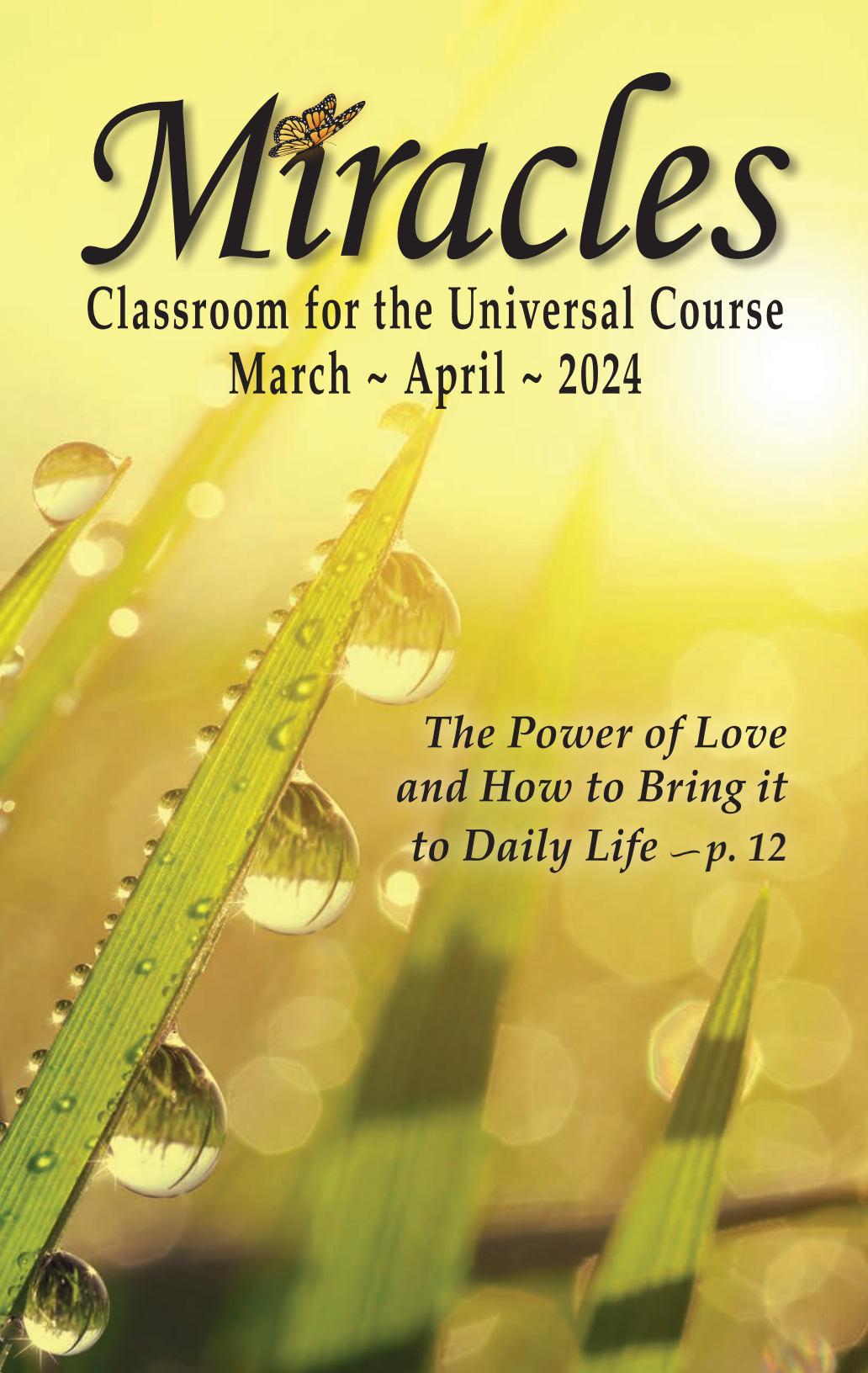




Miracles

Classroom for the Universal Course

March ~ April ~ 2024



*The Power of Love
and How to Bring it
to Daily Life – p. 12*

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YOU NEVER LEFT HEAVEN

by Jon Mundy

You do not live here.

We are trying to reach your real home.

We are trying to reach the place where you are truly welcome.

We are trying to reach God.

W-49.4:5-8

A Course in Miracles is the wisest, sanest, deepest book I know, eloquent in its loveliness and level of psychological sophistication. I first met Helen and Bill at a conference where the keynote speaker was Hugh Lynn Cayce, Edgar Cayce's son. While Cayce was a "sleeping prophet," hearing in a "trance-like way," Helen heard the Course as an "inner dictation." The information Cayce received was on a practical though less psychologically sophisticated level than the Course. Bill read Edgar Cayce's biography *There is a River*, and they had a look at The Seth Material channeled by Jane Roberts, published in 1970.

As consciousness expands, more and more folks are opening up to what we're now seeing through a growing list of channels. I recently watched some Bashar recordings channeled by Darryl Anka, noting some similarities to the Course. For example, when I heard him say: Miracles are the natural order of things. I thought of Principle No. 4 of the 50 Miracle Principles: "Miracles are natural. When they do not occur, something has gone wrong."

"To be in the Kingdom

is merely to focus your full attention on it.

As long as you believe you can attend to what is not valid,

*you are accepting conflict as your choice.
Is it really a choice?”*
T-7.III.4:1-6

It seems to be, but seeming and reality are hardly the same.
You who “are” the Kingdom are not concerned with seeming.
Reality is yours because you are reality.

Armenian philosopher and spiritual teacher G.I. Gurdjieff (1867-1949) said everyone was sleepwalking through life. The Course makes no less than 370 references to dreams and dreaming, including those we have while sleeping and in our “dreaming of the world.”

*“All your time is spent dreaming.
Your sleeping and your waking dreams have different forms,
and that is all.”*
T-18.II.5:12-13

The study of dreams, mythologies, and fairy tales is a good way of looking into and observing one’s individual unconscious and the collective dream of humankind. Pilgrim’s Progress by John Bunyan, published in 1678, is presented as a dream sequence described by an omniscient observer. It is the story of a man named Christian who has left his home (the City of Destruction) and is on a journey looking for The Celestial City (Heaven). He carries several burdens on his back (blocks to the awareness of love’s presence), which are gradually lifted from him as he goes through various trials, like “the sloth of despond” and “the valley of humiliation.” Have you ever been to one of these places? All the while, it is all a dream. Where is Alice in Alice in Wonderland? She is dreaming. Where is Dorothy in The Wizard of Oz? She is dreaming. Where is the boy in the contemporary fairy tale, The Polar Express?” He is dreaming. Where are they all trying to get back to? Home.

*“You are at home in God, dreaming of exile
but perfectly capable of awakening to reality.*

Is it your decision to do so?"

T-10.I.2:1-2

Depending on where you are standing, this world can be a beautiful, majestic sight when looking at a flower, a baby's smile, your loved one's eyes, or a magnificent mountain. Still, beauty, as we say, is in the eye of the beholder.

*"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."*

T-4.III.1:1-3

We never left Heaven and cannot except within – a dream, but again, a dream is not reality. It is our construction, our projection, and we must accept responsibility for it. When we wake up in the morning, our eyes return to the world of perception, and we quickly adapt to and are 'involved' in the dreaming of the world. According to dream research, we go through several cycles every night, yet very few folks remember their dreams. Studying dreams is helpful as a lot happens in the unconscious mind, and expanding consciousness means growing inwardly and outwardly. While many folks are aware of the dreaming of the world – few seem capable of shaking off the cobwebs of unconscious conformity that settle into our minds and keep us blind.

*"This 'is' an insane world,
and do not underestimate the extent of its insanity.
There is no area of your perception that it has not touched,
and your dream "is" sacred to you.*

*That is why God placed the Holy Spirit in you,
where you put the dream.”*

T-14.I.2:6-8

The Antidote of the Atonement

We might consider the ego like a parasite or virus that has attached itself to our psyche and thus makes us sick. The good news is that God has given us an antidote called atonement. Principle No. 37 of the 50 Miracles Principles tells us that a Miracle acts as a catalyst, breaking up erroneous (parasitic) perception, placing us under the Atonement principle where the ego is undone, and we return to health and thus acknowledge our place in Heaven again.

