



# Miracles

Classroom for the Universal Course

May ~ June ~ 2021

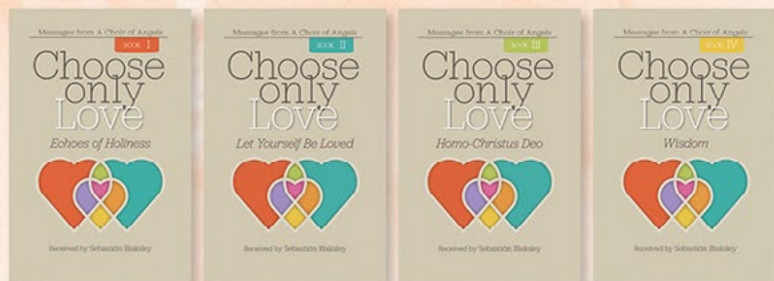
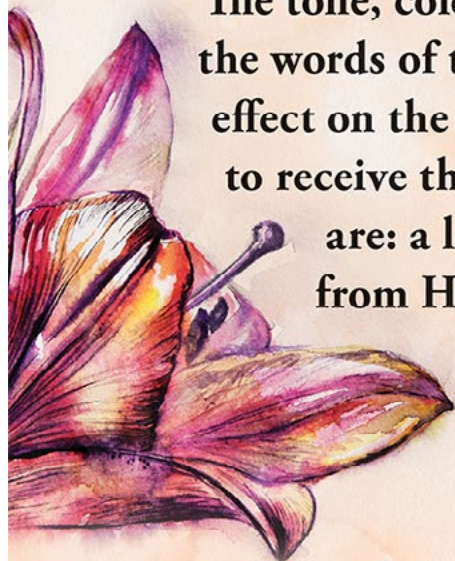
THE LOVE  
OF BEAUTY,  
THE FEAR OF AGING

THE HEART

FASTEST WAY TO LOVE

IS JESUS THE ONLY WAY?

**“The tone, color, and rhythm of the words of this work cause an effect on the heart that is open to receive them for what they are: a letter of love given from Heaven to grow in a greater knowledge of God’s love.”**



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**  
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# YOUR IMMORTAL IDENTITY

by Jon Mundy, Ph.D.

*Your goal is to find out who you are,  
having denied your Identity  
by attacking creation and its Creator.  
Now you are learning how to remember the truth.  
For this attack must be replaced by forgiveness,  
so that thoughts of life may replace thoughts of death.  
ACIM, W-62.2:1-5*

A Course in Miracles makes 82 references to “Your Identity.” Each time the word ‘Identity’ appears, even in the middle of a sentence, the “I” is in caps, as in the first sentence above. The Course also refers to “Your Self,” your “One Self,” “Your other Self” and “Your other Life” as in:

*The ego is nothing more  
than a part of your belief about yourself.  
Your other life  
has continued without interruption,  
and has been and always will be  
totally unaffected by your attempts to dissociate it.  
T-4.VI.1:6-7*

Is not this life I am living right now my real life? If we are fully awake and aware of our eternal reality as Spirit, the answer is “yes.” For many, however, only a little attention is given to God and a lot more to a fantasy life and we get caught in some lethargy, some inertia, some kind of “somebody done, done me wrong” song. Were we fully awake, we would remember, as Jesus did, our immortal Identity. The good news is that all that is required is a simple remembering of what already is.

Our task is one of identifying the false so that which is true can come to the fore. We do not bring light to darkness. We bring darkness to the light for healing, since we know more about darkness than light, and it is the darkness that needs light – love – life – and laughter. In this sense, awakening occurs through expelling darkness – what makes us sick.

*Although you are one Self,  
you experience yourself as two;  
as both good and evil,  
loving and hating, mind and body.  
This sense of being split into opposites  
induces feelings of acute and constant conflict,  
and leads to frantic attempts to reconcile  
the contradictory aspects of this self-perception.  
You have sought many such solutions,  
and none of them has worked.  
The opposites you see in you will never be compatible.  
But one exists.  
W-96.1:1-5*

## **The Visionary Self**

Since the world we see is a projection of a split mind, we should not be surprised to find that the world is not just split, it is shattered into a googolplex of little pieces. To see the *real world* we must acknowledge the split and our own part in the creation of separation. The answer is to accept responsibility for our own dissociations from and fragmentations of our One Self. Forgive ourselves, something God has already done, and then move on into a closer awareness of our “One Self” and our true Identity.

*Miracles are everyone’s right,  
but purification is necessary first.*  
Principal No. 7 of the 50 Miracle Principles

We begin our journey back to wholeness and our true Identity by focusing on love instead of fear. Then we begin to cleanse what Aldous Huxley called “the doors of perception,”

thereby facilitating further insight and the opening of the doors of the Visionary Self.

*Child of God, you were created to create the good,  
the beautiful and the holy. Do not forget this.*

*The Love of God, for a little while,  
must still be expressed through one body to another,  
because vision is still so dim.*

*You can use your body best to help you enlarge your perception so  
you can achieve real vision, of which the physical eye is incapable.*

***Learning to do this is the body's only true usefulness.***

T-1.VII.2:1-5

In April 2021, PBS produced a Ken Burns' special on the amazingly complex, and fragmented life of American author Ernest Hemingway. A brilliant storyteller, writer, and winner of the Nobel Prize in literature in 1954, his whole life was dreamlike, enchanting, disoriented, and nightmarish all at the same time. He was an adventurer and big game hunter. He lived in Chicago, Toronto, London, Paris, Spain, Key West, Cuba, and Idaho. He went through four marriages. He made up so many stories about himself that it seems he got caught in his own myth-making, which ended with his suicide.

*We dream dreams  
within our dreams  
and so, it seems,  
we are tossed about  
and forever lost  
in the ocean of our lives.*

— — — — —

*Human beings seem to have an almost unlimited capacity  
to deceive themselves into taking their own lies for truth.*

Scottish Psychiatrist R.D. Laing (1927-1989), author of *Knots*

## **Myth-making and Dreaming**

There are innumerable ways in which we entertain the split mind. One way to speak of our ordinary life is as a dream



and, often, a dream within a dream. The further we go down the “rabbit hole,” the more demons and treasures we may find. The deeper our level of dreaming, the deeper we need to dive to bring toxic guilt to the surface. This can be destabilizing, but also freeing – in so far as the guilt is gone.

*All your time is spent in dreaming.  
Your sleeping and your waking dreams  
have different forms, and that is all.*

T-18.II.5:12-1

The disciples in the scriptures asked Jesus why he always spoke to the people in parables, and he replied: “*I speak to them in parables, because seeing, they do not see, and hearing, they hear not, neither do they understand*” (Matthew 13:13). A story lingers in the mind, and in time, its meaning become progressively clearer. Some of our most memorable children’s classics occur in dreams, as in *Alice in Wonderland*, *The Wizard of Oz*, or the boy in the book and movie *The Polar Express*. Alice, Dorothy, and the boy in *The Polar Express* are all dreaming. There is a moral to each story, and something each heroine or hero must do to ‘remember’ or ‘awaken’ to their true Identity. Dorothy asks Glinda, the Good Witch, “Oh, will you help me? Can you help me?” Glinda replies, “You don’t need to be helped any longer, you’ve always had the power to go back to Kansas.”

Jesus goes into the desert to fast, and there he has an awaking. (Lacking any other stimulants, fasting is one of the quickest ways to transcendence.) There Jesus encounters the devil (the ego) and the Christ (His true Identity). There he sees that “for Christ’s sake” he is going to have to go back and tell the truth. He is the Christ. There will be those who will see his love and respond enthusiastically. There will be those who will be threatened and respond fearfully. This fearful response will lead to the crucifixion of his body. Fortunately, Jesus knows he is not a body, and he has nothing to lose.

*The recognition of your own invulnerability  
is important to the restoration of your sanity.*

T-12.V.2:1

It is easy to get discombobulated, befuddled, and confused trying to live a sane and reasonable life, while also entertaining the ego's insanity and its attempts to separate and to see itself as superior to or inferior to others; master or victimizer of the world it sees. One of the clear messages of the Course is that we are all equals. That is the only way in which we can see ourselves and each other and maintain our sanity. Thus, Jesus in the Course says,

*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

Reason, the Course says, is beyond the ego's range of means. We regain and maintain sanity only by relinquishing the ego completely. We do not do this by killing the ego. How can you kill what does not exist? All we do is to say, as Jesus did: “Get thee behind me Satan.” The more we recognize our Identity as the Christ, the more we must let go of thoughts of separation and ideas of being better or worse than anyone else.

