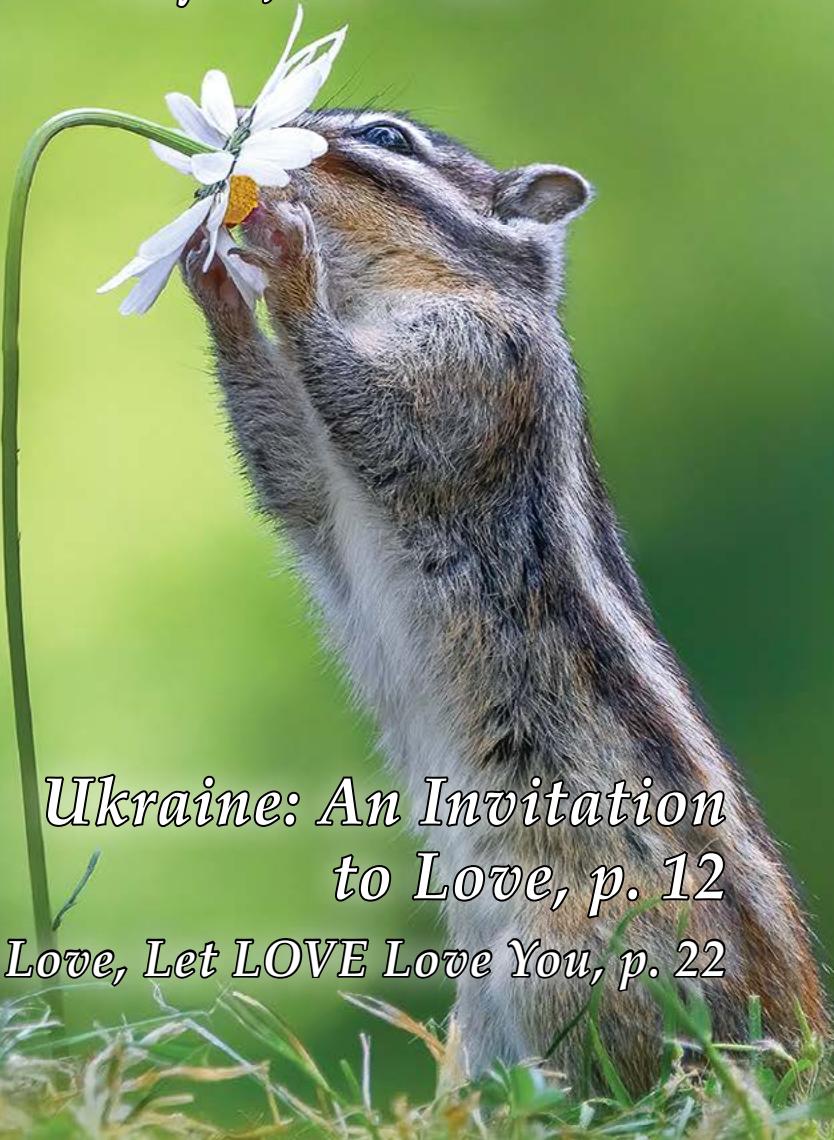


Miracles



Classroom for the Universal Course

May ~ June ~ 2022



*Ukraine: An Invitation
to Love, p. 12*

To Love, Let LOVE Love You, p. 22



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THE EGO'S WAR AGAINST ITSELF

by Jon Mundy, Ph.D.



A tale of Two Wolves

There is a wonderful story from the Cherokee Indian tradition. An old Grandfather said to his grandson, who came to him with anger at a friend, "I too have felt a great hate for those that have taken so much with no sorrow for what they do. But hate wears you down and does not hurt your enemy. It is as if there are two wolves inside you. One is kind and understanding and does no harm. He lives in harmony with all around and does not take offense. The other wolf is vengeful and full of anger. The littlest thing will set him into a fit of temper. He fights everyone for no reason. He cannot think because his anger and hate are so great. Sometimes, it is hard to live with these two wolves inside me. Both try to dominate my spirit."

The boy looked into his grandfather's eyes and asked: "Which one wins, Grandfather?" The Grandfather smiled and said: "The one I feed the most."

According to the Course, the world we see is determined by the basic “premises” we hold about the world. Although we are not yet fully awake, we can learn to awaken. This we do by helping to awaken others. We awaken together. The Course is a course in perception correction. We are looking to give up the ego in favor of seeing the world with only love and forgiveness in our hearts.

The statement

*“Vengeance is mine, saith the Lord”
is a misperception by which one assigns
his own “evil” past to God.
God does not believe in retribution.
His Mind does not create that way.*

T-3.I.3:1-5

When the war in Afghanistan ended last year, I saw it as a hopeful sign of a maturity in consciousness. According to the Cost of War Project at Brown University, our 20-year intervention in Afghanistan cost \$8 trillion dollars with 900,000 deaths (mostly civilians), and it drove us deeply into debt. Who can justify such a cost of life and funds? What if we had spent even a fraction of that amount, say \$1 trillion for health care, education, and infrastructure instead of war? Being heartless, the ego knows nothing of Love. Love is of God. Fear is of the ego. In the ego’s world, the ego is God. Why repeatedly choose fear as our teacher?

A study of the lives of tyrants shows they each had oppressive lives as children, often abused by their family and their surroundings. It is a sad story, but those who are terrorized as children often bring terror to the world. Why do we choose dictators, despots, and demagogues as teachers? Obviously, this hoped for ‘maturity’ in consciousness is not universal; there remains a great deal of work to be done. The good news is that despite these statistics, I am not alone in seeing an advancement in consciousness even during times of continuing troubles.

Where do anger and attack come from?

Everyone is aware of what happened at this year’s academy awards when veteran actor Will Smith, feeling insulted, walked

up to the award presenter, Chris Rock, and slapped him after Chris Rock had made a joke about Will Smith's wife, Jada. During a commercial break, fellow-actor Denzel Washington offered some sage advice to Will, saying,

*“At your highest moment, be careful,
that is when the devil comes for you.”*

It's hard being at the top. Things can get shaky there, and what begins in anger often ends in shame. A friend given to outbursts of anger once said: “I hate myself when I do that.” Will's impulse to strike Chris occurred minutes before he was awarded the Oscar for the best actor of 2022. It was certainly at a high moment. Will currently has a best-selling book on the market, entitled simply “*Will*.” Impulsive behaviors happen without reflection on the possible consequences of harm brought on oneself and others. Impulsively giving in to the directive of the ego, we find ourselves going through a hell of our own making. It's not fun! Other actors on the world's stage plunge ahead into catastrophic egomania, destroying much of life they find around them, on the way to their own ego's fiery end.

*Peace is the ego's greatest enemy because,
according to the ego's interpretation of reality,
War is the guarantee of the ego's survival
as the ego can only exist in ‘opposition.’*

T-5.III.8:7

For the ego, there must always be a problem, an opposite that need be fought against. Without opposition there's no war. In Truth, *You are the Christ*, as is everyone. Yet, the light is dim; we have yet to fully awaken to the light within. We cannot “show” the light unless we “know” the light.

The simplest way to awaken is to pay attention. There a wise inner guide speaks to each of us.

*The voice is subtle; the message is clear.
Listen closely and you ‘will’ hear.*

If we choose not to listen, then, given time, Life itself will wake us up. Sometimes we only awaken by slapping ourselves

awake, hurting ourselves even more than our intended victim. The more we pay attention the less likely we will be tricked by demonic impulsivity, startled awake and/or involved in some crash and burn.

Corrective learning

*always begins with the awakening of spirit,
and the turning away from the belief in physical sight.*

*This often entails fear, because
you are afraid of what your spiritual sight will show you.
The Holy Spirit cannot see error and is capable only of
looking beyond it to the defense of Atonement.*

*Discomfort is aroused
only to bring the need for correction into awareness.*

T-2.V.8:1&8

As we mature in spirit, we awaken within. If we do not consciously choose a path, then we find that *Life Itself is a course*. The world is a school, the classroom is of our own making. There is a class called “Divorce,” another called “Bankruptcy,” another titled “Health Issues.” Another is titled *A Course in Miracles*. Some classes are easier than others. Though the Course may look difficult, with a little attention and discipline the road straightens out. Who shall we choose as our teacher? Following GPS—God’s Plan for Salvation—the path smooths out before us.

