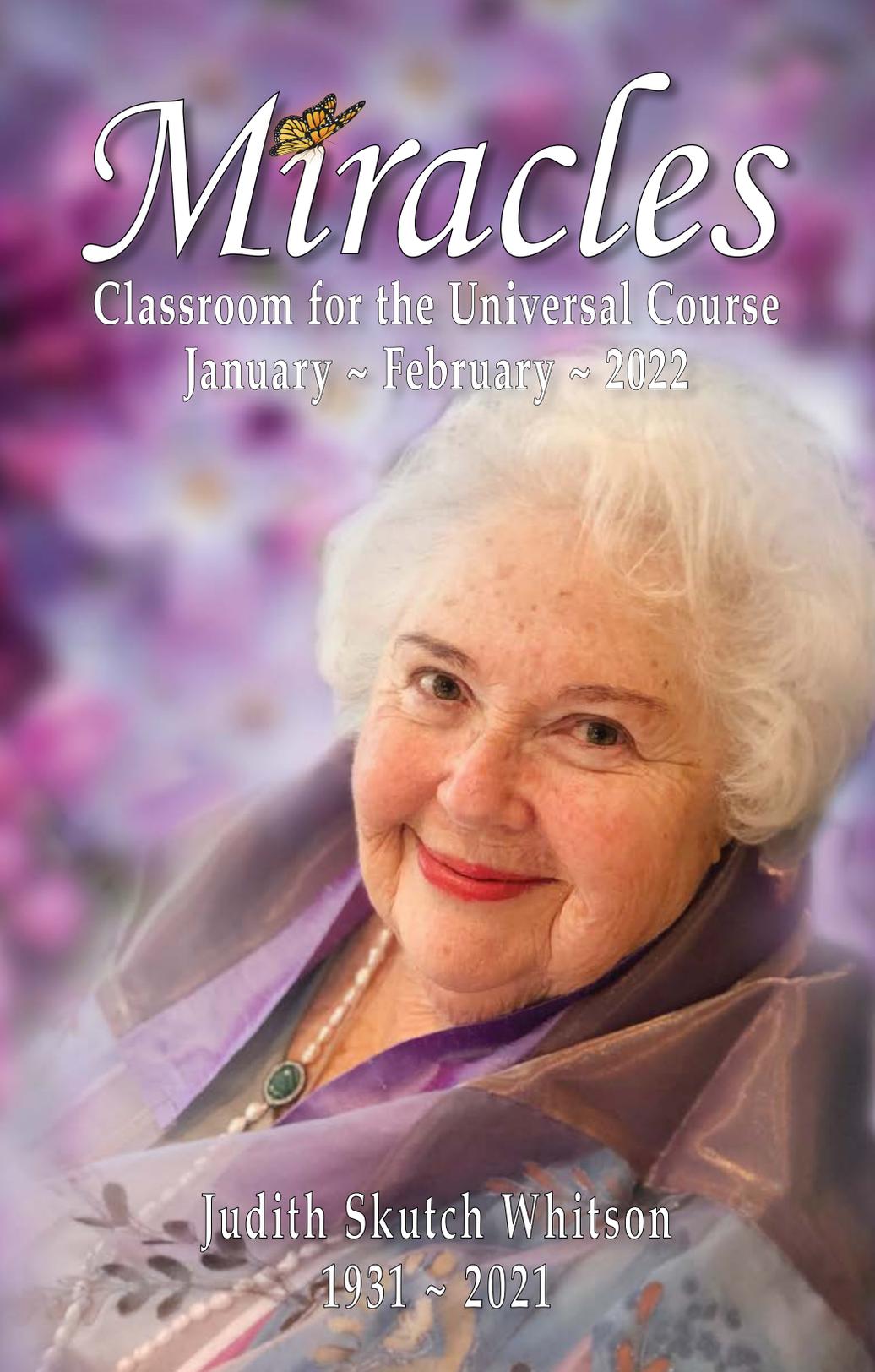




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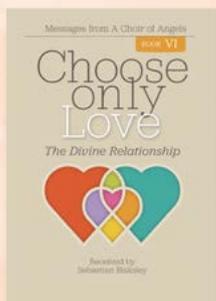


Judith Skutch Whitson

1931 ~ 2021

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REMEMBERING JUDY

by Jon Mundy

*Those who are to meet will meet, because together
they have the potential for a holy relationship.
They are ready for each other.
The Manual for Teachers 3.1:7-8*

Before I dive into 'Remembering Judy,' I want to thank Judy's daughter, Tam Morgan, and her friends Ronnie Whitson (not related to Judy), Diane Brook Gusic, Diana Davis and Deborah Roberts for "helping me" remember some of the wonders of this wonderful woman.

Our dear friend Judy Whitson left her body on October 19, 2021. She was, along with her former husband Bob Skutch, the founder of the Foundation for Inner Peace, the original publishers of *A Course in Miracles*. She was like a sister to me and to a host of others. Everybody loved Judy and for good reason. She was born Judith Rothstein, April 12, 1931, in Brooklyn, NY.

Judy was married three times: first to Howard Cohen with whom she had her two children; Johnathan David Cohen, now the founding co-director of the Princeton Neuroscience Institute, and Tamar (Tam) Morgan, now co-president along with Dr. Robert Rosenthal of the Foundation for Inner Peace. She also leaves in her passing two grandsons, Jonah Cohen M.D. and Lije Morgan. Judy was an incredible family person, an amazing grandmother, and her children were very important to her.



Judy was forever young and absolutely beautiful. Tam remembers people asking her if she was Elizabeth Taylor. She always wore a big smile, and her enthusiasm was contagious. She had a BIG HEART, and everyone was 'Dear' to her. If you were sitting next to her, on a couch, in a car or at a restaurant, there was a good chance you would be holding hands. Judy enjoyed her life.

She was always "working" and having fun at the same time. She was "on purpose." She got to do what she was called to do, and she did it well. She also gathered around her many angels who helped her along the way.

I moved to New York City in the fall of 1967 to start doctoral studies at the New School University. I also threw myself into the parapsychological, consciousness-expansion scene in New York City. As we were both "seekers" looking for something more, it seemed inevitable now that I would cross paths with Judy. The 1970s were an exciting time in New York City. "The Dawning of the Age of Aquarius" was in full bloom. The musical *Hair* opened on Broadway along with the rock opera *Jesus Christ Superstar*. The air was electric, especially in Greenwich Village where Judy and I were both teaching. Judy was teaching classes on Parapsychological Research at NYU, while I was teaching classes with titles like "Consciousness Expansion and Religious Experience," along with a variety of classes on Mystical Philosophies at the New School.

Judy and I were both working with the same three organizations. Judy, along with her husband Bob, who is still with us, had their own Foundation for Parasensory Investigation, while I was the president of the New York chapter of Spiritual Frontiers Fellowship. We were both members of The American Society for Psychical Research; and I was at the time dating Vera Feldman, Secretary to the President of the Society, one of Judy's closest friends. I say, "one of," as Dr. Bill Thetford, Helen's

companion in the production of the Course, once joked: “*We are going to a meeting with 5,000 of Judy’s closest friends.*”

Judy and Bob Skutch frequently hosted different leaders in the field of parapsychological in their spacious apartment in the stately Beresford Apartment Building on 81st and Central Park West. Judy and Bob’s place was at that time “the hub” of activities for those interested in spirituality and paranormal studies. There we watched Uri Geller bend spoons by lightly touching them, Dr. Douglas Dean showing the latest in Kirlian Photography, and we practiced Reiki healing energy.



I met Helen Schucman, the scribe of the Course, and her companion and boss, Bill Thetford, in the spring of 1973 when they attended a lecture that I gave for Spiritual Frontiers Fellowship. In April, 1975, they formally introduced me to the Course in Ken Wapnick’s apartment. Ken deliberately got a studio apartment across the street from Helen to make it easier for them to work together. I was at the time living on West 20th Street while Ken and Helen lived on East 17th Street, making it a convenient cross-town walk to see either of them.

Six weeks after Helen, Bill, and Ken told me about the Course, they met Judy. Though impressed by Bill, Helen’s, and Ken’s credentials, I didn’t quite know, at first, what to make of Helen and her book. I had gone to India in 1971 on a guru-backpack-search-trip. While there I had met some wonderful teachers; I was, however, a bit turned off by the “guru worship.” Helen, Bill, and Ken would have none of that, and Judy’s enthusiasm for the Course was so high that I was quickly drawn in. One of the first things Judy did was to see to the Xeroxing of 300 copies of the Course called “the Criswell edition,” so a group of us got an early start on the reading.

Helen and Judy soon became remarkably close. Judy was to Helen like the daughter she never had, and Ken was very much number one son. Miraculously, Judy's mother Bobbie Rothstein and Helen became fast friends. They would go to the theater and shopping together in New York City. Helen called Judy "Kitten," and Tam, became "Kitty."



