

The HOLY ENCOUNTER

...when you meet anyone, remember it is a holy encounter.



A Miracle Distribution Center Publication

March / April 2011

Paradise Found

by Beverly Hutchinson McNeff



The only thing to fear is fear itself." We have all heard this quote by President Franklin Delano Roosevelt

(F.D.R.) which was given as part of his first inauguration speech in 1933. At that time, the depression had reached its depth and his message was solemn, but hopeful. F.D.R. noted that the nation's common difficulty concerned "only material things." As he said, "The money changers have fled from their high seats in the temple of our civilization. We may now restore that temple to the ancient truths. The measure of the restoration lies in the extent to which we apply social values more noble than mere monetary profit."



Beverly Hutchinson McNeff

"It is time for us to use these challenging times to begin our journey inward, to find out who we truly are."

He pointed the country toward a higher ideal and asked us to rise above the battleground to find our answers. We still have to handle our needs at hand, he said, but we must also see that our limited, separating thinking will never bring us the lasting happiness and fulfillment that simply meeting our needs offers. F.D.R. put it this way:

"Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort. The joy and moral stimulation of work no longer

must be forgotten in the mad chase of evanescent profits. These dark days will be worth all they cost us if they teach us that our true destiny is not to be ministered unto but to minister to ourselves and to our fellow men."

I think we all know what F.D.R. said was true, but we still get lost in the "realities" of the world, i.e. making a living, supporting our family, saving for retirement, etc. We're on automatic pilot and just keep our heads down as we trod forward to make it through another day. We have forgotten what truly brings us happiness and joy. We no longer see our work as following our bliss but as drudgery or an all-consuming

effort to achieve. We no longer enjoy the journey and are just eager to get to where we need to go and be done with it. But we are never done with it. If we meet the challenges of the world at the level of the world, we'll be like a duck on a rotating belt at a shooting gallery. We'll just keep

popping up in the same place over and over again.

Just as a challenging moment in the lives of Helen Schucman and Bill Thetford (scribes of the Course), caused them to join together for a better way, we are now facing that moment for ourselves and our society. This global crisis (of finances, environment, wars, etc.) has affected us all and has given us a chance to live, as F.D.R. said,

Continued on Page 12

Beverly is the co-founder and president of MDC, one of the longest running organizations based on *A Course in Miracles*. As a student, lecturer and author on the Course since 1977, her recorded weekly commentaries on Course principles have become a wonderful source of inspiration and study for many around the world. Receive a FREE recording by contacting MDC.

Rev. Hugh's Homilies

A New Look at Guilt

by Hugh Prather

Editor's note: After Hugh's death in November 2010, I was looking through a file of the articles he wrote for THE HOLY ENCOUNTER. These articles are a wealth of truth. So, for this year, we have decided to run some of his past articles as a tribute to him and a gift to you! We hope you enjoy them.

In my opinion, there is an important difference in the method and goal of forgiving others compared to forgiving our self. The aim in forgiving another person is to reach a point where we can think of that individual



Hugh Prather

in peace. And an important means to that end is to look past that person's mistakes to his or her Divine core. But when dealing with the ways we ourselves have hurt others, it is a side road to a larger, more destructive ego to pursue peaceful thoughts about those mistakes and it invariably causes us to project onto others the dark feelings we have about our self.

Blame, of course, serves no one, and in that sense guilt is of no use whether we are trying to forgive our self or another. But simply because we can see that in the eyes of God no one is guilty, does not mean that we should feel peaceful or feel nothing at all about the little and big ways we have hurt and betrayed others. We should and must

Continued on Page 13

What's Happening

■ **Glenn Beck and *A Course in Miracles*** — strange bedfellows? In his latest book, *The Seven Wonders That Will Change Your Life*, Beck, Fox News host, writes that he read *A Course in Miracles* and *The Gnostic Gospels* along with books by Carl Sagan, Aristotle and Thomas Jefferson. "I just wanted to understand everything. I wanted to question the beliefs that were closest to my core, and see where I ended up." We'll have to see if the Course stays on his nightstand!

■ **Miracles in West Palm Beach, Florida, April 8-9.** We hope all our friends in the area surrounding West Palm Beach (and beyond!) will join us on **April 8-9, 2011** as we present ***A Weekend of Miracles***. These weekends are focused on the transformational power of *A Course in Miracles* to impact your life in a practical way. Don't miss this opportunity to join Beverly and the Center's staff as we come to visit our friends on the East Coast for this miraculous weekend! For more details see the back cover or call **1-800-359-2246** for a color brochure or surf over to **www.miraclecenter.org**.

■ **Don't forget to check out the Center's blog** postings at **www.miraclecenter.org**. There are always inspiring articles and current happenings listed. As Karen Rossman Clark posted on the Center's Facebook page about a recent blog entry by Beverly... "*Very timely blog for me to read. I am a fighter for peace. I need to be a movement of peace through my world instead. Thank you for a new perspective.*" Check us out at **www.miraclecenter.org**

■ **"This is God's Final Judgment:** "You are still My holy Son, forever innocent, forever loving and forever loved..." says the Course. Sometimes it's hard to remember that truth, so we have constructed a Wall of Innocence on our website to help us remember. We invite you to send us your childhood photo (around the age of 5 or 6, but younger is okay, too) so we can post it on the Wall. You can email us your photo or send us an original which we will scan

and return the original to you. Please include your name, city and state and your approximate age at the time of the photo. Check back to our site often to see the Wall grow in love and innocence. Go to **www.miraclecenter.org**

■ **Lessons in Light series begins** On March 9, 2011 our Lessons in Light series begins, giving us a chance to participate in the 40 days leading up to Easter, traditional called Lent, from the Course's perspective. As **Rev. June in Salinas, CA** shared with us about this series, "*Lent is not my favorite time as thoughts and acts of sacrifice lead away from communion with God. The Workbook lessons you chose brilliantly keep us aligned with the Presence. Thank you.*" See page 8 of this issue. We will be doing the lessons in our weekly meetings and they will be recorded. If you would like to become a listener during this time, contact the Center for details: **1-800-359-2246**.