We can pay attention to the soft voice of God. Or we can tumble forward into madness until in madness the external ends, leaving only Spirit within. Fortunately, Spirit picks up the pieces and enables our beginning again. The turning point in consciousness often does not come until someone is so “sick of themselves” that they cannot take it anymore and collapse—hopefully in tears and into the ever-loving arms of Love Itself.

Do not be afraid to look within.

*The ego tells you all is black with guilt within you,
and bids you not to look.*

*Instead, it bids you look upon your brothers,
and see the guilt in them.*

T-13.IX.8:1-3

How far anyone is from an awakening obviously varies greatly. While a goodly group of folks have their feet on the path and know they are “headed Home,” there remain those whose primary guide is the ego. While the hungry ego eats up ever “more”—more land, money, sex, food, and pleasure, the soul remains sick and unfulfilled—needing only Love.

*The glass in which the ego seeks to see its face is dark indeed.
How can it maintain the trick of its existence except with mirrors?*

But where you look to find yourself is up to you.

T-4.IV.1:6

In Defenselessness My Safety Lies.

Lesson 153

If someone walked up to you on the street and began to attack your body, you would “naturally” do whatever you could to protect your body for one simple reason—you believe you are a body. Proof of this fact is that you are hanging out in one. When the Course says, “In defenselessness my safety lies,” it means do not defend the silly ego. Can Christ be offended? Only an ego can be offended. When we are up-set and off-ended, we lose our balance and fall. Defending the ego makes it seem even more real. Why would you defend something that’s not real? If someone were to tell a lie about you, simply tell the truth in reply, or say nothing at all. To defend an ego is to defend an illusion. The truth needs no defense. At the same time,

*Babies scream in rage if you take away a knife or scissors,
although they may well harm themselves if you do not.*

T-4.II.5:1-7

We do not let murders murder, rapists rape, or thieves steal. If people do not know how to behave in society, they must be stopped, or their own sake as well as the world.

*To the extent to which you value guilt, to that extent
will you perceive a world in which attack is justified.*

*To the extent to which you recognize that guilt is meaningless,
to that extent you will perceive attack cannot be justified.*

This is in accord with perception’s fundamental law:

*You see what you believe is there,
and you believe it there because you want it there.*

T-25.III.1:1-3

If you want to give the devil a name, call it fear. Whenever fear intrudes anywhere along the road to peace, the devil often tries to join us in our journey home.

*The mind can make
the belief in separation
very real and very fearful,
and this belief is the “devil.”*

*It is powerful, active, destructive,
and clearly in opposition to God,
because it literally denies His Fatherhood.*

T-3.VII.5:1-2

We cannot be separated from the Mind of God. That would be impossible. Despite that fact in “time” it seems as though a separation has occurred, in eternity the separation could never have happened, has not, and never will. We are already awake in the mind of God—if we can see it. Everything else is part of “the dream.” Just as the devil can seem very real, so can the dream. Look about and see if you can perceive “the dreaming of the world.” We notice dreaming in the games of power, pride, one-upmanship, rank, title, and the positioning games we all play. The good news is that the mind can learn and grow, and changes can be made.

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

T-4.IV.6:1-3

Since there is no ego *in reality*, the Holy Spirit does not dialogue with the ego. Doing so would imply that there *is* an ego. Sometimes when I am summarizing a talk I will conclude by saying a few things it would be good to remember. Number 1 is

“Do not attack.” Attack is always, always, always a mistake. The mistake lies in the mind that feels attack is necessary.

No attack can ever occur unless the idea and/or the impulse to attack comes first. Thus, the preamble to the constitution of UNESCO is “Wars begin in the minds of men.” First there must be a judgment that an attack is called for. Who makes that decision? As we grow in spiritual awareness, we know that if we hurt another, we hurt ourselves—until that beautiful day comes when we forgive ourselves. Forgiveness is really the main road to happiness.

The Course lists three major uses the ego has for the body: attack, pleasure, and pride. Attack may be physical, spoken, or written. No attack can occur unless the decision to attack is first made in the mind. Who is “Charlie the Chooser” who makes that decision?

*Projection makes perception,
and you cannot see beyond it.*

*Again and again have you attacked your brother,
because you saw in him
a shadow figure in your private world.
And thus it is you must attack yourself first,
for what you attack is not in others.
Its only reality is in your own mind.*

T-13.V.3:5-8

The most basic law of the universe is the law of cause and effect: as we give, so do we receive. What goes around comes around. This law works progressively and regressively, both creatively and destructively. Attack in any form—be it an insult, a slap, or a missile—will never bring us what we want. It will, in fact, boomerang, bringing us what we had projected onto the “other.”

How then are we to be in the world?

In the 1995 movie *Dead Man Walking*, a nun and spiritual advisor (played by Susan Sarandon) to a criminal (played by Sean Penn) did not deny what the criminal had done. She loved

him and looked past his mistakes to the truth within. Just as a parent can look upon a misbehaving child and, while correcting the child, also see past the child's behavior to the innocence within, so does God know the truth of our Being. God created us perfect. We may be dreaming a horrific dream, even living out a nightmare. And while the nightmare may appear to be very real, the truth of who we are as perfect children of a perfect Creator remains our eternal reality.

Veronica Viddler, one of the long-term Course students in our ongoing online ACIM class, described a profound awakening in which the truth of her 'Being Love' spilled out so beautifully that she shared her joy with the class. Her experience was clear, vivacious, and real, for when love fills your heart, as it did hers, it must be shared. Experiences like hers may fade a bit with time, but can never be forgotten; having opened this door once and looked inside, you will not forget what is there. It is now more possible than before for Veronica to reach back to this experience and know its ongoing truth for everyone. Taking the Course seriously—i.e., doing the Workbook and practicing its principles—the Course can bring similar experiences to any and everyone.

You are Love. That is *all* you are, ever have been, or need to be.

Your sinlessness is guaranteed by God.

Over and over this must be repeated, until it is accepted.

It is true. Your sinlessness is guaranteed by God.

Nothing can touch it or change what God created as eternal.

The self you made, evil and full of sin, is meaningless.

Your sinlessness is guaranteed by God,

and light and joy and peace abide in you.

W-93.6:1-7

Lovingly,
Don

UKRAINE: AN INVITATION TO LOVE

by Patricia Pearce

As I sit down to write this article, the war in Ukraine is in its fourth week. As we witness the horror and brutality being unleashed in that country, many of us are asking ourselves: How can we contribute to the healing that is so obviously needed in our world right now? What does it mean to offer a miracle in this historic moment?



It is helpful to remember that what we are witnessing is nothing new. It is but one more graphic display of the mind's original error of separateness that has been playing out for millennia. Once the mind embraced the fallacious idea of separateness, it became inevitable that it would attempt to divide reality into good and bad, us and them, enemies and heroes, perpetrators and victims, conquerors and conquered.

But this attempt to divide reality, no matter how violently enacted, is and always will be futile. Reality cannot be divided. Love cannot be destroyed; and it is this understanding that enables us to hold all that we are witnessing with equanimity and compassion.



Going to the Headwaters

I had a dream a few weeks ago while I was on retreat that has continued to linger with me, especially in light of what we are witnessing in Ukraine. In the dream I am walking along an old, cobblestoned city street. Walking in the opposite direction was a large group of people who were participating in some sort of action or demonstration, I think having to do with the climate crisis.

As I walked I realized that what I wanted to do was not to focus on the manifestations of the climate crisis, but to go to its headwaters, to the point where it originates in consciousness. There, I know, is where healing and transformation will happen.

The same could be said for the crisis of war, or any of the global crises we are facing. They are all expressions and outgrowths of an erroneous idea that found its way into our consciousness; and the only true resolution of these crises will occur when the underlying error has been abandoned. As the well-known Vedic saying states: “War begins in the minds of men.”

Going to the headwaters is something each of us can do. When we notice that place within our own mind that is harboring the patterns that we see playing out in this war—thoughts of division, of sides, of enemies, of attack—and dissolve those thought patterns in love, we make a lasting contribution to a world of peace.

This inner violence towards ourselves is the same violence that ripples out into hostilities in the world.