*What happens in the end we see,  
the ego has no permanency.*

— — — — —

*Who can save unless he sees illusions  
and then identifies them as what they are?  
Jesus remains a Savior because he saw  
the false without accepting it as true.  
And Christ needed his form that He might appear  
to men and save them from their own illusions.*

C-5.2:4-6

## Identity Crisis

To speak of our Identity is not to speak of the roles the body plays in space/time. We are not talking about our identity as a teacher, a pianist, a parent, a man or a woman, an Englishman or an American. These aspects describe various “functions” the



body fulfills in time. Worldly functions are meaningless outside of time. There are no reverends in Heaven. There are no souls to be saved. There are no doctors in Heaven. There is no b-o-d-y there. There are no psychologists since there are no sick minds. There is no police department, as there is nothing to police. There are no lieutenants, captains, or generals. What would we need soldiers for when there is no war and nothing to fight against?

Time is where the story resides. Time is where the dream is. Every body's story has an ending. Only the eternal, itself not a part of time, is everlasting and, in this sense, is the Alpha and the Omega, without beginning and ending. To die does not mean one becomes enlightened, but one thing you see and understand for sure—you are not your body. Life in a body lasts only a moment, even if it lasts for a hundred years. As Shakespeare's Hamlet laments.

*Out, out, brief candle! Life's but a walking shadow,  
a poor player that struts and frets his hour upon the stage  
and is heard no more. It is a tale told by an idiot,  
full of sound and fury, signifying nothing."*

The curtains falls, the myth maker is exposed, and we see behind the confines of space and time. A Knowing surpasses the story of the body's eyes. During our short time on this Earth, our fantasies may run the gamut from saintliness to demagoguery and megalomania. Then, as with all such fantasies, there comes an inevitable crash and burn and an annihilation of the false. The more we awaken, the more dreams disappear. And so, we let the ego go, drop the façade, take a good look around, and see only God, only Heaven. Only Love is Real — everything else is a fleeting fantasy and as easily forgotten as the many thousands of dreams that have passed through our night-time dreaming without our conscious knowing. Tell me:

*does a butterfly remember when first it was a caterpillar?*

"You are, I am, we all are" the Christ. Only the Christ mind is true and everlasting. This is not arrogance but humility.

In humility we bow in love to God and say, “Thy Will be done,” and in this way we learn—His Will is our will. What happy news! *There is no Will but God’s* (Lesson 74). We are father, mother, daughter, and son. God’s DNA resides in every soul, no matter how seemingly lost that soul may be. No matter how obscured, how twisted and distorted the story, God’s Love Prevails. How does the Lord’s Prayer begin?

*Our Father who art in Heaven, Hallowed be thy name.  
Thy Kingdom come. Thy Will be done.  
on earth as it is in Heaven.*

— — — — —

*The name of “Jesus” is the name of one who was a man  
but saw the face of Christ in all his brothers and sisters  
and remembered God.*

C-5.2:1

Jesus so Identified with the Christ mind that he recognized himself as One with God. This is your Identity and mine. It belongs to us all—unique and divine. Bodies have no eternity in them. All bodies die. All plants and animals, even the stars in deep space die. It may take hundreds of millions, even billions of years, but hundreds of millions mean nothing in eternity, where there is no counting, no measuring devices, and no definitions. The soul, like air, is translucent and Love has no form. We share in One Identity in the Christ Mind, in Buddhahood, or Love, or call it what you will. Being beyond form, “ideas” of eternity have no name.

*It is hard to understand what  
“The Kingdom of Heaven is within you” really means.  
This is because it is not understandable to the ego,  
which interprets it as if something outside is inside,  
and this does not mean anything.  
The word “within” is unnecessary.  
The Kingdom of Heaven “is” you.  
What else “but” you did the Creator create,  
and what else “but” you is His Kingdom?*

ACIM, T-4.III.1:1-5

No matter how beautiful one's surroundings, they are still unsatisfying if the mind is not at peace. Heaven is not a place or a condition. It is simply an awareness of perfect Oneness and the realization that there is nothing outside of this Oneness. The root of the word 'Spirit' in both Latin and Hebrew means "blowing, wind, breath, air."

*Spirit is as invisible as air  
and yet we see its effect  
in the trees and in our hair.*

Just as the body cannot live without air, so do we have no life other than that of Spirit, or what the Course also calls "Presence." Presence is changeless and in communion with all that is. From the perspective of the body, from the first "inhalation" to the last breath, when we "expire," life leaves a body. It goes nowhere other than where it always has been, and the body goes back to ashes and to dust. Spirit is forever and always without form. Bodies are "limitations" in form. Being "trapped" in the confines of a body is often difficult to see, yet with the Vision of Christ the truth is clear.

*Be confident that you have never lost your Identity  
and the extensions which maintain It in wholeness and peace.*

*Miracles are an expression of this confidence.*

*They are reflections of both your proper identification  
with your brothers, and of your awareness that  
your identification is maintained by extension.*

*[By Being the Love You Are]*

*ACIM, T-7.IX.7:1-5*

Say, with me.

*Spirit am I,  
free of all limits, safe and healed and whole,  
free to forgive, and free to save the world.*

*W-97:7:2*

Lovingly, *Jon*



# THE HEART

by MaryBeth Scalice

**D**ear Hearts, The physical heart is delicate, even fragile, yet it powers the pulse of life. Beyond the physical heart, beyond the limited organ of the body is the Heart within the heart. We call this our spiritual heart. It has an unlimited capacity for life, for wisdom and love.



Our Heart within the heart is not really located in the body at all, but is part of the deep wellspring of Truth, the home of our real Self, and the dwelling place of God. It is the locus of discernment and the center out of which we feel our grand or God-given Desires. To reach it we must quiet the mind, softly search within, and listen. Perhaps then we notice the Voice for Love, Who comes as Answer to our questions and





problems. The Voice for Love may be understood as the Voice of Holy Spirit or Christ.

To live through an opened heart is to recognize the value and power of being human. To open is to look beyond the thought-processes of small mind toward the infinite thoughts of God. We offer willingness to know and live our created meaning and purpose. We decide for vulnerability. Life is met with honesty, acceptance, forgiveness, life's journey a path of patience, curiosity, and compassion. We listen with an inner ear for the whisper of Spirit and resist not against Its Word. We look for the Christ in all Being

In time, with practice and faith, our false self gives way to a Love that speaks, that Guides, that moves us. We feel life in a different way. We feel Presence, and live in the mystery of an indwelling Love. This Love reaches beyond our individuality to join with every heart, sharing God's Life, awakening through union with all of creation. Holy relationships take the place of our self-elational situations. Our hearts come to desire God above all else and find that desire fulfilled in everyone, everywhere we live opened.

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*MaryBeth Scalice is a fisherwoman of truth who hooked the big One, Who pulled MaryBeth in, submerged her heart in love, and taught her to swim in two flowing Bodies: one as a writer, counselor, President of the Foundation of Open Hearts. The other as Bride of Jess, (Jesus), the Unified Consciousness and living expression of the poetic breath of Reality. Above and below she follows the current of Christ. She has scribed, [Write, Beloved, Write](#). Glimpse the writings and meeting info at [www.foundationofopenhearts.com](http://www.foundationofopenhearts.com). She can be reached at [mbopenheart@foundationofopenhearts.org](mailto:mbopenheart@foundationofopenhearts.org)*

# The Fastest Way to Love

A conversation with  
Cole Knazovicky and Cindee  
Pascoe



**CP:** Cole, we've known each other for 25 years. I don't think I know anyone who has been so dedicated to really understanding how transformation works. I can see and feel that something has really shifted for you. You're saying it has to do with "resurrection of feeling." What exactly is that?

**CK:** When we met, we were both immersed in *A Course in Miracles*. Those years were amazing, and ACIM gave us a great foundation. It helped us distinguish between our egoic thoughts and our real thoughts. However, my feelings were still creeping in so I began to look at another channelled work, *The Right Use of Will*. It blew my mind. Literally. The focus was mainly on feelings, or the "Will," and on how the mind has been misused to denigrate or ignore feelings. It was like nothing else regarding feeling.

**CP:** Yes, I remember that I found it very confronting at first. It seemed so "non-spiritual" and unnecessarily cathartic. And then I tried the processes and saw—well, *felt*—what you were talking about. I'm still in awe at the power of that work.