■ **"Thank you so much for this FB page!** *I'm so busy I rarely have time to pick up my book but every morning my phone buzzes and there is my lesson!!! It means so much to me! Love u guys!*" That's what **Jennifer Kimball Garcia** posted on the Center's Facebook page. Get your lesson daily and lots of other great information. Go to **www.facebook.com/miraclecenter**

■ **Giving a truly meaningful Gift** Here's what many students of the Course have done: Given a tax-deductible donation to MDC in someone's honor or memory. If you would like to give in such a way, send your donation and request, and we will send him, her or the family a personalized letter acknowledging your appreciation and support. It's a wonderful honor for that dedicated someone or their family. And, what a blessing it will be to those the Center serves, for your donation will go to support its free services! **Gifts in memory of ... Hugh Prather** from Edith Aissen for his and his wife, Gayle's, inspiration over the years. **Trudy MacArthur** (mother of Carolyn Dobert in loving memory) from Fran Best. **Gifts in honor of ... Betty A.**

Olund on her birthday from her friend Nancy Fogarty.

■ **Let's bring this world closer to heaven in 2011** — Watch our Youtube Peace Video! If you have not already taken the Center's **Pledge for Peace**, go to **www.miraclecenter.org** and take it! There you will see the Youtube video by Beverly as well as have the opportunity to pledge for peace and have your pledge posted on the worldwide map...plus you will receive a wrist band with the thought, "The peace of God is my one goal." We hope you will join the nearly 2,000 people who have already pledged! Let it be our goal this year to bring the world closer to heaven in 2011! *If you would prefer to mail in your pledge form, you can use the post paid envelope in this issue.*

■ **In late 2010 the Norwegian edition of *A Course in Miracles*** was published. It is the nineteenth translation to date. The complete list is Afrikaans, Bulgarian, Chinese, Croatian, Danish, Dutch, Finnish, French, German, Hebrew, Italian, Norwegian, Polish, Portuguese, Romanian, Russian, Slovene, Spanish and Swedish. Additional languages currently in the translation process include Czech, Greek, Hungarian, Japanese, Korean and Yoruba. Together, the translations completed represent about 90% of the world's population, while those currently in translation, when published, will bring this figure to nearly 93%.

■ **Elie Wiesel honored with 2010 Tom Lantos Human Rights Prize.** **Annette Lantos**, long-time Course student and widow of San Mateo, CA Congressman Tom Lantos, started a foundation after her husband's death to support human rights around the world and in our local communities. Tom was the only member of Congress who was also a concentration camp survivor and he was a strong advocate for human rights. In 2009, the first Lantos Human Rights Prize was awarded to the Dalai Lama. We applaud Annette on her continuing healing work.

Continued on Page 15 ▶

Update

Prison Project

.....by Maria Zakich ■

The following are just a few of the letters we receive almost daily from inmates all over the country. Each of them is so grateful for THE HOLY ENCOUNTER and donated books. Although they write their notes of thanks to us here at the Center, it's really YOU, our supporters, who keep the Prison Project going with your generous donations. We hope you feel their thanks.

Dear Maria and Miracle Distribution Center,

This is just a short note to let you know that I very much want to remain on your mailing list to receive THE HOLY ENCOUNTER. Although I remain incarcerated and am about to begin my 29th year inside, there are always blessings to be seen all around if we only allow ourselves to see them. Being able to receive your magazine and occasionally have books donated to me have been one of those blessings. I appreciate and

am thankful for the good works you all do.

Peter Edelbacher,
Corcoran State Prison, CA

Dear Maria,

THANK YOU! I received the beautiful calendar and the book by Hugh Prather, *How to Live in the World*. We are strong as one and weak alone. Were it not for your wonderful generosity, I would still be concealed in shadows, craving the light but afraid to seek it. Now it is different. I look forward to reading the lessons every morning and using it throughout the day.

Mickey Owens,
Coalinga State Prison, CA

Dear Friends at MDC,

THE HOLY ENCOUNTER restores my faith and sanity every month. Please keep me on the mailing list to continue receiving the magazine.

With everyone and everything going

digital we, here in prison feel more and more isolated. Please continue to print the publication.

Betty Broderick,
Chino Institute for Women, CA

We just finished our 5th year with this project and even through the economic downturn, we've been able to continue sending books into the prisons. THE HOLY ENCOUNTER is being shared by inmates and many would like their own copies. And, as you read in Betty's letter, the digital media are not accessible to them so having the paper copy of THE HOLY ENCOUNTER is invaluable. Every day we receive letters from inmates asking us to put them on our mailing list. We are happy to spread the word. Each of them is trying to make a difference even within their own confines. As my friend Mickey quotes in his latest letter to me "God is but Love, and therefore so am I." (Lesson 171) Yes, you are Mickey, and so are you, dear readers.