We are the original victims of our own mental warfare, and so this stance of love begins within ourselves. We inflict tremendous suffering on ourselves when we judge ourselves and engage in self-loathing. This inner violence towards ourselves is the same violence that ripples out into hostilities in the world.

Seeing Together

Since the pandemic first began over two years ago, I have been intrigued by the fact that Covid, were it a word, would literally mean “*to see together*” (co- together; vid- to see). For me, that sums up this remarkable moment in our collective dream. We are “seeing together” things that in the past we couldn’t see, or simply refused to see.

Now that technology that has connected us globally, we are seeing together the virulence of racism, the dire consequences of our alienation from the Earth, the vast inequalities of wealth. We are seeing together how eagerly we divide ourselves into camps of us-versus-them, and how enthusiastically the mind embraces falsehoods that reinforce its narrative of division. And now, with this war in Ukraine, we are seeing together the shocking insanity of war.

This is a time of great reckoning for us as a human species. Seeing the mind's insanity so clearly manifested in so many distinct yet inter-related forms, many of us are experiencing a deepening commitment to awaken from this illusory dream of the ego. That awakening dawns fully within us when we not only see the insanity that our minds have been harboring, but also realize that we are not and never have been judged because of it.

An Outbreak of Love

So what does it mean to offer a miracle in the case of this war?

It is the same as in any scenario: to allow our own perception to be corrected so that we are able to see and stand in the divine essence of all the players in this conflict. As *A Course of Love* states: . . . *social causes, environmental causes, political causes. The cause of all these issues is fear. The cause and effect of love is all that will replace these causes of fear with the means and end that will transform them along with you. You are means and end. It is within your power to be saviors of the world. It is from within that your power will save the world.* (*A Course of Love*, D:Day 10.37)

It is to recognize that no matter how extreme or violent humankind's expressions of separateness may be, they can never achieve the impossible. They can never make illusion real. They can never destroy our divine nature. They can never sever us from love.

As *A Course in Miracles* says, everything is either an expression of love or a cry for love. What we are seeing playing out right now in Ukraine is a tremendous cry for love. What if we then allow this outbreak of aggression to be the impetus for an equally stunning outbreak of compassion? What if we see this war as a calling for each of us to express love in new and creative ways—not only toward those who are experiencing

This war, if we let it, can be a catalyst for our hearts to open as never before.

the direct effects of this conflict, but with every one we meet? And what if we begin that outbreak of love with ourselves—accepting, finally, the eternal and inviolable beauty of our own divine nature?

The only replacement that can occur that will accomplish

what you seek is the replacement of illusion with the truth, the replacement of fear with love, the replacement of your separated self with your real Self, the Self that rests in unity.
(ACOL, C:9.24)



This war, if we let it, can be a catalyst for our hearts to open as never before. This can be the moment when we commit ourselves fully and unequivocally to choose only love no matter what illusions the egoic mind is enacting. And because all is interconnected, each and every expression of love diminishes the energy of fear on this planet and hastens our collective awakening to the truth of who we are.

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.

NO PRIVATE OR POWERLESS THOUGHTS EXIST. *Ever!*

by Carol Howe

It may seem like those of us thousands of miles from Ukraine are limited in our ability to be helpful as the war escalates. Thus it sounds preposterous to be told that we, specifically and individually, actually make a real and significant difference, but indeed we do!



Thoughts are public, powerful,
and instantly effective.

We have all grown up with the idea that what we experience with the body senses is real and important, but not so much the “invisible” thoughts. When not spoken or written, we believe they remain private, ineffective, and unknown to all. Nothing could possibly be further from the truth. Thoughts are public, powerful, and instantly effective. They provide the framework for all our “outer” experience.

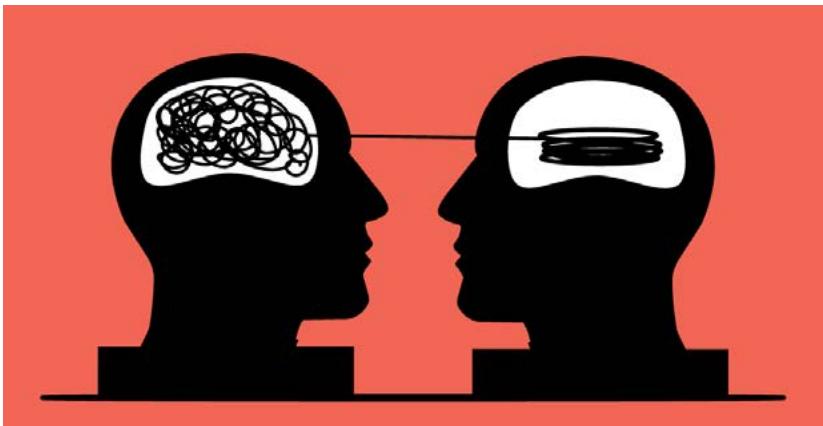
The first fifty Workbook lessons of *A Course In Miracles* focus on the unlimited power of our thoughts, and the fact that as we change the nature of our thoughts, the world we experience literally changes. A few lesson titles: *I am not alone in experiencing the effects of my thoughts; I can escape the world I see by giving up attack thoughts; I have invented the world I see.* And from Lesson 23: “Every thought you have makes up some segment of the world you see. It is with your thoughts, then, that we must work, if your perception of the world is to be changed.”

Both ACIM and *A Course of Love* stress this point. ACIM refers to the physical world as “the ego’s self-portrait.” What’s more, these worldly replicas in form appear instantaneously, an amazing feedback device—not occurring “sometime later.”

Contrary to what we have learned, all thoughts matter!

This ego is an invented story of one’s separate self, a collection of thoughts and beliefs. Our individual worlds present an exact mirror of those thoughts and do not exist independently of them. The blueprint for that “story,” or the





self-concept, is made in our earliest years of experience before “thinking” begins, and as we are assured, bears no likeness at all to the brilliant, beloved, safe, eternal, and harmless Presence we *actually* are, right now!

This “mirror,” appearing as the world, is indiscriminate and gives either gain or loss, depending on the nature of our thoughts—loving or fearful—with no other options. There’s no way to interfere with this cosmic process. Thus, not only do we experience all our thoughts, which appear as every single aspect of our three-dimensional world, but we continually and efficiently broadcast them. Yet because we are each literally a unique and beloved aspect of One Mind where all thoughts are known and shared, circumstances change as grievances are released and become more loving. So, contrary to what we have learned, all thoughts matter!

“Private thoughts” are definitely not private, and are powerful!

And why would we want our lives to be private, anyway? Obviously, as a defense. We want to hide the part of ourselves (the ego story) we deem flawed and unacceptable, assuming we will be ostracized, discarded, or attacked if “people knew everything about us!” We are programmed to judge, attack, separate, or deceive as the way to stay safe and we presume

All unloving behavior is a desperate call for love and help.

all others are doing the same. So we engage in a futile attempt to hide.

All defenses imply guilt and the presumption that others will attack if they discover what's wrong with us. Thus, defenses are actually an attack in disguise, offering the "gift of guilt" to others with devastating results for us, since the price for giving is *always* receiving—no matter the nature of the "gift." So pretending to need private thoughts to stay safe actually increases the sense of guilt, self-attack, loss, and fear. Since the "defense" of mythical private thoughts always backfires, we must unlearn this self-sabotaging strategy in order to experience peace.

So what thoughts do we want to offer others since we, too, will receive them? We want to focus on their unassailed innocence, their pure, beloved, and eternally-created nature, by regarding them in an open-hearted, loving, and generous manner.

This does not mean pretending that all words and deeds are appropriate and good; some behavior is frightful beyond measure, but it does mean understanding that all



unloving behavior is a desperate call for love and help, and that everyone is always doing the highest and best of which they are capable *with their mind-set of the moment*.

So in order to be a healing presence for everything and everyone, we must drop judgment, practice facing the fear of being open without needing to privately censor or blame ourselves or others. In this way we extend to all the gift of, “You’re not guilty. I’m totally safe in your presence. And what’s more, I’m here to be truly helpful to you!” That message or attitude held in the One Mind in which we all actually exist offers a priceless gift that keeps on giving to all.

Given that we operate under the influence of a law that is beyond our ability to weaken or corrupt—you experience what you offer to others—the only sane choice is to offer to others the innocence and loving acceptance we want to experience ourselves rather than trying to “give away” our guilt by defending and making them wrong.

