclesmagazine.org)

Renew for 3 years or more and we'll send you one of the following  
books, free! (Choose One From Below)

*Eternal Life and A Course in Miracles*

*Lesson 101: Perfect Happiness*

*Living A Course in Miracles*

*What is Mysticism?*

*Missouri Mystic*

*A Course of Love - Mari Perron, First Receiver*

1 YR: \$45 or \$39 Seniors

2 YRS: \$80 or \$69 Seniors

3 YRS: \$115 or \$99 Seniors

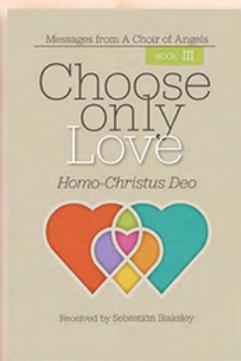
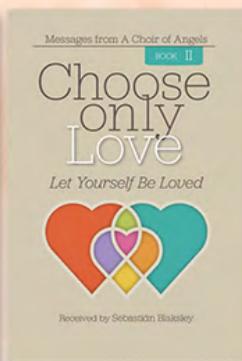
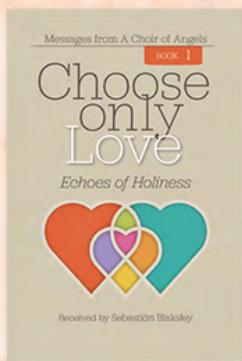
**Online:** [www.miraclesmagazine.org](http://www.miraclesmagazine.org)

**Telephone:** 845-496-9089 (credit card)

**Mail check:** P.O. Box 1000, Washingtonville, NY 10992

**“I talk to you from heart to heart,  
as always. I want us to enter a new  
dimension together, the  
dimension of the humanized  
God: a God that, although  
beyond all limitation,  
is also one with everything  
and therefore  
present in the  
reality of form.”**

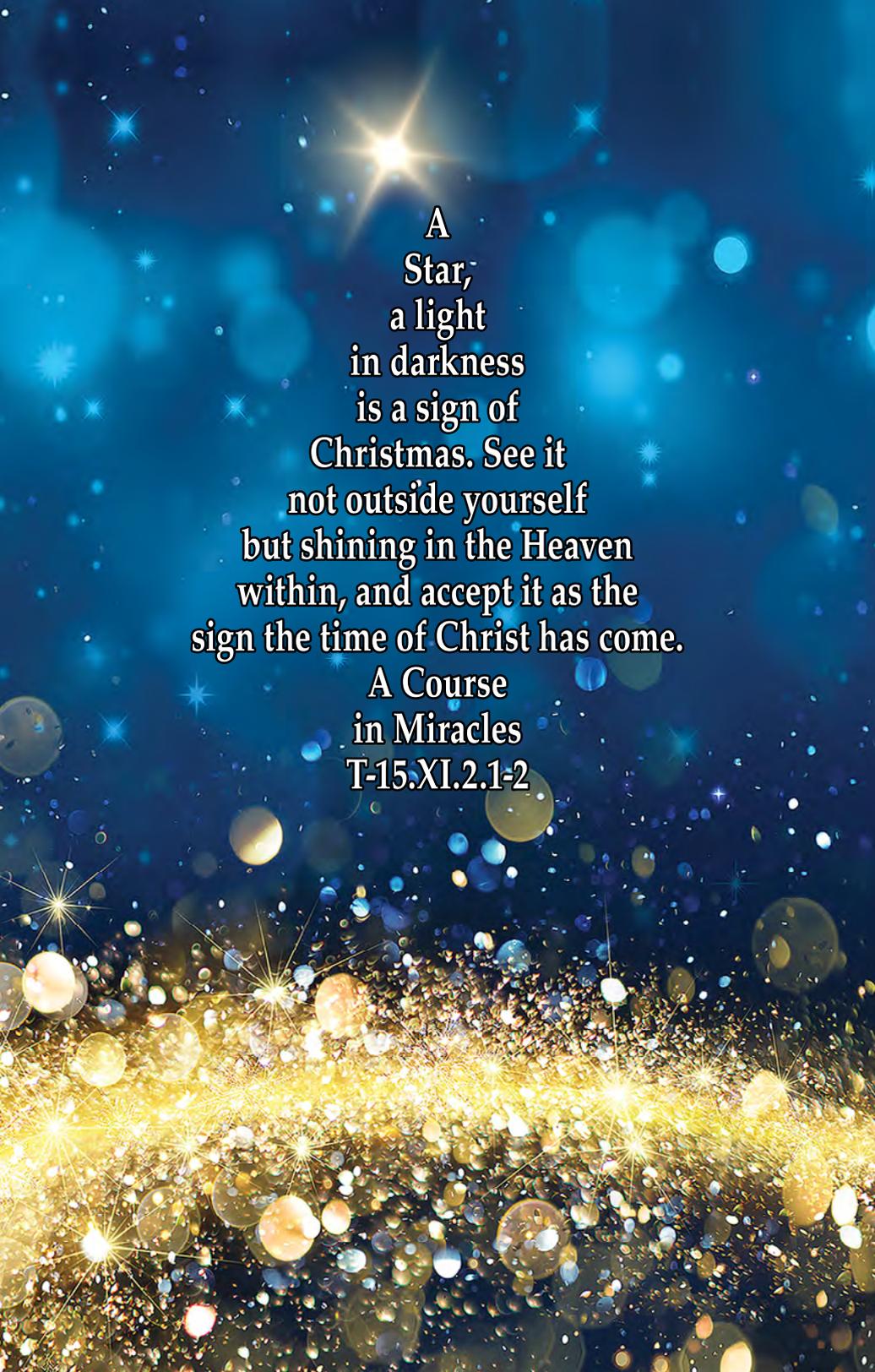
~ Jesus



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

**Take Heart Publications**

Publisher of Choose Only Love and A Course of Love  
[www.chooseonlylove.org](http://www.chooseonlylove.org) and [www.acourseoflove.org](http://www.acourseoflove.org)



A  
Star,  
a light  
in darkness  
is a sign of  
Christmas. See it  
not outside yourself  
but shining in the Heaven  
within, and accept it as the  
sign the time of Christ has come.

A Course  
in Miracles  
T-15.XI.2.1-2