What makes the Course so compelling is the workbook. It is the thing that makes the Course “work” by providing us with a “process” of awakening from the dream and thus “shaking off” or finding freedom from the ego. Many books describe the problem and inspire us to do better, but few give us such clear and practical guidance as the Course.

Jesus taught using parables as parables linger in the mind, we can recall the story, and by remembering the story, a lesson is learned. There are essential characteristics in all hero stories that Joseph Campbell called “the monomyth.” Everyone is a hero or a heroine in their own story. How is your story (struggle) being played out?

One of the characteristics of all hero mythology is the reception on the hero’s part of a map, often a book, which can help one find their way home. Christian is carrying a Bible on his journey. Published in 1611, the King James Version of the Bible was “the revolutionary” communication medium of John Bunyan’s day, just as the Course is a revolutionary message for our age.

Atonement involves, in both subtle and straightforward ways, the gradual dissolution of the ego and the awakening more fully into a life of Spirit. Many folks have trouble understanding the Course initially because it is such a slow and gentle process, but be glad, as waking up suddenly can be frightening. I had been studying the Course for just over a year when—thanks to my guide, Dr. Salvado Roquet, and the use of some heavy-duty psychotropics—I died, at least, I thought I did. I stepped outside of time, and when I came back, I understood the Course at a much deeper level.

The thought of the loss of everything—body, name, geography, family, history, friends, personality—all that was horrific. I let go and died because I had to; I could not hold on to the illusory body. Once I let go, a door opened, and a wholly new world was left before me. (Details of this experience can be found in my book, *Eternal Life and A Course in Miracles*, available in print and audio format on Amazon.com.)

When I returned, I could not talk, realizing that anything I said would be a construct. Words no longer worked, and I could only stare at my hand, amazed that I was back in this body. I was left then with a new vision and a keen awareness of the dreaming of the world and the insanity of attacking anyone or anything in any form. All we have to do is be the love we already are. You need only love what is before you, including your face in the mirror. It was then that I saw the way out was through. This does not mean I was enlightened; though I walked around for weeks after that with a “new point of view,” I could also feel the socialization process calling me back to be what I had been. I could not return completely, however, as you can never forget this kind of experience.

*“The Kingdom of God does not come from observation;
Nor will they say, “See here!” or “See there!”
For indeed, the kingdom of God is within You.”*

Luke 17:20-21

We never left Heaven.

You are t(he)re right now. Heaven is alive inside us all, not in the body but in the mind. Jesus in the Course, referring to the above passage in Luke, tells us that it is hard for us to understand what “The Kingdom of Heaven is within you” really means, as the ego interprets it as if something outside is inside. Jesus clarifies the passage by telling us:

“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?”*

T-4.III.1:3-5

*“Everything, in time, rusts, rots, and decays
from compost piles to rusted cars to bodies in a grave.”*

Spirit is stronger than the ego because every “body” dies. Very soon, none of us will be manifesting this dream. It may be 20, 30, or 40 years from now, but 20 or 30 years ago was just yesterday, and the older you get, the faster time flies by. Those who have near-death experiences speak of Heaven as Home, and universally, they do not want to come back because they are now free of the weight of the world and the body, its wants and needs, its addictions, and cravings. Even light bodies are heavy, especially when they are in pain. Once one has stepped into Heaven, what is then in front of them is so vibrant and natural that one does not want to return to the dubious dreaming of the world, its politics, its wars, and its many ego battles.

*“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
unaffected by your attempts to dissociate it.”*

T-4.VI.1:6-7

Lucid Living or “Being in the Real World” means being awake within the dream. You can then see the games, the play, and the deceptiveness of ego and the world without getting caught in the dream. One thing you do not want to do is attack the dream; that only amplifies it. After all, our goal is peace. We cannot separate ourselves from Spirit, and we find our way home by sticking to the truth as our true spot-on north. Spirit is who we are in our wholeness and eternity.

*“Miracles stand in shining silence next to every dream
of pain and suffering, of sin and guilt.
They are the dream’s alternative,
the choice to be the dreamer
rather than deny the active role in making up the dream.”*

T-28.II.12:2-3

By accepting our role in overcoming the ego’s insanity, we can remember the place we never left. The Holy Spirit asks us to return our whole mind to God because it has never left Him.

*“The full awareness of the Atonement,
is the recognition that ‘the separation never occurred.’
The ego cannot prevail against this because
it is an explicit statement that the ego never occurred.”*

T-6.II.7-8

*What’s say we wake up, get up, and affirm:
Heaven is here. Heaven is now.
There is no other place. There is no other time.
Here, we are in the middle of it together.*

Lovingly, *Jon*

Prayer

by Lynne Matous



Please let me Be
the Love I Am still
though I let distraction
have its way

let me remember my Self
as together
it is so scary
to feel all alone

As In Arms
of One together
I Am welcome
without doubt

each other's All
are felt together
separate concerns
not ours alone

tentacles of temptation
are masochistic
see them as one
that is the falsity

stories stories
threads of fear
use all as leads
for Us together

Trust of Love
in all illusion
know who's Boss
as Gratitude deeps

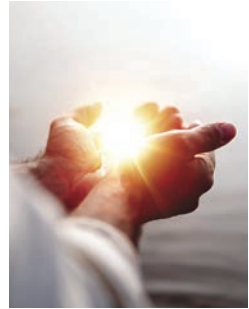
Feel the Arms
you never left

In Love, Lynne

THE POWER OF LOVE AND HOW TO BRING IT TO DAILY LIFE

Compiled by Glenn Hovemann

Recently I participated in a one-day mini-retreat at Wild Grace Community. We were each asked to make a little presentation. It occurred to me to explore the “power of love,” which Jesus mentions in both A Course in Miracles and A Course of Love (four times in each) but uses 36 times in the seven-volume Choose Only Love. As I looked further, how he uses the phrases present a compelling path. In addition, on the very same day I had edited a section of another not-yet-published book received through Jesus, tentatively entitled “Resurrection Consciousness,” which seemed perfectly on point. Here is the gist of what I shared in the retreat.



**This is a call to allow the explosion of
the power of love that you are.**

From Choose Only Love:

This is a call to allow the explosion of the power of love that you are. You who read these words are ready to let the love that you are manifest. Do not choke it off. Be pulled by the wings of the spirit of God. BkI:3.IV.4



Begin to remember the irresistible force of love. Begin to remember, now, the strength of the pure love that embraces the universe. Begin to remember how attractive is God's power. Stay with those memories. Carry them in the silence of your heart. Become one with them. Join with the power of love. Fulfill yourself in it. Let its immeasurable, unfathomable force penetrate you and transform your mind and heart with the ecstasy of peace and truth. BkII:4.IV.1

The power of your will is immense, even immeasurable. You fear it above all fears. The power of your will is the power of God, which is the power of love. Because you feared it, you chose to enslave it to reduce its power. You wished to subdue and control the power of your will. When you were repeatedly told to "let yourself be loved," it was meant to trust and "let yourself go," as your will permits. BkII:11.I.4

Do not look for power of any kind—just let yourself be loved. The power of love has nothing to do with what the old world called love. Rather, the power of love resides in its sweetness, in the softness of its words, in the delicacy of its gaze, in the transparency of its being, in its perpetual benevolence. BkII:15.II.7

We are not advocating the non-expression of feelings, we are advocating the power of love and its necessary relationship with truth.

By remaining in the silence of your heart you are the perfect expression of the power of love. BkIV:17.V.8

Remember that we are not advocating the non-expression of feelings, emotions, or thoughts; we are advocating the power of love and its necessary relationship with truth. To live in truth is to live consciously in the truth of everything that is happening in your inner world. The Kingdom consists of ideas, memories, thoughts, desires, emotions, feelings, intuitions, and many other things. It is the realm to which the consciousness of every place, time, and circumstance must be brought for the alchemy of your soul to be completed. BkIV:18.III.2-3

Outside of love there is no power possible because outside of love is nothing. Remember, only love is real. Therefore, only the power of love is real. BkIV:21.III.12

Creation exists because of the power of love. The power of life that you see is the power of God manifested in form. BkIV:21.III.13

You have replaced the power of love with the power of anger, which is nothing but fear. That apparent ego power, which is all that you associate with violence, aggression, anger, and many other different forms of fear, is the substitute for love. Fear seems powerful but is not. Your weakness is evident, and that is what you fear most. Thus you fear fear. In other words, you are not afraid of fear because of its power but because of its weakness. Fear weakens. BkIV:21.IV.2-3



The power of love cannot be used.