To experience our own sense of peace and safety we must remember that, beyond the horrific behavior that is always occurring somewhere on the planet, remains the eternal, awesome Truth that the conscious awareness, invisible loving Presence of everyone and everything is unaltered and unaffected in any way. It remains pure, whole, and available. Physical words and deeds, and the thoughts that underlie them, are no match for this Truth.

This is an astonishing guarantee and should motivate us to become more mindful than ever to live out of this Truth through our all-powerful thoughts and attitudes.

Carol Howe, a student of A Course In Miracles for 45 years and one of its earliest teachers, has “decoded” its message through hundreds of audios, videos, and written articles. A close personal friend of co-scribe Dr. Bill Thetford, she authored an intimate biography of his life entitled Never Forget To Laugh. www.carolhowe.com

To LOVE, LET LOVE Love You

by Mary Lenihan

One morning in quiet, I am trying to make peace happen! Then I hear from within, “Let LOVE, love you.” I about fall off the sofa as my whole being opens. Oh my gosh, decades of prayer, meditation, and spiritual practices and studies, and I don’t remember ever simply *letting LOVE, love me!* Hmm. How did I miss this?



It’s not that All-Encompassing LOVE isn’t already loving me, it’s that up until that point I hadn’t been truly *receiving* this LOVE. Why is that important? Because not receiving makes a gap that maintains a personal sense of lack, a feeling of not good enough, and the nagging feeling that something isn’t quite “right,” specifically, who I am is not right, my life is not right. This is “shame.”

Shame is the belief that who I am, my very being, is wrong. This in turn keeps me needing to fight for power and control as an erroneous method to undo the shame. Quite an entangled web the ego weaves, tying us up in knots!

One night lying in bed, praying with All-Encompassing LOVE, something was unveiled that I saw had been keeping me in bondage for years. I was shown how shame and guilt have been covering up the true freedom of who I am in LOVE.

I saw events and relationships that I experienced throughout my life, of which I have varying levels of awareness, atop different thoughts, emotions, and memories that would come and go like shadow figures. They lay just beneath the surface, day in and day out, enough to cause a sense of discomfort, confusion, sadness, and sometimes anger, rumbling behind the scenes of daily life. I began to see clearly the damage shame and guilt were doing in my relationships with myself, others, and even with LOVE itself.

As I prayed, the buried knots of guilt and shame came into awareness and gracefully untied. I don't have to live with these knots. Carrying around shame (quite unconsciously) had been sabotaging my whole life: how I saw myself and others, the pressure I put on myself to be better and do more, to prove that I am worth something. I saw how I am free of all this as I receive LOVE.



In this moment, I am sure that this healing I received happened because of my willingness and practice of *letting LOVE love me* over the past few years. Receiving LOVE, which I assumed I was already doing, lets in the light. “Lets in” is the key action—and it is an action.

Have you ever experienced your mind in knots? Your heart in knots? Your stomach in knots? The practice of receiving LOVE helps me and it may help you. Perhaps we err in trying to convince ourselves we are worthy, without pausing to receive the All-Encompassing LOVE who established our worthiness! Putting the cart before the horse. Believing that I am unworthy of LOVE, unworthy of LOVE’s attention, care, affection, and grace can be healed simply in my practicing *letting LOVE, love me*. I don’t have to believe it, only practice it.

For years I was aware of the presence of peace, of being surrounded by LOVE, hearing the voice of wisdom, yet I wasn’t fully receiving what was being extended. I was keeping my distance. Now I practice allowing these graces to be my Source for everyday living.

Unworthiness, which we hear about a lot, kept me from receiving all that LOVE is, and who I Am in LOVE, for years! What is unworthiness? In my book, *Pause For Inspiration* (2009), I received the following:

Meet Unworthiness. You’ve heard of “Character Defects”? Well, this cubicle character has imagined quite an assortment. But his favorite imaginary character defect is unworthiness, a proud child of fear and guilt, who are both descendants of the little thought, I AM ALONE.

When the cubicle self heart-mind (ego) experienced itself alone in its cubicle, squared off, boxed off, and cut off from LIFE, it freaked. Where am I? Who am I? Why am I? Suddenly it was nowhere. Yikes! Unworthiness came into its little, edgy



nowhere mind and promised to keep it company and be its best friend forever.

Our simple choice to receive and accept our worthiness is what will ground us in an everlasting sense of security, peace, and living joy! (p. 261-2, 4)

Worthiness can be discussed as if it is a concept. I find that unhelpful. I experience worthiness as a felt experience of being loved and loving. LOVE, in my experience, is also not a concept, but a living Well of Being. Inspiration within walks with us to the Well as we are willing to be companioned.

Worthiness is my substance—not my best friend, but my True Friend. I can even sense worthiness at a bodily level as I place my heart, mind, and body in the service of LOVE in my daily routine.

Lean into LOVE and LOVE will undo the knots. Let's do it. Right now, let us join together and practice:

Pause For LOVE

Wherever I am ~ Whatever I am doing ~ Whomever I am with

∞ = unhurried breath

PAUSE

There is a LOVE that loves me.

No matter what.

Always, Unwavering, Forever. ∞

RECEIVE

With this breath, I receive This LOVE.

With this breath, I let This LOVE ~ love me.

I receive This Unwavering LOVE. ∞

I let This LOVE ~ love me. ∞

LOVE MYSELF

In this moment, right now ~ What does This LOVE want to share with me on how to love myself? ∞

LOVE OTHERS

In this breath, as truly let This LOVE ~ love me, I will truly love others. ∞

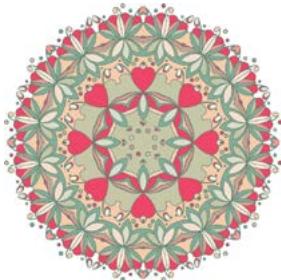
Love heals what I thought could not be healed, loves who I thought could not be loved.

Everyone is worthy of a Pause.

I can Pause for LOVE, wherever I am

I can Pause for LOVE, whatever I am doing

I can Pause for LOVE, whomever I am with



Mary Lenihan has fun teaching The Pause Practices as a tool for accessing inner wisdom. She and her partner, John Hutkin, co-founded Pause For Inspiration in 2008. www.pauseforinspiration.org, www.pauseforyourhelpfulself.org Mary shares free Pause programming and materials with educators, students, healthcare professionals, community service organizations, businesses, inmates, the homeless, and spiritual seekers and finders. Mary received The Mentor Within (2003), Visions of Illumination (2009), and Pause For Inspiration (2009). To receive a daily Pause go to <https://lp.constantcontactpages.com/su/DuqjMvn>

A Poem of Peace

by Evalyn Sorrentino

*To walk in peace is to be Peace itself.
Partner cannot disturb you,
child cannot disrupt you,
parent is forgiven,
neighbor, stranger are both beloved.
Wholly kindness does exude from you.
Center cannot be moved off-field.
All action steadies you
for you see only One.
Your kindness dissolves discord
and embraces your own spoiled child.
Let nothing move you to complaint,
either of mind or of body.
Be grateful and you
are healed.
Permit consistency to be
both your continuous
and a momentary partner.
Then Peace will claim you as its child.
You will play with the tigers;
You will walk without protest.*





Some more important philosophical questions on life:



My Parents taught me
RELIGION.

"You better PRAY that will
come out of the carpet."



No matter how much you push the envelope,
it'll still be stationery.



Sorry I would love to
see you but I have a
meeting with my
support group...

My doctor asked if
anyone in my family
suffered from
mental illness.

I said, "No we all
seem to enjoy it."





Do You Still Not Believe in Your Own Perfection?

A message from Jesus through John Smallman

As your collective awakening process approaches completion, an enormous amount of “stuff” is bursting into the collective consciousness for acknowledgment, thanks, forgiveness, and release. It holds within it many generations worth of resentment, denial, and anger that has been deeply buried because it was too intensely painful to acknowledge either as it was happening or at any time afterwards, up until now. Now the whole human collective is allowing it into awareness, and with it comes much guilt and shame for past long-forgotten words and actions.