**CK:** Just to inform those who may not be acquainted with RUOW. We have two parts. One is thought/electro, the other feeling/magnetic. In alignment they create an electro-magnetic field, which is experienced as love. If they are in opposition, they make a gap or split, and cut us off from experiencing. You've got to have your spirit ignited and



your feelings ignited. This will ignite your heart, and begin to resurrect your body/form. That is the resurrection. If you are not pushing your feelings down, they begin to rise, to flower. Pushing feelings down brings suffering, and eventually sickness and death.

**CP:** I am so grateful for those times. We went a long way with that path. Then *A Course of Love* appeared, which filled it out even more by focusing on both mind and feelings, but also heart.

**CK:** I remember that Jesus said in ACIM (Ch. 9) he couldn't offer us heart in those days; the time wasn't ripe. *"I cannot tell you what this will be like, for your hearts are not ready."* We needed the mind training first. I understand now that he is talking about the relationship between feeling and mind, what in ACOL Jesus calls "wholeheartedness."

**CP:** And that is an experience.

**CK:** For sure. It's always new, like the ACIM Manual for Teachers says: *"... in every way it is totally unlike all previous experiences. It calls to mind nothing that went before."* (M:20.2) Creation means creating anew, not making up stuff from the past. Feeling, when in the present, is that part of us that creates. If our feeling body is locked up in karma drama, we make stuff up based on the past. When mind is trained it welcomes all feelings, an embrace occurs; a birth of the new.

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I only know Love from my capacity to feel it.

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**CP:** I began to feel the stirrings of that with RUOW—movement and vibration of the body when I embraced my feelings; what I now also know as what Jesus refers to as the "elevated self of form"—the body, the cells, beginning to vibrate at the speed of light. So, love-creation, is very physical!

**CK:** Yes! Love means what I *feel* it is! L189: “I *feel* the love of God within me now,” I’m not thinking it. Right? I only know Love from my capacity to feel it. The more I am in love with my feelings and my feelings are in love with me, the more I experience complete union of the Self.

**CP:** The birth of Heart, or wholeheartedness.

**CK:** If I’m not feeling it, it’s just a mind-y idea, a concept. Love needs to be deeply felt. If you are stuck in training your mind forever, you won’t feel it.

**CP:** Wow. Jesus talks a lot about union, joining, and relationship in ACOL. I see that the relationship between our own mind and feelings is the first “relationship” we have to heal in order to experience newly.

**CK:** Yes—our personal *relationship* with our feelings is our primary relationship. When we are born there is no mind. Only the experience of unity. Mind came later. Now we live in mind, and feelings are an unknown labyrinth “down there,” mostly denied. This division was done by the ego. Feeling is. Like God is. Feelings are nameless and don’t talk. But they are always responding. They expand when shared.

**CP:** Which simply means *feeling* them! The energy of feeling changes the whole vibration of the being. And that’s any feeling—so-called “good” or “bad.” And that vibration affects everything around it.

**CK:** Ego divided the “Queendom of Feeling” or the Will of God into the mess most people fear as negative feelings. Yet when you forgive your most nightmarish feeling, it resurrects back into the love it always was.

**CP:** The biggest gift to me of RUOW was to discover that love is at the bottom of every “negative” feeling, too. I was always wary of going there—but when I had the courage to do it, it was always denied love! It seems to go against common sense, but my experience confirmed the truth of it.

**CK:** It's the relationship of the mind toward feelings that needs close attention; how to be wholeheartedly present for feelings, because it's only when the feelings are free to flow that heart is born. That is the birth of Christ in you. Without feeling, spirituality is just a mental idea—like, “heaven in my mind,” of “my brother and I are one”—yet as soon as a brother upsets us, we are two!

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Honesty is the key, though, isn't it?  
You can't just say, “I love my feelings,”  
if deep down you hate them.

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**CP:** Honesty is the key, though, isn't it? You can't just say, “I love my feelings,” if deep down you hate them.

**CK:** So true. First, I realized I did not love my feelings. I judged them mercilessly. I had lovelessness toward them, and also I did not love my lovelessness. It got all locked up in my head. No matter how much I told myself, “heaven is here and now,” or “it's all love,” I was not *feeling* love. I was stuck in my mind.

**CP:** And ACOL clearly states that wholeheartedness is mind and feeling as One. Wholeheartedness encompasses all of you, not just the part of the self that thinks.

**CK:** Thinking is a result of denial of feeling. *Think about that!* Begin to feel more and your thoughts will slowly vanish—you'll begin





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Feelings are still considered scary territory for most. If people realized that feelings—all feelings!—are the highway to heaven . . .

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to have real Thoughts. Easier said than done, because the thinking addiction is a global pandemic and feelings are still a mystery.

**CP:** Feelings are still considered scary territory for most. If people realized that feelings—all feelings!—are the highway to heaven . . .

**CK:** Yes. It's the fastest way to love.

**CP:** How would you distinguish feeling from emotion?

**CK:** When feelings are rejected, they are replaced with emotionality. Emotions are ego-constructed replacements for true feelings. Fear is not a feeling, but an avoidance of feeling. "I'm afraid of \_\_\_\_\_ because of how it will make me feel." Fear warns you that if you go there, you're going to have to feel something you don't want to feel.

**CP:** And the funny this is, once you go there, you are going to feel better, you are going to discover love. It's the unknown we're afraid of. The denied feelings get uglier and uglier, scarier and scarier. But it's just the fear compacting.

**CK:** You can ask God or the Holy Spirit for help, for courage. Ask: "What is the feeling?" Become receptive. Ask: "How does this make me feel?" First ego will rush in to distract you. Words will come and feelings don't have words. Then you drop into the emotional body—tears, usually. That's



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## If you habitually shut down your negative feelings, you will shut down the positive, too.

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not it either. That's emotionality. Just wait. You will drop below emotions and find yourself in the gigantic ocean of the feeling realm. The Will. The Great Mother of Everything. With that comes silence. Then, . . . "Ah." The answers come because feelings make sense of everything. The "sense" of separation is not only a thought. It's a sense. A feeling. Once truly connected to true feeling, the search for God is over.

**CP:** How about positive feelings? Do we shut those down, too?



**CK:** Yes. Unless you can sit in genuine joy for as long as you feel like it, you will very likely shut it off. If you habitually shut down your negative feelings, you will shut down the positive, too. Yet, creation is effortless and joy is the most natural thing. It's inherent in you. But it's not a "positive" feeling. It simply is. Like God is. Once you unite with everything that is triggered in you, you simply trigger Happy.

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# IS JESUS THE ONLY WAY?

by Sebastián Blaksley

During my recent Buddha at the Gas Pump interview, Rick Archer, with his demonstrated ability to introduce what the audience would like to know, asked a question that often presents itself. The question, although formulated in different ways, is whether Jesus is the only way to the truth, to God, to eternal life—ultimately, to Heaven. The emphasis placed on the word “only” makes this question a matter of universal scope and great significance. This brief article is not intended to exhaust the totality of the question, but I can share a perspective that may serve to create a space of union in the search for truth.



In *Choose Only Love* the angels speaking through me emphasized the union of form and content, the temporal and eternal, the human and divine. They said, “outside of Love there is nothing that is true.” Complementarily, they reaffirmed that “God is Love and nothing but Love.” Let us connect the dots to answer the question posed.

Is Jesus the only way to Heaven? Yes, but only while Jesus is Love and nothing but Love.

If Jesus’ identity were to be deprived of his essence of perfect Love, that is, of his divinity, then we reduce his identity to mere humanity. We would deprive it of meaning, since, following the principles of *Choose Only Love*, God is the source of meaning. The same happens if Jesus’ identity is reduced to a simple divinity separate from his humanity.

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Now we can say more precisely that it is not the historical Jesus that makes him the only way, but the fact that he is one with Love.

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In a sense, we could say that a God without humanity is as inhuman as a human being without divinity.

When an aspect of life is separated from God—that is, from Love—the result is malevolence, expressed in one way or another. Intelligence without Love makes us cruel; faith without Love makes us fanatical.

The same applies to its opposite. Everything that converges in Love extends holiness because of what Love is. A fitting example is offered in *A Course of Love*:

*What is a dinner party where love is not? It is merely a social obligation. But a dinner party where love is welcomed to take its place becomes a celebration. Your table becomes an altar to the Lord . . . C:11.18*

When beliefs merge in Love, it gives them a force capable of moving us to acts of nobility, shaping our lives by giving visible form to Love.

We can see how things change when they are united to Love, or not.