Maria Zakich coordinates The Miracle Prison Project at MDC. For more information visit us on the web at www.miraclecenter.org, click on "Services" then "Prison Project". We thank you for your ongoing support of this service.



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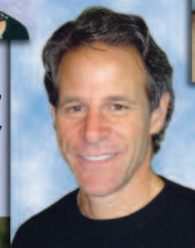


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Heal Your Mind, Heal Your World

Healing the Illusion of Separation

..... by Gerald Jampolsky, M.D. and Diane V. Cirincione, Ph.D. ■

It is our impression that over and over again, in many different ways, *A Course in Miracles* instructs us that to be

healed is to experience the Peace of God and our Oneness with our Creator. The illusory world of our egos puts up many



Jerry Jampolsky & Diane Cirincione

roadblocks, tempting us to believe that our identity is limited to our body.

What helps us a lot is to remember that the Course is all about healing the illusion of separation. To do that we must remind ourselves as constantly as we can that the purpose of the ego is separation and the purpose of our Spirit is joining.

We love the following story that was shared with us a few years ago, as it so purely exemplifies choosing joining over separation.

It concerned the Junior Olympics and boys who were deemed severely mentally limited with low IQs. After the race started, one of the boys in the race tripped and fell and began to cry on the ground.

The others in the race stopped and looked back to see what was happening. They looked at him and then at each other and they all turned around and went back to the spot where he had fallen. They all leaned down and helped him to his feet and together they all crossed the finish line at the same time, thus making everyone a winner. The crowd cheered wildly through many, many tears.

The style and energy in which we ask questions can cause separation. It can be most helpful to look at the questions that we ask and see what is the tone and real purpose of the questions. Sometimes one asks questions simply to get more information. But sometimes questions are asked so we can better determine whether

we want to establish the judgment of guilt on the other person, which causes separation.

We do our best, not always successfully, to ask ourselves: Are we asking this question out of love or are we asking it out of fear?

We have found healing the illusion of separation is really no different than healing the illusion of fear which is the culprit that causes such powerful separation.

We have seen the healing of separation and fear with many people who are close to death. Often their pain does not disappear even when strong doses of pain medication have been administered.

We have found that when many people let go and release their unforgiving thoughts towards themselves and others, they often begin to feel a sense of inner peace and the pain medication begins to work. We have also noticed in our work in Attitudinal Healing, that when people who are seriously ill decide to get into a consciousness of helping others, they no longer focus on their bodies and experience the love that comes from joining.

The Course states that there is no peace except the Peace of God. For us that means there is nothing external in our lives that will give us lasting peace and happiness.

Cheryl Shohan, long-time facilitator for Attitudinal Healing, has had a tremendous go of it this last year. Cheryl has had two children who died of cancer. She has had cancer of the breast and metastasis to every bone in her body. She has been the light that has brought peace to countless adults and children during their last days on earth. Cheryl knows vividly the power

of peace that comes from shining one's own light onto others.

Cheryl has almost died a number of times over the last two decades. We have seen her in the hospital during those rough times and even when she is in the hospital, she is often on the phone helping someone else who is going through a challenge, giving her light and love. She knows better than anyone we know that when you are in the consciousness of loving and helping another, you are less apt to think about your body.

We have had a recent experience of someone not keeping a written agreement that they had made to us. Even after all these years as a Course student, our egos came in with lightning speed to make this person wrong and ourselves right. As a result of those feelings, we lost our inner peace and our feelings of separation were increased.

Our egos tend to say "I will make no judgments today, but here are exceptions." We woke up the next morning with our egos going zig-zag all over the place. Then we opened the Course to our daily lesson which was Lesson 249: Forgiveness ends all suffering and loss.

The release of separation we experienced was truly amazing! We both

realized more fully that we will not experience ourselves as One with God until we let go of all of our judgments.

It so easy to say to ourselves that everything we see is an illusion, and then all of a sudden we make one illusion appear as if it is more real than another. We like reminding each other of a quote from the Course "0 + 0 = 0". How simple is that? What a great reminder.

“*But sometimes questions are asked so we can better determine whether we want to establish the judgment of guilt on the other person, which causes separation.*”

Gerald Jampolsky, M.D. and Diane Cirincione, Ph.D., international lecturers and bestselling authors, share their insights and experiences in applying the principles of *A Course in Miracles* in our world. Jerry and Diane's books and other items are available at www.miraclecenter.org

In this last year, we have given several talks on "LETTING GO OF WORRY, STRESS AND FEAR IN A CHANGING WORLD". The title of this talk could have just as well been "LETTING GO OF THE ILLUSION OF SEPARATION."

How can we heal the illusion of separateness unless we are willing to be open-minded and let go of our belief system that we are bodies, separate from each other with separate minds, born to — sooner or later — suffer and die?

There are so many faces of fear that our deceptive egos show us. All these beliefs are based on the falsehood that separation is real and true.

The following is a list of reminders that helps us recognize when we are going towards the slippery slope of separation.

1. making judgments
2. blaming others
3. condemning ourselves
4. believing in scarcity
5. decide who is guilty and who is innocent
6. believing that bodies are our true identity
7. believing that death is real
8. believing that some things are unforgivable
9. believing that attacking others gets us something that we really want
10. not believing in everyone's innocence
11. believing that we can be hurt by others
12. not believing that love is the answer to all the problems we face

At the Annual Conference on *A Course in Miracles* sponsored by Miracle Distribution Center, we discovered that a number of the students of the Course were interested in starting Attitudinal Healing Support Groups in their own communities. We call Attitudinal Healing "Practical Spirituality." There are many who find starting or being in such a support group helps to make the concepts in the Course become more alive.