Fortunately, after Judy moved to California, Rev. Tony Ponticello started regular conferences on the Course mostly in San Francisco, and I would be invited to speak. That meant that every time I came to San Francisco, I could plan on a visit with Judy and Whit. Whit knew right away after meeting Judy that the two of them would marry. Judy and Whit had a wonderful relationship, and Bob Skutch and Whit soon became good friends. Judy referred to herself, Whit, and Bob as "the three-legged stool."

Early on, Bob Skutch took on the responsibility of supervising the finances and distributing the Course. After Whit came on the scene, he, along with Ken Wapnick, took on the responsibility of overseeing the translations of the Course: Ken on the academic side, Whit on the practical side, working with the Library of Congress, getting the contracts taken care of, and more.

Bob has been remarried for a long time, and Bob and his wife, Lee, came to visit Judy on a regular basis. Bob, like Judy, truly dedicated himself to following Course principles. When he turned 90, I called him and told him I would like to do a little piece on him for Miracle Magazine. And he said, "Oh no, that doesn't interest me."

Whatever Judy did, she did with passion. Her life's work was presenting the Course to the world, and she did it well. In the first few years after the Course was published, she spent a great deal of time traveling, telling with enthusiasm those

who were interested about the Course. Ken, Helen, and Bill accompanied Judy on a couple of her earliest adventures—a trip to California and a trip to London. Judy also took on the work of historian for the Course, constantly collecting photos and ACIM memorabilia. She felt very strongly about this work, and she loved her photography. She left behind thousands and thousands of photographs, all catalogued.

Judy was “magnetic.” Even when she was in a wheelchair, she was compellingly magnetic. She was also genuinely kind: she could make anyone on the planet feel like the most extraordinary person in the world. Everyone felt “seen” by Judy — because they were “seen” and acknowledged by her. Once, during a group meeting, someone who had worked with Judy for a long time was overlooked, almost unkindly. Judy picked up on it immediately and made amends.

Towards the end, even though she was not well anymore, she was still throwing parties and hiring help, but Judy didn't just hire help. To a young woman whom she hired to serve hors d'oeuvres, she said, “Sit with me and tell me what's going on in your life.”

Judy loved being Jewish. The fact that she was so involved with the Course was a little difficult for her extended family, but there was also a great deal of healing that occurred with her family, especially during her later years. One of the favorite gifts she received toward the end of her life was her befriending of a rabbi who was also a student of the Course. Though they never met, she spoke with him frequently, and they adored each other.

*When you attack any part of God and His Kingdom your
understanding is not perfect,
and what you really want is therefore lost to you.*

T-11.II.1:6

In 1996, a suit was brought against FIP's right to the copyright of the Course, claiming that, as the Course had a divine origin, it could not be subject to a copyright. The case

dragged on for years, and during this time Judy was attacked by people coming at her from a variety of different directions. According to the Course, “*All attack is Self attack.*” And Judy never responded to any of the attacks. She was hurt. She cried, but she never defended herself or attacked back. This was the way Judy lived her life. Any time anything happened that was a challenge, she would take it deeper and worked it out, talking for hours, if necessary, to bring about a healing. She wouldn’t hide things. If something needed to be resolved with someone, she would call the person right away and talk things out or she would work it out internally with Jesus as her guide.

Everyone I spoke to also mentioned of Judy’s sense of humor and a way of engaging people with laughter. She had an ability to laugh through the worst experiences, noting the insanity of the ego and not getting caught up in it. Going into a hospital with a heart attack, she’d be laughing and putting everybody, all the doctors and nurses, at ease. You could feel the love that she radiated to everyone. There was an amazing strength in her. She never changed from who she was—always a beacon of light to everybody.

Judy carried her church inside her. She carried the Course inside her. Judy and Ken both had a great interest in and curiosity about technology. This interest was one of the things that brought Judy and Ronnie together. Since Judy was always looking for opportunities for presenting the Course, she was never overwhelmed by technology. She may not have understood its mechanics, but she appreciated its ability to communicate. She saw its power and its potential to spread the word about the Course. Even to her dying day, she was doing webinars.

I have Judy to thank for the publication of my book *Living A Course in Miracles*. One of the vice-presidents at Sterling Publishing in New York City read the Course, got excited about it, and called Judy saying that he wanted to publish an introduction to the Course and asking who should write it. Judy suggested that he call me.

A thought about Judy from Ronnie Whitson:

“Judy’s ability to adapt was amazing. When she come to visit New York, She became a New Yorker. She would be in line at the supermarket, and while not elbowing her way, also not letting anybody take advantage of her. She was a typical New Yorker, and then she’d go back to her more gentle-self when she got back to California. I always like that thought about her, that memory. So many memories.”

In her last conversation with Diane Gusic, Judy said: “You know, I may not be here much longer.” And Diane said, “Well, Judy, you always did love an adventure.” Judy and Diane were close girlfriends who felt like they were ‘assigned’ to each other, and they were both grateful for the assignment. Diane went to one of Judy’s first overviews of the Course at Weiser’s bookstore in NYC. From here on I’m going to let Diane tell the story in her own words.

“I sat on the first row listening to Judy when at some point I said, out loud, ‘I’m home. I’m finally home.’ And I saw swirls of light. Very dramatic. When I moved to Mill Valley and Ken died, I called the foundation and left a message that I was living in the area. And I wondered if they were going to do any kind of memorial.

“About eight weeks later, I’m walking our dog with my husband Chuck, down at the waterfront and someone calls me and says, ‘Hello, Diane, it’s Judy Whitson,’ and I shrieked. She asked me where I lived and she said, ‘You live ten minutes from me. Would you come for lunch one day?’ So, I had lunch with her and Whit, and She kept inviting me and I kept going. She kept saying, ‘Diane, don’t you realize spirit wouldn’t have brought you into my life, if you weren’t supposed to play a role?’ I heard her, but still didn’t understand. But at a certain point, I realized we were both getting something very important from this relationship. And indeed, she continued to be a friend of a lifetime.

The last days

“Judy worked on herself to the very end. She was an intensely honest woman. And if she had a reaction to her caregiver, or if she had a reaction to her personal circle, she didn’t stuff it. She would laugh. She would say to me, ‘Diane, isn’t this ridiculous?’ She owned her stuff, and she was conscious of being open to seeing differently. She never failed to do just that. It was humbling to witness.”

Tam graciously shared the story of Judy’s last days. It was very much like what I would have expected. In recent years, Judy began to slowly back off when it came to the administration of the Foundation, at the same time she moved ahead doing podcasts and sharing the Course with the world through webinars. Now in the last days, Judy was polishing her own soul, being sure she was going to be able to step with dignity into the beyond. She was getting her soul ready for graduation. She wanted, metaphorically speaking, to get the right dress on before she met her God.

So many people are grateful for what she’s done for the Course, and what she’s done for them personally, and she still lives on in everybody’s memory. I am so thankful that I got to know her, and I thank God I had the opportunity to be her friend. Fortunately, there are many who can say the same thing. The world was left a more beautiful place by this beautiful woman.

Judy wrote to me on Sunday, October 10th, immediately after receiving my weekly *Sunday with Mundy* epistle and just nine days before she died.

Dearest Jon, You have no idea how much Sundays with Mundy inspires me, so I thought I would tell you! Your “blasts” are always read, and they act as reminders to me the entire week. Especially when I get trapped by body thoughts, as I am now with a particularly pernicious reaction to an ordinary flu shot. They bring me back to my “right Mind” which is no small feat and I love you so much for being my brother and my teacher. God blesses us all, right? Judy

Right Judy! “God bless us all, and you Judy in your adventure.”

*We call it death, but it is liberty.
It does not come in forms that seem to be
thrust down in pain upon unwilling flesh,
but as a gentle welcome to release.
If there has been true healing,
this can be the form in which death comes
when it is time to rest a while
from labor gladly done and gladly ended.
Now we go in peace to freer air and gentler climate,
where it is not hard to see the gifts we gave
were saved for us. For Christ is clearer now;
His vision more sustained in us;
His Voice, the Word of God, more certainly our own.
From the Song of Prayer 3.II.3:1-2*

Lovingly, *Jon*



IF THIS WORLD IS A DREAM, WHAT DOES IT MATTER?

by Patricia Pearce

The gap between reality and dreams lies not between the dreaming of the world and what you dream in secret. They are one. The dreaming of the world is but a part of your own dream you gave away, and saw as if it were its start and ending, both.

~ACIM T-27.VII.11.4-5



“WE ARE IN A DREAM!” That was the breathtaking realization I had at the culmination of a very intense awakening experience years ago. In that instant the curtain was yanked back, allowing me to see the hidden mechanisms behind what we experience on this physical plane. I could see how this world is generated by the stories playing out in our minds, and that those stories are based on a singular fallacy: the concept of separateness.

From this illusory concept has arisen a world plagued by warfare, racism, misogyny, poverty, environmental exploitation—a world that reflects and reinforces our belief that we are on our own, cut off from Source, from Earth, from one another, from our true Self—all of it a fantasy that bears little resemblance to the Reality of Love.