It happens with everything that exists. Therefore we can use Love as a criterion for discernment, or a point of convergence for everything our mind wants to examine. To do this is to put Love in its rightful place as the foundation of reason. Ultimately, and according to *Choose Only Love*, everything converges on Love.





Now we can say more precisely that it is not the historical Jesus that makes him the only way, but the fact that he is one with Love. When Jesus affirms that his joy consists in doing the will of his Father in Heaven, he is saying that he is one with God. If one observes well what Jesus' life demonstrates, it is that there is no distance between what his being is and God-Love. In a sense, the teachings of Jesus can be summarized in a simple way: He came to teach us that we are Love and nothing but Love, and to show us how to live in accordance with this truth. That is, he came to answer with his word and his life the question of what we are. To know that we are Love is to be connoisseurs of the truth that sets us free. That is the revolution of Jesus' Love.

Thus we can say with certainty that Jesus is the only way when Jesus is Love and nothing but Love. The same applies to each being who, being perfect Love, lives in harmony with their true identity. And this includes us all. In other words, what makes Jesus the only way is the union of His divine and human nature, merged into truth; the fact of his being the God-Man and living in perfect conscious accordance with Love.

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**None of this makes much sense if  
understood in the abstract. First it is necessary  
to feel what Love or Heaven is,  
according to what Jesus tried to reveal.**

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Therefore let us rephrase the question: Is Love the only way to Heaven? The answer is evident: Of course yes, because Heaven and Love are one and the same in truth. If God is Love, and Jesus is one with Him, then both are Love and thus are Heaven. The same can be said about us. Each of us is also the way, the truth, and the life when being one with the Christ and living in union with that truth.

If everything converges on Love, then trying to reach Heaven without Love makes no sense. There is no such thing as a Heaven separate from Love. Both are an undivided unity, as is everything that arises from God. That is why we can affirm that Love and Heaven are synonymous, two different words expressing the *same truth*.

Nevertheless, none of this makes much sense if understood in the abstract. This is the main obstacle to the acceptance that Jesus as the only way to the Father's house. First it is necessary to feel what Love or Heaven is, according to what Jesus tried to reveal.

The answer to the question of whether or not to accept Jesus as the only way to eternal life does not lie just in recognizing the unity that exists between his human and divine nature — His union with perfect Love — but in *experiencing Love*.

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**The underlying issue is our identity, the question of what I am, which is not different from the question of what Jesus is.**

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For Jesus, Love is not a feeling, nor an attitude, nor a moral way of living based on certain rules of conduct. Love is his essence, our essence. Love is what we actually are. Love is the living Christ in us. It is the nature with which we were created from all eternity, and therefore the only thing real in us. Love is what makes us similar to our creator. Love is what makes us sons and daughters of God, one with the Father, heirs of eternal life.

The underlying issue is our identity, the question of what I am, which is not different from the question of what Jesus is. They are two sides of the same coin; they go hand in



hand. Each one responds by reason of his or her relationship with himself or herself, that is, with Love.

In Day One of the Forty Days and Forty Nights of *A Course of Love*, Jesus says, “Without your acceptance of who I am, you will not fully accept who you are.” Thereby he ties his identity with our true identity, which is Love.

Our identity is a shared identity. We are always joining with someone or something whether we know it or not. We may have accepted Love/Jesus as who we are through experience, or we may be in resistance. But we cannot answer the question of what we are without knowing, on a feeling level, with what or with whom we are joined. If our identity is Love then we must be joined with the embodiment of Love, Jesus. Love is our true being, our true embodiment, too. The way to reach it can only be the One or That which is its source, Love. In other words, Love is the only way to Heaven, because is the only way to our true Self.

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*Sebastian Blaksley of Buenos Aires, Argentina, is known to the angels as a “pencil in the hand of God.” Over a period of eleven months he received from angelic realms 450,000 words in Spanish, which he translated into English. [Choose Only Love](#) is being published in seven volumes, five of which are now available. An interview with Sebastián can be viewed at [Buddha at the Gas Pump](#). Sebastian is also the publisher of the Spanish edition of *A Course of Love*.*

# *To See What Jesus Saw*

*by Jon Mundy*

To see what Jesus saw is to do what Jesus did.  
To let the Christ be fully known and never hid.  
To see what Jesus saw is to be who Jesus is.  
To give our minds to Him is to have the same as His.  
To give our minds to Him is to become the Christ as well.  
To see what Jesus saw is to be free of the ego's hell.  
To see what Jesus saw is to follow the self-same  
    path He trod.  
To follow this self-same path is to find our way to God.  
To know what Jesus knows is to be Oneself right-now.  
To commit Oneself to God is to make a solemn vow.  
To follow God's Voice this moment and forever  
Is to join with kindred souls in a beatific-great endeavor.

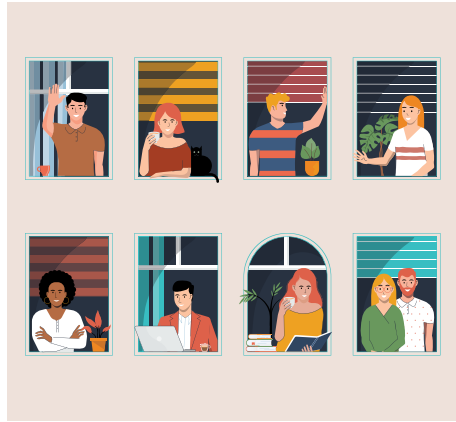






Some more important philosophical questions on life:

Why are  
they called  
apartments  
when they  
are all stuck  
together?



Why didn't Noah  
swat those two  
mosquitoes?





Why is lemon  
juice made  
with artificial  
flavoring, and  
dish washing  
liquid made with  
real lemons?



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Why don't you  
ever see the  
headline 'Psychic  
Wins Lottery'?



# *The Love of Beauty, the Fear of Aging*

*Received from Jesus by Gina Lake*

**A**ging is nothing to be afraid of, just as there is nothing else to be afraid of. Being afraid of something is a dysfunctional state of mind, which accomplishes nothing except to keep you entrapped in egoic thinking and unhappiness. If you can see the truth about this fear and all others, you can be happy regardless of your age. In fact, you'll probably be happier than ever, because you'll be freer than ever, and that's what this game of life is all about. Those who win are those who are free to love and experience life just as it is, without all the lies and fears piled onto it.



If you give your attention to the truth and stop believing your egoic mind's lies, you'll be happier than you've ever been. That is often the work of one's later years, but it doesn't have to begin then. Begin wherever you are. However old you are, that's the perfect time to begin to see through your fears and be happy. Being happy is rejuvenating, and you'll have all the benefits of the wisdom, experience, and talents you've gained along the way. Make being happy your goal, and it won't matter to you how old you are, because you'll be in love with life. Lose the ego's self-involvement, its narcissism, and fall in love with life!

So, let's talk about appearances. Many don't like how they look as they age, and yet on the inside, everyone feels the same throughout life. The being that you are doesn't change. It's looking in the mirror that becomes challenging, because you expect to see somebody else. You expect to see a younger you, but that you is gone; that body is gone.

This expectation or tendency to compare what you look like now to what you looked like at some other point is the source of suffering. This is all going on inside your head. You are creating this suffering. You hold a picture in your mind of what you think you should or could look like or what you did look like, and you suffer over not looking that way. No matter what your age is, this is why people suffer over their appearance. They suffer over ideas in their own mind.

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## Change your relationship to the voice in your head, the endless stream of "me," "myself," and "I."

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The mistaken ideas that cause you to suffer are that you should, could, or want to look different than the way you do. Now, that is quite a fantasy! Shoulds, coulds, and desires are pretends: The ego pretends that life could or should be what it wants. The ego wants life to be other than the way it is. How useless! This is the foundational lie behind most suffering. When you really see this, you'll stop suffering. But you have to catch it time and time again, which isn't so easy, since this lie permeates nearly every thought.

The best approach is to move beyond all thoughts about yourself, and that will free you from these lies and misconceptions. Change your relationship to the voice in your head, the endless stream of "me," "myself," and "I." If you stop believing this voice, you'll stop being bothered by it. This is spiritual mastery, and it takes practice to achieve such mastery. This is what spiritual enlightenment and the



path to enlightenment are all about. So, you might as well get started now!

You can't look any different than you do right now. That's the truth. Some of you will argue that you can if you work out or if you get a new face cream or in some other way seek to change your appearance. But in this moment, the truth is you can't look any different than you do. You are free to do anything you wish to change or try to improve your appearance, and then the truth will be that you look that way.