The fear of the power of love is so great that it is buried in your mind and heart, and is the fear of not knowing what to do with power. BkIV:21.IV.8

The power of love cannot be used. It can only serve the cause of love. It cannot be for anything else. BkIV:21.IV.11

Once you recognize and accept the absolute inoffensiveness of God's power, you begin to feel comfortable with it as your own power. BkIV:21.IV.13

[F]or those who have lived for so long without the joy of living, the power of love has become a mystery, even though it is the best known power in the universe. BkV:4.I.4

Those who live in God have nothing to fear. They can afford to be happy and live happily in love because they know they have a loving mother who watches over them as no other mother can or ever will. They know the power of love. They accept it and rejoice in it. BkV:4.I.8

The power of love is beyond all human understanding. Its force cannot be overestimated. BkV:12.IV.18

When your being remains in the peace of Christ, you remain within the transforming power of love because love resides in peace. Outside of peace you cannot access the treasures of love because out of peace is nothing. BkV:20.III.5

[T]he creative power that resides in you is of such magnitude that if you do not first let go of the fear you have of what you are—that is, of the power of love—then you will be unwilling to create anything. Remember, you had the experience of trying to create an identity for yourself, and it seemed to turn against you. BkVI:6.III.7

Loving is about being authentically yourself in union with God

Love is powerful, as is truth. They are a unit. Many underestimate that power or think of it infrequently. Thus they either feel helpless or seek to create other sources of power. To be aware of the power of love and truth is to honor God for what God is and to love yourself for who you are. You are the living expression of that power. You are the effect of that joint power. BkVI:8.III.12

Loving is about being authentically yourself in union with God. BkVI:18.II.15

God's plan is to live His life in you. This is the same as saying that His will is that you participate in His life. There is no other way to do it but to allow the flow of the power of love that God is to be received, accepted, and to pass through. BkVII:12.III.7

The power of the miracle has spilled over you. The power of love has touched your heart. You have found Grace and holiness. Every fiber of your being has been embedded in the



divine essence that travels in my voice, as if it were a breath of love that moves human wills to love more. BkVII:14.III.11

And from the forthcoming book from Take Heart Publications tentatively entitled “Resurrection Consciousness”:

Now it remains for us to know how to put into practice in daily life what we are remembering here, while experiencing earthly life. There appear to be countless ways, spiritual techniques, medical treatments, scientific trends, belief systems, and the list goes on. There are countless alternatives available.

Ask yourself: Which of all those paths allows you to live in the fullness of the risen love? The answer: all of them and none, at the same time. What is meant is that a full life, which is the expression we use here to define the state in which you live in perfect harmony with the will of God, and therefore in the fullness of love, is achieved by reason of your willingness to do so, and not because of the ritual or technique itself.

Nothing external can produce any real effect on you; you are the sole creator of your experience. As inside, so outside.

Actually, there is no such thing as inside and outside, but only the reality of the soul expressing itself in its beautiful vastness.

When you wholeheartedly decide to find the truth, you find it. You do so whether you set out to find it through reading inspired books, through religious practices, joining groups, or even doing nothing at all. What makes you find is not the path itself, but your purpose. As you can see, everything is resolved in the field of free will, in the disposition of each of the sons and daughters of God.

Once you sincerely decide to live in the truth, things begin to move in favor of that purpose regardless of the degree of awareness of this determination. The universe will conspire in favor of your disposition. It always does. There have been plenty of examples in your life that have confirmed this for you, eloquent confirmations. What is revealed here can be generalized to everything that comes from the free decision of the soul.

Radiant and graceful heart, this work is saying unequivocally that you can remain united in resurrection, which is but the awareness of being the risen from love, all the days of your life on Earth, just as in Heaven.

Why not live in the truth of who you are and enjoy the life-giving energy of love? You do so every time you think loving thoughts and cultivate noble feelings, whenever you deliberately decide to walk away from what is not true and to live in the light of wisdom, and when you immerse yourself in prayer or in a silence without judgment. And even when not doing any of these things, when you say in your soul: I want to live in the truth, I want to live in a world full of peace, I want love to flood my life, I want to return to the Father's House.

Glenn Hovemann is publisher of [Take Heart Publications](https://takeheart.com) and lives at [Wild Grace Community](https://wildgracecommunity.com), <https://wildgracecommunity.com>

DO YOU LOVE ME?

by MaryBeth Scalice

Peter was “the rock,” the faithful one in whom Jesus entrusted the extension of his teachings. Close to the time of crucifixion, Peter looked into the face of Christ. On it was an impassioned plea. Do you love me?



Yes, yes of course I love you, Peter said with enthusiasm. But the emotion and intensity of the dialogue increased. Jesus asked again. “Peter, do you love me?” Taken aback, Peter did not know how to prove his love. He wondered why such a question. Hadn’t he shown the Master he was willing to follow him?

Peter tried again, “Yes, Teacher, I love you. You know I love you!” But the Beloved was not appeased. There was an urgency in his appeal. I imagine a tender tempest in Christ’s eyes. He asked again. “Peter, do you love me?” Peter was truly concerned now. He thought he loved Jesus. He wanted to love perfectly. But the best he could do was blurt out with more emphasis, “Yes!” conveying a sense of, I don’t understand this question. What can I say?

I feel Peter’s anguish here. I too hear the appeal of Christ’s call for love. I feel God’s true desire for me, and especially how words fall short in expressing how much I cherish the Beloved. God wants my “I Love You’s,” but these symbols do not cut it.

I imagine in that dialogue with Peter, Jesus was looking into the face of his destiny, seeking to ensure that the Plan of Love on Earth, the salvation of the world, would be complete.



He then said to the anxious apostle. “If you love me, FEED MY SHEEP.”

What does feeding God’s sheep mean, if not giving nurture to the world? Feeding God’s sheep means expressing love, not merely with “I love you’s,” but with our hands, our bodies, our minds, our strength, giving love as we might give bread to the hungry, making love tangible through miracles, patience, calmness, kindness, forgiveness, and sharing the abundance of our unique gifts. Making our lives, food, bread, communion.

As the Age of the Heart awakens us to Love’s swelling Presence within and all around us, Jesus is still asking in a very personal way, “do you love me?” Are we not, as Peter was, guided to donate our hearts to the world? to others? My own heart says, “Oh God! how do I do that?” The answer lies in love Itself. For if we are Love, then the destiny we seek, the salvation we long for, is the grace of What we are. Love must contain within it the means to Love. Means and ends are one.

So it is we answer Jesus, not with words alone, but with our lives. Love asks for nothing less knowing it is only a wholehearted giving that sates the soul. I feel that the Age of the Heart is moving me beyond “I love you’s.” It is the age when Love’s Presence is not simply an inner feeling, but a real appearance on Earth. It must appear because we are here, answering the Call.

Yes, Beloved, I love you. I am the means you gave to restore and create the world.

MaryBeth Scalice, MA. Ed.D. mbopenheart@aol.com, transpersonal and humanistic psychotherapist, invites the integration of body, mind, emotion and spirit, through breath, witness, sacred relationship, creative expression, and somatic awareness. Her book of sacred poetry is [Write, Beloved, Write, The Living Breathing Poetry of God](#).

RIPENING

by Margaret Dulaney



In his book *The Aramaic Jesus*, the scholar Neil Douglass-Klotz writes that the words “good” and “evil,” as they appear in the King James version of the Bible, if translated into Aramaic—the language in which Jesus would have spoken—would more likely have been “ripe” and “unripe.” This is a gamechanger, I feel. Think of it.

When someone’s behavior is causing issues, we might say, “Hmm, he’s not quite ripe yet is he, poor dear?”

When someone’s behavior is causing issues, from slight annoyance to outright sabotage, we might say, “Hmm, he’s not quite ripe yet is he, poor dear?”