It has to be dealt with now! Until it is complete your awakening remains on hold. There is only a very little bit more of the awakening process that needs to occur before it comes to its most amazing and magnificent completion. However, all the “stuff” which is not and cannot be in alignment with Love has first to be one hundred percent released. A major part of the release is through forgiveness of everything that has *collectively* been buried and denied—namely, not only the words and actions themselves, but also, of extreme importance, the collective shame and guilt arising from those words or actions, which have also been deeply buried and denied.

Guilt and shame are always completely out of alignment with Love because they refer to something that

is totally unreal insofar as *nothing* that is not of Love exists. But humanity, through generations of conditioning, has an intense belief in the *validity* of shame and guilt. This has to be released, along with all the judgment that has arisen from it.

Mother-Father-God loves you infinitely because you are Her absolutely perfect children.

Mother-Father-God loves you infinitely because you are Her absolutely *perfect* children, just as you were created, and in no way have you ever departed from that state of perfection. Nonetheless, large numbers of you still do not believe in your own unchangeable perfection, and are at present unable to fully accept and love yourselves, having accepted an invalid and unreal belief in your shame and guilt. Total and complete self-forgiveness and self-acceptance are essential, and if you will go deep within yourselves, open your hearts and invite Love to enter, it will, and in doing so it will show you clearly, without room for doubt of any kind, your perfect and utter sinlessness!

You will see and *know* yourselves as the perfect divine beings that you are and always have been. What God





creates is always and can only be perfect! Finally you will *know* yourselves, and—inconceivable in your present self-chosen state of unreality—experience the most wonderful sense of joy! Finally you will recognize

yourselves as you truly are, free of every tiny aspect of shadow that has hidden reality from you ever since you chose to enter the illusion.

Spare the time to go deep within, disregarding any feelings of shame or unworthiness that may arise.

The illusion/dream that you are experiencing is unreal and, intellectually, many of you know and accept this. Nevertheless, because your conscious awareness is mostly brain-emotion-body focused, you are generally unconscious—unconscious of your true nature at one with Source—and live guided by your egos far more frequently than by your intuition. This brings the unreality of the dream/illusion into sharp focus, making your human lives seem very real.

Some of you occasionally spend time daily in prayer or contemplation when you can spare time from dealing with the daily events with which life is almost constantly presenting you. However, the “stuff” now arising is very powerfully demanding your attention, and is not something your egos wish to attend to. This creates conflict within you, and your egos will do their best to distract you, causing you further fear, worries, and anxiety.

So now, more than ever before, you do need to spare the time to go deep within, disregarding any feelings of shame or unworthiness that may arise, while having the patience to

wait as your overly-active minds quieten enough for you to be still and at peace, or at least feel relatively calm, thus allowing Love to enter your hearts. Because you each have totally free wills, unless you invite and allow Love to enter, it cannot do so. When you do make a very positive commitment to invite Love in, it will powerfully assist you to recognize that you are and always have been perfect divine beings, freeing you from your invalid and misguided beliefs and thereby enthusiastically encouraging you to release your remaining attachments to shame, guilt, and unworthiness.

Total self-acceptance will become established as you forgive yourselves for all the errors and unloving words or actions you have delivered during your human lives while believing that they really occurred. As you actually feel Love embracing you wholeheartedly and unconditionally—which is the one and only way in which it always expresses itself, reveals its presence—it will most beautifully confirm for you that you truly are perfect divine beings.

Therefore I would substantiate for you once more that you are all, without exception, perfect divine beings having a momentary experience of separation in which there seems to be extreme pain and suffering for vast numbers of you. That state is unreal, and you *will* awaken, because to do so is your destiny, returning you to your divine and sovereign state at one with Source in utter joy.

Your loving brother, Jesus.

John Smallman was a commercial pilot for 42 years and has been channeling since 1995, beginning with Saul, followed by Jesus. In 2020 Jesus wrote through him, [Awakening to Reality – A Joy-Filled Book from Jesus](#), available online. John posts messages from Jesus on his blog <https://johnsmallman2.wordpress.com/> and his messages from Saul at <https://johnsmallman.wordpress.com/>



PEACE UNDER STRESS

by Dr. Rod Chelberg

“Your attention please, Dr. Blue, Respiratory Arrest, Operating Room suite room 4.” As I heard this overhead page, I smiled to myself and felt relief because I was the attending doctor for the emergency room that day.

It was not hospital policy for me leave the emergency department to attend to this hospital code. We had two code teams that handled all other medical emergencies in the hospital, day and night. With relief, I went back to work, seeing my patients and managing the emergency department.

My relief did not last more than a half hour. As I was dictating a patient note, the lead charge nurse rushed into my office in a panic and demanded that I come with her immediately to help in the OR suite. Apparently, the two code teams could not resuscitate this patient and she was dying. They had nothing left to offer in terms of medical care.

I explained to the charge nurse that I wasn’t supposed to leave the emergency department in case another code came into the emergency room that I needed to manage. She grabbed both of the white lapels on my doctor’s coat and forcefully pulled me out of my chair, grabbed my hand, and started running down the hallways to the OR suite with me in tow. My ego screamed, “I have so much work to do! This is not my responsibility! What can I do that the two code teams couldn’t?”

My ego screamed, “I have so much work to do! This is not my responsibility!”

In the OR suite all the alarms were sounding. The staff was frozen in panic. The anesthesiologist was crying uncontrollably, supported by two nurses. The charge nurse stood by the crash cart, looking to me. She looked terrified. She told me that this woman had an allergic reaction to a blood pressure medication which caused her face and tongue to swell. She was given epinephrine and steroids—like a bee sting kit only much stronger—to stop the allergic reaction. They weren’t working. The patient couldn’t breathe and subsequently had a respiratory arrest, and developed a malignant heart rhythm which was unresponsive to shock therapy. She was slowly dying. The two code teams spoke with the family, saying there was nothing left to do but let her go.

The patient was on my left side on the gurney; a male nurse attended on her right side. A respiratory therapist was giving oxygen through a facemask. The patient was a young woman in her mid-30s. Her hands and feet were mottled blue and white, indicating very little blood flow. She was unresponsive. Her face was ashen white. I knew that death was only minutes away. On the heart monitor, I saw a malignant



heart rhythm of 180 beats per minute—too fast to adequately pump blood. As a result, she had critically low blood pressure and oxygen saturations. When I looked around again, everybody was looking at me. Fear was heavy and palpable.

Then I asked, “What does Christ have to say?”

Before I spoke to the nurses, I stopped my ego’s shrieking mind. I decided that “I wanted the peace of God,” instead. (L. 185) Then I asked, “What does Christ have to say?” and opened my mind, adopted a listening attitude, and waited. I just rested there for perhaps a few seconds.

In that moment, time stopped. A deep feeling of peace and warmth descended upon me. Christ came. *Truth answers every call made to God. . . . No call to God can be left unheard or left unanswered . . .* (L. 357, 358.) Then I literally “stepped back and let Him lead the way.” (L. 155.) With His guidance, I turned to the charge nurse and asked, “What are we missing?” She was stunned and couldn’t answer the question, but Christ did. He said that this young woman has severe metabolic acidosis (like having vinegar in your blood) and that she needed an acid neutralizer, sodium bicarbonate (baking soda) to correct her acid-base imbalance and return it to neutrality.

I immediately ordered two amps of bicarb which the med nurse gave her. Then the most amazing thing happened. As we looked at the heart monitor, the rhythm completely changed from a malignant rhythm to just a very fast normal sinus tachycardia. I have never seen this before or since in my medical career. Because of the severe metabolic acidosis, the conducting system of the heart was not working properly and gave a false malignant pattern. This is what we initially saw on the monitor and why the two code teams could not revive her with shock therapy. This normal fast rhythm is unresponsive to shock therapy.

Then Christ spoke to me again. Her fast heart rhythm was caused by the epinephrine used to control the allergic reaction—too much medicine, which had overstimulated her heart. He said, “give her Labetalol to control her heart rate.” As I gave this order, her heart rate decelerated from 180 to 80 bpm. Now she was in normal sinus rhythm. I asked the nurse to check her, but it didn’t matter. Within 15 seconds she woke up, pulled off her facemask, and started looking around the room! Her extremities pinked up and she started to speak. Everyone in the room started clapping. We had all just witnessed a miracle.