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**If you can accept what is true right now,  
you'll be happy.**

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But right now, if you can accept what is true right now, you'll be happy. It's possible, and even likely, that once you accept your appearance as it is, you'll choose to use your time and energy in more meaningful ways than by trying to improve your appearance. When you move away from narcissism and self-involvement, you'll be happier and have more time and energy for other things.

It's important to realize that your choices matter; your attention matters. What you give your attention to is where your energy goes. If you want to spend time, energy, and money on your appearance, you'll have less for other things that might be more meaningful. That's just the way it works.

If you make yourself unhappy over your appearance, then you'll probably invest your time and energy in doing something about that. If you weren't unhappy about your appearance, what else might you do with your time, energy, and attention? Don't let your mind make you unhappy. Make yourself happy, and see what that happy person is naturally moved to do in the world.

Let's talk some more about beauty. It seems to matter so much. But does it? If you happen to be beautiful, you attract a lot of attention for how you look. Is that really so desirable? What is it in human beings that is attracted to superficial appearances, to those who match the standard of beauty? That is the conditioned self, the false self. Do you really want to be someone who stimulates people's desires, jealousy, self-comparisons, and lust—their egos? When nuns cut their hair and don robes, the intent is to cultivate humility and inner beauty. But all that's really necessary is to change your relationship to your own mind, not your hair and clothes.

I'm not saying you shouldn't be beautiful. If you are, then that is meant to be part of your experience. It is both your gift and your challenge. Each of you is as beautiful as you are meant to be. You are perfectly designed just as you are.

If you aren't as beautiful as you would like to be, then why are you longing for greater beauty? What do you think more beauty will bring you? If you think it will bring you love and happiness, that's no more likely than if you are not so beautiful.



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## Love and happiness come to those who are beautiful within.

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Love and happiness come to those who are beautiful within. Their own love and happiness draw to them a life of love and happiness. Wanting to be beautiful on the inside, to be aligned with all that is good, is a worthy desire, and one that's within everyone's reach. Why reach for something that is unattainable and that will never satisfy, when everything you need to be happy is already attainable and will bring you everything you could ever want?

The truth is, what you need to be happy is not even something you have to attain, but something you discover was there all along. You uncover the inner beauty that was hidden by the false self. This inner beauty is your natural state.

Your inner beauty is uncovered by focusing on it. Put your focus on love—on being loving, on giving love, and all else will be yours. “Seek ye first the kingdom of God...” “The kingdom of God is within you.” What is this kingdom of God but love? God is love, and it is within you, because you are made of love and made to love. You were made in God's image, and you are meant to overcome the block to love, which is the ego.



Don't be misled by the ego's desires. They are false. Behind every desire, lies a fear. Desire and fear go hand in hand: you desire, and then you fear you won't get what you desire. You fear, and then you desire something to appease that fear. You can't have one without the other.

Desire and fear are how the illusion, the false reality—the virtual reality of the mind—is kept in place. Around and around you go, being afraid and trying to fix that by getting something, or getting something and then being afraid you'll lose it. See through this game. It is never-ending. There's no end to desiring and fearing. The ego pretends to have the solution to the fear and desire it creates, but that solution just brings more fear and desire.

You can drop out of that game and join the game of love instead. All that's necessary is that you be here, now and say yes to whatever is, just the way it is. The fear and desire game is a game of no: "No, I don't want this; I want that instead." The ego is like a cranky child who doesn't know what he or she wants but is forever demanding something and never happy with anything.

Get to know the ego. See it for what it is, and it won't be able to frighten you or make you discontent anymore. You already have everything you need in this moment to be happy, because all you really need is a loving Heart that says yes to life. Choose to be at peace now about your age and everything else. Your soul is ageless and priceless. You are meant to be just as you are, and you are deeply loved just as you are.

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*This selection is reprinted with permission from [Jesus Speaking: On Overcoming Fear and Developing Trust](#). Gina Lake is the author of over 20 books about awakening to one's true nature. In 2012 Jesus began dictating books through her. In 2017 Jesus requested Gina and her husband to offer Christ Consciousness Transmissions every week, a direct current of love and healing that accelerate one's spiritual evolution. [www.RadicalHappiness.com](http://www.RadicalHappiness.com)*



# HOW TO BECOME A Conscious Creator

by Beth Geer

Once, during my early years of reading *A Course In Miracles*, I heard my Inner Guide say, “One day you will read these words and actually believe them. Then the power behind their meaning will be made manifest to you.”



Even then, I knew exactly what the Holy Spirit meant.

At that time, I was using repetition to commit the material to memory—a very *mind-less* process. However, as my understanding grew over time, the words did indeed become more *mind-full*; a transformation from mere *thoughts* and *ideas* into something I truly *believed*. I knew when these moments of true belief came, for a *feeling* of total joy and deep inner peace would overcome my heart. I then noticed something else: such moments would precipitate an outward manifestation of the *experience* of unbelievable miraculous synchronicities.

I realized I was learning how to become a *conscious creator*. I will relate an example of the process I now use to convert *intellectual understanding*, or “thoughts,” into *beliefs*, which ignite your true power to create.

Recently I came across Workbook Lesson 320 from *A Course In Miracles*, which states: “**My Father gives all power unto me.**”

Though we can understand these words *intellectually*, the idea is abstract, and most have a difficult time truly *believing* them. So how does one come to *believe* words that don't seem applicable to our daily lives?

Begin first by asking yourself, "Do I *feel* these words in my *heart*? Can I truly *feel* the quiet strength of the power, joy, and sense of deep security that comes from *belief* in them?" If so, joy, emotional security and total trust will have replaced all other feelings of inner struggle.

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Can I truly feel the quiet strength of the power,  
joy, and sense of deep security  
that comes from belief in them?

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Most likely you will feel just the opposite. You will feel unworthy of such power. So, how do you realize this power?

Most people want many things in life, all the things they think will bring them the happiness they seek, such as money, a life partner, health, a profitable job, etc. And yet, *why do you want any of these things to begin with?* These things seem to bring you joy, emotional security and control over



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Yet the true order of creating is that you must be happy first, before anything in your outer life can make a shift.

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your life. However, such worldly things elicit happiness in you not because of what they *are*, but because of how they make you *feel*.

Yet the true order of creating is that you must be happy first, before anything in your outer life can make a shift. You might feel some resistance to this, yet it isn't the person, place or thing that brings you happiness but the *feeling* you've assigned to the *idea* of having it.

Come back to the *idea* that God has given all power unto you. You want to believe this, but do not yet *feel* it coursing through your heart. You have not *assigned your joy to this concept*, even though this is what you truly want: To know your divine power to create—to “know thyself.”

So how do you move from assigning your greatest joy from the *external* to the *internal*? How do you feel happiness and ease within your being first, before anything external changes?

For most, this leap from “mind to heart” is too great for a single jump. It is best, then, to take steps in-between. This need not take a long time, just careful consideration to allow your mind to adjust. So, let us carefully consider: “**My Father gives all power unto me.**”

“My Father” implies that you have a Creator Who brought you into existence. Your Creator loves you deeply, and His only Will is that you feel joy.

The next word, “gives,” means that your Creator desires to pass what He has on to you. God holds nothing back; He gives *all* His power to you.

Let that soak in. You are beloved and cared for by a Creator Who has given you *all His power to create*.

Next, look for where His power manifests itself in your life. Where is there evidence that you *have* it? Only one thing do you have total power over: Your *thoughts*. And because you alone have power over your thoughts, you therefore have power over your *feelings*, for feelings are your *emotional reaction* to your thoughts. Feelings that bring you peace, love and joy stem from thoughts aligned with the Holy Spirit.

Most of the time, you seem to give little thought to your thoughts and so they carry your feelings all over the place at any given moment. Your creative power lacks focus and direction, and so your life seems to unfold without focus or direction, which causes great distress and anxiety.

Often you do not like what you feel, and so you receive more of what you do not want—and you do not know you are simply reflecting your inner self.

Do you want to become a conscious creator? Then first begin with your thoughts. Start small. Focus on something you find pleasant, such as the feel of your heartbeat, air moving through your lungs, petting the cat or dog, or just let your eyes rest on something lovely.

Second, slowly turn your thoughts inward. Notice the love you feel. Love is the vibration you extend to the world in order that it be reflected back to you. What you give, you will receive. This is your God-given power to create. Love is the language of God.

Third, continue to wean yourself off the external thing you're focusing on and move inward even deeper. Realize that the thing itself does not bring you joy, but the Eternal Power within ALL things. Let your mind expand beyond this world of time and form and into the realm of the eternal. Feel your interconnectedness with all Creation.