Those of us who are working on trying to be a little bit better, kinder, less judgmental but having a difficult time achieving perfect success in these areas, might simply be seen as on the way to, but not yet arriving at ripeness.

There appear to be seasons for everything, for all of nature, certainly, but also human nature. We could say the same of ideas, businesses, careers, even marriages and friendships. Everything ripens.

I have read a boatload of near-death experiences over the years, and one thing that will give me the hot, itchy



hives is the idea that I may have to look at some of my own unripe behavior from the past. Though apparently from all such testimonies, these life reviews, as they are called, are non-judgmental affairs, wrapped up in all sorts of understanding and compassion, I still have a few memories that I don't relish the thought of revisiting.

There is one memory from my past that truly haunts me.

Recently I had a dream about this memory, which occurred when I was nineteen and involved a brief relationship with a young man. I ended our relationship abruptly, sending him home after telling him that I had no more feelings for him. It was cold and sudden, and I have regretted the harshness of my behavior ever since. In my dream I was made to understand that this moment was more for him than for me. I understood that the time would come for my own prickly lessons, but in this case I was being used as a valuable tool of awakening for this young man.

Has it ever happened to you that you find yourself saying something that could very well be construed as shamefully rude, and after delivering this monstrosity you think to yourself, "Why did I say that? Good heavens. I shouldn't be allowed to socialize!"

Other times we are the victims of such unedited declarations.

When my husband and I were in our mid-twenties and living in Manhattan, we bought a little house an hour and

a half's drive from the city. Soon after, I took on the role of hostess, and we entertained our city friends every weekend. Most of our friends were performing artists, many of them musicians, who were generally very hard-working and sorely underpaid. I concluded that these friends needed us. I took my role very seriously, believing that these weekends in the country were the only thing keeping our friends from giving up on the artistic struggle. This was a rather puffed-up view of my role, I can see that now. After two years we sold our tiny house and bought a larger one with a couple of guest bedrooms (previously we had housed our friends on couches and some in closets). The hosting continued. One weekend a musician and his wife asked if they could bring a friend along, a woman, someone we didn't know. Sure, we said, we'll be one big happy family.

Early on in the long weekend, I overheard a snippet of conversation between the musician's wife and the friend.

Turning to the friend, the wife said, "You know, the food here is very good."

"Ohhh my, my my!" I thought to myself, "My, my, my..."

For many years that exchange rankled me, but it doesn't anymore. I see it as a gift. I had to look at what I had created, which was essentially a bed and breakfast, and I had to look at myself. There was nothing wrong with this role of hostess, but I wanted to do other things with my life. This was an invitation to shift gears, to move away from harried hostess and spend more time in focused creativity. Soon after I began to write, and if you have spent any time on the activity of writing you will understand that it requires heaps of quiet. It demands that you wrap yourself in a blanket of quiet, and if that doesn't produce much of anything, you might have to wrap yourself in another and another, until it looks as if you aren't doing much more than sitting under a pile of blankets.



I never gave up hosting altogether. I still believe that opening our home to those we care about is a vital part of our lives, but it no longer serves as a profession.



These moments, when a mirror is held up to a life that illuminates the results of one's choices, are like sunlight to the ripening fruit of the soul. Often we don't see them as having the power to ripen us



until we are looking backward along our path. "Ah, look at that," we say. "That was a fine bit of naked truth, there."

Perhaps one gift we can give to one another is this belief in the ultimate ripening of the soul.

Perhaps one gift we can give to one another is this belief in the ultimate ripening of the soul. If you have a friend who is wasting their time with an addiction, for instance, you might hold up the belief in their fully ripened soul in its pure state of sobriety and dignity.

If you know someone who is wasting away in an abusive relationship, you might encourage them to see themselves as worthy of true, supportive love in a fully ripened relationship. You might encourage them to envision their own dignity, the divinity of pure love.

Like an apple that we watch through the seasons—flowering, budding, rounding, reddening, ripening—we can see the finest potential in one another.

Margaret Dulaney is the author and narrator behind the spoken word site ListenWell, which posts one spoken essay a month on open-faith, spiritual themes. She is the author of the books To Hear the Forest Sing and The Parables of Sunlight among others. To purchase or to contact Margaret, please visit www.Listenwell.org

LISTENING TO THE VOICE

by Meg Jerit



The words not only resonate; they *vibrate* within my chest as if carved on an internal breastplate. Tears arrive easily, cutting through any ego-skepticism. A warmth of goosebumps spreads, like an angelic, energetic blanket.

I felt betrayed and completely abandoned.
I refused to let go of God, though.

This is my experience in reading the received words of Jesus and Mother Mary through Sebastián Blaksley. My story, like many, begins in perceived separation. My parents went through a difficult, unexpected divorce when I was 18. The details were nothing short of cinematic, resulting in a dramatic shift of my schemas of reality. I felt betrayed and completely abandoned.

I refused to let go of God, though. I knew our relationship was changing, though I was broken from everything. Very lonely, I sought God in books and in nature, sat in empty churches and looked to statues, wishing they would move, come down and hold me.

To be clear, God did and does appear in books, in nature, and in people—ever clear. Wherever we seek Her, She loves



to meet us there. Where our hearts find rest, she will always be there.

But what arrived a mere six months from that moment in my life? My father began falling

for a woman who had never been very far away—their paths were always crisscrossing even though they had never met; and this woman, Renée, soon placed a heavy blue textbook, still wrapped in plastic, in my hands. She had received a message that day “this is how to save Meg.” We began *A Course in Miracles* together, hand in hand. I was beginning to put my inner sight back together again.

I felt a holy union beginning within me, of new and old, east and west

Over the years, we shared videos, texts, many conversations and more books, including other channeled materials, as our psyches continued to heal and open up, according to our own soul’s journeys. I often imagine that if our hearts were seen in a mirror, there would be two blue stars twinkling happily together in a nearby constellation.

After a move across the country to write my memoir, another sacred book arrived from Renée in the mail, *Choose Only Love*. Exactly one year before, I had privately created a new playlist to add to throughout 2022, titled LOVE ONLY. I was bent on releasing all fear, and my heart grinned to receive that sweet little wink of co-creation’s scheme.

I was touched by the words instantly, feeling deeply reconnected to the figures of Catholicism I had drifted from during the pandemic. I had begun exploring Buddhist practices, but didn’t want to lose where I came from, the

miraculous love in Jesus and Mary I knew to be real ever since I was a little girl. I felt a holy union beginning within me, of new and old, east and west, an expansion rather than an excising within my consciousness—the meaning of embodying non-duality in my living, breathing, and being.

And the synchronicities continue. The same winter morning I heard within it was time, at last, to write this article, though I had no clue what to say or what was needed, when I read chapter 21, “The Ark of Life,” from Sebastián’s latest transmission from Jesus, *The Age of the Heart*. I had put a little note on page 170, writing to mySelf that I would like to hear Sebastián talk further about the concept of gathering creation within our hearts, to return all that is to God. An hour later, Renée sent me a video in which this exact chapter and these exact pages, including where my little note had landed, were being read and discussed by Sebastián and other community members!

We live in times of light and dark —a collision between history’s repeating and the call for Love’s revolutionaries.

This is how our elevated consciousness rememberings, expandings, and changings: through relationship, because we are relationship and in relationship with All That Is. We are taught, through reflection, how our orientation with the Creator weaves us ever nearer to outwardly living our inner knowing. And now we see what reflections our humanity has led us to in the harrowing closing of 2023.

We live in times of light and dark, at some of their most intensified qualities of human experience—a collision between history’s repeating and the call for Love’s revolutionaries. Everything is for our healing, and for our harmonizing into Truth’s Light. We are called even more

deeply to place our faith in front of the fear we are fed and can so easily feed on.

In *The Age of the Heart* Christ reminds us that His path on Earth traversed Palestine, Jerusalem, Nazareth, moving with purpose and intention. The Holy Body of Unity thinking of us in this now, even then. We are called to let Love pour in. We are called to hold people in our hearts as they fall, and catch them with Christ's love, night after night. We are called to cease all murder on either side of all conflicts because there is only one side-less side, shining brightly through the collective soul's dark night. It is Loving Spaciousness, which is real, dynamic, kinetic, and everlasting energy.