The following morning before my ER shift I decided to check on this young lady. When I arrived at the nurse’s station I was told that she had passed away in the early morning, surrounded by friends and family. She felt their love. Everyone was able to laugh and talk. It was as if everybody knew that she was leaving so they had time to say goodbye. Apparently, she was from a group home for the mentally retarded so even the staff had time to say goodbye and she fell asleep in a very peaceful state.

The nurses that took care of her were amazed at her easy transition. Everybody was at peace—a peace unlike anything they had ever experienced before. They still felt it five hours later. There was joy and gratitude, no fear, no crying, only deep peace.



It was then that I felt the loving presence of Christ on my right side. He said, “it was her time to go and return to our Father.

She died in peace and not fear. Because you listened, I was able to give her some time to say goodbye to her family. This was the real miracle.”

“Because you listened, I was able to give her some time to say goodbye to her family. This was the real miracle.”

In such situations I take a moment and stop the raucous, screaming ego-thoughts and re-center myself in Christ consciousness. I take a breath and say to myself, “I choose peace instead of this.” Then I detach myself from appearances to make room for God so that I can hear His voice within me. I do this by opening my mind. I surrender my will and listen to His will, since “There is no will but God’s” (L. 74.)

Once I’ve heard His guidance, I must trust God implicitly and act upon the instructions given. God works through me. I have learned that “it is not I that doeth the works but the Christ within me.” (KJV, John 14:12) Then a miracle occurs, and everyone is brought to God’s deep divine peace.

So I left the nurse’s station and proceeded to start my day in the emergency room. But as I walked, these thoughts were in my mind: “Today the peace of God envelops me, and I forget all things except his love.” (L. 346) “All fear is passed and only love is here.” (L. 293) “I feel the love of God within me now...” (L. 189) So I started my day walking with the perfect peace of God. I had profound feelings of joy, gratitude, and love within my heart. I knew that all was well.

Dr. Rod Chelberg saw over 70,000 patients during his 28 years of medical practice. He is the author of When God Calls, Say “Yes!” and now offers private consultations. See his website, <https://www.drrodchelberg.com/>

Pay Attention, Stay Alert, Be Aware— Guidance Is Everywhere

by Allan Ishac

About ten years ago, I was lying on the table of a wonderful craniosacral therapist in New York City. I was on my back, eyes closed, in that altered state one can fall into during intense bodywork sessions. The therapist was at the head of the table, her hands under the occipital nerve at the base of my skull. *Both her hands.*



It was my father, long since dead, but palpably present in that moment.

Then, suddenly, there was *another* set of hands gently clasping my ankles. I asked the practitioner where she was. “At your head,” she said. I told her that ten fingers were wrapped around my feet. Calmly, she replied, “Yes, I feel another energy in the room with us. Do you know who it is?” And I did, immediately. It was my father, long since dead, but palpably present in that moment.

I teared up. My father was a difficult man, and we had a challenging relationship when he was alive. Frankly, I was scared of him. He was volatile, often angry; certainly not the kind of man who would lovingly hold my feet. But there he



was—I felt him—and over the next half hour, I heard him, too. Not words in my ears, but impressions in my head, with his reassuring grip never leaving my ankles.

He told me that he had made mistakes in life, that he was terribly sorry, and that now he would do anything to help me—just ask and he would answer. He shared other healing words, too, words that I believed, and that stuck. That day marked the beginning of a life-altering relationship of posthumous, paternal support. It also ushered in a new awareness of familial energies from a trusted “Circle of Ancestors,” there for me at all times, ready to help whenever called upon—constant, infallible, friendly, and free.

In the years since, that circle of attentive ancestors and non-corporeal companions has grown to include eighteen souls: my paternal grandmother whom I never met; the aunt of a friend who always laughed at my bawdy jokes; a deeply soulful psychologist who first introduced me to *A Course In Miracles*; a Haitian nanny who was my loving caregiver until I was age five; my kindergarten teacher, Mrs. Dobson, one of the kindest people I’ve ever known; even an ancient Greek mystic who is the protagonist in a novel I’ve written, along with eleven others in a circle that is still growing.

My job is to remove the blocks to hearing their unerring inner guidance.

Each will show up—when I get still and remember to ask—at exactly the right moment to assist with whatever problem I am perceiving. My job is to remove the blocks to hearing their unerring inner guidance; blocks that are always connected to the fear, guilt, anger, and judgments that live in my mind and act as static in my receiver.

The American poet Walt Whitman wrote, “The sidewalks are littered with postcards from God.” As I see it, the problem is that almost no one is picking up the postcards and reading them. Working with my Circle of Ancestors, I’ve begun to understand the otherworldly nature of these “spiritual postcards,” and how to tune into the messages they contain. For me, the guidance appears as subtle signs, synchronicities, and meaningful coincidences. If I pay attention and stay alert, rather than sleepwalk through my days, I am able to pick up on these gentle, loving, right-minded messages. The guidance has a way of mysteriously removing obstacles from my path, while being simple, highly individual, and unfailingly reliable.

This way of living my life is like a children’s game, a treasure hunt, and so much fun to play.

When I follow these breadcrumbs from beyond exactly, and connect the synchronistic dots as given, without manipulating or “improving” upon them, even if they seem strange or incongruous, a complete picture of needed actions for hopeful outcomes eventually reveals itself. This way of living my life, looking for clues from loving guides and following them without deviation, is like a children’s game, a treasure hunt, and so much fun to play.

Once during a “conversation” with my Circle of Ancestors (Reid Tracy of Hay House calls his own advisers, his “Spiritual Board of Directors”), I asked why they were helping me. The answer I heard was a bit dramatic, but also made a lot of sense: “Because you are our last best hope.”

Of course, we are *all* their last best hope.

The more I have thought about that, the more convinced I am that it aligns with a message that Helen Schucman received when she asked Jesus why *A Course in Miracles* came

I believe that many people today are feeling the gentle but urgent call of that speed-up.

into the world when it did. His answer was that conditions had become so dire in the dimension of time and space that a “celestial speed-up” was necessary.

I believe that many people today are feeling the gentle but urgent call of that speed-up. The Covid pandemic seems to have forced us all to look more honestly at our lives and the alarming state of our relationships, both local and global, and utter the same words that ACIM co-scribe Bill Thetford spoke to Helen: “There must be a better way.”

ACIM counsels us to turn to Jesus or the Holy Spirit for that better way, and I do. But I also like the idea of invoking those who I knew when they had flesh on, family and friends, as well as other spirit helpers. It doesn’t matter what we call them—a Circle of Ancestors, a Spiritual Board of Directors, our Higher Self—because there is no competition between them. All they ask is that we turn to them for direction, knowing that their gifts of unassailable guidance are needed now more than ever.

ACIM also teaches that we do not know what is in our best interest, but that spirit does. And if these benevolent, ever-present entities are willing to point the way, leaving a trail of helpful postcards in my path, then I’m going to do everything I can to find and follow them.

Because I need a lot of help, and their love always answers.

Allan Ishac is the author of the regional bestsellers, New York’s 50 Best Places To Find Peace And Quiet and New York’s 50 Best Places To Take Children. He has been studying A Course In Miracles since 1986 and just completed a metaphysical adventure novel based on the themes in ACIM. Contact Allan at allanishac.com.

A CALL TO CREATE A NEW REALITY

by Christina Strutt

*“Of course it’s happening inside your head,
Harry, but why on earth should that mean
that it’s not real?”*

said Albus Dumbledore in
“Harry Potter and the Deathly Hallows.”



In my experience life is real, all right!

I'd have to be pretty oblivious to claim otherwise. And at the same time it's kind of not real. I agree with Dumbledore. It's a quantum *both/and* kind of thing. It all depends on who is looking and responding. My self as a lonely separate human, often terrified, struggling to survive, and competing for my fair share? Or my Self joining with all—including and especially that lonely, terrified self—part of the whole as a divine human being, knowing I am never alone, and choosing as often as I can remember to be/give/receive the love, joy, safety, and abundance I seek? For there's no place “outside” of Oneness! No “where” to leave “out” anyone or anything! It's all within me, and I get to choose my response.

I wrote the above words three years ago and today they still renew my moment-to-moment devotion to joining in union and relationship with all that is unfolding in Ukraine, with the devastating floods in Australia, and more importantly joining with all that is arising within me as I follow these tragic events and more. As within, so without: owning my response-ability for resolving all conflict within me. Enfolding with compassion the nameless fear, the

swirling anxiety, unloving thoughts, words, deeds, as well as the myriad body aches and joint pains that seem to be calling for my attention.