So if this world is simply a dream playing out an illusion in the mind, what does any of it matter? Why should we even care about what is happening here on planet Earth?

Dreams' Relevance

My own experience doesn't allow me to dismiss dreams so easily. In fact, dreams have played a key role in my own spiritual evolution.

I began having "big dreams" when I was in my twenties in seminary. I knew I needed to understand what they were telling me, so I began to study and practice dreamwork.

Dreams are consciousness expressing itself. They are the canvas of the mind, and they have many functions. They bring to light erroneous beliefs held in the deepest parts of the psyche. They serve as portals for divine wisdom to break into our awareness. They are our teachers and guides, and when we begin to pay attention to what they are telling us, our spiritual growth leaps into warp speed.

Over the years I have had dreams that revealed how deeply the misogyny of the religion I was raised in had bound my spirit as a woman. I have had dreams that revealed the rising of a new consciousness on the planet. I have had dreams in which I have encountered the resurrected presence of Jesus who, it was explained to me, was the guru assigned to me by the circumstances of my birth.

In other words, for me dreams matter a great deal. Not because they are Real, but because they are revelatory.

The Dream of the World

So what of this dream we call the world? What is it attempting to reveal to us? How might it be a portal for divine wisdom to help us awaken to the Christ consciousness within us?



A Course of Love defines Christ consciousness as “the consciousness of unity for unity is what *is*.” (T4:12:23). Yet when we look at our collective dream, especially as portrayed in the media, what we see playing out on the public stage is the amplification of its opposite: separateness. Political polarization, wealth inequality, disregard for Earth’s intricate ecosystems, disenfranchisement of people on the margins of society, all of this is a vivid depiction of the illusion of separateness.

Dreams matter a great deal. Not because they are Real, but because they are revelatory.

With the rise of disinformation and breakdown of consensual reality we are also witnessing the mind’s growing confusion about what is real. While this may seem troubling, this confusion in the collective dream indicates that the mind is beginning to question itself, a necessary precursor to letting go of its original conspiracy theory: the ego.



In this collective dream we also see, in movements such as Black Lives Matter and the #MeToo movement, the mind beginning to reckon with the trauma it has inflicted on itself because of this fundamental error called separateness.

This confusion in the collective dream indicates that the mind is beginning to question itself.

All Dreams Serve Us

The person I studied dream work with, Jeremy Taylor, always said that all dreams come in the interest of health and wholeness—including nightmares, which come with such important information that they will jolt us awake to get our attention.

That is what I see happening in this current world dream that has become a nightmare for so many. It is placing before us the full implications of our illusion of separateness in order to startle us awake to the irrefutable truth of interdependence and the absolute nature of Love.

All of the tumult taking place in the collective dream is actually a sign that our awakening is underway. The idea of separateness is intensifying not because it is getting stronger, but because, like a star that goes supernova when it has spent its fuel, dying in a sudden flash of energy, the story of the ego is in the throes of its dramatic death.

We Are the Dreamers

You are the dreamer of the world of dreams.

~A Course in Miracles T-27.VII.13.1

Now, a caveat.

Those of us who understand the dreamlike nature of the world may be tempted to dismiss all that is happening on the world stage as other people's fallacy, other people's erroneous dream.

All of the tumult taking place in the collective dream is actually a sign that our awakening is underway.

But that is just another instance of the mind perpetuating its illusion of separateness. The fact is there is no "other." Consciousness is a whole, and one of the first principles of dreamwork is to understand that every character and every element in a dream represents an aspect of the self. As master explorer of dreams, Carl Jung, once said, "Who looks outside, dreams. Who looks inside, awakens."

It is not difficult to change a dream when once the dreamer has been recognized.

~A Course in Miracles T-27.VII.14.2

So if we truly want to support the awakening of Christ consciousness in ourselves and the collective, this dream is here to help us if we're willing to work with it.

For instance, when we see a video of a Black man being murdered by a white man on the street of a major city, the dream is imploring us to examine our own mind. Where does the fallacy of racism still dwell in me? Where in my own mind do I still sanction coercion or violence? Where in my own mind



do I believe another's wellbeing has nothing to do with me?

When we see a nation divided and turned against itself, the dream is asking us to look within and

notice. How do I harbor partisanship within myself? How am I still choosing to see others as adversaries, enemies, opponents to be vanquished? What are all the ways I continue to deny my union with the whole?

When we see fires raging in the West and hurricanes pummeling the East—planetary imbalances driven by human “progress”—the dream beckons us to take a clear look at ourselves. How do I perceive myself to be separate from the rest of life on the planet? How do I, as a human, see myself as special, more significant than the other species that are my kindreds here on Earth?

This clear honesty, *engaged in without judgment*, enables us to see how we ourselves have been dreaming the dream of separateness. And as we envelop this awareness in Love, we begin to awaken. We become lucid: in the dream but not of the dream.

As we embody Christ consciousness in the midst of this present nightmare of fear and division, the dream is able to transform, becoming what ACIM calls a happy dream. Then this material world is freed to fulfill its divine purpose: to be a place where Love *matters*.

Patricia Pearce is a writer, speaker, and board member of the Center for Contemporary Mysticism. The author of two books, [Beyond Jesus: My Spiritual Odyssey](#) and [No One in I Land: A Parable of Awakening](#), she hosts the free daily online [WeAwakening Meditation Community](#). Find out more at www.patriciapearce.com.

THE KEYSTONE OF LOVE

by Sebastián Blaksley



One day Mother Mary—whom I relate to as Mary Immaculate—became present in my soul in all Her glory, purity and beauty. She told me, “My son, you cannot love what you do not see, if you do not love what you do see.” Her revelation was a hinge in my way of seeing things.

At first I thought that Mary Immaculate meant that I should love the Earth and all creation. But on another occasion, knowing my thoughts on this matter, She told me: “Son of my sweet heart, I have to reveal something of great importance to you about the truth on which you meditate,”



The Virgin in Prayer
by Giovanni Battista Salvi
da Sassoferrato (1640)

She then explained that the most visible thing of all is *ourselves*. Our own humanity, and all that is part of it, is what we “see the most.”

Therefore, above all we need to love ourselves first in order to love others. When I received this understanding, everything became light. I understood that loving myself is a prerequisite to living in harmony with the will of God. Without love for myself—in my own particular way of being—I cannot love others, things, or God.

I understood that loving myself is a prerequisite to living in harmony with the will of God.

Holy Mother Mary also revealed to me that it is necessary to love the part as well as the totality, for they are inseparable elements of unity. Love must embrace the part and the whole. When we love the totality, or God, without equally embracing the “difficult” parts, especially our own humanity, we are trying to love what is not seen without first loving what is seen.

Likewise, I also understood that loving the part that is seen in order to love the totality that is not seen, is to live the truth, the truth of what we are, since we are humanized Divinity, or divinized Humanity. To live as the Man-God or Woman-God we really are is the call of Christ in *Choose Only Love*. This requires a sincere commitment to love ourselves, understanding that the relationships we establish with others, creation, the world, and God, are a manifestation of the relationship we have with ourselves. “As it is inside, so it is outside,” and not the other way around, as it says *A Course of Love*. This leads us to recognize that a world of love, peace, and joy arises from a relationship of holy love with who we are, accepting ourselves as we are, loving everything that arises in us, and being patient and loving with ourselves. The opposite emerges from a lack of self-love and self-acceptance.

“Not loving yourself is blasphemy against God.”

I also have had the gift of the presence of Jesus on some occasions, and He was even more emphatic on this matter, saying, “*Not loving yourself is blasphemy against God.*” His use of the word blasphemy was clearly intentional. He wanted to make clear that every time we think about ourselves as insufficient, sinful, incorrect, or miserable beings, we are

What world am I seeing? The same world that I see in myself.

offending God's perfect creation, since we are God's creations and therefore perfect. If we consider this frequently, we would be less negligent and condescending with thoughts and emotions that do not reflect holy love towards who we really are. We would stop trying to change things on the outside, since we would realize that the only thing that exists is love or fear of oneself. The rest is added.

Do we actually believe that the world is an external projection of what we think of ourselves? *A Course in Miracles*, *A Course of Love* and *Choose Only Love* all reveal this foundational truth. In all these writings we are told that we are co-creators, that we are always co-creating from love or from a lack of love for ourselves. These two options, and only these, are the source of our creations.

What world do we want to see? asks *A Course in Miracles*. After the revelations I received, I understood that the basis of this question turns on what I see in myself. What world am I seeing? The same world that I see in myself. If I see peace in myself, I will see and spread a world of peace. If I see the love that I am, I will also see that in others. If I love what I am, I will love all things. If I see myself as meaningless, I will see a meaningless world, and fear it.