We surrender to the Love, which is also Truth, that we are, so that our hearts may be filled with all that we truly embody. So that the peace of God may stream through us like the light of many rainbows happening all at once. So that the real hearts and real souls, pleading for safety, sacred refuge, and sanctity, may receive their hearts' true desires. So that we may create this holy refuge upon the Earth with our sacred awareness. So that we may hold the people of God in our hearts forever—so that we may live and be as we are—the One as well as the many faces of God, all created by the One Hand of the Creator, Who remains with us.

“What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by the One Whose only Purpose is your good?”
—ACIM L.135

Meg Jerit is a writer, children's book author, and poet. She is originally from Memphis, Tennessee where she graduated from Rhodes College. She earned her Masters of Fine Arts in creative writing from Columbia College Chicago and attended the Kenyon Review Writers Workshop in 2022. She now lives in Austin, Texas with her partner and their two big dogs. She is Love, and so are you. Meg can be reached on her website megjerit.com or by email mjjerit@gmail.com

CAUTION

EXPECTATIONS AHEAD

by Janine Miller-Delany

*A conversation with the One Mind within
Janine's heart space*



One Mind: Let the mind return back into the heart, the One Mind you share with Me. Let no thoughts arise from the thinking mind. For the thoughts you share with Me come only from within the deepest love of our union.

Any thought born not of love, of our union, is illusion, a misperception of the ego-mind. All true thoughts arise from the love of our One Mind hidden deeply within the seed of the heart.

This is why I tell you, breathe in My love for you. For it is your allowance of My love that restores your awareness and connection of our One Mind. Breathe in only love. And restore your receptivity to our One Mind.

This takes practice. You have tuned yourself to the voice of the separated mind. You are learning now to hear and think within your heart chamber. This may feel strange at first, like trying on new glasses.

Note always to let the thinking mind be still. Tune to the love within and have a small willingness to let our One Mind be your guide.

Janine: It seems you are asking me to stop thinking altogether.

OM: I am asking you to stop letting the small self (ego) direct you.

J: That is an incredibly freeing feeling. And yes, it seems like trying to write with my left hand.

OM: You are better at it already than you think. Even now, in this moment, are you letting my love direct you?

J: Yes, I see. And often I do this when I'm counseling. It feels easier when I have no distractions and outside world expectations.

**In the eternal now there are no expectations.
There is simply being the love that you are.**

OM: Even as you write, your One Mind recognizes that all of your expectations are makings of the ego mind.

J: So every expectation that I have is a making of the ego mind?

OM: Exactly. In the eternal now there are no expectations. There is simply being the love that you are. There is only pure love. Nothing more is needed. And it is the same on the physical plane. If you could trust in the pure love that you are, then would you see you are in need of nothing. You would see that you are everything and you have everything. There is nothing lacking within you.

J: Is it even possible to live in this physical body without expectations?

OM: Yes, it is a tall order. You see, then, how valuable it is to give yourself time away from daily expectations so you can strengthen your receptivity to our One Mind, My voice within you?

J: Of course, money (or lack of) comes to mind when I think of less time working and more time just being.

OM: Yes, I know this concept is scary for you. Your upside-down thinking has created this gap in trust in my supply. And yet it is the trust that allows for all of my supply to

Try just trusting a little more each day. And then
watch for how I provide for you.



flow. Try just trusting a little more each day. And then watch for how I provide for you. Soon will you gain greater confidence that your trust allows far greater supply than all of your hard work.

J: As I look back already, I can see how your supply has been ever flowing, especially in proportion to my ability to let go and trust and look eagerly for your supply to show up in fun ways.

OM: You are right and well to trust in the power of our union. And so it is.

J: Thank you, dear Abba. I breathe in our One Love.

For 30 years Janine Miller-Delany has been a clinical counselor, spiritual life coach, author, blogger, nature and animal lover, and until a few years ago, an excellent worrier. She can be reached through her website, <https://theheartsway.org/>

Resurrection in *LIFE*

Received from Jesus through Sebastián Blaksley, June, 2023

Beloved soul full of grace, here we are again, united in the certainty of truth. How much joy our hearts feel, as we come together in these sacred encounters, dialogues filled with the love and wisdom of Heaven!

The message that I gave the world with my life in the lands of Jerusalem and its surroundings has been resurrection in life, not after death. If death does not exist—since it is not real and cannot be, which we have already revealed—what sense can a resurrection have as an effect of it?

**You are not asked to die in order to rise again.
You are invited to resurrect right now
to the truth of who you are.**

To believe that resurrection is linked to death is to fully misunderstand. You are not asked to die in order to rise again. You are invited to resurrect right now to the truth of who you are. This is done in life.

Let's put it another way, to satisfy the thinking mind's need for definitions, but first reminding you that every definition is simply a signpost that points to truth or illusion—never the truth itself, since truth lives beyond all symbols and all limits. You do not need to understand the resurrection. Actually it is something you already know perfectly through



your consciousness. In the silence of your heart you know whereof I speak. Even so, here are some words to help the thinking mind join the truth.

Resurrecting in life means that you stop being the old, false being that one day you thought you were, and you begin to be the true being that you are forever. This is the same as saying that you die to the old and are reborn in the light of truth. Naturally, this does not require physical death. Death cannot be the bearer of any power since it is the idea of impotence taken to its maximum expression.

This is why a new humanity is being born now. The profound changes in the world that you perceive today are an expression of this

You can, and are called to, resurrect now and in every moment. This also needs to be clarified. Once you resurrect the truth, you cannot go back. So when I tell you “in every moment,” I do not mean that you can go backwards in the degree of consciousness reached. You never go backwards. What I mean is that, since God is eternal novelty, you are a



new holy creation in every moment of your existence, and it is perfectly possible for you to be aware of the new being that you are.

Remember, my daughters, my sons, that love is the foundation of life, and therefore of what you are. And since its power makes all things new, you cannot be a static being, but living love, always in vital movement. Always expressing new life, new holy love.

One day I told you: dying to the world to realize that death does not exist is the path to truth. Today you can understand this sweet revelation in greater depth. What I sought to remind you at that moment is that you have already risen to eternal life since its reality is what you really are. But resurrection in life concerns you as a unique being and all humanity as a universal family, and even more so, all of creation. This is why a new humanity is being born now. The profound changes in the world that you perceive today with your physical senses are an expression of this.

My daughters and sons, love is enveloping you with all its light, benevolence, and holiness. Love calls you to be reborn again. And you have answered the call. That is why you are no longer the old humanity that you were. A transformation of such magnitude cannot be understood from one day to the

It means embracing forever the truth of what you are: a holy being.

next by minds accustomed to understanding things based on past learning.

Resurrecting in life means leaving behind the being grounded in the illusion of ego—a false being that created an experience of selfishness, idolatry of the fleeting, search for power to satisfy the desire to be special and feel superior, as well as accumulation to fill a void that can only be filled by love. It means embracing forever the truth of what you are: a holy being, born from the very bosom of holiness, who lives eternally in union with its divine Source.

When you recognize the truth of who you are and live united with it, you are living in resurrection consciousness. What's more, you are being the resurrection itself. This is because you are life. If this is true, and I assure you it is, you



cannot be resurrected in death, but only in life. Remember, nothing is achieved by denial. Everything the holiness of your being can do, it does in life, because only eternal life is real.

Let's say this in another way. Living in harmony with the being you really are is the resurrection. Do you need to die to be who God created you to be? I answer that question with a yes and a no. Yes, you need to die to the old self that one day you wanted to be, which has nothing holy, beautiful, or loving. Although it is not a real death, it is experienced as such. That was where the pain of transformation came from, what some call the dark night of the soul, or the birth pains of the Christ in you.

And no, on the plane of truth, the false self that seemed to die never died because it was never born. It didn't fade; it was never real. Indeed, that false self is nothingness itself. It has no substance and never had. It only seemed real in your imagination—in a feverish mind that harbored illusions, hoping to be a creator of itself, in a way far removed from God's way of creating.

The world will not succumb. It will be transformed into love.

You need not die to be who you really are. Be glad that it is so! Rejoice in this great revelation as you remember together that the call to you today, just as I showed two thousand years ago in time, is to rise alive. To be reborn again from the spirit, that is, from above. Let yourself be carried away by the breath of my love, which now you know from whence it comes and where it goes. You know for sure that it comes from my divine heart and also leads you to it. In other words, it comes from Heaven and goes to Heaven, in union with your being.