In other words, loving it all—out there, in here—same thing!

How thoroughly insane is the idea that to defend from fear is to attack! For here is fear begot and fed with blood, to make it grow and swell and rage. And thus is fear protected, not escaped. Today we learn a lesson which can save you more delay and needless misery than you can possibly imagine. It is this: You make what you defend against, and by your own defense against it is it real and inescapable. Lay down your arms, and only then do you perceive it false. A Course in Miracles, W-pI170.2

In other words, loving it all—out there, in here—same thing! Dissolving all separation everywhere, not just when I feel like it or where it's convenient. There is no room for playing helpless. There is no one out there whose job it is to



fix things. There is no other out there to blame. There is no turning back. It's time to claim our creator selves.

There will never be a better time than now to walk in the world as it is, simply doing what feels loving.

For every joining, every union that you enter into, your real world is increased and what is left to terrify you decreased. This is the only loss that union generates, and it is a loss of what was merely illusion. A Course of Love, C:5.28



There will never be a better time than now to walk in the world as it is, simply doing what feels loving, one step at a time, one moment at a time, trusting our heart prompts, blessing all indiscriminately, loving all unconditionally. And remembering to ask for assistance from the myriad unseen who stand at our side awaiting our invitation!

Now you are called to create reality—a new reality. This is where you begin again. Begin again with the Self you now know yourself to be. A Course of Love, D:Day36.5-6

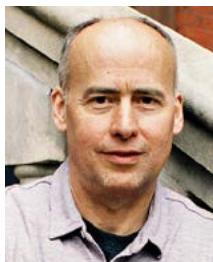
The only response is Love. The only time is Now. And We are the Ones.

About herself, Christina says: Living in four countries leaves me endlessly curious about people and how we live as the Love, Light, and Oneness that we are. Weaving the invisible spaces in-between, I know that relationship is everything! With gratitude for ACIM, ACOL, and A Journey into the Unknown – guiding me in Christ Awareness, Christ Consciousness, and Christ Manifestation. Christina Indraranee Strutt, CoCreating Clarity, <http://cocreatingclarity.com>

A HIDDEN KEY TO HARMONY

by Elliott Robertson

In these unsettled times when the world is turbulent, we need to “hold space” for one another. Unfortunately, the mind’s need to cling to its opinions about what’s best can get in the way.



Stephen Covey provided us with a simple illustration of what holding space can look like in his book *The Seven Habits of Highly Effective People*. He contrasted two fathers responding to their sons’ assertions, “I want to drop out of school.” The first father said, “You will not drop out of school! I graduated from high school and it paid off.” The second father asked his son to tell him more, listened attentively, and within a few minutes understood that his son was feeling humiliated by the reading scores he had received at school that day.

Covey is not only contrasting one father who misses a chance for listening and the intimate connection that listening can bring, he’s also shining a light on the mind. The introduction to *A Course of Love* says:

The mind so hates to be confused, to be open, to remain open, and to not know.

The mind so hates to be confused, to be open, to remain open, and to not know. It desires anchors to hold it in one spot, and held there suffers the pounding of the sea of change, resists the current, fortifies itself against the storm. [C:I.4]



The human mind wants stability. The difference between Covey's two fathers is that the second father allowed his mind to appeal to his heart—he let his heart lead the way. ACOL would have us do just that:

This course was written for the mind—but only to move the mind to appeal to the heart. To move it to listen. To move it to accept confusion. To move it to cease its resistance to mystery, its quest for answers, and to shift its focus to the truth and away from what can be learned only by the mind. [C:I.1]

We've all had times when we've been like the first father, sure that we were right about what would be best for someone else or for ourselves. "I'm right about this" becomes more important than listening, relating, giving it a second thought, or anything else. We tend to forget the famous question posed in *A Course in Miracles*, "Do you prefer that you be right or happy?"

Given that the mind "so hates to be confused" and "desires anchors to hold it in one spot," it's not surprising that this attitude shows up in social media. The mind doesn't say, "tell me more" when reading a post in Facebook. The mind and ego excel at keeping us stuck where we are—until something jars us, something not easy to dismiss.

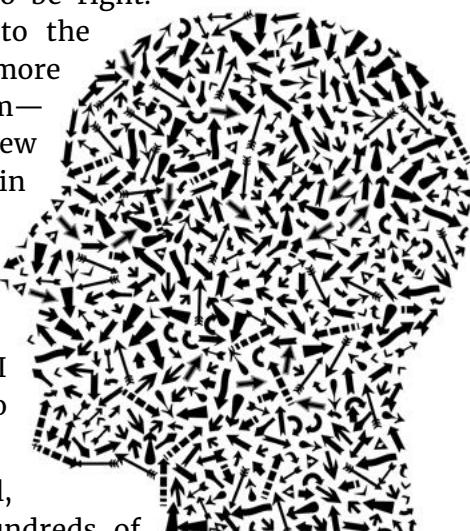
The mind's avoidance of confusion can also impede on our relationship with ourselves. Just as the first father missed out on a chance for a tender moment with his son, so too do we miss out on tender moments with ourselves. Sometimes we shut down a voice that's crying out within, wanting to be heard.

My heart may be saying, "I don't want to work in a job that doesn't line up with my values any longer." My mind might respond, "This is the only job possible given my skills and capabilities." If the conversation ends there, a rich exploration of feelings, visions for the future, and ideas is stymied, as well as the unearthing of doubts and fears. For now, feelings and dreams go unacknowledged.

When the mind appeals to the heart to lead the way, I'm more likely to discover who I am.

If I'm entrenched in a particular set of notions about myself such as "my skills and capabilities are limited to x, y and z," to open the way for change and growth I'll need to release the mind's need to be right.

When the mind appeals to the heart to lead the way, I'm more likely to discover who I am—or at least get a fresh new glimpse of the glory within me and my capabilities. I know all about this. I've worked at one entry-level job after another for a few decades, always thinking I didn't have what it took to do my boss' job.



Imagine, if you will, being a mansion with hundreds of



rooms. Imagine you've lived all your days in just one room and you take that room as the entirety of who you are.

Over the years you may have adopted the opinion that you're undisciplined and procrastinate, that these are your traits. Maybe you say to your friends, "That's just the way I am."

If you start off with "This is just the way I am," you forfeit exploring the mansion. You've glued yourself to the room you're in. In this example, you cling to "undisciplined," and while this may accurately describe your experience in that room, it denies the presence of the rest of the mansion that may inform you of more about who you are.

Many of us may have been finding ourselves in a very constricting room lately. I've noticed people deciding that they don't have what it takes to accept people who think differently about important social matters. "I guess it's just the way I am, I'm not able to accept everyone," some of us are saying with resignation.

This mind-trip keeps us static, not daring to open doors that might lead to a place that wants to behold God's light in all.

What a heavy price to pay for the need to be right! We cut ourselves off from others and keep ourselves contracted

Our hearts know that being right isn't as important as holding the space for ourselves and for one another.

by saying “No” to the eternal invitation to discover more of who we are. Surely this can only lead to suffering.

Our hearts know that being right isn't as important as holding the space for ourselves and for one another, setting ourselves and each person free to be wherever we may find ourselves, and living the best life we can, open to joy. Our hearts know that embracing all souls may be the highest (and happiest) way to the creation of the New. With our hearts in the lead, we are ready to encounter the man or woman we were born to be.

Elliott Robertson is a Spiritual Growth Coach. He is the Founder and President of Beyond Divisiveness and leads workshops on holding the space or one another, overcoming the need to be right, and discovering and celebrating the power within ourselves.

“ If my heart is healed, my heart is whole,
If my heart is whole, my love is holy.
If my love is holy, how can I fail to be sacrament?
And being sacrament, how can I not be Grace mySelf?
Every doing of my life is an act of Graceful Expression.
Every power of purity is mine to give.
Every blessing an extension of my Self.
I offer you the arms of Unity Herself in loving embrace.
I share with you the sacrament of communion,
healed, whole, holy Heart, giving and
receiving God's Grace. I pour it out.”