Jesus often spoke of Himself during His earthly life. “*I am the light of the world; whoever follows Me will not walk in darkness, but will have the light of life.*” And, “*My Father and I are one.*” And, “*I am the truth, the way, and the life.*” Also He asked His apostles, “*Who do they say that I am?*”

What was His point? He told me the following. “Do you believe, my beloved, that those affirmations about what I am, were for Me? Did I need to reinforce my own sense of who I am? Why would I do something like that if I know who I am? No, my son. Those affirmations about the truth of what I am were not said for Me, but for you and for the whole world. They talk about what you are. And what each of my brothers and sisters are. They are the answer to the existential question of what I am, which constitutes the reason why all of you have come into the world.”

What a great distance exists between the value that Jesus has of His being, and the one that many times, if not always, we have of ourselves! And sin? I understand sin to be a deep belief-born feeling of being insufficient, inadequate, unworthy, insignificant. This belief is much more ingrained in us than we recognize, at least in my experience. To let it go forever and embrace the truth of our perfect innocence, our eternal holiness, and the love that we are, is to put sin aside and to welcome holiness.

We do that by loving ourselves with the same love that God loves us—loving us unconditionally. Then we are in a position to love what we do not see, since we will have loved first what we do see—our holy humanity, in whose center Christ, the source of all truth, dwells.

You may now be asking yourself, as I once asked myself, how can I do something like that? How can I change a vision so ingrained? The Mother gives the answer: “*Let yourself be loved.*” That is, *allow* yourself to be filled with the love of God, so that you can recognize yourself as the holiness, purity, and innocence that you truly are. After all, we know ourselves in God.

Sebastián Blaksley is the receiver of the seven-part series, Choose Only Love. www.chooseonlylove.org. He lives in Buenos Aires, Argentina, at the center he founded, Refugio de Amor Divino (Refuge of Divine Love) which is dedicated to the Immaculate Mother.

How To Accept the Unacceptable

by Beth Geer



Recently I was asked for help by a reader who wanted to know how to handle a difficult relationship situation. In brief, her problem was that her husband was an active church member who often was involved in projects that also included predominantly women from the congregation. Due to a negative experience in a previous relationship in which her partner was unfaithful, this woman was afraid it might happen again. She did not like her husband being around all these women. What could she do about it?

She said, *“How I can change a situation that I detest so strongly? It’s like forcing a person to be fine with eating liver even though they don’t like the taste.”*

A very good question! How indeed do we “make peace” with the unacceptable? How do we come to a place of acceptance of something we cannot accept? I had no immediate answer, so as always, I asked the Holy Spirit for guidance. Here is what I received:

Holy Spirit: First, I want you to recognize that your ego is not being asked by the Holy Spirit to “like” anything. You are not being asked to “like” any situation you find yourself in, you are just being asked to see it differently, to cease to think about it in the way you are now, to stop making it the focus of your energy.

This is the first major step in returning your mind to peace when such thoughts overtake your mind.

The next step is to realize there is nothing you can do about what another feels, thinks, or does. But you can *change how you respond to the situation*, which will inherently change it—if not immediately, it will in time if you remain consistent.

**The more you try to “fix” a problem,
the more you keep the solution away.**

The first thing you might consider changing about how you respond to a situation you do not like, is to know that the more you try to “fix” a problem, the more you keep the solution away. What you resist persists. Remember, the ego always needs someone or something to hate. It needs this focus in order to keep your higher Self unaware of Who You Are; for you remain as God created you. You rest in His peace and this is your natural state.

So, the ego must constantly invent new targets for your mind to be distracted by—wishes that certain events or people were different, because these people or events, as they are, seem to be keeping you from your happiness. The ego does this in order to keep you from remembering the Truth. The ego wants to maintain a feeling of resistance to *what is*. The ego wishes the past were different and for the future to be under its control. It gives no consideration to the peace of the present moment or the thoughts and feelings of anyone else but itself.



One hundred percent of all your suffering comes from your ego wanting people or circumstances to be different than they are.

In fact, this is the root of all unhappiness—*one hundred percent of all your suffering comes from your ego wanting people or circumstances to be different than they are.* This is a state of complete resistance to your present peace.

And one hundred percent of the solution comes from ceasing to listen to the ego.

Yet, despite what your ego wishes, you remain as God created you. How did God create you to be? He created you without ego thoughts—without thoughts about separate forms, the world of bodies, and all their related complications and problems. God created you *still*. He created you as part of His Stillness, resting in quiet peace and deepest, profound joy.

So now, let us turn to any problem you may think you have. How do you solve it? Know this—you are not being asked to solve *any* problem. That is not your role in the world. The ego thinks it can solve problems through endless thoughts, filled to capacity with anxiety, dread, and worry. Yet, all this analyzing is wasted effort. Why? Because even if all your current problems were solved to your egos liking, I promise you, the gap would soon be filled with more. There is no end to the ego's taste for disharmony. This is because if your mind was allowed to be still even for a moment, *the ego knows it would cease to be.*

Your problems are inventions of the ego to keep you distracted from your inner peace. That is the only reason you perceive any problems at all.

The only solution is to let everything *be*. Let your thoughts be still for just a moment, and you will be guided from within as to what next to say and do, if any action is called



for. Such guidance will always feel like loving inspiration that brings peace to all involved, and not a solution stemming from control, revenge, or anger.

You are not here to solve all the world's problems. You are here to fix the one problem you have with the world: *Why do you see it at all?* Herein lies the answer to every problem you have ever had. For the world you see through the ego's thinking is an illusion. *Overcome the illusion, and you will have overcome all your perceived problems.* (End message from the Holy Spirit)

So how do we overcome illusions?

In *A Course In Miracles* we read, "How does one overcome illusions? Surely not by force or anger, nor by opposing them in any way." (T:22 V.1:1-2)

Our happiness comes down to paying attention to how we *feel*.

How does one go about "not opposing" what we detest?

A Course of Love explains, "You are not called to accept what you do not like, but to accept that you don't like whatever it is you don't like. Then, and only then—when you have accepted how you *feel*—can you respond truly. . . . All power to effect change comes from acceptance—not acceptance of the way *things* are, but acceptance of who *you* are *in the present*." (D:Day 8:8.4,8)

Our happiness comes down to paying attention to how we *feel*. Do we *like* how we *feel* in response to our situation? Is this feeling what we truly want?

If the answer is “no,” then remember that you’re resisting the situation, and the ego is ruling your mind. You have lost all awareness of our inherent Oneness.

Again, the ego always needs a target to hate—a situation or person to focus on, to divide you from another person or situation as it attempts to control through guilt or fear. The ego wants you to have a reason to feel resistance in order to keep the “drama wheel” turning so that you never stop and allow stillness to enter your mind.

Thus, when you have forgiven—that is, when you have ceased all “control thoughts” or wished things were different—healing will come and it will change your life, first inside, then out.

Then is your mind free to move into the stillness of God’s Thoughts: Thoughts that trust in the truth that we are eternal, we are One, we are as God created us—forever at peace in His Love.

So, what should we do about our relationships, including the one mentioned above? The most loving thing you can do is to *allow*. To accept *what is*, including your thoughts about others. Cease to wish anything to be different about them. The ego will always want assurances that love will not walk away. We each have an intense fear of abandonment, reflecting the initial mistake of thinking that we could ever be separate from God. This is what we *think* happened to us in our relationship with Him, and became the root of all relationship insecurities.

Call the ego’s bluff! Let go! Cease in your mind and heart to be another’s jailer. I guarantee you’ll discover your personal power instead of fear.

Beth Geer is the author of “Awakening To One Love” and an upcoming book, “Awakening Humanity: Our Place Among Extraterrestrials and Angels.” You can find her at www.bethgeer.com

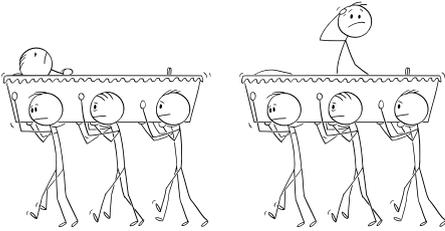


Some more important philosophical questions on life:

Three friends from the local congregation were asked, “When you’re in your casket and friends and congregation members are mourning over you, what would you like them to say?”

Artie said: “I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man.”

Eugene commented: “I would like them to say I was a



wonderful teacher and servant of God who made a huge difference in people’s lives.”

Don said: “I’d like them to say, “Look, he’s moving!”

I went to the psychiatrist today and she told me I had a split personality and charged me 160 dollars.

I gave her 80 dollars and told her to get the rest from the other idiot.



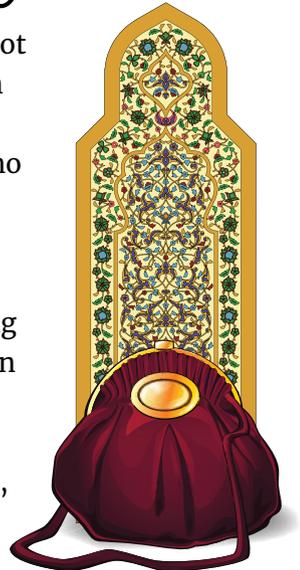


Two Buddhist monks
were meditating together
and one leaned over to
another and quietly asked,
“Are you not thinking
what I’m not thinking?”