Truly, truly I tell you, beloved from all corners of the world, that the new humanity is already here. Soon the



painful memory of a life lived outside of union with Christ will be long gone. First it will be a suffering memory, then a little remembering, and finally a total

forgetfulness of the experience of separation.

The world will not succumb. It will be transformed into love. It will be reborn from above. It will do so as an inevitable effect of my resurrection—that is, the reunion of the singular consciousness with the divine. The universe will return to the state of unity. Because of this, the light of Christ will be reflected without distortion.

Do not worry about the musings that this revelation may cause in the thinking mind, asking you any number of things. Rather, bring what is remembered here to the present moment in your heart, the only place where the reality of what you are resides in perfect union with your divine Source. There, in the timeless now, we live together forever in the unity of love.

Do this and you will remember, not with the physical but with the spiritual memory, which dwells in your consciousness, that you are resurrection and life. You will remember God. The memory of who you are will shine in your mind, your heart, and in all your humanness, in the glory of truth. You will extend life. You will bring Heaven to Earth and you will contemplate the most valuable of the treasures of creation: your being, the Christ of God.

This is an excerpt from the manuscript tentatively entitled “Resurrection Consciousness,” to be published in mid-2024 by Take Heart Publications.



Some more important philosophical questions on life!

Harry, this makes no sense!
We passed 6 fish markets on the way here.



The simple life!

*eat
sleep
repeat*







CRUCI-FIXATION

by Joseph Miller

*Some bitter idols have been made of him
who would be only brother to the world.*

ACIM, Clarification of Terms 5.5

*People tend to fasten upon the wounds and
the blood, even though, as Titian's painting
portrays clearly, the tragedy of Jesus was
not in the bleeding wounds but in the*

ignorance and self-limitation of the disciples.

-Raghavan N. Iyer



In 1997 I took a few days of silence at a retreat center. I brought work to do, but quickly set it aside because I got broadsided inwardly by an intense contemplation of the

crucifix, which began with a distasteful glance at the one hanging on my dormitory wall.

Obvious questions appeared newly strange. *Why* is this horrific image revered? Does it really *help* people? I imagined being visited by diplomatic aliens from another world who wished to learn about our spiritual traditions. What would they *think* if we toted out that dreadful image of savage cruelty? If we showed them a seated Buddha, they'd say, "Yeah, we get it." But the crucifix? The justified conclusion would have to be, "There is something sick here."

Think of the millions of reproductions of that meme, and its cumulative effect on the collective soul. *Why* has it been endlessly reproduced? We all know the pat theological answer, "Because that was the act of Atonement, that was God's sacrificial love for you." Yet, as I drew still and silent at the retreat center, recovering an innocent mind, all of this just seemed like gaslighting. I wanted a deeper dig.

Seared into my mind was an experience with my daughter the year before. She was six, and we were sitting in my parents' living room, looking at a book of reproductions of renaissance paintings. Suddenly, we turned to a painting of the crucifixion. It was a virginal moment; I had never discussed the story with her, and she had never seen any picture or statue. She was naturally aghast and horrified. "Daddy! What are they doing to that man! Why?! Why are they hurting him?!"

I *didn't* tell her that Jesus was paying a ransom; that his agony was necessary for her to go to heaven, because of her guilt. And yet, *that* is what *I had been told* at her age. Sitting with this gentle soul—this vulnerable, impressionable girl—I cringed at the thought of the emotional damage inflicted on billions of children and hundreds of generations.

I allowed her to look at it; I knew she *had* to see it sooner or later. It might as well be with me. But I wanted to give her

real assurance, and not mumbo-jumbo. I told her that Jesus was a reformer who worked for a better life for everyone: the poor, the rich, the people of his religion, the people outside his religion. Many people loved him, and he gathered big crowds. But the authorities were afraid of his power and jealous of his popularity, so they killed him. That happens to reformers sometimes, I told her. But his wisdom and influence could never be stopped.

Execution by crucifixion was intended to intimidate and frighten. Historians tell us the Romans saved this form of execution for the crime of *sedition*, “conduct or speech inciting people to rebel against the authority of a state or monarch.” The universal love and spiritual freedom demonstrated by Jesus, or any Son of God, is *always* seditious to the ego’s rule. The ego reacts through violence, attempting to halt spiritual influence by threatening the body. Since the ego is body identification, it reasons, “If I destroy the body, I destroy the message.” The ego just can’t imagine a spiritual communion beyond the body. Of course, that is the true meaning of the resurrection, and why it is the real symbol of atonement according to *A Course in Miracles*. Bodily destruction presents only an image of separation; the resurrection proves that it is only an image. (See L. 99)

The true followers of Christ will always focus on the way *he lived*. Early worshippers of *The Way* were not fixated on the execution. The abstract cross predated Christianity and was a sacred symbol for the meeting place of horizontal (earth) and vertical (heaven). It was never carnalized with a human figure attached.

Only gradually, as centuries unfolded, did a human figure appear, at first weightless, living, radiant, eyes bright. But gradually gravity and wounds and blood and sorrow darkened the symbol. This continued to devolve through gruesome Renaissance realism, and finally into modern

films like Mel Gibson's *The Passion of the Christ*. And so, a dark pathos has come to be regarded as piety.

The Romans hoisted the broken body of Jesus high, to warn his followers: "THIS is what we do to people like you." The image was meant to freeze the blood and propagate fear. But the living power of the Teaching prevailed, and a movement was born. The message of the Resurrection is that the influence of heaven is greater than the coercion of earth, and no passion is stronger than the soul's hunger to awaken and learn the truth of its Being.

With Constantine's conversion in the early 4th Century, the State essentially stepped in and said, disingenuously, "We'll stop persecuting you. You win! In fact, we'll help spread the movement, and protect it." The movement was gradually co-opted by political interests.

The *Course* teaches *another way*. It offers us a different interpretation of the crucifixion. We are to regard it as a lesson in forgiveness and the invulnerability of the spirit.

The message of the crucifixion is perfectly clear:

Teach only love, for that is what you are. If you interpret the crucifixion in any other way, you are using it as a weapon for assault rather than as the call for peace for which it was intended. [T-6.I.14]

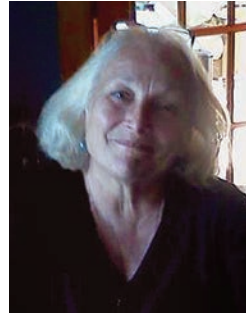
The power of an idea is in its use. We necessarily teach what we believe. Students of *A Course in Miracles* are being asked to rethink the crucifixion so that we can use it differently. The splendid wisdom of the living Jesus has been veiled too long by a cloak of death. It is time that cloak was removed.

Joseph Miller is a writer and business owner living in Santa Barbara, CA. He has studied and practiced the Course for more than 30 years. He may be contacted jwm@thewritejoe.com.



WHAT THE TIME TUNNEL REVEALED

by Lana Carolan



In *A Course in Miracles*, Jesus asks us to “*be in the world but not of the world.*” Needless to say, the Kingdom of Heaven cannot be found within the illusion of time and space.

Once I was given a vision that showed me the illusion of time and space as a tunnel. In our experience of time and space we are deceived into believing we are moving forward through this tunnel of time. It can appear that we travel for days, months, or even decades in a forward motion toward “somewhere.”

My vision showed the deception, for in truth we are not moving at all. We are stationery, eternally fixed “here” and “now” within our unity with God. In my vision, I sat in a big comfy chair within this tunnel. I was still, mentally and physically, totally at peace. Within the tunnel, time

**In our experience of time and space we are
deceived into believing we are moving forward
through this tunnel of time.**

was moving in all directions. I saw it everywhere—above me, beside me, beneath me, and all around. Yet neither my body nor my consciousness went anywhere. It felt like I was watching a movie called “Life of Lana.”

In *The Age of the Heart* received by Sebastián Blaksley, Jesus explains:

The notion of time is one of the great universal beliefs passed from generation to generation, establishing itself in the human mind to the point that it seems impossible to conceive of existence without it. Daily life is governed by its apparent reality. It seems to encompass everything to such an extent that you cannot even conceive of the idea that it does not really exist.

