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*At the Edge of the  
Cliff, Fly — p. 13*





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# LIFE AS A COURSE

by Jon Mundy



*This is a manual for a special curriculum,  
intended for teachers of  
a special form of the universal course.  
There are many thousands of other forms,  
all with the same outcome.*

M-1.4:1-2

*The Course is the Christian Vedanta*  
William Thetford, Ph.D.

Different books compete for the title of the first novel written in English. At the top are John Bunyan's *Pilgrim's Progress* (1678) and Daniel Defoe's *Robinson Crusoe* (1719). Some argue that *Pilgrim's Progress* doesn't count because it is an allegory with religious intent, while *Robinson Crusoe* is purely for entertainment. Both stories feature a hero embarking on a journey.

Christian in *Pilgrim's Progress* is in search of a place called "The Celestial City," i.e., Heaven. Pilgrim meets companions on his journey, like Faithful and Hopeful. He is carrying numerous burdens on his back, and he must go through many trials, including "The Slough of Despond" and "The Valley of Humiliation." Have you ever been to any of these places? As he

goes through various trials, different burdens are lifted from him till he finally reaches the Celestial City burden-free. He is carrying a book with him as he travels. *Pilgrim's Progress* was published in 1678. The King James version of the Bible was published in 1611. Not till the middle of the 17th century was the Bible becoming widely available. Let's take a look at some of the basic characteristics of every hero's journey, which are also the basic characteristics of the "Universal Course."

*Everything is accomplished through life,  
and life is of the mind and in the mind.  
The body neither lives nor dies,  
because it cannot contain you who are life.*

T-6.V-A.1:3-4

The mind is eternal. The body is not. The body is the ego's chosen home. Life in the body is extremely temporal. Life of the mind is eternal. In this world, our minds are divided.

*There is nothing outside you. (Your Mind)  
That is what you must ultimately learn,  
for it is the realization that the Kingdom of Heaven  
is restored to you.  
For God created only this,  
and He did not depart from it nor leave it separate from Himself.*

T-18.VI.1:1-6

Mythologically speaking, the egoic mind is separated from wholeness. This separation mythologically occurs when man (Adam) and woman (Eve) eat the "fruit of the knowledge of good and evil," and a separation from God appears to take place. This split never happened, in fact. It is merely a fearful and muddled misperception of the dreaming mind. Indeed, the entirety of life is a dream from which we will all awaken to discover that we are not a body, in a world, in time, but rather a part of the eternity of Heaven.

Some people feel directed from an early age, while others struggle to discover themselves. A Course is a path or curriculum that every soul inevitably follows, although the

pathway, form, and context vary depending on one's culture, heritage, geography, age, and other factors. Still, there is only one Heaven, one home, and one eternal life we all share. A universal Course is present everywhere and applies to every situation. Just as every "body" needs food, shelter, and clothing, every soul also needs guidance on the journey through life.

## **The Guide**

The Course makes no fewer than 899 references to the Holy Spirit as our Guide. It states in the Gospel of Matthew that after his baptism by John the Baptist in the River Jordan, Jesus was "led by the Holy Spirit into the wilderness for a time of testing." Let's be clear that there is no "body" there, no demon with horns, hooves, or a tail. Artists need a figure to paint, so they give it physical form.

My favorite picture of Jesus' Temptation is titled "Christ in the Wilderness" by the Russian painter Ivan Kramskoi (1837–1887). Kramskoi pictures Jesus alone in the wilderness, sitting on a rock, going through an inner struggle. Spirit always wins in the end. Love always prevails over insanity. I think Jesus knew he could get people to follow him. In the last temptation of Jesus, Satan (i.e., the ego) takes him to a high mountain and says, "All these kingdoms of the world can be yours if you just fall down and worship Me." And Jesus says, "Get thee behind me, Satan" — a firm rejection of worldly thinking and the temptation to be an earthly king. In Mark 8:36, we read.

*What good is it for someone to gain the whole world,  
Yet forfeit their soul?*

And Jesus in the Course says:

*"You cannot sell your soul, but you can sell your awareness of it.*

*T-12.VI.1:6*

Life guided by ego will always fail. It is selfish when what is needed for wholeness is selflessness.

*Turn to the stately calm within,  
where in holy stillness dwells the living God*

*you never left, and Who never left you.*

T-18.I.8:2

## **Opening the Mind to the Divine**

Salvation comes in opening one's mind to the divine, and in everyone. It is just a matter of time. The world is a dream from which we must and will awaken. It is a classroom in which a lesson is to be learned. Although the implementation of the plan varies depending on circumstances, the core teachings emphasize forgiveness, healing, recognizing our shared innocence, and our unity with God. As we naturally open our minds to the divine, we leave the ego behind. Anger, hostile thoughts, and silliness like 'name-calling' fade away as peace increasingly fills one's mind.

*To see,*

*You have to stop being in the middle of the picture.*

Sri Aurobindo, Hindu philosopher, 1883-1950

We advance as we separate the false self from the true—as we remove the blocks to the awareness of Love's presence. Purification means setting aside all the distractions, the fluff and stuff, that clutter the mind. The first step for the hero on the journey is to identify the false self so we can set it aside.

*Truth is unalterable, eternal, and unambiguous.*

*It can be unrecognized, but it cannot be changed.*

W-152

## **Only the Truth is True**

The most apparent characteristic of the Universal Course is, "Only the truth is true." The truth is an unchangeable reality, as is God, Love, and Unity. Illusion is founded on fearful, egoistic, and prejudicial perspectives. While religions are founded on mystics' insights, over time the ego sneaks in, and stratification, rigidity, and the rule-bound nature of religion often impose restrictions on various aspects of daily life.



The Course is a path, simple in application, as all one has to do is to “let the truth be true,” and yet it isn’t easy, as it requires considerable honest searching to uncover the truth. The word “religion” comes from the Latin *religio*, meaning a rule, discipline, or ritual. Truth is an unchangeable reality (God, Love, Unity). Illusion is conceptual, unpredictable, and based on an egoistic, prejudicial, and fearful points of view. A universal Course is perennial. Perennial means recurrence, like perennial flowers that bloom each spring after a long winter’s rest; the truth keeps coming to the mind on ever deeper levels.

*The world is nothing in itself.*

*Your mind must give it meaning.*

*And what you behold upon it are your wishes,  
acted out so you can look on them and think them real.*

W-131.4:1-3

## **There is No Duality in Reality**

Hinduism, Buddhism, Jainism, and Sikhism all say that the world is ‘Maya,’ an illusion. Similarly, the Course states quite bluntly, “*The world you see is an illusion of a world.*” C-4.1:1 There is One Mind of which we are all a part. As projection makes perception, when anyone looks at any other part and judges it, duality sets in.

*Heaven itself is union with all of creation,  
and with its one Creator.*

T-14.VIII.5:2

Heaven sees no dichotomy, no subject-object relationship. You are already a part of the Mind of God. One of the most intriguing discoveries in quantum physics is “entanglement”—the idea that two particles, once linked, remain connected regardless of the distance between them. If you change one, the other changes instantly, even if it’s on the other side of the galaxy, which suggests that we are all woven together in a kind of cosmic tapestry. According to the Course, Oneness transcends the misconception of separation. Heaven is reality and:



*There is no hell.  
Hell is only what the ego has made of the present.*  
T-15.I.7:1-2

Time, too, says the Course is a vast illusion. This world is “trapped” in time, and it appears as though time is accelerating due to the rapid developments in technology and the speed and depth with which we can communicate with one another. God does not have an opposite and is not bound by space, time, or an ego.