Decision Making

We have to admit that all decisions are not easy. There is such a thing as temptation and temptations are not always easy to overcome. Take the case of the fellow who was down on his luck so he went into an open church to pray. He knelt at one of the pews asking God for help. When he opened his eyes he noticed a purse sitting on the pew in front of him. Now he was in a quandary. Since no one else was in the church, a question promptly rose in his mind. Was this a temptation of the Devil, or the answer to a prayer?





Set the Intent to Be Only Love

*A message from Jesus through
John Smallman*

We are all connected, we are all at one with each other, we are in a collective and intimate relationship with each other—always, in every moment. There is NO separation because there is *only* the ONE! Life is eternal, it is forever, it is Mother/Father/God, the infinite energy field of Love that is REALITY!

Presently you are experiencing a dream, an illusion, a *game* of separation in which multitudes are suffering greatly because the human collective believes that life as a human in form is real, is a one-time event that unavoidably and inevitably terminates finally and forever in the death of your human bodies. But you are NOT your bodies, your *conscious awareness* is who you are and is in an eternal and joy-filled state of existence at One with God—even if that *awareness*, as is the case for the majority of humans, is itself mostly in a state of *unawareness!*

Presently, the human collective is in the final stages of becoming aware of and realizing this divine Truth, that you are eternally inseparable from Love. Separation has never occurred. It could not occur because there is nowhere in which to be separated from Love, because Love is the One infinitely vast field of energy in which all sentient life—and



all life is sentient—is eternally present in the Presence of and at One with the One. LOVE IS, and so, therefore, are YOU!

Now is the time of your collective awakening from the illusory dream state that has seemingly been reality for you for countless eons of time, which is itself a major aspect of the illusion. To experience that *unreal* state of separation you had to collectively engage with

the game of separation; you then found yourselves living there, very realistically, as severely limited beings in form whose very existence is under constant threat of annihilation by forces far greater than themselves.

Presently, the human collective is in the final stages of becoming aware that you are eternally inseparable from Love.

Your awakening process is the divinely created path home to reality, to awareness of your Oneness with Love that was prepared for you and offered to you in the same instant in which you *chose*, using your free will, to experience separation from Source. A path that you needed because you had, in that moment of intense confusion about who you were and who you thought or imagined you wanted to be, moved yourself into a state of *unknowing* of yourself.

You made that choice in a moment of confusion or even insanity—but how could a perfect creation of God be even momentarily insane? Well, you imagined that by separating yourself from Source you would have more and even greater



freedom than you already had as a perfect, divine Being, created utterly and unconditionally free of any restraints, restrictions, or limitations of any kind. Therefore that use of your powerful and creative imagination was insane.

**So you each now, as individuals, have to freely
make your own choice to seek the way home.**

Now, only the briefest of moments later, it seems to you that you have been living for countless eons as numerous insignificant and tiny individuals in a vast universe that is completely unaware of and, therefore, utterly unconcerned and uninterested in you, not even aware whether you live or die. That experience is terrifying; it is to be *unseen and unknown*, whereas in your natural state you are seen, recognized, and infinitely loved in every moment of your eternal existence.

God knew that that would be your experience, and because of His infinite Love for you, He provided you with the path home to Oneness, to *knowing* yourself once more as

you truly are, a divine Being in inseparable and most glorious communion with Source. He did not remove or modify your free will—Love gives everything and never removes or rescinds anything—so you each now, as individuals, have to freely make your own *choice* to seek the way home.

That choice has been made collectively—even though many are still unaware of it as individuals—and it is irreversible because it is the only *meaningful choice* that you, as a human, can make. And God, in His infinite wisdom and in His infinite Love for you knows that whatever mood swings and egotistical changes of mind that may arise within you while you are still experiencing life in the unreal state that is the illusion, will be unable to tempt you to reverse that choice, because you *know* that they are utterly unreal and insane distractions from your one meaningful intent, which is to awaken. Thus He has created for you and given to you a sense of motivation and intent that, once aroused, will be powerful enough to ensure that you do not fall back into the insanity of believing that your human life is all that is possible for you, that it is a once-only experience of life that will, without fail, terminate at your human death.

Humanity is coming now to the most wonderful realization that life is forever, that it is a state of permanent Oneness with God! That realization is inducing within you all a most potent and energetic motivation to *awaken*, and to *know* yourselves as God knows you—infinately wise, perfect, creative, and beautiful beings in constant harmonious cooperation with Her for the eternal joy that the endless sharing and extending of Love to all delivers. That motivation to awaken is intensifying worldwide as more and more people come to an awareness of the complete insanity of conflict and of their egos' almost constant attempts to persuade them to engage with it. Your egos are weakening as you come to understand that they are always operating from a sense of fear and, as you come to full awareness that you are Love

in form, thus will you choose no longer to engage with fear because it does not serve you.

Going within daily to your holy inner sanctuaries is essential.

What you *need* to do, *all* that you need to do, is to set the intent, at least once daily—preferably more frequently, whenever it comes to mind—to be loving, and *only* loving of whatever arises in your daily lives that requires a response from you. You are, to repeat myself, *divine beings*, beings of infinite power and wisdom, and that power and wisdom *always* guides and drives your intent—your Will—to be only loving, *if* you will only *allow* it to do so.

Going within daily to your holy inner sanctuaries is essential because taking the time to set that intent is an *extremely* powerful and necessary priority which, when put into effect by you, enormously assists in bringing humanity to the point of awakening. It is for this precise reason that you *chose* to incarnate in human form at this moment, so *remember* that this is an essential task for which you most willingly volunteered, and *do* set this intent at least once daily. I know you can do it—as do you, deep within yourselves. So let go of your doubts and BE yourselves with courage and determination, knowing that you are fully supported by all of us in the spiritual realms.

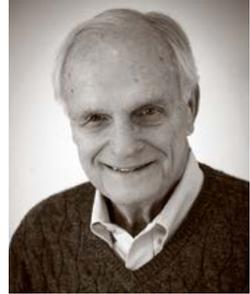
Your loving brother, Jesus.

John Smallman was a commercial pilot for 42 years and has been channeling since 1995. It began with channeling Saul. In 2009 Saul wrote a book through him, *Our Divine Destiny - A Saul Book*, available online. In 2020 Jesus wrote through him *Awakening to Reality - A Joy-Filled Book from Jesus*, also available online. John posts messages from Jesus on his blog <https://johnsmallman2.wordpress.com/> and his messages from Saul at <https://johnsmallman.wordpress.com/>



LOVE IS THE ONLY ANSWER

by Rev. Robert Test



In today's world so many people have so many ideas on how things should be done. Everyone has an opinion on what they believe will solve the problems of our current situation. We gather up those who think the same way (agree with us) and then begin a crusade to impose our way of thinking on others. No wonder we are experiencing extreme polarization in our society and affairs.

In our *A Course of Love* study group we read an amazing answer to this dilemma: "Brothers and sisters, turn your thoughts not to ideals of social activism, to causes, or to championing any one side over another. Turn not to your thoughts but to your feelings and go where they lead."
D:Day10.33

We know that thoughts are compelled by the intellect, and true feelings by love and the heart. ACOL continues: “The power of love is the cause and effect that will change the world by returning you, and all your brothers and sisters, to who they are in truth. This cannot be done from without but must be done from within. It is the transformation that is caused within that will affect the world without.”

Once we return to the Truth of who we are,
we realize that made-up fairy tales
have been running us.

The Apostle Paul, in the famous love chapter in 1 Corinthians chapter 13, tell us that we can be great orators, wonderful intuitives, brilliant intellectuals, display strong faith and trust, and be wonderful tithers and givers, and yet it means nothing if we do not live from love in our hearts.



It is confronting to realize that the ego world wants us to be busy doing things, saying things, and acting for things in order to be right about how we should presence ourselves in the world. The problems then show up when

we realize that others don't see things the same way. Then we have to make them wrong to maintain our status of being right. This winds up with us living in a right-and-wrong world, an if-this-then-that universe, and a world of conflict.



Only love or returning to Union can solve these conflicts. Once we return to the Truth of who we are, we realize that made-up fairy tales have been running us.

The Day 10 Dialogue of *A Course of Love* goes on to tell us that the cause of all these issues is fear. The cause and effect of love is all that will replace these causes of fear and the conflicts they have created. It is within our power as saviors of the world to bring back Oneness and Union by seeing only love in everyone and everything. This is God's world, and we are His/Her representatives in this wonderful divine world of peace, joy, and harmony.

We are coming to know that indeed Love is the only answer.