And in *A Course in Miracles* Jesus reminds us that time is a trickster: *The journey to God is merely the reawakening of the knowledge of where you are always, and what you are forever. It is a journey without distance to a goal that has never changed.*

Only our awareness seems to travel through time. When you go to bed at night and wake up in the morning we experience the “now.” Make breakfast and when you finish eating it, it is still “now.” Watch a movie and when it’s over, yep, it is still “now.” It’s always now.

Although we never leave our eternal home in now, we can allow our awareness to leave and become time-travelers, quite like a trip to Disneyland. There’s Tomorrow Land, Adventure Land, Fantasy Land, and even a House of Horrors. I must remind myself often that “now” is my constant state of being, but my awareness travels off anytime I allow it to visit past regrets or future worries. Only when we consciously



Jesus revealed to me that the nature of the soul is eternally childlike, filled with wonderment

choose to return our awareness to the present can we find the peace we seek.

Although time was made by the ego thought system, the Holy Spirit has given it a divine and holy purpose: the healing of the mind to undo what never was. Our greatest need—our only need—is our acceptance of ourselves as God created us and the acceptance of the truth that we are one with God, our brothers and sisters, and all creation.

During a meditative writing session, Jesus revealed to me that the nature of the soul is eternally childlike, filled with wonderment, joyfully existing in the eternal present/presence of God. Only the introduction of time brought ideas such as aging, maturity, and growing old. These ideas are unknown in eternity and inconceivable in the mind of God's Son.

The remedy for our seeming time-bound existence is presence. In *A Course of Love* Jesus tells us: *Time is replaced by presence, by your ability to exist in the here and now in acceptance and without fear.*

A state of present awareness is a powerful state of mind. Here and now is a state where miracles occur naturally. It is where giving and receiving are experienced as one seamless event. It is where we offer and receive forgiveness. It is where we commune with God and God communicates with us. Only in the here and now can we enter into Christ consciousness. It is in this present state of mind that the love we are meets the love that God IS. Love recognizes Love, and remembers itSelf.

Jesus says that “now” is our closest approximation to eternity, where our mind returns to its natural state of peace and when we “choose once again.” Here and now is a happening place to be! Here and now is our Heart Center, the Center of our Being. It is where the memory of our true Self is restored and where the state of unity is discovered and sustained.

**“Now” is our closest approximation to eternity,
where our mind returns to its natural
state of peace.**

In the now we step out of time and rest in the loving embrace of the Father in a wholehearted relationship with God, ourselves, our brothers and sisters, and with all creation. In *A Course of Love* Jesus describes this holy relationship beautifully: *Here, rest comes to weariness and gently lays it aside. Time has ended and there is nothing you must do. Being replaces identity and you say, I am. I am, and there is nothing outside of me. Nothing outside of the embrace.*

When the illusion of time reaches its limit of expansion, it begins to collapse through love’s expression. This brings to mind the Big Bang and the expansion of matter into the universe; as it reaches its limit of expansion it begins to contract. Similarly, as more and more love is shared,

consciousness expands, causing time, space, and matter to contract.

Whenever love shows up within our experience, time naturally disappears from our awareness. This is because time is temporal and love is eternal. Love always triumphs. There is nothing more powerful in the universe. The thinking mind cannot understand or accept this. Nevertheless, the mind united with the heart knows it to be true.

Love cannot be understood by the intellect, but it can be known through experience. For example, whenever I share the love of God with a fellow brother or sister in Christ, I can feel God's love rise up within me as it simultaneously rises up in the one with whom I am sharing. This is true because whenever two or more are gathered for a holy purpose, God is present and makes Its presence known, a state of unity exists and miracles occur naturally—miracles being out-of-time reparative measures brought into time for the purpose of healing our misperceptions.

In timelessness there is no “will be” but only “what is.” What we can say and with certainty is «I Am.» No other words are necessary, for we know we are whole and complete—accomplished.

When in *A Course of Love* Jesus tells us that “we are the accomplished,” he is making a statement of fact. Yet our belief in time distorts this fact for it dictates that any “accomplishment” must take time for its achievement. What do you believe is true? Are you open-minded enough to entertain the possibility that perhaps you have misplaced your trust and belief in the illusion of time rather than in the truth—the love—of your own being?

As Jesus explains in *ACOL: Accomplishment is not an end point but a given. It is not an outcome but a certainty. It says I am rather than I will be. I will be is a statement that presumes a future in which you will be someone other than who you are in the*

present. Unity exists only in the here and now of the present. There is no will be in unity. There is only what is.

I shall share a short personal experience. I've never had any formal training in painting, although I have been an art buyer and art director. Never did I ever imagine I could pick up a brush and paint something anyone would want to buy. Then after a serious illness years ago, I was confined to bed for about three months. Nurses visited me daily. One of them shared about her sister having a baby shower in about a week. Knowing about my career in art, she asked if I would do a painting for her sister's nursery, and brought with her a comforter showing the style and colors of the nursery. She asked, "Can you do it?" Without thinking I said yes. My passion for art overruled my common sense. I'm happy to say it turned out quite nicely. So nice, in fact, that it was the start of a new career in freelance art in the gift industry which supported my daughter and myself for many years.

Our heart knows what our intellect would deny. We all have the seed of accomplishment within us. Again, Jesus in *ACOL: As a tree exists fully accomplished within its seed and yet grows and changes, you exist fully accomplished within the seed that is the Christ in you.*

As accomplished and perfect creations of God, there is no need for time, for there is no need to accomplish anything. Our existence is one of "being" rather than "doing." We are spiritual beings, just being and sharing the love of God. We are co-creators of love with the Father. All is accomplished by love, not by time.

Lana Carolan has been a student of ACIM for about 40 years and, more recently, of ACOL. She says: "I mentor many students and it has been through them that I have come to recognize that giving and receiving are truly one." "Lana shares her meditative writings with Jesus each day in her Facebook Group, "Sharing the Love of God." Contact Lana via Facebook or email her at lcarolan49@gmail.com.



Possession

by Miguel Carvalho

Have you ever seen a mother
hug and squeeze a little child
so tight that it could almost break,
and passionately exclaim,
“I love you soooo much,
I want to eat you up”?
Have you seen such yearning to possess?

I have.
But alas,
It’s always unfulfilled,
this desire to possess and own,
what can never be achieved.

Have you ever been the one who,
gazing in your lover’s eyes
unable to contain at all
the torrent of emotion,
touch and grab and kiss and lick,
and in the frenzy of
your feelings to possess,
tear away all that comes between you,
entwined in ever tightening embrace,
the desire to consummate?

I have.
But alas,
it always ends as it began,
in the world of body fantasies,
leaving possession unfulfilled.

And yet, there is one relationship alone,
between you and your Beloved
the one Who abides still within
where possession is reality.
Consuming all that came between
consummating in awareness,
the love, the joy unspeakable,
of the Creator and created
in eternal ecstasy!

Have you felt this in your heart,
your entire being consuming,
made you swoon and melt in tears,
knowing this is your natural state,
longing to never let it go,
this possession that simply IS?

I have.
And it awaits us everyone,
our eternal reality,
this belovedness that within it,
contains the universe.

*You are beloved of Me and I of you forever. Be you perfect as
Myself for you can never be apart from Me. ACIM Tx 28.VI.6*

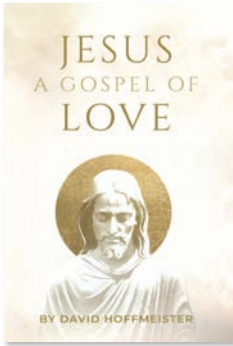
*Possession and ownership . . . mean an entirely different thing
in union and relationship. They mean union and relationship.
That you own it. That you possess it. That you hold it and carry
it within your own Self. That you make it yours. As you make me
yours and as I make you mine. I Am your own. You are my own.
ACOL D:Day38.9*



Jesus – A Gospel of Love

by David Hoffmeister

Reviewed by Raymond Kresha, M. Ed., LPC



David Hoffmeister has written many books on ACIM principles and is well-known as a teacher.