*There is no world!  
This is the central thought the course attempts to teach.*  
W-132.6:2-3

Everything changes over time. Things rust, rot, die, decay, and transform from one form to another. For many of us, the time approaches when we will be letting our bodies go. Where will the world be when you are not here to see it? This world is home to vastly different cultures, values, beliefs, and philosophies, all of which are in flux, as the ego itself has no lasting identity.

*This is an insane world,  
and do not underestimate the extent of its insanity.*  
T-14.I.2:6

Ego inevitably crashes and burns, and the bigger the ego, the greater the fall. When I was growing up in the mid-1950s, a main news story was the Senate hearings on communism by Senator Joe McCarthy in Washington, D.C. McCarthy publicly attacked the character and patriotism of his political opponents to recklessly ruin and endanger of the lives of many innocent individuals. He was finally stopped when Joseph Welch, a chief counsel for the U.S. Army confronted him, saying:

*Have you no sense of decency, sir?  
At long last, have you left no sense of decency?”*

Everyone knew that Welsch was right. McCarthy had gone too far in his attack on innocent would-be villains. The

Senate was later to censure McCarthy, and McCarthy died not long after, addicted to alcohol and morphine.

*Relationships are still the temple of the Holy Spirit,  
and they will be made perfect in time and restored to eternity.*

P-2.II.1:5

Around and around, the story grows and is perfected in time as the soul comes ever closer to home. God's Will always prevails in the end, no matter what a mess man makes of it along the way. Every failure of the ego opens the door for Spirit to enter once again.

*Save time, my brother; learn what time is for.  
And speed the end of idols in a world made sad and sick  
by seeing idols there.*

T-29.VII.9:3-4

As science progresses, it continually deepens our understanding. As our consciousness expands, so too does our depth of insight as we seek to free ourselves from the limitations of egoic thinking.

*Truth is unalterable, eternal, and unambiguous.  
It can be unrecognized, but it cannot be changed.*

W-152

Lessons are repeated over and over, taking us ever deeper into truth. It is incumbent on us to pay attention.

*The Holy Spirit, the shared Inspiration of all the Sonship,  
induces a kind of perception in which many elements  
are like those in the Kingdom of Heaven itself:  
Its universality is perfectly clear, and no one who attains it could  
believe for one instant that sharing it involves anything but gain.*

T-5.I.7:1-2

Lovingly, *Jon*



# AT THE EDGE OF THE CLIFF, FLY

by Marianne Williamson

I was crossing a street with a lot of traffic earlier today. The traffic signals were working, but when a light turned red before someone had finished crossing the street, it still took a *human being driving the car* to make sure they held back until the pedestrian was safely on the sidewalk. And they did, of





course. The situation was obvious to everyone. It was human scale. People driving cars could see the people crossing the street.

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## The situation is more than dysfunctional; it is malfunctional.

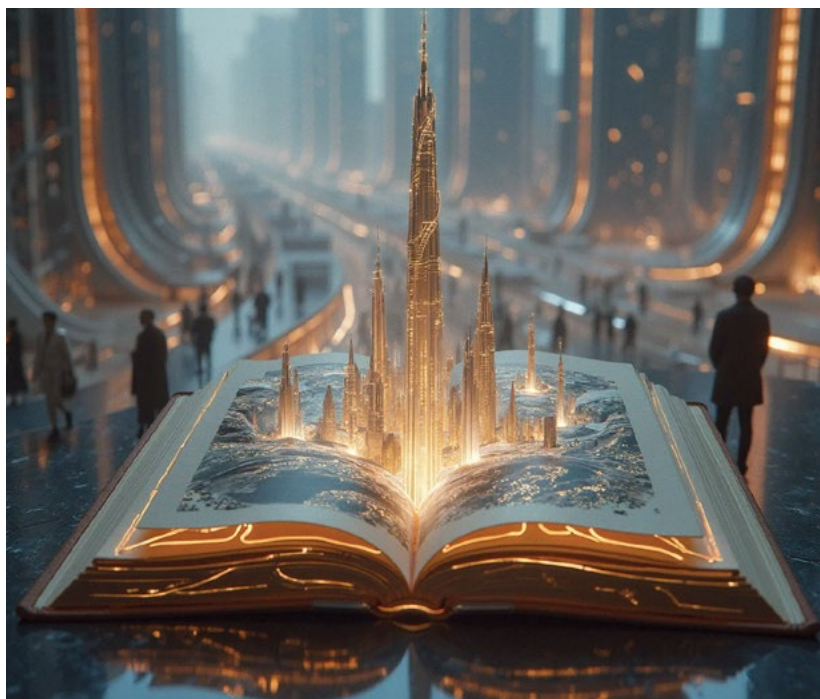
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But when the drivers are represented by huge corporate interests untamed by ethical or governmental guardrails, they don't see the pedestrian crossing the street. They only see the data. The metrics. The quarterly reports. That human being becomes a tiny dot on a much larger power point; someone whose desires, and relationships, suffering are too easily deemed inconsequential in the boardroom. I remember a very powerful CEO once saying to me, "You're right, Marianne! But if I was as careful as you would have me be, I would be fired in a minute because I wasn't producing."

Oh he was producing, all right. He was producing extraordinary pain among people with no power to fight back.

The situation is more than dysfunctional; it is malfunctional. At this point, from foreign wars to AI to environmental implosion, civilization is already buckling under the weight of our insanity. Make no mistake, the disconnection between head and heart is a form of insanity, leading us—should we not change direction—to species suicide. People sound the alarm about AI, saying "It could destroy us!" Yet the larger conversation—one we're far more resistant to having—is that we could destroy us! And we already are! Even if AI ultimately controls us, harms us, or even destroys us, who you do you think invented AI?

Years ago I was reading a book about possible futures for the human race, and it was terrifying. A lot of it was quite far out there and I didn't necessarily believe it, yet at the same time I thought to myself, "If even ten percent of this is true,



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**There is only one problem and  
there is only one solution.**

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then we're doomed." The book was very long, and by the end of it I was very agitated and alarmed.

Then at the next to the last page of the book, the author made some comment like, "If you're afraid of all this, there is no need to worry. There is a solution. Just turn the page...."

I did, my hands practically shaking, and on the page was written a paragraph from my book *A Return To Love*. It was attributed to "Anonymous," although in this instance I was grateful for that. I was laughing and crying at the same time, as I thought, "Now I'm *really* scared!" Jesus, man! It's just a paragraph!

But he was right. There is only one problem and there is only one solution. The problem is, in the words of Gandhi, that “humanity is not in its right mind.” The solution is an evolutionary leap from a consciousness of fear and greed and attack and separation, to a consciousness of love and collaboration and forgiveness and unity. Humanity now stands on the brink of an evolutionary cliff. We cannot keep walking. We must learn to fly. A peaceful, nonviolent revolution is the only alternative to a violent one.

I’ve found in my life, having experienced my own share of deep sadness, that there are treasures to be found there. In Rilke’s words, “Let me not squander the hour of my pain.” We’ll have to dig very deep within ourselves to find a way to overcome the political calamity now confronting us. Everything we refused to be before, we need to become now. Our democracy wounded, we ourselves must become its immune cells. A depressed societal immune system is what led us here, in fact; we’re now plagued by a political cancer that should never, ever have been allowed to get this far.

And if I’ve made you sad, that’s okay too. As with any terrible event in life, First You Cry. But in your sadness, walking along the beach or walking down a busy street, don’t run away from the seriousness of this moment. If what’s happening scares you, remember that there is a power within us that’s greater than the power of evil.