Fourth, you will then begin to *feel* your power, as you expand from your physical ego-self and reach for your eternal One Self unified with all creation.

For most, this state will last but a few moments before old fear-based thoughts creep back in. Do not let this deter you, for as you practice allowing your thoughts to align with Love, you will find that it builds momentum. Positive things will begin to synchronize in your life, as your positive thoughts align your feelings with the vibration of your Creator; the vibration of Love.

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There is great power in “catching yourself”  
in such thoughts and remembering that  
you do not want them.

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This does not mean you can never have a negative thought ever again, for fear the world will come crumbling down around you. Quite the contrary! There is great power in “catching yourself” in such thoughts and remembering that you do not want them. It is your very *recognition* of them that brings about transformation. Do not try to force them away or keep them buried, for this will only make them stronger. Simply notice your feelings and use your power of decision to *shift your focus* onto even the smallest loving thought. It is through the decision to love that the pain is transformed. Through love, you align your thoughts with the power that unites us all together. God will then

take the next step, closing the gap between thought and belief, and you will experience the feeling of joyful expansion and the security of your One Self. Nothing else will ever satisfy you. This is what you search the whole world over for.





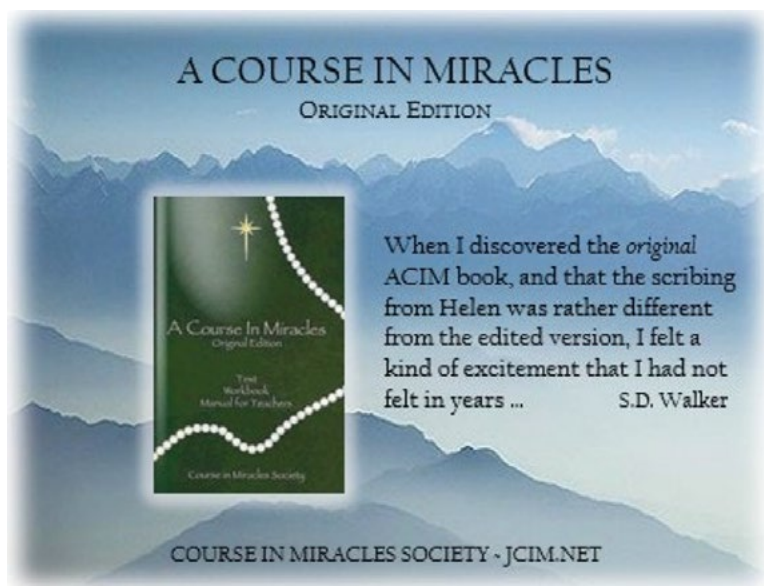
Belief comes from consciously extending God's Love and experiencing His Love reflected back to you. Herein lies your power to consciously create, even as God does.

*Few appreciate the real power of the mind, and no one remains fully aware of it all the time. . . . The mind is very powerful, and never loses its creative force. It never sleeps. Every instant it is creating. It is hard to recognize that thought and belief combine into a power surge that can literally move mountains. It appears at first glance that to believe such power about yourself is arrogant, but that is not the real reason you do not believe it. You prefer to believe that your thoughts cannot exert real influence because you are actually afraid of them. . . . There are no idle thoughts. All thinking produces form at some level. ACIM 2:VI.9*

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Beth Geer is the author of [Awakening To One Love](#), a compilation of inner conversations with the Holy Spirit. She is currently working on a second book titled, "Awakening Humanity: Our Place Among Extraterrestrials and Angels" For more information go to [www.awakening2onelove.com](http://www.awakening2onelove.com).

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# THE REAL PANDEMIC:

## *Trying to Fix the World*

by Michael Mark

**T**he other night I got that inkling. A tickle of spaciousness. One minute I was trying to decipher an ambiguity in the building code, and the next I was alone in the room at dusk, standing beside the window, trying to decipher the ambiguity of a meadow. I relaxed, settled—something moved within me.



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The real pandemic is expertise.

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Unity, like freedom, is the utter magnitude of being.

Later that evening I witnessed the great truth of our moment: the real pandemic is expertise. Do you notice how delectable it is to seek contradiction? How gratifying it can be to tell some other group of people they're doing it wrong? To watch someone else tell people they're doing it wrong, and to do so magnificently?

It even struck me as funny for a time, this endless parade of serious people explaining serious things. Zoom out just a bit and the words dissolve into a luscious cacophony, a pudding of emphasis and evidence and reasons, and then you see it: we're a plague of trouble-shooters. We just can't

help ourselves. We could be plopped into the center of an alien culture and in three seconds flat describe everything wrong with it, and how to make it right.

There's another way, of course, but it's a quiet way—a way that partakes of not knowing as a way of coming to know. It's not a way of being right, but a way of being true. And this is delectable also, but not cheaply so. The mockery we've made of reason is the inevitable result of our belief that appearances are reality, and that thereby we may profit from deceit. So we drown in a world of images and talismans. We compete to be seen and heard, and forget that the true nature of our lives is invisible.

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**The sense that something is wrong, seriously wrong, haunts us, but this is simply how the world feels when we are fractured inside**

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In this way of being true, we quite literally come to life. The reality at the heart of our being takes form and finds authentic expression through us, and as us, in the world. We become conduits for the utter magnitude of being, and it's



enough to simply allow this expansiveness to flow through us into the world. It's enough. This way doesn't require white boards or Ted Talks. There are no concepts to learn that will help us do better, no intellectual achievements required, no self-improvement programs to complete; it requires only the acknowledgment and holding of what is truly real within us, a movement from the unnatural condition of fragmentation within ourselves to the cohesiveness of genuine being.

The sense that something is wrong, seriously wrong, haunts us, but this is simply how the world feels when we are fractured inside. The world echoes our pain. The mind is like a landscape and the heart is like the water. Disconnection between the two makes deserts out of us. It makes our culture barren, our thoughts dry, our concepts inflexible. We're forced to find water and we project this onto the world. And then we go to work, wounded and dis-integrated as we are, to fix the world. We put on the badge of trouble-shooter and enter the fray. This sense that something is wrong drives us, compels us to keep going. It blinds us to the simplicity of the only solution we ever needed.

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**This is a great fallacy of the present age: that we  
need experts to show us the way.**

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In this way of being true, we come home to ourselves first and somehow... somehow... with reparation of the once-fragmented elements of ourselves, we reconnect with the Whole, and we sense the grace that permeates and sustains this world. This ethereal nourishment flows through us. The waters return and we sense the potentiality of being, the depths to which movements within time are rooted in timelessness. The chronic sensation that something is wrong is eased, the channels in us open, and new life enters us. There's nothing we need do but allow this to occur.



There's a great documentary film entitled *Fools and Dreamers* about the regeneration of a forest in New Zealand, which contains a beautiful discovery I think is applicable to what I'm trying to say here: *the quickest way to regrow a forest is to do nothing*. That's not a direct quote—or it might be—but that's the idea. Nature will be nature. Life will be life. We can find ways to augment and assist and participate in the natural flow of life, but we don't need to take charge of it. And I think, perhaps, this is a great fallacy of the present age: that we need experts to show us the way. We need top-shelf troubleshooters to keep us on track. We need to know exactly what we're doing at all times, and do it.

But we don't. We simply need the wisdom of our own hearts, and the rest will follow. I think the regeneration will be swift when we finally let it come. It will not be planned or mapped, but it *will come to Life*.