~ MaryBeth Scalice

The Vigilant Ciphers

by Glenn Horton

*Vast, resplendent ciphers
fall out of the sky at midnight
and also just before the dawn makes rise.*

*I stand opened-armed,
and soft, willing-hearted.*

*My ears void, my senses empty —
a soul is swirling with hunger
for every noble secret,
every noble riddle.*

*From outside We look in,
and from inside We look out.*

*I, You, We are devoured
and dissolved into One!*

*Embracing the codes and templates of eternity —
falling through brilliant sky-scapes —
into the fulcrum of Our unknown destiny.*

*There, at the hub of a most vigilant flame,
Our inner charms are seeded,
soothed — nourished.*

*We are dazzled at the brilliance
of the grandeur, the perfection
of the stealthy ciphers.*

Glenn Raymond Horton is a seasoned songwriter and singer, rock mandala designer and long-time mystic on the West Coast. Glenn also house-sits and pet-sits at rural estates and sanctuaries. He can be reached at goldenthreads11@gmail.com

Christ's Vision

Q: What is Christ's Vision and how do I experience it?

A: I am reminded of a story about Helen Keller. A reporter asked her, "Is losing your sight the worst thing that has happened to you?" Helen replied, "No, if I had lost my vision, that would be much worse." Being in this world as a seeming body separated from God, we have all lost and need to regain Christ's Vision. Asking for Christ's Vision from the Holy Spirit, we recognize that everything or everyone who upsets us is a healing opportunity to release projection, choose true forgiveness, and regain our Vision.



The Course teaches us that, "Forgiveness is the only function meaningful in time. It is the means the Holy Spirit uses to translate specialness from sin into salvation. Forgiveness is for all. But when it rests on all it is complete, and every function of this world completed with it" (T-25. VI.5:3-6).

As a student of the Course and as a psychotherapist, I am very aware of the many defenses, judgments, and projective stories we tell ourselves to maintain our specialness and separation, from each other as well as God. Honestly recognizing and forgiving our many defense mechanisms thins our veil of forgetfulness until we finally remember and see our Oneness with Christ's Vision. "The grace of God rests gently on forgiving eyes... He can see no evil; nothing in the world to fear, and no one who is different from himself. And as he loves them, so he looks upon himself with love and gentleness... The kindness of his sight rests on himself with all the tenderness it offers others. For he would only heal and

only bless" (T-25.VI.1:1-3, 6-7). This is truly the experience of Christ's Vision!

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

“ I remember a time when I was in excruciating physical pain for a few days. I tried everything to distract my mind from the pain. But nothing seemed to work. Not meditation, not sacred mantras, not even my stand-by favorite, "Lord, heal me" seemed to be able to separate the mind from the belief that it was in pain. I tried reading, listening to music, even happy Christmas movies on cable tv. My mind and my pain seemed to be as one entity.

Then I received a phone call from a friend. She told me a lovely story. So lovely was the love within it that it captivated me, drew me in, and I was no longer attached to the pain but instead attached to the love that was being shared between us.

When the call was over, I expected to return to my pain, but made a wonderful discovery: it was nowhere to be found. I'm amazed that this kind of miracle continues to surprise me with such joy. Love is the remedy for anything appearing unlike itself. We are all entitled to miracles when we join with the love that inspires them. Love is always healing, especially when love is shared between brothers.

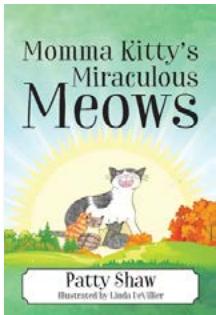
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— Lana Carolan

Momma Kitty's Miraculous Meows

Written by: Patty Shaw

Reviewed by Irasema Gonzalez-Cavazos



Momma Kitty's Miraculous Meows is a gem of a book, especially for families that are interested in sharing with their kids the wisdom of ACIM. What a better way to do this than through a book? Meows has 79 pages and is divided in 21 short chapters of 2 to 6 pages each. It has only one picture at the beginning of the chapter. Therefore, reading the book to/with your children is highly recommended.

The story is narrated by Momma Kitty and her kit's eyes and feelings. They take the reader through their daily adventures that become life lessons thanks to the gentle guidance of The Wise One who is always willing to give all to all. The beginning of the book may seem slow, but don't let this stop you as its only setting up the background for the following chapters.

Meows quickly became a favorite bedtime story for my kids (6, 8, and 12 years old). They were eager to listen to the next two or three chapters every night wondering what was the adventure of the day. Following the reading we had a book discussion where there was a mélange of the chapter's adventures / ACIM lesson / and the kids daily own life experiences. I really appreciated how the book facilitated this bed night dynamic at the house.

My 8 year old son mentioned that the titles picked for each chapter were very "smart" as it made you curious what

was going to happen and made you want to keep reading. My youngest daughter loved how it spoke about spreading kindness and love. And all three of my kids are hoping there will be Meows book number 2.

It's very nice to see how the book mentions and explains different experiences of life such as the sometime cruel cycle of mother nature, bullies, suicide and other human experiences we go through.

The icing on the cake for my husband and me was the night we finished reading the book and my youngest daughter decided she was ready to sleep alone in her bed. The book helped her understand fear vs love thoughts and that she had a choice on which one to feed. Thank you Mrs. Shaw!

“*By loving everything that arises within you, you eliminate fear of yourself. By eliminating fear of yourself, you eliminate fear of your experience. By removing fear from your innermost self, nothing and no one can make it arise again.*”

— Choose Only Love, Vol.2



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**I can Pause for LOVE
Wherever I am
Whatever I am doing
Whomever I am with**



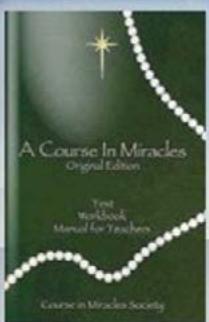
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S.D. Walker

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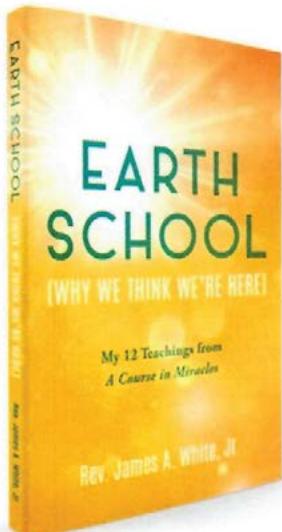
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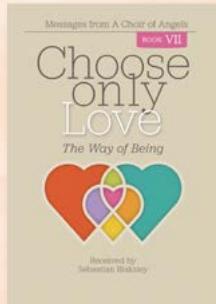
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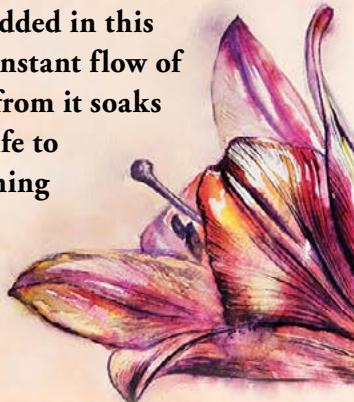
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We hear the word "Love" tossed around all the time,
but do we truly love? ... The LOVE that Loves
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Pause For Love ~

a practice in receiving This LOVE,
letting This LOVE ~ Love me, and truly
loving myself & others... in the midst of everyday life

PAUSE FOR LOVE®

Wherever I am ~ Whatever I am doing
Whomever I am with

Suggested Practice: The infinity symbol ∞ is a reminder to use two or more unhurried breaths to help bring the ideas into your awareness.

PAUSE

There is a LOVE that loves me.
No matter what.
Always ~ Unwavering ~ Forever ∞

RECEIVE

With this breath I receive This LOVE.
With this breath I let This LOVE ~ love me.
I receive This Unwavering LOVE.∞
I let This LOVE ~ love me.∞

LOVE MYSELF

In this moment, right now ~
What does This LOVE want to share with me?∞

LOVE OTHERS

In this breath, as I truly let This LOVE ~ love me,
I will truly love others.∞

LOVE heals what I thought could not be healed;
loves what I thought could not be loved.

**Pause
365**

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*"You are all, without exception,
perfect divine beings having
a momentary experience of
separation in which there seems
to be extreme pain and suffering
for vast numbers of you. That
state is unreal, and you will
awaken, because to do so is
your destiny."*

~ Jesus, page 33