Looking away from what’s happening is not the answer; our distractedness from things that are important is part of how we got here. These painful times can be sacred times if we use them to deepen our understanding. *Read.* Learn about the history of fascism so you can realize what’s occurring here. Take an inventory of your own engaged or disengaged past politics, and see what atonement or forgiveness might be called for. All of us have a lot to look at. We laughed at who we should have listened to, and listened to who we should have laughed at. Among other things, we trusted fools. Now,





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**Our *soulforce* will be as important as our strategy.**

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in being willing to look at all this, we'll become who we need to be to do the things we need to do.

We'll become a critical mass of spirit-informed, nonviolent activists constituting a new political forcefield. Our *soulforce* will be as important as our strategy. Raw, emotional availability to this moment—praying in whatever way we pray, to be used by forces greater than ourselves to serve our country at this dangerous hour—will be the source of our political insight. A different dimension of power is called for now. This isn't a time to minimize miracles. It's time for all of us to work them.

So yes, let's continue doing all we can on the level of the symptom: traditional politics and so forth. But expanding our hearts is as important as putting our feet on the ground; we must integrate the realms of both earth and sky. That is how we will change the world. We will not defeat, we will



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Like a pilot flying through turbulence who takes  
their plane to a higher altitude, we will do the same.  
That is our mission now.

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overcome. Like a pilot flying through turbulence who takes their plane to a higher altitude, we will do the same. That is our mission now. To grow our wings. To fly high. To rise above.

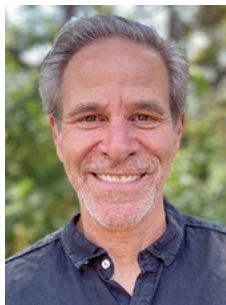
The meek shall inherit the earth because their strength will take the place over. The only question before us now is how much human and other species suffering has to occur before they do. The choice is ours.

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*Marianne Williamson is the author of 16 books, including A Return to Love, in which she interprets the world through the lens of A Course in Miracles. Her most recent book is [The Mystic Jesus: The Mind of Love](#). Marianne was a Unity Church spiritual leader in Michigan where she had 2,300 congregants and 50,000 television viewers. She is politically active, and was a Democratic candidate for president in 2020. Currently she offers daily meditations online and occasional posts, from which this article is adapted. Go here to [subscribe](#).*

# *The Dignity of Choice*

by Lee Jampolsky



It is no small thing  
to let another walk their chosen road,  
even when we see the loose stones  
    beneath their feet,  
even when we ache to smooth  
    the ground,  
to place a hand on their shoulder,  
to call out—This way, this way.

But Love does not pull, does not impose.  
It does not reach into another's grasp  
to take what they are not yet ready to lay down.  
It does not strip away what is tightly held,  
but waits, like a lamp left glowing in an open window,  
steady, unwavering,  
until the traveler lifts their eyes toward home.

Even when we see the weight they carry,  
even when their struggle knots something deep  
    within us,  
to dismiss their right to choose  
is to forget what we ourselves were given—  
the sacred space to fumble forward,  
to trip, to rise,  
to decide, in our own time,  
to turn toward the guidance that was always there.

The mind turns toward Love in its own time,  
not by force,  
but by remembering, at last,  
it was never alone.



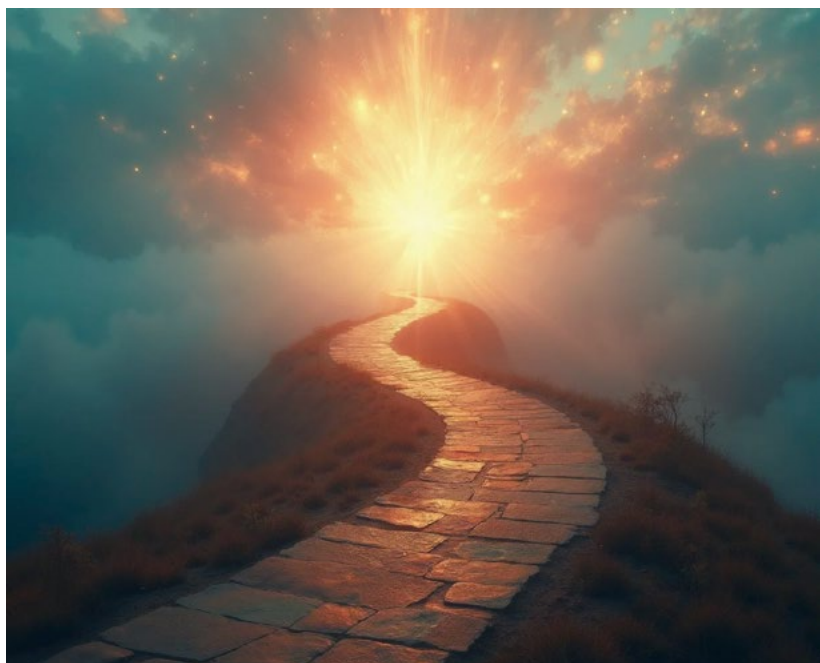


The mountain does not call out to the traveler  
as they wander its slopes—it simply remains,  
unchanged, unmoved,  
knowing stillness will do what force never could.

So we stand beside, not above,  
holding no judgment for what has not yet softened,  
trusting that every mind, in its own time,  
will turn toward what has always been waiting—  
not a moment before,  
not a moment too late,  
but in the present moment,  
where an open door is always near.

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*Dr. Lee Jampolsky, son of the late Jerry Jampolsky, is a retired psychologist and currently offers coaching, spiritual mentoring, and online courses. [Lee@Drleejampolsky.com](mailto:Lee@Drleejampolsky.com)*



# *The Journey Home*

by David Melin

What is  
was everything that was.  
Everything that was, was without limit  
had no obstacles, had no ending.  
Everything that was, was unconditional  
love. Love was everything that was.  
Everything was oneness.  
Everything was peace.  
But  
Love longed for something to love  
someone to give its love.



*Photograph by  
Isabelle Björklund*

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Love longed for something to love,  
someone to give its love.

---



Therefore, love created the world.

From everything that was,  
love created the world  
From itself love gave birth  
to it.

Love created the stars, the  
Sun and the Moon  
and loved them.

Love created Earth and loved it.

Love created the oceans, the mountains and the nourishing  
soil, and loved them.

Love created the plants, the trees and the flowers  
and loved them.

Love created the fish, the birds and the animals on the  
ground, and loved them.

Love created the human being and loved her.

Now Love had something to love.

Now Love had someone to give its love to,  
and Love loved everything infinitely.

Everything that existed was created from love,  
by Love.

Therefore, everything that was, was love  
and the nature of Love is to love.

Therefore, the air loves the birds flying in it.

Therefore, the birds love the air carrying them to the sky.

Therefore, the ocean loves the fish living in it.

Therefore, the fish love the ocean they play in.

---

## Love yearned to experience itself with more clarity.

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Therefore, moss and lichen love the rock they live on.  
Therefore, the rock loves moss and lichen giving it color.

Therefore, the moose loves the forest.

Therefore, the trees love the moose.

Therefore, the rain loves the soil.

Therefore, the soil love the rain.

Everything that existed praised love by loving.

Love saw that it was good.

Everything was oneness.

Everything was peace.

But

Love yearned to experience itself with more clarity.

Love wanted to experience its full potential and  
all its dimensions.

Therefore, Love wanted to create  
its opposite: lovelessness.

By using the contrast to this opposite,  
be able to experience itself with even more clarity.

But this was impossible.

Love could not create lovelessness.

Because everything that was, was love  
and from love only love can be created.

Here, Love said:

Let one of us  
forget her source.

Let one of us  
forget the nature of her true self,  
forget who she is in truth.

If one of us forgets  
who she is in truth,





then she may in her forgetfulness  
become confused into believing  
that everything is not love,  
that love is limited,  
that love is not unconditional  
but has conditions.