Rev. Robert Test is minister of the Unity Spiritual Center Pflugerville, a church of positive prayer serving Pflugerville, Texas. He is also a Master NLP Practitioner and Reiki Master. Robert's passion is to inspire himself and others to find full and complete expression in living a creative and purposeful life. Robert's personal website is RevRobertTest.com.

JUST TRUST

by Lana Carolan



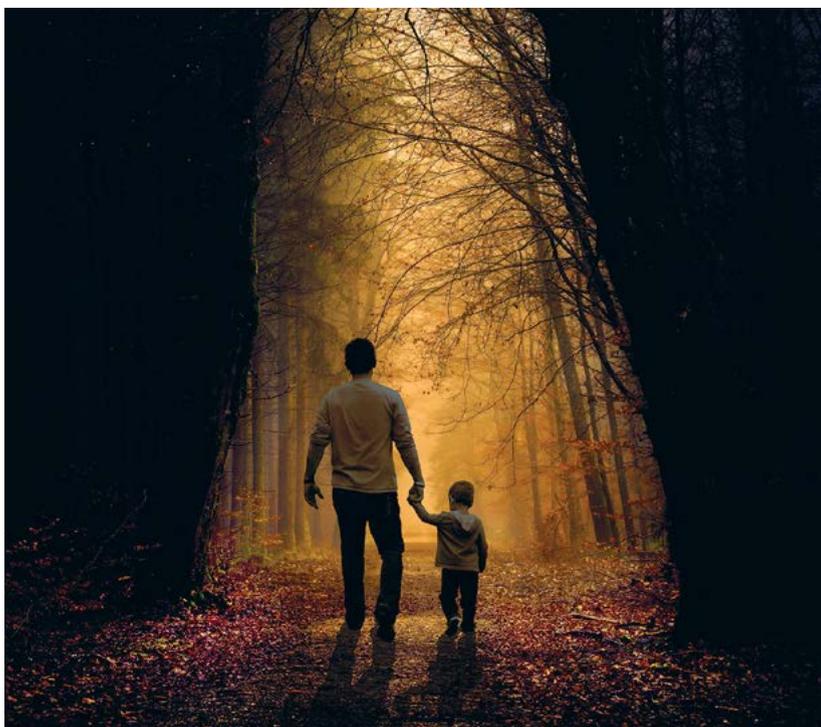
As little children we trusted our parents for everything, for who else was there to trust? As we grew older and developed a worldly identity, we trusted few if anyone outside of ourselves for anything of major consequence. As adults on a spiritual journey, we are asked to trust some invisible being with whom we have little or no conscious awareness. We are asked to trust the invisible over the visible. And, we are asked to trust it with everything; trust it with our entire life and every meaningful decision that needs to be made. How does one acquire such trust?

For me, as with most of us, it came in baby steps. We learn to trust by trusting. There is just no other way. I like the analogy of learning to ride a two-wheel bike. At first, there is little trust that the bike will hold us up. We get on the bike time and again only to fall down. Yet at some point trust clicks in, and we have a “knowing” that the bike will support us, and from that point on it always does. We never question it. We would have never figured that out without actively choosing to trust, time, and again if necessary.

Initially, trust is taking a leap of faith and then seeing what shows up in our everyday life. I have found that trust in God is always validated within the effects that show up in my life. But I must engage in the act of trusting for that truth to be recognized and known. We recognize it through its fruits that show up in our life.

**We learn to trust by trusting.
There is just no other way.**

That initial act of trusting can be intimidating. But instead of resisting it, I began to notice the fruits of God's creations all about me. I think about the little baby bird fresh out of the nest. Its mother communicates, in whatever way birds communicate, "you can fly little one. Just jump off the branch and fly." The total trust the baby bird has in its mother gives it the courage to take that literal leap of faith and fly. Basically, that is what we are asked to do in trusting God. We feel in our heart God asking us to "just trust me and do My Will. Follow My guidance and see what shows up."



It begins with small and simple things.

It begins with small and simple things. Perhaps trusting a friend who once gave you a reason not to trust them. It begins with small acts of forgiveness. Then you stand aside and allow God to validate your trust, you see the fruits or the effects of your trust.

Eventually, through trusting that Truth IS True and trusting that God is a safe bet and worthy of our trust, it becomes more difficult and challenging NOT to trust in God. We see the effects in our lives, the fruits of trust, and we can't imagine NOT trusting God. For our trust in God is validated every time we trust in Him instead of our "little, separate version of self."



Sometimes trust looks like allowing. It is remaining still and allowing God to show up, even when every fiber of ego wants to take matters into its own hands. If not for our trust in God, it is likely we will screw things

up as we did so often before we learned to trust. Like the bike, God will hold us up when we allow It to. And like the baby bird, we recognize we are totally safe in doing so. When we cease struggling, we float. Every time we trust in God, we truly are sustained by His Love.

I want to share a passage from the channeled writings of Sebastián Blaksley, in the first book of his series, *Choose Only Love*. They truly express my heart in trusting the Will of God and joining with it in Oneness and Love. To trust in Love, is to trust in God.

When we cease struggling, we float.



Daughters and sons of holiness, we now remember together that unlimited trust in love is what immunizes the soul from the poison of fear of God. Now we remember that full trust is full love.

Daughters and sons of Mary, souls in love, make unconditional trust in God the purpose of your life. Make unconditional trust in God the food and the power that gives movement to your self. Trusting in God is trusting in love. To have unlimited confidence in love is to be immaculate because unconditional trust is one of the faces of perfect love. Where there is unconditional love there is unlimited trust. Where there is unlimited trust there can be nothing but purity and holiness. The one who trusts fully lives in peace. Do not forget that every pain, every conflict, every disharmony that was ever experienced came from a lack of confidence in life, a lack of trust in God, a lack of confidence in love. In this message we have come to remind you that the answer is love, always. CHOL BkI:19.V3-4

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." Contact Lana via Facebook or email her at lcarolan49@gmail.com.

Sleeping Beauty Finds Fulfillment

by *MaryBeth Scalice*



Maybe it's not so dramatic. All these wayfarers gathering and telling stories, sharing experiences of light, Voices, Kundalini, and golden-sapphire flames. They trigger our longing to know God that way; make us yearn to be swept away, or under, or within a Divine Tsunami. We too want a vibrant display of supernal splendor, but what if...

It is the longing, the hunger, the bone-saturated, heart-dedicated, desire for God that is paramount? Before and beyond all experience is the soul's deep love for its Source.

In the poetic fable below, sleeping beauty finds fulfillment in the quiet, ordinary slipping away of ego. Am I willing to allow waking experience to be so simple?

The Arrival of the Prince

How long have I waited for the kiss.
looking frogs directly in the eye,
wondering if this one was my bliss?

Now I see, the Prince arrived.
It was ages ago.
Not at all what I expected,
especially the cracked nail
on the bruised digit
of his second toe.
It's been a long journey.

He brought a sticky note,
not an autographed memoir
from God saying,
I'm out here babes,
counting stars till you come home.

It did not, as I wanted, suggest,
do this, and do that
and all will be well.
Moses was a lucky one
with his stone slabs
full of simple directions.

My little sticky-icky message said,
Sleeping with the wolf is certain death.
Shepherd your heart with loving kindness.

A princess makes many promises
she cannot keep.
She believes selling Her soul
to a fire-breathing Father
will save her badass.

She believes in apple bites
from apple trees
that make naughty girls
weak in the knees
she previously was not aware
she had.

She believes in rescue squads
and saviors and virgin mothers
whose King babies come from
being super sweet.

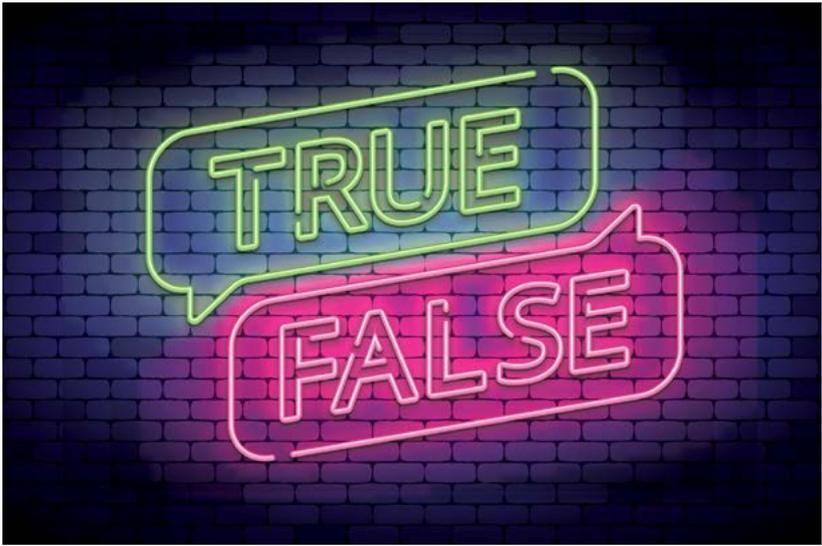
... in magic and men,
especially the god-man
who dressed in royal reds,
shall come to sweep her up,
her arms around his perfect abs
straddling a white stallion.