We hope that some of you may be interested in finding out more information about starting an Attitudinal Healing Support Group. If so, please write us at: contact@ahinternational.org

Recognizing Spirit

The Truth of Time



..... by Dr. Lee Jampolsky, Ph.D. ■

Reading stories can be a powerful tool. I hope this excerpt from an upcoming novel I am writing will keep you thinking about what the Course tells us about time.

At 54, Sam Hansen looked older than his years, with hair of the Bill-Clinton-meets-Albert-Einstein variety. I have known Sam since Harvard Medical School and later we did our psychiatric residency together at University of San Francisco. Even in those days Sam was interested in things like Buddhist thought, quantum physics, and the lives of mystics.



Lee Jampolsky, Ph.D.

"Sam, you know better than most I've been lost for some time, even before Marie died. A patient from many years ago came to me with a story that he wants me to write, but I'm not sure of the authenticity because it goes against all rational approaches to time."

"Like what?" Sam asked, eyes widening, his curiosity piqued.

"Sam, he has a journal from what appears to be another dimension, written in his handwriting, but he doesn't remember writing it."

Sam looked unfazed. "Look," I contin-

ued, "the guy said the journal chronicles six days from his life, and that one of them is from the future, and he has no memory of any of it."

As though I was talking about something perfectly normal, like how a ball rolls down a hill or an apple falls from a tree, Sam responded "Randy, look at this story you're bringing me. It's not strange to me because I know, I mean really know, that time is not just what you read on the face of the clock, it's a person's perception of time that can bind them or release them."

"What exactly are you talking about?" I asked, starting to feel more like an ignorant disciple than a psychiatric colleague.

"Well," Sam began, then paused, and finally looked me in the eye. "To most people what I'm saying is that no unwanted circumstance or change in relationship has to keep one from being in the water and loving fully. For you specifically I'm saying that this story can have instantaneous meaning if you don't see any circumstance, even death, as having to be the end of your chance at love."

Continued on Page 14 ▶

Dr. Lee Jampolsky is a licensed psychologist in private practice in Carmel, CA. He is the author of several books based on *A Course in Miracles*. Lee can be reached at www.DrLeeJampolsky.Com

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Living A Course in Miracles

A Labor of Love



..... by Jon Mundy, Ph.D. ■

did not want to live what is not Life as living is so dear.

Henry David Thoreau

One of the vice presidents of Sterling Publishing in New York City, a division of Barnes & Noble, having read *A Course in Miracles* and realizing its



Jon Mundy, Ph.D.

incredible depth and potential for spiritual transformation, called me in 2008. He said he would like to publish an essential introduction to the Course, elucidating the major themes in the Course, along with techniques for applying the principles of the Course to everyday life. He wondered if I would be willing to submit a few sample chapters on the topic. What could be more fun than to think through the basic principles of the Course, exploring how they work and sharing it with others?

To live the Course it is necessary, of course, to read the Course. Living the Course, we soon realize that the masks the ego wears are legion. It often, for example, plays the role of Sneaky Pete, so we should not be surprised to find that — thinking we have gained some freedom from it, it sneaks in the back door and catches us unaware. Principle number seven from the Fifty Miracle Principles says, "Miracles are everyone's right but purification is necessary first." Dr. Bob Smith the co-founder of Alcoholics Anonymous said you could express the principles of AA in three, two-word sentences. Trust God! Clean House! Help Others! It is a similar process in living the Course.

Trust God

The "first" and most basic characteristic of a teacher of God is Trust. God is in

charge. God knows the way. The second characteristic of a teacher of God is honesty. As purification is necessary, first I begin living the Course by being willing to take a good look at my secret sins and hidden hates and bringing this darkness to the light. It is not necessary to seek for what is true. It is necessary to seek for what is false — not in my brother but in my own psyche. As the Buddhist Patriarch Seng Ts'an (died 606) expressed it.

Do not seek enlightenment.

Only cease to cherish opinions.

Cleaning House

I begin living the Course by cleaning out the cellar. There, I find an old grudge called "hurt feelings" and beneath it a sub-basement leading I know not where — only it's dark down there. Still, I know that, "I am responsible for what I see" and everything that seems to happen to me I asked for; so, in living the Course I find that whatever is lurking there is mine. Living the Course means sweeping out all of the dust collecting cobwebs, from all of the shady corners of consciousness — all the little things which separate me from the peace of God.

Success, says Don Juan in the Carlos

Castaneda series "must come gently, with a great deal of effort but with no stress or obsession." How do you do something with a great effort but with no stress or obsession? How does a great athlete or musician become a great athlete or musician unless they practice, practice, practice. So it is I live the Course by practicing these principles. Vigilance (watching our thoughts) requires effort

until it does not require effort. We've been judging all our lives and we don't just stop judging. We, thus, have some work to do to bring the principles into practice.

“To live the Course, it is necessary, of course, to read the Course.”

Setting the GPS Toward Home

Like a ship in the ocean or an airplane in the sky, living the Course means ever adjusting the compass toward Home. Following the lead of God, the path smooths out. God lays out for us the straightest path and the best scenery. Doing it our own way means going on a detour into the desert, the jungle, the city. Doing it God's way is literally the High Way. Following the ego only brings suffering and pain.