Then she can,  
in her forgetfulness and confusion,  
create the illusion that lovelessness  
really does exist.

Then she can,  
in her forgetfulness and confusion  
believe that oneness does not exist.

Then we will,  
through the part of us that she is,  
be able to experience loneliness,  
pain and darkness.

Then we will,  
through her, get to experience  
the journey from darkness to light,

from the belief in lovelessness to the conviction of Love,  
from loneliness and separation to communion  
and oneness,  
from woundedness and pain to restoration and healing.

Then we will,  
through her, get to experience  
how it feels to be lost and then to come home  
how it feels to truly come home.

And Love asked itself:  
Who among us shall do this journey?  
Who among us shall forget who she is?

And so Love spoke to the human:  
Human, do you want to be the one among us  
to really get to experience what Love is?

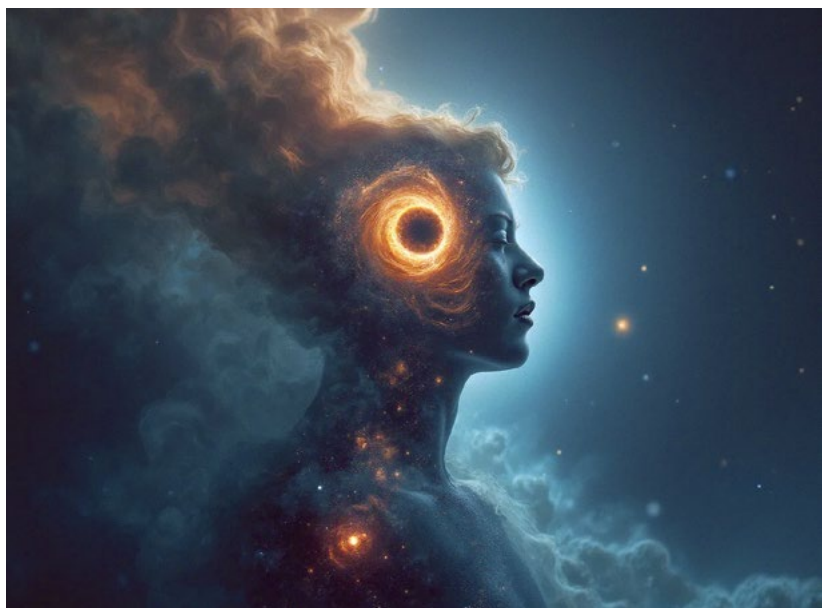
Yes, the human answered.

This means that you first have to forget what love is.  
You have to forget that everything is love.  
You have to forget that you are love.  
You have to embark into the darkness.  
It will be a difficult time, because you will even forget  
that I exist.

But, ultimately, you will find your way home again  
and then you will be the one of us that truly  
got to experience what Love is.  
For you will be the only one that got to  
experience a complete absence of love.

This is an important mission.  
Because through you we will get to experience  
ourselves in a way that no other part of us has done.

When the human heard about this mission, she asked:  
But what if I never find my way home again?  
What if I remain stuck in the darkness eternally?



---

Even when the darkness is at its densest  
will I remain by your side.

---

My dearest child!  
This is impossible.  
The darkness and the absence of love  
will merely be illusionary.  
This will not last forever.  
And I will remain by your side to the end of time.  
Even when the darkness is at its densest  
will I remain by your side.  
And deep within your heart  
I will leave a light behind.  
Deep within your heart  
I will leave a memory behind,  
a memory of who you truly are  
and where you truly belong.

Here Love lets the veil of forgetfulness  
fall over the human.

And the human forgot her source.

She forgot her true self.

She forgot that everything that was, was Love  
and that everything is one in love.

And in her forgetfulness she made up  
the illusion of lovelessness,  
the illusion of darkness;  
the illusion of lack.

So, the human became lost out into the illusion  
she herself had made up,  
out into lovelessness, darkness and doubt.  
She experienced lack and believed that it existed.  
And her experience of lack  
engendered a new emotion inside:

Fear

Fear of being the one that gets nothing,  
of being the one that is left behind, bereft.  
Fear of being the one that is not allowed to join in,  
of being the one who is left out.

The human became afraid of becoming bereft,  
and therefore started to say  
“This is mine, not yours”

The human became afraid of becoming left out,  
of not being allowed to join in  
and therefore wielded power over others.

The human began defining her own worth  
by the amount of her possessions and wanted to own more.  
The human began comparing herself with others  
and became afraid of possessing less than others  
and therefore began exploiting





and taking everything she could from other humans, from other creatures and even out of Earth itself.

The human craved what others owned and became afraid that they would crave what she owned herself.

The humans became afraid of each other and their suspiciousness against each other grew. Therefore they built high walls to protect themselves and their possessions.

The humans developed weapons in order to be able to defend themselves even better.

The human said: "Attack is the best defense!" and she started wars.

The human became afraid of looking weak and developed more and more powerful weapons.

And the humans used these against each other.

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And deep down in the heart of each human being  
there was the memory of who she truly was.

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But the entire time Love abided at her side  
and loved her without limit.

And deep down in the heart of each human being  
there was the memory of who she truly was,  
and where she truly belonged:  
Inside Love.

And however tightly darkness closed in  
around the minds of the humans,  
there were all the time those  
who remembered who they truly were.  
And their light awoke the memory in others.

And where two or more,  
whose light had flickered on and started to shine,  
gathered together  
There Love became visible in their midst.

And deep within their hearts they felt the truth:  
That we are all one, we are all united,  
one with everything that is,  
and one with love,  
which is everything that is.

That everything is oneness,  
that everything is peace.

They had begun their journey home.

---

*David Melin is a priest at the Stora Sköndal Foundation in Stockholm, Sweden, where he arranges pilgrimages, retreats and meditations. David previously worked as a parish priest with specialization in prayer and meditation such as Centering prayer and Lectio divina. [info@melinsord.se](mailto:info@melinsord.se)*



# *The Fullness Of God's Light*

*by Elliott Robertson*

There weren't too many things  
I tried to hide from God.  
Mostly it was the power I kept hid.  
My sovereignty and beauty,  
all that would challenge my small self,  
my capacity to be a golden friend.  
There weren't too many things

I hid from my awareness.  
Glory, radiance, the truth within.  
I lived a life on empty;  
nourishment was far between.  
Until Kali came to me  
with a mirror in her hand,  
glass without a crack,  
distorting nothing, showing all.  
And chorus of bright birds called out  
with clarity my name.

A bird chirping at dawn, a purple tulip,  
a breeze on desert:  
these are the things that strip away  
the rust within the soul  
and leave only the fullness of God's light.

There weren't too many things  
I hid from inner child, who was waiting,  
until at last three tulips took my breath away.  
At last I landed firmly on the ground  
and knew the truth.  
I'd done one hundred somersaults  
in all directions, and then I landed on my feet  
beneath the sun.  
I heard my inner knower say,  
"Your name on Earth and in God's realm  
is melody unmarred. Your essence  
here on Earth and here in paradise  
is truly just the same."

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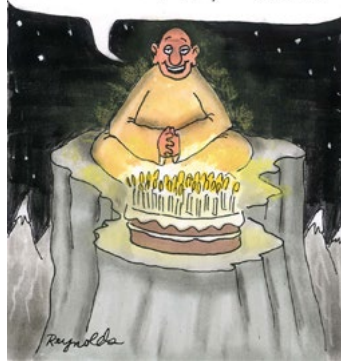
*Elliott Robertson is a former staff-writer for Daily Word. He has served as a Spiritual Growth Coach and is the author of [Say Yes to Life](#).*





Some more important philosophical questions on life!

Birthdays are like life...  
the more you have, the  
more illuminated you become.