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*Michael is a utility systems engineer and writer whose short fiction has appeared in Solstice, the Tahoma Literary Review, and Delay Fiction, among others. He has also published two collections of spiritually-themed poems: [A Cannon, a Heart, and Now This](#), and [I Place My Hand Upon the Sky](#). On his blog, [Embracing Forever](#), he features the odd poem, updates on his fiction, Course-related pieces, and sprinkles of other interests. This article was reprinted with permission from his blog.*



# *What Is Your Identity If You Are Not Your Name?*

*by Mandi Solk*

What is your Identity if you are not your name?  
Now, gone is the familiar and nothing looks the same  
Your identity is formed before your first birthday  
Created by all the names for things, that you learn to say  
But you are not your mind – the beliefs or thoughts,  
Labels, descriptions – all the things you’ve been taught  
All the conditioning that made you believe  
A separate individual has been conceived  
Yet the word ‘in-dividual’  
Means ‘un-divided’  
And connected to the Source where all is provided  
But this great Truth gets overridden  
The conditioned mind keeps the ‘gold’ well hidden  
And your personality  
Is a non-reality  
To which you’ve been subscribing  
By your constant describing  
Of everything you see and hear Creating feelings of  
mortal fear  
Because the mind is restless and never still  
And this addiction to thinking is what makes you ill  
Ignoring totally what’s in-between  
This present moment—which is never seen  
When you’re so very interested in all the thinking

Which just creates more thoughts and sentence-linking  
But with whom are you having this conversation?  
There's only you there, on investigation!  
For you are NOT YOUR MIND  
This Truth is so easy to find  
Simply cease for a moment—whatever you're doing  
And instantly—you stop accruing  
More thoughts joining up like paper-chains  
Just less than a second you can rest free of pains  
From this continuous narration  
Of your fertile imagination  
Relentlessly turning like a hamster on a wheel  
But just pause for a moment—rest—and heal

And so now for a little exercise

Just stop and try this on for size:

Imagine you have no memory at all

Your name—your life—you cannot recall

The roles you play like daughter or son

And all the jobs you've ever done

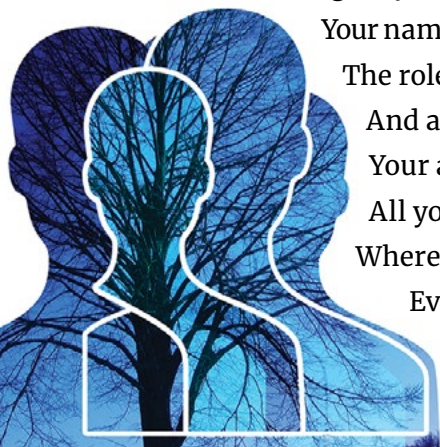
Your age, your shape, your nationality

All you've believed as your reality

Where you live or who you know

Everything—just let it go

So now what's left, without the  
mental narration?



Aaaah, At last! We find Silence—our true foundation  
This is the kingdom of God—our home  
The I AM - your pure Being—is the only One on the  
throne  
Keep quiet—no matter what the worries or fear  
Silence underlies all the images that appear  
Beyond the mind is an infinite space  
Discovered in the silence of this present-moment place  
Keep quiet inside  
Rest and abide  
Keep quiet, be still  
Let the silence completely fill....

So what is your Identity if you are not your name?  
Gone is the familiar and nothing looks the same  
Keep quiet—no matter what the worries or fear  
Silence underlies all the images that appear  
Beyond the mind is an infinite space  
Discovered in the silence of this present-moment place  
Keep quiet inside  
Rest and abide  
Keep quiet, be still  
Let the silence completely fill . . .

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*Mandi Solk of the UK, author of [The Joy of No Self](#), has two interviews on [Buddha At the Gas Pump](#). She is the narrator of the [audiobooks of Choose Only Love](#) received by Sebastián Blaksley and is international coordinator for Sebastián. Her website is [www.healingbyrevealing-soul.com](http://www.healingbyrevealing-soul.com)*



by Celia Hales



*There is no more self-contradictory concept than that of “idle thoughts.” What gives rise to the perception of a whole world can hardly be called idle. (ACIM, W-16.2:1-2)*

*You are much too tolerant of mind wandering, thus tacitly condoning your mind’s miscreations. (ACIM, T-2.IX.5:6)*

*You who have so filled your mind with senseless wanderings and thoughts that think of nothing that is real, rejoice that there is a way to end this chaos. (ACOL, C:5.2)*

*It is a decision to choose to discipline the mind in each moment, to teach only Love, to hold only loving thoughts, and to recognize that there is no such thing as an idle thought, since each thought or perception held in the mind immediately generates your experience. (WOM, Lesson 20, Page 239)*

When we let our “monkey mind” (as they say) rule us, we are lost indeed. We recognize that what we focus upon tends to materialize. And when we lapse into idle thoughts, Jesus is telling us that we are veering off track in a major way.

I often say Jesus’ words almost as a mantra when my busy mind won’t slow down, “You are much too tolerant of mind wandering.” I say this when I am trying to go to sleep, and just can’t quite drift off. But the actual damage begins during daylight hours, when we focus on things that are substandard and not worthy of us. These substandard things come to pass because even social scientists know that a self-fulfilling prophecy is at work here.

We might best remedy this situation by a deliberate attempt to bring mindfulness into our daily round. In my estimation, mindfulness means deliberate action, not

necessarily slow, but definitely not rushed. I find mindfulness most often in the kitchen. (We all have our favorite places, and cooking is a hobby of mine.) Actually, mindfulness is necessary in every situation. It is easier than meditation, for in mindfulness we can give our minds something to hold on to, the actions that we are undertaking. Meditation, at least traditionally, is particularly hard to practice if we are frenetic Westerners.

*But meditation has its place, and stilling the mind, letting the heart speak, is healing. We certainly aren't letting idle thoughts rule us when we are meditating.*

*Listen to Jesus' words, said in all of his best-known channeled works.*

*Let him speak to us, and our mind will slow down enough so that we listen with our heart. Idle thoughts will diminish, peace will reign.*

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Celia Hales has just released [Being Who You Are: Pondering A Course of Love](#) and is author of [A Course of Love: An Overview](#). She also writes almost daily in two blogs, "[Miracles Each Day](#)" and "[Prayers to the Cosmos](#)."

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“Actually the world has long since passed. That is what “I have overcome the world” means. The resurrection is already here. What we are doing is integrating that reality into our human consciousness, which can certainly take some time for the thinking mind.”

— Sebastian Blaksley, May, 2020

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# THE BODY, JESUS, AND ME

by Lana Carolan



I woke one time up to find a Priest performing the last rites, anointing my forehead with oil. My initial reaction was, “this can’t be good.”

But at that moment I also had a crystal clear knowing that this body could not save me from anything, especially the idea of death. And in that instant, it lost all of its value to me. In that instant, it lost its status as an idol to be worshipped and adored. It had failed me. At that moment I gave my body up to God and waited to see what would happen next. More in a moment about what actually happened next.

Jesus tells us that the body is not real. Yet we have all made up images of ourselves, our brothers, and especially Jesus.



*Secondo Pia (1855–1941)  
First photographer of the  
Shroud of Turin 1909*

Many years ago I commissioned art for the Catholic Church. Working with artists in coming up with paintings of Jesus was always an interesting undertaking. The various orders of priests each had definite ideas about how Jesus should be portrayed. They wanted the image of Jesus to match with their own perception of him. The Franciscan Friars wanted a gentle Jesus. The Redemptorists wanted a suffering Jesus. The Salesians

wanted a triumphant Jesus. The Jesuits wanted an intellectual Jesus. One time I remember being given a photo of an NFL quarterback to use as a model for a painting of Jesus. My own personal favorite was Robert Powell's portrayal of Jesus in the TV Mini-Series "Jesus of Nazareth." Another image used quite often is based on the image that appears on the Shroud of Turin.

What has become important to me, as I seem to travel around in a body, is, "What does it represent? What purpose have I given it?" I can experience my body as either the home of the ego or the host to God. How I perceive my body depends entirely on the condition of my mind, whether I'm perceiving it as a reflection of God or a tool of the ego thought system.

The ego's purpose for the body is to validate its own existence. Holy Spirit uses the body as a communication device for God. The ego uses this body to represent an idea, or more accurately, an idol that defines who we think we are. It is but a substitute, like a movie star stand-in, to represent who we really are. It is a sorry replacement for the Truth of our Being.

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**Jesus saw a different purpose for his body.  
It was a purpose given it by God.**

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Beyond appearances, the body of Jesus was no different than our own—yet Jesus saw a different purpose for his body. It was a purpose given it by God.

Yet the laying down of the body, be it through a peaceful process or one of fear and pain, is not death any more than being born into a body represents the beginning of life. The body just represents the idea of birth and death.

Who knows what comes next? Not me, that's for sure. But if the life I live now in form is totally based on trust in God, I also trust God in whatever shows up next for me, body or not.

God has validated my trust in Him so many countless times that I seldom if ever even think about what happens next. What is important to me is the Peace of God that I find here and now. I can find peace in a state of “unknowing.” In training the mind to stay present, I discover that that is where my Peace is found. Why would I travel in my mind to imaginary places that will in all likelihood only disrupt my peace?

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## I can trust God for *everything*, known and unknown.

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All evidence has shown me that I can trust God for everything, known and unknown.

Obviously, death did not occur that day, but what did occur was the discovery of something else, another part of me I never knew existed. It was an expansion of awareness to a level I had never experienced. My experience was neither about being in a body or out of a body. My body had the same importance as the lamp on the nightstand or the tree outside the window. It was just another object.