It comes down to one basic question, "Whose Will rules?" The main problem we have with children is the authority problem. The main problem we have as

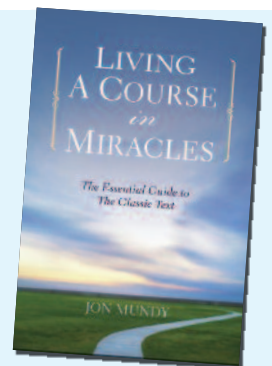
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Jon is a former university professor and the publisher of *Miracles Magazine*. He is the author of several books based on *A Course in Miracles* including his latest, *Living A Course in Miracles*.

adults is the authority problem. Are we willing to take the easy way, the path of freedom and divine guidance? Shall we follow God's Plan for Salvation or shall we continue to try and do it our own way — everyday — until there are no days?

I have enjoined you to behave as I behaved, but we must respond to the same Mind to do this. (T-5.II.12:1)

Helping Others

Living the Course means freedom from judgment, anger, condemnation, guilt, and fear.

Living the Course means I stop blaming myself which means, I cease blaming others.

Living the Course I learn not to "react" to the world though I "respond" to the world without giving it power over me.

Living the Course means not just quickly letting go of grievances; it means not having any grievances because I do not create them.

Living the Course means listening to criticism and finding the value therein — without projecting back.

Living the Course, I see that I am the cause of everything I think and feel.

Living the Course means coming to right-mindedness. Indeed I must be in my right mind in order to overcome guilt and separation.

Living the Course means growing naturally toward God. God's Plan for Salvation works simply because by following His direction, I seek salvation where it can be found — not in a dream, not in a fantasy, but right here, right now in aligning the mind with the Mind of God.

Living the Course, the path becomes progressively easy. Only resistance and my desire to create my own world makes life difficult. God is a good guide. Following His path, life works out "miraculously." God wins in the end, so let Him win now.

Wall of Innocence

Join the Awakening!

It's amazing the smiles we see on peoples' faces when they look at their own childhood photos.

They remember their innocence, and if they can remember their own perhaps they can think that way about people who tempt them to anger. Our innocence, no matter what we have done, can never be lost. It's time for us to awaken to the truth that we all are for each other, so we invite you to send us your childhood photo (around the age of 5 or 6, but younger is okay, too) so we can post it on our **Wall of Innocence** on MDC's website at

www.miraclecenter.org

You can email us your photo or send us an original which we will scan and return the original to you. Please include your name, city and state and your approximate age at the time of the photo. Check back to our site often to see the wall grow in love and innocence.



"I really have to credit 99.9% of my growth in the Course to the Center's Study Group..."

That's how Lois Hansen a listener in AZ feels about MDC's recorded meetings. She writes...

I really have to credit 99.9% of my growth in the Course to the Center's Study Group — and Beverly in particular. Just the way she brings everything out from the pages and into the real world creates a setting that opens my eyes and mind to the true meaning of the Course.

Practical application is what MDC's study group focuses on. If you would like to understand the Course and bring that meaning more practically into your life, we invite you to try a meeting or become an ongoing listener. What have you got to lose? Only your ego!

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Sacrificing Sacrifice

Lessons in Light...Shifting our Perception of Lent

..... by Beverly Hutchinson McNeff ■

As lesson 323 in *A Course in Miracles* says, "I gladly make the 'sacrifice' of fear." If the idea of releasing fear and sacrifice appeal to you, then perhaps we can use the traditional time of Lent as a way to do just that. The Course invites us to look with a new



Beverly Hutchinson McNeff

vision, guided by the Holy Spirit, to view the ideas of Christianity in a new light. Not one that separates us from each other, but one that unites us in healing. Therefore, during this time that leads up to Easter which is referred to as the Lenten season, we will offer a series entitled: Lessons in Light. Why even deal with Lent, since the Course does not speak about it? Well, it may not say the word but it does address the concept that is the focus of Lent, and an important one it is: sacrifice. So, as most in the western world might approach this time from the perspective of sacrifice, perhaps we can offer an alternative: light!

In the Course, light represents knowledge or truth and can be radiated into this world. Just as the light of the sun causes life to exist on this planet so does the light we radiate allow others to realize their true life/purpose and thereby allow us to know it as well. So, we symbolically allow our light to shine during this time of Lent so the darkness and illusion of sacrifice maybe be shone away.

In the Christian tradition, Lent is a time of fasting and penitence that begins with Ash Wednesday and continues until Easter. It is a time of sacrificing something we value, such as a certain type of food, a particular activity, etc., so that we might

be closer to God, become more holy, and so on. In this scenario, God's love is seen as something we must bargain for, as the Course says, "giving to get" (T57), which is the central belief of the ego's thought system. "When you associate giving with sacrifice, you give only because you believe that you are somehow getting something better, and can therefore do without the thing you give." (T57)

Under the Holy Spirit's guidance there is no sacrifice, for there is nothing to pay or atone for. We are God's perfect children — heirs to His kingdom. In His presence, all pain is healed and all thought of loss is met with peace. We are asked only to make the "sacrifice" of sacrifice (of suffering, sadness, anxiety, doubt, etc.) and to allow God's love and light to come streaming into our awareness.

“So, we symbolically allow our light to shine during this time of Lent so the darkness and illusion of sacrifice maybe be shone away.”