Why didn't the sun go to college?



Because it has a million degrees!

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What is the difference between a piano and a fish?



You can tune a piano, but you can't tuna fish.

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# Being at Home on Earth

*A message from Jesus through Pamela Kribbe*

Dear friends, I am Jeshua, your brother and kindred spirit who holds your hand.

Your soul stands on the very edge of two different dimensions.

You will continuously receive messages, nudges, and signals from the dimension of your soul. Your soul knocks at your door, but because you have taken in misinformation during the upbringing of your youth, you do not always know how to understand the language

of your soul. After all, you were raised

and have grown up in an environment with an energy that was influenced by fear, impotence, and struggle.



Also, you still carry old burdens from previous lives in your soul's memory. You have come here in this life to transform many of those burdens of past lives. You are here to bring in something *new*, which is part of your intention as a soul.

This intention is not something that comes from outside you; it is something that *you* desire to create: *change from within yourself*. It is primarily to heal yourself, to become free from fear and the energies which still entrap you, and also, in a broader sense, to participate in the birth of a new consciousness.

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## You do not feel at home here because your desire for authenticity cannot adapt.

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It is because you have this desire that you sometimes feel a stranger in this world. You do not feel at home here because your desire for authenticity cannot adapt to the existing forms of hierarchy and their oppression of individuality. The calling of your soul is to experience freedom and renewal within yourself and to bring that forth and to sow it as seeds in the world around you.

This means that as a child and in the course of your youth, you have experienced loneliness and misunderstanding and confusion about yourself, and also resistance from the world around you. A child is vulnerable, searches for security, recognition, and approval. It wants to experience love, so that it can develop freely and be itself. But the love it needs is of a very high quality, and it is only love of that quality that can make the soul flourish.

Your real desire is not about gaining the approval of others, because that you get by adjusting, and deep down you know this is not your way. You already knew this as a child, which is why you all experienced some alienation and confusion when you grew up. But it is important to realize that part of you has remained faithful to your true self, to your originality.

At the same time, there was the vulnerable child in you who wanted to adapt and experience belonging; the part that turned and twisted itself into all sorts of shapes to feel that belonging. That child part of you, which has been damaged, still feels this influence and is still acting out a role; and doing this makes you underestimate yourself and makes you feel small. It is very important that you realize doing this, because this is probably the biggest obstacle for connecting



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## This is probably the biggest obstacle for connecting with your soul.

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with your soul and with the depth and greatness of who you truly are.

Many of you have questions about your path in life: what to do, what to choose, which way to go. And the answers lie in surrender: *connecting to your own source of inner knowledge and wisdom*, and that is all within you. What often blocks you are your thoughts and beliefs in your own smallness, and also the suppressing of your feelings and intuition.

I ask you to travel with me, *here and now* in this moment, and connect with the larger “me,” the greater Self that you are and that has always been with you every day. Feel the presence of this greater Self, of your soul. Let it penetrate into your body’s cells. *Greet yourself and welcome yourself!* Feel the vast scope of your path, your wealth of experiences, and the wisdom that is eons old and which is within you. *You are the bearer of that wisdom.*

Feel the Earth beneath your feet, her living presence. Feel her beating heart—*she is a conscious being*. Feel how you have been in an earthly body many times. *Greet her, greet the Earth!* The Earth knows your soul, your original Self, and wants to support you on your path—she works with cosmic influences. There is room for you, a place on Earth that suits you.

Earth’s energy is many times higher than the energy of the collective consciousness of humanity at the moment. In this mass consciousness there is the energy of fear. The Earth needs the benefits of those persons who vibrate on another level. This energy feeds the Earth, so your presence makes a difference. As a human being, you are a bridge between different worlds.

You are at home here on Earth, but you do not feel at home in the energy of mass consciousness. However, the Earth itself is familiar to you. Feel how the Earth supports and receives you. Looked at from Earth's perspective, you are a bringer of a new consciousness—*remember this*.



And deep down you know that you have come here to bring something new, and in that respect you are a leader. The world's leaders and leadership have become corrupt because they are associated with power, in the sense of exercising power over others, with the abuse of power. This usual idea of *leaders* presupposes the idea of *followers*. However, this is *not* the kind of leadership to which I am referring. The leadership that is inherent in you is that of being an exemplar, as one who carries a new energy, which is something you bring forth in your life.

As soon as you begin to do this, a natural response arises immediately: *other people feel attracted to your energy, to what you radiate*. You will then naturally feel attracted to guiding people in some way, or helping to change consciousness in the world. It is necessary that you first understand what your role is, namely that you are a forerunner, a pioneer; that you come to bring in something new; that you are an iconoclast and will not walk along the beaten track.

To find your place on Earth and to actively set down your energy, you need to create your own space. You design and make something new that suits you, that is consistent with your natural predisposition, with your lifestyle, with your unique energy. It requires courage and audacity to create this path of relying on your deepest inner feelings.

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## Feel the presence of this greater Self, of your soul. Let it penetrate into your body's cells.

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I invite you to do two short exercises now so your path can become clearer for you. The first is that you connect with that part in you—the child part, if you will—who still feels small and insignificant, and who searches for outer recognition or confirmation, who is afraid of rejection, afraid to be different and excluded. See if you can form an image of that child part or feel it somewhere in your body. Sense a place in your body where the energy of that damaged child is present. Connect with this place that blocks you and send love to it. Maybe you can see or feel it in the area of your belly, below your navel. There may be very deep feelings located there, a child's primal fears: the lack of security and safety. It is very important that you do not underestimate this part of yourself that will always demand your complete attention and love.

You sometimes work too diligently or are too impatient. On your path in life, the pain you feel through the broken child in you requires attention and love. That child was internally damaged, traumatized by rejection, misunderstanding, and loneliness. Because of this experience, you understand in a very deep way what being human means. From that wound in you, the deepest compassion and love are also born.

So, it all has not been for nothing. Consciously keep in touch with this part of yourself. Do not expect it to recover at once. It does not have to. Take this child by the hand and take care of yourself. This is as much a part of your soul's goal as is putting your light and consciousness into the world.

The second exercise is about connecting with your soul power, with your greatness. Feel the silence and the grandeur in your heart. Feel that you are here to be a guide to others,

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## Deep down you know that you have come here to bring something new.

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a guide who opens up opportunities which lead to something new.

Now look very objectively and openly at what you have to give to people. What flows naturally without effort? Look at what the effect of your being, your presence, is on others. What does your energy do to another person? Try to describe, in one sentence, how you help others. It is something that touches others and wakes them up. From that deep place you give yourself to others. Who you are, what you emanate, you share that with others. Do not underestimate what you have to share—see its value and richness.

When you realize this fully, you are then taking yourself seriously. You then have a better sense of what choices suit you, and where you might give too much of yourself and receive too little in return. You have to direct it well, because that energy is precious. Remember that you also carry a hurt inner child within you who needs care and nurturing. The small and vulnerable within you needs as much attention as does the great and powerful within you. Take yourself seriously as a forerunner, as a pioneer of consciousness.

I salute you all out of this bond between us.

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*Pamela Kribbe writes about the transition in these times from ego to heart-based consciousness. Her books contain channeled material from Jeshua, Mary Magdalene, and The Earth. Her best-selling books include [The Jeshua Channelings](#) and [The Forbidden Female Speaks](#). The above message is excerpted with permission from a recent channeling. To receive her messages and for more information go to [www.jeshua.net](http://www.jeshua.net).*



# DAILY NEWS— DAILY CLASSROOMS

*by Richard Patrick*

**M**ore than ever, we face a world laced with fear that seems to hit us in every corner of our egoic lives. We might be thankful for the ever-present classroom of the daily news, but only if we are thoroughly conscious of the precious choice it puts before us. Aware of this choice, we can go within and tune into our One Mind. The following incident illustrates the necessity of awareness for healing to occur.