But my awareness was huge, beyond what words can describe. It was of a clarity truly incomprehensible. It was as if my vision had been cleaned with Windex after a mud storm, and my perceptions were of another dimension, another world. I felt “perfect peace.” I cannot describe it, but it was accompanied by a “knowing” that everything was fine. I



experienced a total absence of fear, and was very excited to see what would happen next. The whole experience was childlike in nature and innocent, like waking up Christmas morning and finding myself at the North Pole, amidst a mountain of gifts.

Well, the body did heal and my expanded awareness eventually reverted back to its former level. Yet from that day on, both my relationship with my body and my awareness of my true Self were transformed.

This body has had quite a few adventures since that day: heart attacks, spinal stenosis, a diagnosis of fatal lung disease, and even temporary blindness. Since that day I give very little attention to this body but I give total devotion to my mind/heart and my trust in God. My guidance from Jesus/HS has been consistent over the years regardless of what seems to show up in my body. “Let the doctors take care of your body but let me take care of your mind” seems like a good deal and that is exactly what I do.

A body, whether it be mine, Jesus’ or anyone else’s, is neutral. The body has no power the mind does not give it. The Truth of who I Am is no longer associated with a body. The body can no longer define me because I AM not a body. I AM free. And for this, I feel the utmost gratitude and love. I love my body. I care for my body. But no longer do I seek to “get” anything from it or with it.

Like the body of Jesus, it “seems” to travel along with me, but in the service of the Atonement. That is the purpose assigned to it, as a communication device for God.

I must admit though, Jesus could use his body do some really cool tricks. I’m nowhere close.

---

*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.” Lana can be reached via Facebook or email, [lcarolan49@gmail.com](mailto:lcarolan49@gmail.com).*

# *This Messy Masterpiece*

by Laurel Elstrom



**Y**our life is an ongoing act of creation. You are not the end product of a creative act; you are in the *process* of a creative act. You are becoming something. Every detail of your experience is part of a stunning, uniquely perfect creation. Nothing is a mistake, a freak accident, or a problem to be solved. Like the details that come together in a painting, all the countless details of your life contribute to that which you are becoming.

This is contrary to the mind's pattern of goal achievement. The mind sees success as linear, with incremental steps toward a finish line. The mind calls the stages of becoming, "mistakes." The heart's journey is neither linear nor goal-oriented, and your "mistakes" are valuable discoveries that redirect your creation.

Pay attention to your mental attitudes about your journey and its challenges. It's a common mistake to view only a certain state of mind as desirable—when you're peaceful and content. But uncomfortable feelings are not a sign of failure; they are part of the whole. All creative processes involve many versions of tension and resolution. You are not a stationary being trying to get comfortable. You are Consciousness engaged in a fantastic creation.

Consider the stages of a flower. Is there anything wrong with a seed? Has it failed? Is there anything wrong with a





shoot, or a bud? Aren't all stages of the flower contained in the end result? Could a blossom exist without the stages that preceded it? In each stage, the flower is merely in its natural state of becoming an expression of itself, as are you.

Your desire to become arises from within your own being. Like a plant's shoot, your own nature compels you to grow and reach toward full expression. You can't get any of it wrong because every stage is essential to the whole. The creative act unfolds the creation naturally. It doesn't need to be controlled. You are the artist and the art. You are the movement and the expression. Love is the inspiration behind the masterpiece of your messy and ever-evolving life.

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## **Inquiry: Check in with your feelings.**

**Notice how you feel about what is happening in your current experience. Is there contentment? Restlessness? Curiosity? Notice if any other feelings arise. Allow how**

you really feel to come into your awareness and let your attention move however it does. Look for what's true. Notice that it's okay to feel however you feel. You can observe without getting completely carried away into story or analysis.

Humans are so accustomed to deferring to our ideas of how things should be that we habitually lie to ourselves about how things are. It's safe to accept how things are and to stop judging your feelings and circumstances. Observe all inner activity. Do it over and over again to create a new, authentic way of relating to this moment.

— Laurel Elstrom

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*This is an excerpt from [Love on the Mountain: A Guide to Self-Discovery](#) by Laurel Elstrom, which uses “The Forty Days and Forty Nights” of A Course of Love as its framework for discovery. Download three chapters for free at <https://laurelelstrom.com>. Laurel has been a teacher of ACIM and ACOL for over 30 years.*



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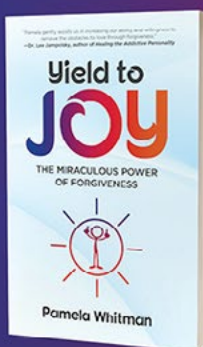
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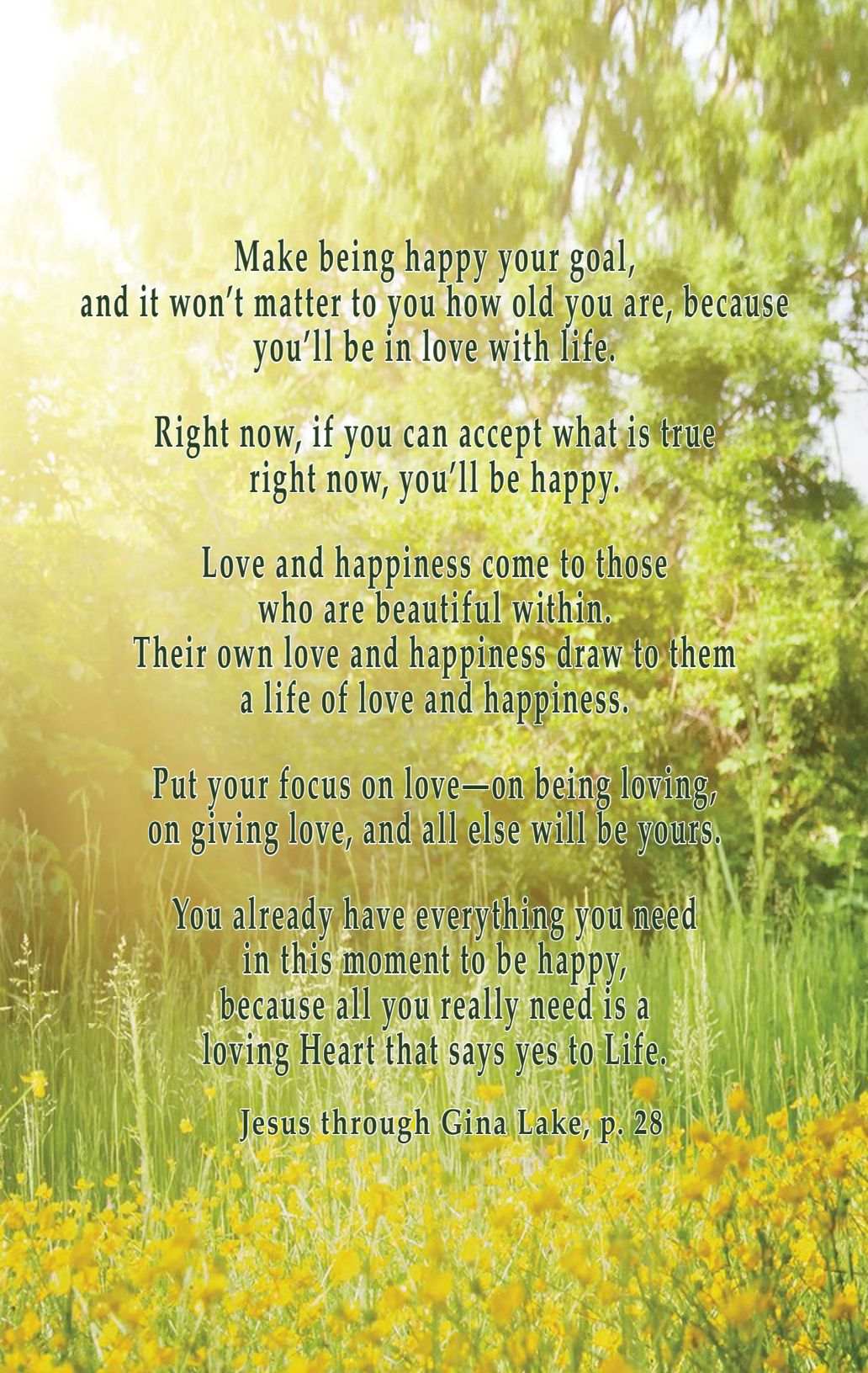
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Jesus through Gina Lake, p. 28