Therefore, let us use this time of Lent as a symbolic way of releasing the idea of sacrifice — a world of suffering and pain — and to learn to live in the world while not being of the world. The Course says that truth does not demand that we give up the world, for that would appear as sacrifice if we still value it, nor does it advocate we cherish the world. It invites us to walk a path that is between these two, one that leads away from loss, sacrifice and deprivation. To follow this path, we are asked to step back and let Him lead the way. We are asked to think of Him a while each day, so that He may speak to us and tell us of His limitless love and great trust. (paraphrase Lesson 155)

This is our dedication as we begin these Lessons in Light together, that we may place into God's hands the pain, fear, worry, suffering, sickness and burdens of life, so that we may awaken to the resurrected child of God we truly are. As the mythical bird, the Phoenix, arose out of

the ashes, we too dust off the years of sacrifice by affirming our desire to "step back and let Him lead the way." (W291)

Lessons in Light

(The following lessons will be done at MDC's study group starting on Wednesday, March 9th going through April 20th. We invite you to join us in these lessons. These lessons need not be a substitute for your regular workbook lesson from the Course, but rather a supplement, if you so choose. This series will not be reprinted in our next issue. We ask you to hold onto this issue if you want to follow along with the series or go online for the weekly listing at www.miraclecenter.org)

1st Week of Light -

Ash Wednesday (March 9),

Workbook Lesson 188:

"The peace of God is shining in me now."

There is a light and a peace in us that cannot be contained nor diminished by the things of this world. God's peace was given us by our Father who loves us and only wants our healing and happiness. As we let this peace shine out into our relationships and our life circumstances, we find that it grows stronger within us benefiting not just us but the world.

2nd Week of Light

(March 16),

Workbook Lesson 93:

"Light and joy and peace abide in me."

"Salvation requires the acceptance of but one thought; — you are as God created you, not what you made of yourself. ... Your sinlessness is guaranteed by God." (W160/162) We have forgotten our true identity and made a self which contradicts God's opinion. It is time for us to stop believing in a lie and join our will with God's Will. This is our resurrection, our salvation and the world's.

3rd Week of Light

(March 23),

Workbook Lesson 46:

"God is the Love in which I forgive."

"God does not forgive because He has never condemned," (W73/73) but through His love we find the strength to look at the pains of our lives and only see the calls for love. And as we recognize the "pains" for what they are, we recognize our innocence and that of all our brothers.

4th Week of Light

(March 30),

Workbook Lesson 68

"Love holds no grievances."

"You who were created by Love like Itself can hold no grievances and know your Self." (W114/115) Therefore if we are to know God's gifts and help for us, we must be willing to "sacrifice" grievances. "Love holds no grievances. I would awake to my Self by laying all my grievances aside and wakening in Him." (W114/115)

5th Week of Light

(April 6),

Workbook Lesson 34:

"I could see peace instead of this."

"Peace of mind is clearly an internal matter. It must begin with your own thoughts, and then extend outward. It is from your peace of mind that a peaceful perception of the world arises." (W51/51) It is our choice to experience peace!

6th Week of Light

(April 13),

Workbook Lesson 47:

"God is the strength in which I trust."

Our own strength has failed us, but God is our safety and strength in every circumstance. "Use it [this thought] as your answer to any disturbance. Remember that peace is your right, because you are giving your trust to the strength of God." (W76/76)

7th Week of Light

(April 20),

Workbook Lesson 50:

"I am sustained by the Love of God."

"Put not your faith in illusions. They will fail you. Put all your faith in the Love of God within you; eternal, changeless and forever unailing. This is the answer to whatever confronts you today." (W79/79)

These lessons will be experienced as part of the Center's weekly Study Group starting on March 9, 2011. These meetings are recorded and available on CD, cassette or mp3 download. For information, call MDC at **1-800-359-2246**.

Join Us in Taking the Pledge for Peace

Join with over 2000 people around the world who are ready to take a stand for peace in their lives and this world by making the inner commitment to peace. Declare this powerful pledge from *A Course in Miracles*:

*The peace of God is my one goal;
the aim of all my living here,
the end I seek, my purpose and my function and my life,
while I abide where I am not at home.*

Take the pledge for peace now online or fill out the form below and mail it to MDC. View our online map which charts those who have taken the pledge and view our video at our site or on YouTube at youtube.com/miraclecenterorg

Take the **"Pledge for Peace"** on MDC's website at: www.miraclecenter.org

Join us today and take the Pledge for Peace

- I pledge to make the Peace of God my one goal!
- I join with others in making a conscious choice for peace in every moment of my day.
- I am willing to let two or more people know about my pledge and invite them to join me.
- Please chart my pledge on the "Pledge for Peace" map online at www.miraclecenter.org
- Send me my **FREE wristband** (you must include your postal address).

First & Last Name _____ Email _____

Address _____

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Receive a free wrist band when you take the pledge!

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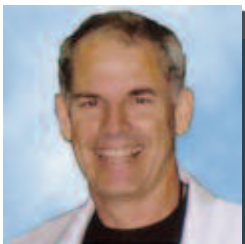
Emotional Healing

I Am My Prostate



..... by Richard Gayton, Ph.D. ■

Today I returned home from about the dozenth medical test. This time I had the queen mother of MRIs, with something charming called an endorectal coil inserted by a lovely technician who looked like Angelina Jolie. It was painless and I marveled at what the mind of man has created in technology. For 90 minutes this machine took pictures inside my body as I watched on a video headset the Bee Gees singing *Massachusetts*. The MRI showed no cancer outside the prostate. My ego was thrilled at the news and at being the subject of such special attention, but then it felt strangely disappointed — almost as if it wanted something bad to happen.