In the early days of the COVID-19 pandemic, while in the throes of a contentious presidential election campaign, I received an email containing a short video of the current president. The video featured derogatory lyrics sung to the melody of a popular '60s tune. I found it highly creative and humorous. As with other witty ditties I'd received, I passed it on to those I believed to be a few like-minded folks.

Upon reflection, I was bedeviled by anxiety after realizing that I unthinkingly sent this video to an acquaintance I only assumed shared my views. Soon after, I found my conscience bothered by stuffing his inbox with what he might see as offensive satirical pap. This uneasiness made me wonder: *What was I really doing forwarding this kind of material to anyone?*

At first, my ego pushed back. I questioned if there was any harm in sharing a little humor about what I took to be factual. The lyrics blatantly portrayed him in a less-than-favorable light, but there was something that still pricked my ethical sensibility. The mocking sarcasm characteristic of this video carried a subliminal message. Whether or not the accusations levied against him had any veracity, this type of derisive assertion cast an ethical verdict on his character. In doing so, it transmitted a subtle kind of “psychic virus”—a toxic negative moral judgment. In circulating it, I further spread this poison while reveling in self-righteousness. I assumed the position of moral arbiter, a role that long-standing religious traditions have ascribed to God alone.

The President brought this judgment upon himself. After all, he is responsible for his conduct. But the Course makes clear that this is *not* about the specific figures in the world of my dream, nor what seems to be others' responsibility. It's about me and *my* responsibility for my perceptions and judgments. Regardless of what external stimuli seem to present, I am responsible for seeing all of my sisters and brothers guiltless. The Course's *central theme is always*, “God's

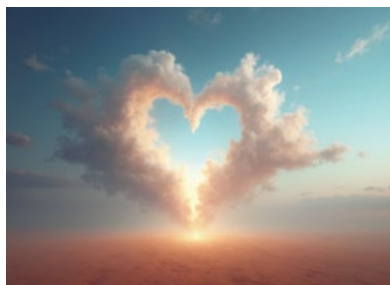
*Son is guiltless, and in his innocence is his salvation.” (M-1.3:5) You forsake yourself and God if you forsake any of your brothers. You must learn to see them as they are, and understand they belong to God as you do. (T-5.IV.6:6-7)*

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## **I had long been uneasy with my opinionated attitude toward this president.**

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I had long been uneasy with my opinionated attitude toward this president and my derogatory remarks to family and friends. A subtle shame was embedded in my judgment. Despite all of the anger, fear, and despondency he engendered, I realized that my dis-ease was not about his behavior. It was all about my condemnation of him! As a practitioner of these Courses, I knew that true forgiveness does not allow for moral judgment. *The world trains for reliance on one’s judgment as the criterion for maturity and strength. Our curriculum trains for the relinquishment of judgment as the necessary condition of salvation. (M-9.2:6-7)*



I have no control over his behavior. But that was not the issue; my behavior and mindset were. In retrospect, I could see that I was blinded by my desire for self-serving ego edification by providing others with a few laughs. This would only keep the judgment in place, and play to my ego’s preference for seeing separation.

My daily interactions contain little attention to the ambient feelings, instincts, and biases that duck and bob at the threshold of consciousness. The ego prefers for me to function in this obliviousness to retain control over my worldview and consequent decisions. Only after I reacted to the video did I recognize, upon deeper reflection, that

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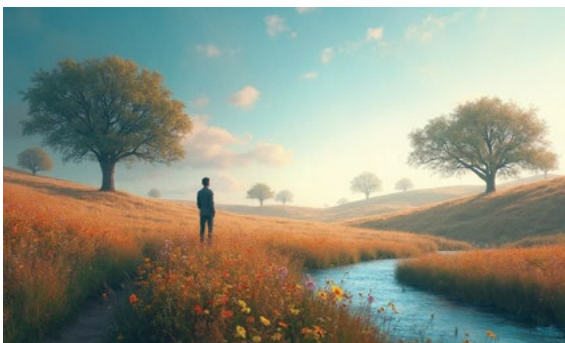
Even the slightest dis-ease should be a cautionary sign denoting the need to correct an unloving thought.

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other unnoticed feelings would have more fully informed my conscience. With more awareness of these barely noticed intuitions, I could have responded more thoughtfully and prudently. *If all feelings were treated more like intuition is treated—with a “knowing” that the feeling has come to tell you something that is as yet unknown to you, but nevertheless for your benefit, you would go a long way toward acceptance [of them].* (A Course of Love D:Day16.12)

Attending to negative thoughts and uncomfortable feelings opens the way to corrective learning. Discomfort, often subtly in the background of consciousness, can be understood as the absence of perfect peace and tells me something crucial: it alerts me to my egoic understanding and erroneous judgment. Even the slightest dis-ease should be a cautionary sign denoting the need to correct an unloving thought, a mistaken judgment, or a faulty perception. *Discomfort is aroused only to bring the need for correction into awareness.* (T-2.V.7:8) Once I am aware of the need for correction, that is, for the need to turn to Spirit for guidance, the way opens with the “little willingness” necessary for the healing miracle to happen.

We must focus on ourselves and attend to our hearts’ desire for redemption. When I understand how this President’s self-absorption only imprisons himself, I will know of his dire need for healing. How, then, could my heart not break for him? The radical Course teaching on why anger can never be justified becomes clear. This brother I’m tempted to judge is so steeped in fear and bitterness that, once recognized, I’m compelled to a certain sorrow and loving sympathy for the suffering mind behind a mask of strength and self-assurance.



Purging one's mind of judgment is the primary objective of forgiveness and the goal for those devoted to achieving peace. *You have no idea of the tremendous release and deep peace that comes from meeting yourself and your brothers totally without judgment.* (T-3.VI.3:1) But we can't get there without first having a full objective awareness of the condemnation in our minds.

Thus, without careful attention to the subtle inklings arising in my mind, I am doomed to ego-driven responses and knee-jerk judgments of everyone and everything, especially now as the world seemingly serves up its daily dose of causes for fear and anger. With enhanced awareness, I can return more quickly to my mind's choice point, where I can respond in a more forgiving and loving way. In responding more thoughtfully, everyone is better served.

As sages throughout history tell us, conscious awareness and compassion will bring true and abiding transformation. Perhaps the next time I receive a tempting email, I won't absentmindedly click "forward" before taking a conscious step backward, thereby envisioning a wider horizon with a more open and attentive heart and mind.

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**Richard Patrick** is a long-time devotee and practitioner of ACIM and ACOL, and a discussion group facilitator. He is the author of *Miracle Moment: Light Beyond the Egocentric Self* and *Intimus: Poems on Darkness Into Light*. Contact him at [richard.patrick4618@yahoo.com](mailto:richard.patrick4618@yahoo.com).



# YOGA, THE MIND, AND HEALING

*by Jeff Bailey*

**F**orty years ago, at 21, I wandered into my first yoga class. Feeling fantastic afterward, I asked the teacher, “What is yoga?” He replied, “Yoga means to join.”



I immediately thought, if yoga means to join, why did we spend so much time pulling ourselves apart? It didn’t add up. Thus, yoga became a spiritual springboard for me. Through my 20s, this question became a mantra. What does it mean to join? What am I separate from? What am I to join?

Years later, I realized that the questions we ask from our hearts are far more important than the answers we grope for in form.

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## If all healing happens at the level of the mind, then how does the physical practice of yoga fit into one's life?