Together they gallop
heading due vertical
to God's castle in the sky,
a place on high, where heaven is...
has always been
waiting for this rescue mission.

The prince arrives.

I hear no wedding bells.
He rides a mule.
His eyes are brown, not blue.
He kisses my cheek.
I wake from sleep.
Ego falls from its pedestal.

MaryBeth Scalice, M.A., Ed.D., views her life as a living-breathing poem of God. Many years ago, her heart opened, her listening deepened, the breath fell away, and divine union was realized. MaryBeth is a counselor, writer, and teacher trained in humanistic and transpersonal psychology. Her work integrates psychology with spirituality, offering transformational heart-centered therapies for health and self-realization. She created the [Foundation of Open Hearts](#), and in 2019 published [Write, Beloved, Write](#).



Take the Truth Quiz

by Laurel Elstrom



In a world based on the lie of separation, we are often taught the exact opposite of what is true. We become so accustomed to believing the lie, the truth may seem shocking. This little exercise offers pairs of opposite statements for your investigation.

I invite you to see which statement seems most true to you. After you've taken the quiz, refer to the reflections and supporting quotations from *A Course in Miracles* and *A Course of Love*. Good luck!

True or False? #1

- When I love someone, I take care of them.
- When I take care of someone, I come to love them.

True or False? #2

- My only hope is to find someone to love me.
- My only hope is to love the people who find me.

True or False? #3

- I prove my worth through my actions.
- My existence is indisputable proof of my worth.

True or False? #4

- I must always do my best to get things right.
- It's impossible to get it wrong.

True or False? #5

- It's my job to constantly improve myself.
- It's my job to constantly love and accept myself.

True or False? #6

- I must be vigilant in the world, protective of my tender places.
- I must be attentive to my inner life, willing to expose my tender places.

True or False? #7

- Life is hard, and I'm in charge of making it work.
- Life is effortless; it happens in spite of my attempts at interference.

True or False? #8

- With time and lots of hard work, I may someday become wise.
- I'm already as wise as I'll ever be. I yield to my inner wisdom.

True or False? #9

- My mind is my solution center; my thoughts show me who I am.
- My mind is running a broken program. My thoughts disguise who I am.

True or False? #10

- I owe my existence to God, a being who created me.
- God owes His existence to me; I create Him in my own image.

#1: When I take care of someone, I come to love them.

When I first heard the idea that taking care of someone causes me to love them, I seriously questioned it. Then I considered how tender people are with babies and pets under their care. I recalled stories of estranged family members healing their wounds through end-of-life caretaking. Family bonds are built around the promise to take care of each other. When I choose whom I'll take care of, I'm choosing whom to love. If I want to love everyone, must I be willing to take care of everyone, to give of myself to them? If I treat everyone I encounter with sincere caring, will I know my union with them? What happens if I walk in the world with an open heart?

“We are all the same because we are not separate. God created the universe as an interrelated whole.” (ACOL C:6.4)

“When you chose to deny relationship, you chose a thought system based on the opposite of your reality. Thus each choice to deny union reveals its opposite. What is separate from peace is chaos. What is separate from good is evil...This is what you chose to create when you chose to pretend to be what you cannot be. You chose to live in opposition to the truth, and the opposition is of your making.” (ACOL C:6.8)

#2: My only hope is to love the people who find me. Our paths and interactions with others aren't random. We're drawn to the experiences and relationships our hearts need for our mutual awakening. When we stop using our relationships to affirm our identity, (special relationships) we are free to open our hearts to everyone we encounter. Every relationship has the potential to be holy when we look for our shared heart instead of our individual differences.

“Your joining caused this, for each joining brings you in touch with your brother. Each joining returns you to your holy relationship with your brother, which is the only one you have in truth. Only this relationship is real, and in it are included all others. One does not discard or replace the other. What is real is all-inclusive. What is unreal is nothing.” (ACOL C:14.27)

#3: My existence is indisputable proof of my worth. It's true that my human identity is deeply flawed and vulnerable, but human is not all that I am. I'm part of the One Being, learning how to live as unlimited love through the vehicle of a limited human identity and body, which is an amazing experiment. This exact experiment has never been done before, but God/love has complete faith in me. Otherwise I wouldn't be here. I'd be creating somewhere else. Only the ego doubts my value in order to maintain the illusion of separation. Life itself welcomes me wholeheartedly, without reservation, eager to interact with me on every level.

“Your worth is beyond perception because it is beyond doubt.” (ACIM Tx:3.60)

#4: It's impossible to get it wrong. Since my essence is love, and my interactions are holy explorations, every experience I have is valuable. There's no such thing as good experience and bad experience. There's only expansion, expression, and interaction. There's only creation. I can relax and engage with life as it is. I don't need to control life because everything interacts and responds to me perfectly. I'm already accomplished; I'm already who I need to be.

“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 even while you continue to grow and change. Physical form and actions of all kinds are but expressions of what already exists within the seed of the already accomplished.” (ACOL T2:6.8)

#5: It is my job to constantly love and accept myself. Heavy judgment and self-criticism are tools of the ego that keep me imprisoned in my human identity. When I accept myself as I am, treating myself with compassion and kindness, I'm no longer stuck in a mad, unwinnable race of self-improvement. From this position of self-acceptance, I can relax and follow the guidance of the higher Self, which leads me toward integration of the human and divine, reflecting a world of peace and union both within and without.

“To identify with the ego is to attack yourself and *make* yourself poor. That is why everyone who identifies with the ego feels deprived. What he *experiences* then is depression or anger, but what he *did* is to exchange his self-love for self-hate, making him *afraid* of himself. He does *not* realize this. Even if he is fully aware of anxiety, he does not perceive its source as his own *ego identification*, and he *always* tries to handle it by making some sort of insane “arrangement” with the world. He always perceives this world as *outside* himself, for this is crucial to his adjustment. He does not realize that he *makes* this world, for there is no world outside of him.” (ACIM Tx:11.29)

#6: I must be attentive to my inner life, willing to expose my tender places. The outside is merely a reflection of the inside. When I focus on my inner feelings and responses, instead of fretting over an outside world that doesn't go my way, I come into relationship with my experience. When I'm willing to be vulnerable, I can dismiss the guards at the castle door of my heart, so I can be tender with myself and others. If I tell the truth about my feelings, I can heal.

In contrast, if I hide my shadows and ignore my vulnerabilities, my wounded places fester. Every old wound that is loved into the light brings a new level of freedom, making space for more light. In my humility and willingness to show my tenderness, I find grace and true strength.

“Your heart may be said to break, but the image that these words call forth is of a heart cracked open, not of a heart in separate pieces.” (ACOL C:7.18)

“In my defenselessness, my safety lies.”
(ACIM Lesson 153)

#7: “Life is effortless; it happens in spite of my attempts at interference. The ego tries to control my life, but it just gets in the way. Attempts to control come from fear, as I try to protect myself from perceived threats. In reality, self-protection is unnecessary, since my true identity is eternal. I can engage and interact with my experience, while allowing life to be as it is. When I enter each moment without trying to control it, I can naturally give and receive in cooperation with life's movements. I take action. I enjoy sensations and respond to what is here, but my responses arise naturally, requiring receptivity in place of effort.

“You cling to effort as if it is the way to God, not wanting to believe all effort is in vain or that a simple solution exists. A simple solution within your world, a solution that requires no exertion on your part, is seen to be of little value. The individual, you reason, is made through all this effort and

struggle and without it would not be. In this you are correct, for as you make of yourself an individual, you deny yourself your union with all others.” (ACOL C:5.22)

“Oh, Child of God, you have no need to try at all, no need to be burdened or to grow tired and weary. You who want to accomplish much good in the world realize that only you can be accomplished. You are here to awaken from your slumber.” (ACOL C:P.14)

#8: I’m already as wise as I’ll ever be. I yield to my inner wisdom. As an expression of the One, I have access to all the wisdom I need. It’s not my calling to improve my human self enough to someday be holy or accomplished. I’m here to remember the Self I already am, to realize my connection with everything.

“Being who you are is what you are called to do. You are here asked to live a life as seamless as that of the birds of the air. You are asked to live a life where there is no division between who you are and what you do. This place of no division is the place of unity.” (ACOL T2:4.13)

#9: My mind is running a broken program; my thoughts disguise who I really am. Western individuality and reverence for self-sufficiency are by-products of the belief in a fundamental lie. My programming reinforces this lie: I am separate from everything and everyone else. If I accept the old program’s thoughts as true, I won’t remember who I am. Instead, I can use inquiry to test if my thoughts are actually true. I can dismiss the past and show up in this moment now with fresh eyes and an open heart.