Dick Gayton

As I have read *A Course in Miracles* text, done its workbook lessons and gradually embraced the thought system, I have had long periods of peace and joy in my life. In fact, up until a few months ago, life was great, as my connection to God continued to free me from much pain and suffering. And despite getting the senior discount at my local movie theater, my body was working well. I could play tennis, basketball, do yoga, lift weights, ride a bicycle and was just about free from the back pain that had bothered me for a decade. Then that little fella called the prostate that sits due south of my bladder and to the left of my colon began to give off negative signals. My mind now wanted to make this the center of my life.

Most of us identify with our bodies. It's pretty hard not to think that this marvelous biological mechanism we walk around in is anything but us. It is the most obvious, profound evidence that we exist. I swing out of bed in the morning and there are my legs to lift me up on my feet. I

am an upright walking miracle of speech and big ideas. Speaking of ideas, I can hear my inner ego voice starting to fuss about what I am building up to. The Course teaches that the body is not that important, not even sexual functioning a la the prostate is significant, since we are not bodies at all. My ego's now yelling, "It's not "the body" or "a body"; it's "my body" and I don't want cancer. Getting rid of it is "my one goal."

This approach to major illness comes from the fundamental error of the ego. The ego believes that peace and pain are caused by what happens outside of me — my good health, my finances, my work, my friends and my loved ones. As I had a period with relatively few challenges, I began believing that my serenity was not caused by how I saw the world, but how well the world was working for me. This is the trap the Course calls projection. We thus become a victim of the world we see. The ego's plan for inner peace is to have the outside world go well. The problem is the world doesn't work long for anyone. There are accidents, death, illness, loved ones rejecting us, and the list is long and we are all going to have some of this or all of this. If we depend on the world for peace of mind, it's like asking your paper shredder to make origami — it's just not in its nature.

The world is dedicated to death: starving children, dying parents, gruesome violence. Cancer is the perfect symbol for the ego. Cancer equals death in our minds, if not in reality. Death means separation from God and from everyone we love because this body is us and when it goes we are kaput, to quote that famous Nazi, Colonel Klink. Cancer then equals separation combined with suffering.

My ego, of course, does not really hear that prostate cancer is among the slowest and least dangerous of the cancers one can get, sometimes doesn't need treat-

ment for a long time and there are a lot of good treatments if something needs to be done right away. The ego specializes in death: believing in it, thinking about it, planning for it, avoiding it, denying it and ultimately causing it — all in the name of illusion and distracting us from our indissoluble bond to God.

What is the meaning of me having prostate cancer?

The Course would say it is an expression of love or a call for love. I am certainly receiving love from a lot of people. I must have called for it. One of my dear tennis friends revealed that he has had metastatic cancer for quite a time and has had deeply moving spiritual experiences around its treatment. As he described his journey and watching families around him coming together to love and care for their family members with cancer, I felt deeply loved and reassured. Perhaps I have not been that good at receiving love under all circumstances and prostate cancer was a way to get better at it.

Maybe we should treasure our illnesses, have fun with them when we can, use them as opportunities to love and be loved and remember our connection to God. Why not?

My ego answers. I don't want diseases, especially down there. My prostate does very nice things for me since it's connected to my most important organ. "Am I my prostate?" "Hell no, I'm not my prostate, I am my _____ (slang for male organ)!"

Email just in from my doc: He wants me to go on androgen deprivation therapy to shrink the tumor for about four months, which stops all sexual feeling during that time. Quick! Where's my rainbow bracelet? "The peace of God is my one goal. The peace of God is my one goal. The peace of God...."

Dick Gayton is a psychologist and writer. His book *The Forgiving Place: Choosing Peace After Violent Trauma* is available through the Center.

Share a Miracle

This column shares the everyday “miracles” or, as *A Course in Miracles* says, the “shifts in our perception” that are constantly taking place in our lives to remind us of our unity and love. We invite readers to share their “miracles” with us.



Falling Fast

..... by Michele Addino-Colchin ■

I sat at the end of my bed, my tear-filled face perfectly perched in my hands. The disturbing words of my doctor echoed

in my head like a mantra, “You are a very sick lady. If we don’t do something soon, you could lose your colon and possibly your life.”



Michele Addino-Colchin

Ulcerative Colitis had come back to haunt me without much warning. This time the inflammation was running rampant throughout several more systems of my body, making me a walking time bomb. How could this be happening? I had worked so hard at keeping myself well, trying every medication, remedy, health plan, and energy healing modality known to humanity. My spiritual life had progressed so wonderfully these past few years and I felt I was in a peaceful place. As I sat there crying, all I could think of was the last time I was in the hospital six years prior and how much I did not desire that experience again. Divine intervention was my only hope. “I need a miracle fast, Holy Spirit! If you are going to send me one, this would be the time!” In perfect drama queen fashion, I bawled my eyes out and sprawled out full length on the bed in disillusionment.