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In 1990, when I moved to Boulder, I found myself doing my yoga on the floor in a rental that I was sharing with two new roommates. I looked up on a shelf, and there were three blue books, *A Course in Miracles*. I opened it, and although it was all “Greek” to me, I knew ACIM held the answer to my questions. I joined course groups, and Spirit sent people into my life that saved me eons. I met my wife, who shared the same desire for truth. Miracles began to abound, but it took me even longer to recognize them as such.

Yoga has been a vital part of my life. In 2012, I wrote my first book, *The Yoga Mind—The Yoga Sutras, according to A Course in Miracles*. As my experience and understanding of what it means to join deepened, a new question arose: if all healing happens at the level of the mind, then how does the physical practice of yoga fit into one's life? This became a new koan as I opened a yoga studio, taught classes, hired teachers, and gave it all to Spirit.

Answers don't always come in the form we prefer. A severe ski incident brought injury and relentless pain to my hip that no amount of yoga or physical therapy seemed able to resolve. One day, lying on my back after a yoga class, I went deep into prayer and asked for a better way—that I could help myself and others with pain and mobility concerns.



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## Am I betraying the truth by doing yoga to make my body feel better?

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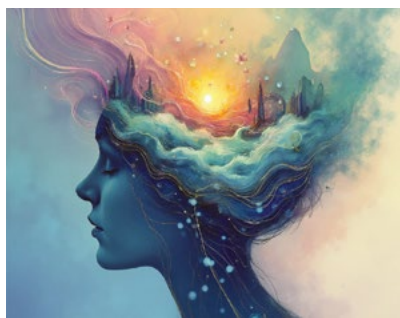
A week or two later, I found myself in a yoga class in an unusual position that put pressure on my hip in a slightly painful way. My immediate reaction was to resist, but then the guiding Voice came through and said, “Relax. This is your answer. It’s not just bones that love pressure; joints thrive with healing compression, too.” It was another miracle that changed my life and my yoga.

Still, the question remained: Am I betraying the truth by doing yoga to make my body feel better? If all healing happens at the level of mind, is it blasphemous to do something for my body? I sometimes wanted to fold it all up and shirk the physical practice altogether. But there was no guidance to stop. It would have been fearful to stop, so I continued practicing, teaching, and questioning—if all healing happens at the level of the mind, why am I doing this? What is the purpose of my yoga practice?

Here’s the answer I received and the key to this article: The mind is everywhere. It is as much in your big toe as in your brain. The mind is as much in your heart as in your doctor. The mind is as much in that chair as it is in your knee, hip, or shoulder. The mind is everywhere, which is why cause and effect are one. Just beyond it is the truth we seek.

Our yoga is to repurpose *everything* to join and heal. If healing happens at the level of the mind, then we are to follow every prompt, nudge, and clue that moves us in a helpful direction. Whether it’s the doctor, the surgery, the friend you have coffee with, or the yoga position you may find yourself in, you are on track if it unwinds fear and joins.

Healing happens when we listen to and follow Love’s Guidance, which is naturally joining. We heal together, which



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If healing happens at the level of the mind, then we are to follow every prompt, nudge, and clue.

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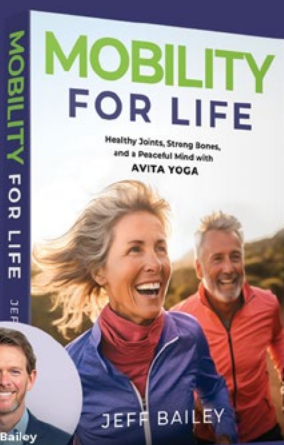
means my healing is the doctor's healing. My healing is your healing, and yours is mine. Because we are one, when I heal, I heal for all, regardless of the form it takes.

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*Jeff Bailey has centered his life around yoga since 1985, teaching over 13,000 classes and workshops. An expert in restoring joint health, he has helped thousands overcome pain and avoid joint replacements through his inspired practice called [Avita Yoga](#).*

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# *The Way of the World*

by Scott E. Miners

See the way of the world?

The driver who is late, perturbed government official,  
busy store clerk.

The way to view it begins by accepting all experiences.

Don't your perceptions color how you feel about  
everything?

Who else would do that for you?

Does someone make you feel harsh?

Did someone make that one who treated you harshly do  
so?

You know what it's like.

Why perpetuate it?

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I know this:  
You are me in another form.

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Oh, it's the common way.  
They would take advantage of me if I didn't participate.  
Conjoining is not the same as peace.  
The latter comes from knowing who you are.  
I know this:  
You are me in another form.  
We are all together.  
Can't you see?  
All are you with other names!  
Can you say, "I Am That" no matter what?  
We live in this Sea of consciousness some call "God."  
It's possible to exercise compassion every minute.  
Well, you'll have plenty of opportunities,  
Everyday...  
To be disturbed.  
That's why they say, "Forgive seventy times seven."  
That is, forgive your self no matter who reflects its  
foibles.  
And keep on keeping on.  
It's a way home, though there's no distance to travel.

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**Scott E Miners** *"is just another soul experiencing what it's like to feel separate in a human costume."* See more at [ScribeScott.com](http://ScribeScott.com) or on Substack here: <https://scotteminers.substack.com/> or email contact: [foreverbeing@proton.me](mailto:foreverbeing@proton.me)



# THE GREAT UNRAVELING

*by Jeannie Zandi*

A great unraveling is here. Can you feel it? From so many corners, it seems we are being collectively tested. Pressed to the edge.

What is unhealed—our fear, our insecurities, our grief, our feelings of unworthiness—is rising to the surface to be met. What's been kept hidden in the shadows is being called into the light.

The winds of change are howling, stripping away the old—the hollow things we've clung to for a sense of security



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The winds of change are howling, stripping away the old—the hollow things we’ve clung to for a sense of security and belonging.

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and belonging. As the old structures crumble, the false ideas and ways of being that are spawned from our collective delusion are being revealed.

We’ve been taught to avoid or stave off collapse, to build bigger, stronger structures—towers of control and certainty to protect ourselves from the inherent impermanence of life. It’s this very culture-wide fear and resistance of the fleeting nature of life, of decay, death and change that landed us here in the first place.

What if this unraveling isn’t a threat, but the work of mercy?

What if this pressing is an invitation to trust the natural cycles of life? To stand in a clarity born of the mystery, trusting the emergent, and rooting down in the potent resource of our true nature in this breath, this ground, this living experience?



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## We are now invited to strip down to our simple essence and rest there.

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We are now invited—even compelled—by these times to strip down to our simple essence and rest there. Here we find ourselves at the threshold between the known and the unknown, between who we've been and the mystery of what's emerging in this alive moment.

To be a guardian of this threshold is to become uncompromisingly dedicated to living from the potency of the emergent—and allowing that to reshape everything.

- Can we rest in the unraveling instead of resisting it?
- Can we let the storm loosen what grips?
- Can we soften into the ground beneath the collapse, and into the vastness of the unknown?
- Can we recognize the unknown not as an enemy we've been taught to fear, but the space where new life is born?

This is where the unraveling leads: to what is real. To what is here. Beneath the mind's noise. Behind the armor. Outside the old structures.

Can you feel it? The ground beneath you? The breath that stitches you to the living world? The simple radiance of your being?

The true revolution happens in your quiet devotion to presence—when you meet the fears, the doubts, and the vulnerable cry from the creature of the body, “What will become of me?” And instead of fleeing, you breathe. You stay. You meet the moment—not the story of it, but the living presence of now.

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The true revolution happens in your  
quiet devotion to presence.

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When we soften—when we stop fighting and fixing life—we might begin to feel new growth pushing through the compost of what has fallen away. This is the miracle of nature: the emergent is born, again and again, without effort. The seed doesn't force itself to sprout. It simply unfolds—but only after a season of composting and the deep silent rest of winter.