However, this book is very different in the way it is structured, in that it consists of 42 questions. Each question features a quotation from the traditional Christian Bible. This is followed by a concise non-dual explanation and a more in-depth and personal look at the truth in the topic. The comments are heartfelt, helpful, and well-thought-out.

This is book has two things going for it. One is that it can be shared with Christians who are not ACIM students, as the Course is not mentioned. They will enjoy it.

Secondly, it is comprehensive and can be very helpful for ACIM students who are Christians from traditional churches who might be having trouble assimilating some ACIM principles. The question-topics are comprehensive, delving into issues such as “Who Is Jesus Christ?” “What is a Miracle?” or “How Will the World End?” Fear, the devil, the resurrection, celibacy, money, poverty, and trust are all covered. Hoffmeister quietly shows us that Jesus’s teachings have been in the King James Version all along.

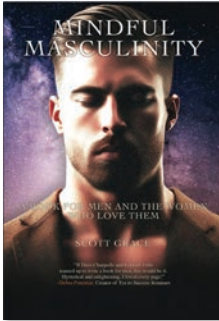
The ideas are not new: what is new is this comprehensive and easily-digestible presentation of universal ideas from a source that many ACIM students have left behind, the KJV version of the Bible.



Mindful Masculinity

by Scott Grace

Reviewed by Sam Menahem Ph.D.



I met Scott Grace before he was Scott Grace. We were speaking at a conference regarding spirituality and psychology. I was speaking about my book, *The Great Cosmic Lesson Plan: Healing through Spirituality, Humor and Music*. The conference opened with a musician named Scott Kalechstein singing some great songs he wrote about spirituality and psychology. I loved the songs! And as soon as I met him, I loved Scott! That led to a friendship that is still in process: a spiritual-psychologist, interested in music befriended a psychological-spiritual musician! And we both loved *A Course in Miracles*. We were brothers from another mother!

Over the years Scott has gotten more and more into spirituality as a life coach who also composes and sings songs as part of the healing process. His latest book, *Mindful Masculinity*, traces his own development that led him into the phase of his life and career as a great human being who has learned to help himself and many others through his books, music, philosophy, and great sense of humor.

Mindful masculinity is a book that will help and interest any man or woman that wants a happier, more peaceful life, loaded with fun and self acceptance. Scott begins with his confession about the self-hate and negative judgments he had of himself as a young man. Men in those days were taught by their fathers and society at large that we had to be tough, strong, rich, and successful. I call this 1950s values.

Many of us, including Scott, felt we weren't tough or strong or successful enough. The answer in those days was to criticize ourselves, work harder, and get stronger. Push ourselves into success! Use our anger to push anything or anyone out of the way of our success. And to develop a great relationship with a beautiful woman who would take care of our masculine needs and lovingly support us. Young Scott, like many boys in that era, tried hard but never felt we were good enough. The answer was work harder, be stronger, tougher! It didn't work for Scott.

Then Scott began to mindfully watch his thoughts and realized that his thinking was strongly related to his negative feelings of shame, guilt, anger, and anxiety. He studied spiritual and mindful psychology and realized bit by bit that the old 1950s values were not helping him or any man be happy. Nor was it making any women he met happy. He used his creativity, psychological knowledge, the spirituality of ACIM and training as a life coach to heal himself and others. And he incorporated his musical ability by writing and singing songs to support his philosophy!

In a very spiritual, humorous way, this book teaches how to mindfully watch one's thoughts, until it becomes obvious that self-criticism is not cured by angrily pushing harder. Scott teaches us the Course philosophy, to let go, let God, and accept healing! Scott provides us with enough tools to work on ourselves in a new way—to be mindful, let go of egotism, turn to Spirit, and laughingly find our way to happiness!

Sam Menahem, Ph.D, is a professor of psychology and author of [The Great Cosmic Lesson Plan: Healing through Spirituality, Humor and Music](#).

LIVING IN THE PRESENT

with Celia Hales

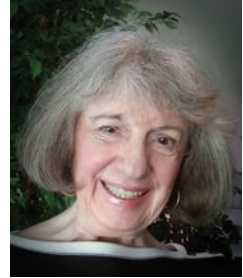
“Allow my divinity to do and undo in your life. It is not your role to be worried or agitated by what has happened or might happen.” The Age of the Heart, 11:I

“Thus your ability to maintain and then sustain your access to union and thus your certainty, goes hand-in-hand with your ability to live in the present.” A Course of Love, D:Day7:20

“That spiritual siege—the compulsion to make time by focusing the mind on thoughts of the past or the future—is something like a demon that suffocates the soul until you definitively tell it to leave and never come back.” Choose Only Love, bk. VI, 3:III

Turning to Jesus means living in the present, for he does not dwell in the past and the future--keeping his eye always on the Now. Jesus wants us to have union with God, which is another way of saying that he wants us to receive Christ-consciousness. To live effectively in unity with God, we need to stay in the present, in the eternal Now. Then and only then is everything well.

How do we live in the present as much of the time as possible? This has long been a sticking point for us, for many sources over the years—secular as well as spiritual—have given “living in the present” as a message to us.



I think something called “thought stoppage” is important. Just as soon as we realize we are projecting in to the future or ruminating about the past, repeat a word that is meaningful to us. “Cancel” is my word. “Stop” would also work. As soon as we do this, we have returned to being *aware*, and therefore we are living in the present. If we are persistent, the hard work pays off. We live in the present, turning aside from worry and anguish about a past that has already been lived, and a future that is not here yet.

Living in the present is where we are meant to reside. And I believe that living well requires living in the present, with Jesus as our leader and guide.

Celia Hales encourages you to contact the editor of Miracles magazine, Glenn Hovemann, about zoom sessions on The Age of the Heart, the latest publication to come from the channeled writing of Sebastian Blaksley. The zoom is free; donations are accepted. Glenn’s email is glenn@takeheartpublications.org. The sessions are life-transforming, a wonderful experience, and well-attended.

“ You are a little lighthouse every minute of your life, constantly radiating light, even while sleeping. The light, the love of God, flows from you, even if you do nothing. Your mere existence is a wonderful gift of love that radiates light. With all the other lighthouses you form a wonderful net of light and love. ”

~ From *Dewdrops of Wisdom: Practical Guidance from Mother Mary*, received by Marietta Beregi, forthcoming from Take Heart Publications



Lotus

by Lynn Artino

Let us rise from the ashes
Mighty Companions
What has been burnt
Can breathe again

An Aroma caresses
What has been hurt
Grace Is Here
As Love remembers

Does caterpillar know
His skin is not Home
That he will open to Colors
Not imagined

Lotus evolves
In muck of insanity
Love embraces
All of Self



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Jesus: A Gospel of Love by David Hoffmeister

Earth School (Why We Think We're Here)

by Rev. James A. White, Jr.

I Speak to All Just So by Galen Pearl

40 Key Teachings of A Course in Miracles by Mike Saedlo

Love in a Suitcase by Thomas Schwendler

Making the Turn by Kim Severin

Journey of Love by Marty Cole and Aurora Belderol

Being Who You Are: Pondering A Course of Love by Celia Hales

Life is Simple – if we let it be –Daily Inspiration for Living

Simply by Judith Jordan

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

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indicating your interest in reviewing a book. Make sure your review is no more than 300 words and please include a very brief bio and picture of the reviewer.

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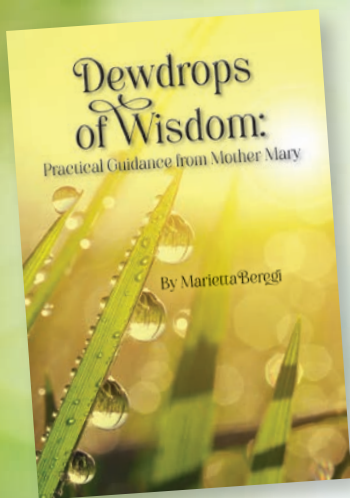
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Truly, truly I tell you, beloveds from all corners of the world, that the new humanity is already here. Soon the painful memory of a life lived outside of union with Christ will be long gone. First it will be a suffering memory, then a little remembering, and finally a total forgetfulness of the experience of separation. The world will not succumb. It will be transformed into love. — Jesus through Sebastián Blaksley, p. 32