“All the mind can do is rearrange reality and hold it still and captive and rule bound. The laws of love are not laws such as these. The laws of love are not rules, facts, or right answers. The laws of love bring spiritual freedom, the freedom that lies beyond belief, beyond thought, beyond adherence to any authority other than one’s own heart.” (ACOL C:I.5)

#10: God owes His existence to me; I create Him in my own image. Since God/love knows no boundaries, it has no attributes. It can't, since it includes everything. If I see God/love as a "who," I project chosen attributes onto a separated Being of my own making. I create this God out of a desire to feel safe and cared for by a kind of super-Being who sees me as valuable. The truth of love is far beyond a limited God with attributes or a personality. God/love is literally everything. Help is always available to me for the asking, and my value is assured and unthreatened, for I am part of this limitless creation. I can't be separated from God/love, for I, too, am one with everything.

"Thus the ideas of the universe and your ideas of me have been inseparable projections." (ACOL D:D: 39.19)

"What memory is without attributes because it is Who I Am and not a projection? Only love. What memory is not a memory, but your identity? Only love." (ACOL D:D: 39.34)

Laurel Elstrom is a teacher and spiritual coach with a passion for self-discovery. She has been a teacher/student of ACIM for more than thirty years and has recorded over one hundred videos summarizing the chapters of ACOL on the Laurel Elstrom youtube channel. [Love on the Mountain, An inquiry Companion to the Forty Days and Forty Nights of A Course of Love](#). Learn more at www.laurelelstrom.com.

“ You are altogether irreplaceable in the
Mind of God. No one else can fill your part
of it . . . ACIMOE Tx:9.57

*Being who you are is necessary for the
completion of the universe.*

ACOL – C:17.1

”

Happy Dreams

Q: What are happy dreams and how do I experience them?

A: One of my favorite passages in *ACIM* is, “The dreams forgiveness lets the mind perceive do not induce another form of sleep... (Our) happy dreams are heralds of the dawn of truth upon the mind. They lead from sleep to gentle waking, so that dreams are gone. And thus, they cure for all eternity.” (W140:3.2-5). This passage tells us that happy dreams come from our decision-making mind once we have chosen the Holy Spirit as our Guide and Teacher.



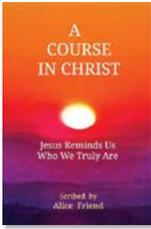
Many nights I recited this passage while recovering from a very painful, life (body) threatening illness. I was lifted out of my physical pain into a place of only peace and conversation with the Holy Spirit about happy dreams, healing dreams, and perfect healing. This was an experience beyond the ego’s domain of this world, where we seem to be victims of our bodies and the world we see. In this realm, the Holy Spirit guides us when asked. This is described in *ACIM* as going up the ladder from the illusory world to the realm of the split decision-making mind, where we now choose the Holy Spirit rather than the ego as our teacher, and ultimately back to remembering our Oneness with God.

This experience involves recognizing and releasing the infinite ways we have chosen separation, specialness, the desire to be God or have someone else be God. As *ACIM* reminds us, “In forgiving dreams no one is asked to be the victim and the sufferer. These are the happy dreams the miracle exchanges for your own.” (T-28.II.5:6-7).

Rev. Dr. Nancy L. Davis LMSW, DD is a practicing psychotherapist and author of [True Love 101](#). Nancy can be reached at nancyd5633@yahoo.com



Book Review



A Course In Christ

Written by Alice Friend

Reviewed by Martin Pressman

Reading A Course In Christ (ACIC) gave me a big feeling. That feeling was LOVE. ACIC is a concisely worded love-letter from Jesus to Alice Friend, who wanted “to know who I truly am, to live it and help others know who they truly are.” Jesus takes us by the hand and guides us Home to our true identity—the Christ Self. Hence, the title of the book.

ACIC contains 100 short treatises on various topics, such as Joy, I AM, At Home In God, Holding Yourself Close, Christ Mass, Your Holy Heart, and Your Life In Love. The book is easily read. Jesus states “I am being simple now on purpose to appeal to your child-like innocence...” Throughout the book Jesus shows us how to be “the story of your own awakening” by moving away from “the dark cloud of separation.” ACIC exposes the ego, which Jesus refers to as “the Liar.” Jesus invites us to invoke miracle-mindedness to heal the amnesia of our true identity, referring to choice as “your wand of enlightenment.” Jesus also tells us “when you bring your heart into your mind, you are in your Right Mind.”

Jesus warns against being in “a sleep state of false identity” and encourages us to be the prince that kisses Sleeping Beauty. “The ‘Prince’ is the Awakener within. The Awakener is you.” \Reading ACIC with an open heart gave me the experience of being in a “union of love” with Jesus. By being the “watcher” of my thoughts I saw where I was still holding on to false idols. Through reading ACIC I came to the realization that I AM The Hero of My Journey to Awakening to My True Self!

Martin Pressman has been guided to send out “Love Says” messages three times a week. mhpress55@gmail.com.

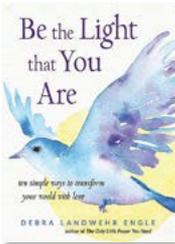


Book Review

Be the Light that You Are

by Debra Landwehr Engle

Reviewed by Martin Pressman



In *Be the Light that You Are*, Debra Landwehr Engle has taken principles from *A Course In Miracles* and other spiritual teachings and put together a handbook with practical ideas on how to live your life being the light of the world.

This well thought-out book leads the reader through ten steps that enable one to transform fear-based egoic thinking into love-based right-mindedness.

Be the Light that You Are is rich in both examples and essential elements of each step with words, ideas, actions, and practices that can be implemented. Each step builds upon the prior step. For instance, when you “See Only Love” you “Meet Others Without Judgment.”

Essentially, Engle is asking the reader to live from one’s higher mind of light and love, rather than from the lower mind of the ego—which she labels “mental belly fat.” She writes, “The higher mind has only one meaning for everything: love.” “Move your awareness to your higher mind and feel the infinite love flowing through it.”

The reader is also encouraged to use one’s higher mind to foster Self-love and develop a relationship with Spirit. According to Engle, Self-love starts with forgiving ourselves for believing that we are separate from our Self, one another, and Spirit. Engle writes that Self-love is the foundation of the ten steps and is “the essential element of true forgiveness.” Forgiveness, she believes, is the path to freedom and internal peace—both of which happen when one shines “the Light that You Are.” With this book, Debra Landwehr Engle has given us a means to put love into action.



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Our list to choose from:

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

Divine Logic and Transcendental Metaphor by Martin Pettet

Please drop Jon a line

indicating your interest in reviewing a book.

Jon@MiraclesMagazine.org



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Dr. Kenneth Wapnick

would have been 80 this February 22, 2022

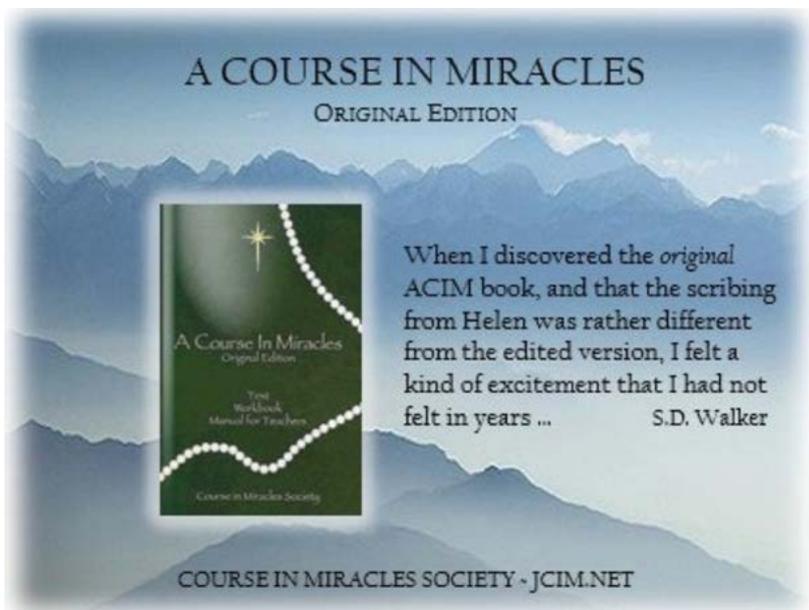
There are no accidents in salvation. Those who are to meet will meet, because together they have the potential for a holy relationship. They are ready for each other.



It seemed destined that Ken, Helen Schucman, Bill Thetford, and Judy Whitson were to meet. Ken was the preeminent scholar of the Course, a great friend, and a wonderful older brother. Fortunately, his work continues.

For more information visit www.facim.org

Lovingly, Jon Mundy, Ph.D.



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When I discovered the *original* ACIM book, and that the scribing from Helen was rather different from the edited version, I felt a kind of excitement that I had not felt in years ... S.D. Walker

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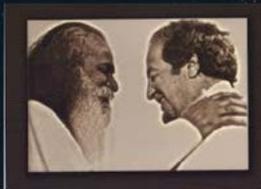
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- Stephen in California

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— Song of Prayer 3.II.3:1-2