I invite you to let the press melt you open, as we all are undone and remade by the same force that created us—organic, mysterious, alive. I am touched by the courage and willingness I see in many people every day to meet this wild and holy undoing with presence. To bow before what is. To bring mercy to the unraveling.

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*Jeannie Zandi is a spiritual teacher known for her rare ability to guide others to not only awaken to—but live from—their essential nature. With fierce compassion, she guides others to live as love, rooted in the heart and responsive to the call of these extraordinary times.*  
[www.jeanniezandi.com](http://www.jeanniezandi.com)

# *Here I am, Dad*

by Rod Friend

*Reviewed by Bruce Bernhart*



“Here I am Dad” by Rod Friend is a set of 64 messages to Rod from his deceased son Davon. The first message came through 6 months after Davon’s demise. They cover a variety of topics including:

- What life is like in the Spirit world
- Assurances of love and support from the Spirit world
- The Unity of all life

- Tips for the healing of physical disease

I found the book easy to read. Some passages brought tears while others brought laughter. I felt connected to Rod for two reasons. I also had a son who died young, and I am dealing with cancer. The writing style is conversational. It’s a dialog between the Spirit of Davon and Rod. Rod does add some of own notes when appropriate.

Here are some quotes from the book:

From Chapter 14: “Another dimension of my mission is to help bring the spirit realm and the human world closer, hence his book.”

From Chapter 16: “Love is like Life itself, bursting with light. When light shines on everything you can see everything for what it is. It’s so much simpler than you think.”

From Chapter 19: “I remember Davon’s earthly life, but it is not me. Its vital that you know there’s so much more than that, and you do. Oh Dad, I’m your brother now.”

From Chapter 20: Rod: “Are you still the same being who was my child?” Davon: “A part of me is, the part of me that you want to identify with. But you’re bigger than that and so am I”

From Chapter 51: “Give me your apprehension, your pain and your whole being with trust now and I give you back the wholeness of your being.”

I strongly recommend this book. Are you curious about how the spirit world sees us? Do you have lingering grief over the death of a child or other loved one? Are you dealing with health challenges? I found this book to be helpful for all these issues. I believe it can help you too.



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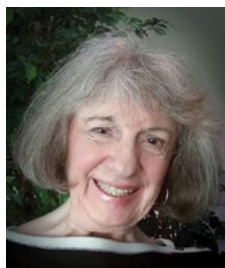
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# AWAKENING

with Celia Hales

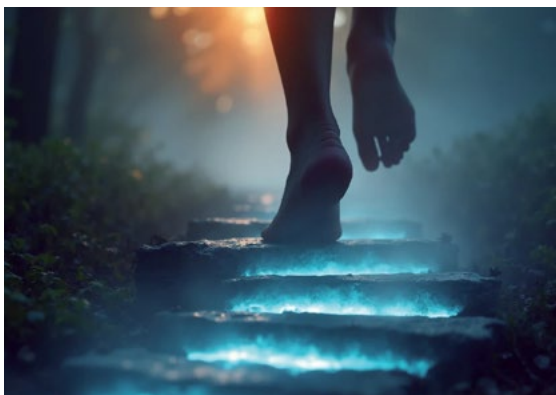


*"Is it fear that is propelling me, or is it truly Love? How again to know the difference? If you are feeling frustrated, anxious, depressed and all of the rest and you notice finally that the mind is fixated on the results you have decided should be achieved are not being achieved, and there a feeling state emerges, you know that you have entered into that task from fear."* (The Early Years, Vol. 1, received by Jayem from Jesus)

*"Indeed, all who walk the paths of the world are awakening. In that sense everyone is awake, for they have come to the kingdom whose purpose is to awaken love."* (Age of the Heart, 3:IV, received by Sebastian Blaksley from Jesus)

*"Think of your Earthly life from now as a place where what has been received by revelation, the perfect knowledge of the being that you really are, is put into practice. Previously it was the school of forgiveness; now it is the classroom where you delight in living the love that you really are."* (Truly Beloved: Love Letters from the Christ in You, 2:II, received by Sebastián Blaksley from Jesus)

The slow coming of Awakening afflicts many of us. If we get frustrated about it, the first quotation above lets us know that we are caught in fear, and that we will know Awakening only from Love. The second quotation reassures us that we are in the kingdom in order to awaken love; that



kingdom can be experienced in this world. And finally, we read what we already know. *A Course in Miracles* opened us to forgiveness, and now, through further revelations, we are all set to live the love that we really are.

In *The Early Years*, Jesus also tells us that we have been caught in a dream since the stars first began appearing, and even before. A long time. The good news is that we are living a new consciousness now, and our evolution is preparing us for Awakening. It was precipitated with the cross, for at that time Jesus knew that he had finally broken the egoic hold that has been on us all. Jesus says in *The Way of Mastery*:

*When I decided to allow the crucifixion, I jumped, "Can I find my Father even more deeply here?" For me, it was the culmination of a life in which I developed trust that my Father would always catch me.*

This is the trust we all need to develop: allowing anything and everything that might happen in our lives. Afterwards God reaches to us to affect our full surrender to Him.

Our foot is on the pathway to enlightenment. Let us rest in God. And rest in this knowledge.

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**Celia Hales** blogs at "Miracles Each Day." She recently published *Words to God from the Heart of a Believer: Prayers & Poems*.



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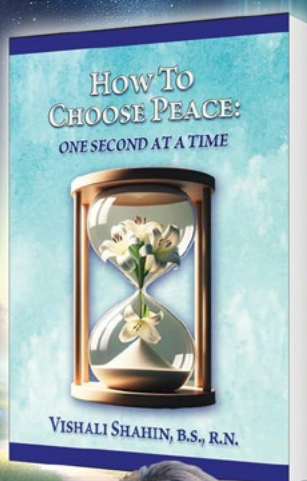
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Vishali retired from nursing in 2011 and moved to Sedona, AZ, and founded Sedona Healing Journey, a spiritual vortex tour company.

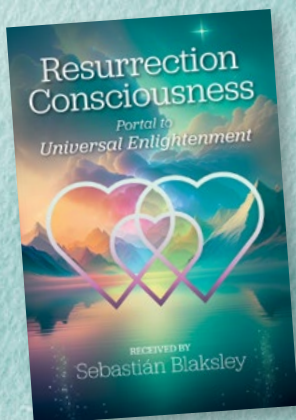
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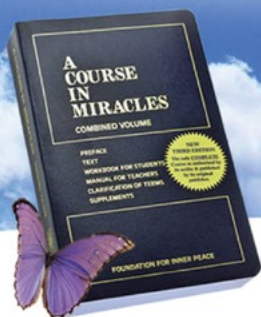
Debora was a practicing therapist for 30 years and is currently a Prayer Chaplain for Soul Center in Orange County California as well as an ordained minister and 35 year student of A Course In Miracles. She lives with her new husband and dogs: Rowan and Mr. Wiggles in Columbus, Ohio. She can be reached at [deb@thverticaldimension.com](mailto:deb@thverticaldimension.com)



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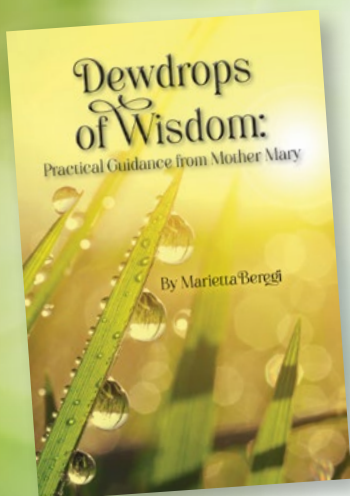
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