The next day, I was on amazon.com ordering some music books as a gift for my father. When I went to pay, I saw a link of a book about healing ulcerative colitis with a vegan diet and fasting. I thought ...well, I did ask for a miracle fast. I quickly downloaded and read the book. After applying some of its helpful tools, it was clear I needed something more drastic. The author suggested a water fast as a possible solution. My husband, Mark, and I

boarded a plane two weeks later for a health center in Santa Rosa, California, regretfully canceling all of my commitments for the next six months.

As we moved about in the airport in California, we boarded an escalator with our bags. Halfway up the escalator, I felt myself moving slightly backward, the pull of gravity in a downward motion. Losing my balance, I toppled over my bags down the escalator. Luckily, one of the security guards stopped the escalator and promptly said to me, “Next time take the elevator.” Smart man.

The fast itself was grueling. Being on a tilt-o-whirl 24/7 isn’t my idea of a good time. In addition, it put me extremely on edge. Every grievance I ever had with anyone throughout my life was being presented to me through a person at this center. Within a few days, my husband joined the ranks of holding grievances. The only thing I could do was to lie there and ponder what this was all about. After fifteen days of water only, I knew it was time to end. I was out of danger physically and began to eat again with much success. My husband, who was planning only on coming for support, fasted for twenty-one days and experienced a detox effect. Now, that is love. My blood work showed a huge improvement and the ulcerative colitis symptoms were vanishing. Very grateful, we remained at the health center for another month to recuperate. Little did I know what kind of healing was in store.

Before heading home, Mark and I decided to go on a vacation to process the whole experience. On the evening before

we left, as I was quickly packing clothes in the suitcase, I slipped and bounced on my tailbone down a set of very hard stairs. As I sat at the bottom of the steps, with unbearable pain and increasing swelling, I couldn’t help but question, “Holy Spirit, haven’t I had enough?” Mark helped me up and proceeded to put ice where it needed to go. I felt quite overwhelmed by this fall and lay on the bed pondering if the Spirit was trying to get my attention. My aggravated thoughts about this fall began to dance a tango in my head with all my previous grievances from the fast. I couldn’t help but wonder, but was too preoccupied to pay attention.

The next day, swollen backside and all, we left for our vacation. I was determined not to let this get me down. Although I couldn’t walk comfortably, I made the best

“I need a miracle fast, Holy Spirit! If you are going to send me one, this would be the time!”

of it and within a few days I was moving about with great ease. We set up a few days of retreat with several facilitators in the area and they soon joined the festivities with everyone else at the party in my head. All of these perceptions began to spin and swirl in rapid motion and I found myself back on the tilt-o-whirl.

One morning, Mark was getting on my nerves. He was moving a bit slower than I would have liked. As I was stepping out of the car, I lost my balance and fell forward on my face, skidding my body down a steep incline. I lay there motionless, staring at the brick and mortar in front of me, with great disbelief that I had fallen for a third time. A large number of obscenities came out of my mouth, some of which I didn’t even understand. I yelled

Continued on Page 13 ▶

Michele is a musician and composer. Her CD, “Vision” is available from the Center. She resides in Fort Wayne, Indiana with her husband, Mark.

Paradise Found

Continued from Page 1

our true destiny — “not to be ministered unto but to minister to ourselves and to our fellow men.”

This same truth echoes throughout *A Course in Miracles’* pages. One of my favorites is:

“Our function is to work together, because apart from each other we cannot function at all. The whole power of God’s Son lies in all of us, but not in any of us alone.” (T150)

These are wonderful concepts, but how do we practically minister to the world when we have so much to do in our own lives?

It’s a balance. We need to meet our needs at hand, but we can never lose sight of what is the true purpose of our lives.

The Course tells us, “The goal of the curriculum, regardless of the teacher you choose [this includes every person or experience that comes our way], is “Know thyself.” There is nothing else to seek. Everyone is looking for himself and for the power and glory he thinks he has lost.”

We have all felt confused or powerless in a situation, and that may seem natural, but it no longer needs to be accepted as true. It is time for us to use these challenging times to begin our journey inward, to find out who we truly are.

History has painted many great people with a broad brush stroke that might be hard for them to actually live up to. A couple of years ago, we celebrated the 200th birthday of Abraham Lincoln, considered by many as the most popular and pivotal U.S. president. At that time, numerous articles surfaced that showed the foibles as well as the strengths of Lincoln. These articles depicted Lincoln as a racist, and as a president who compromised constitutional freedoms during time of war to justify some of his actions. But Lincoln still did great things. He may not have been perfect, but that doesn’t

diminish his value or his importance in moving this country along in its growth.

Who among us is perfect in this world? As the Course tells us, “They [teachers of God, who are us] are not perfect or they would not be here. Yet it is their mission to become perfect here, and so they teach perfection over and over, in many, many ways, until they have learned it.” (M2) That is our job; that is how we learn to “know thyself.”

Our spiritual practice is just that, a practice. We must work at it. The Course tells us we must work at it because we have become so comfortable with the lie (that we are powerless and disconnected) that we have become uncomfortable with the truth. Truth no longer fits like a comfortable old shoe.

I have flat feet. Now, for a woman with today’s fashions, that’s murder! When I find a comfortable shoe, I wear it to death. I don’t want to try anything new, but eventually I have to and so I take a chance. I put new shoes on, take them off, put in my insoles, take them out, put in my arch supports, take them out. I maneuver all around to make the new shoes work. Eventually, they become my favorite shoes! Now, they didn’t start out that way. I had to work into their comfort; I was so used to the familiar bulges and creases of the old shoes. It took time to “know thysole” (pun intended). And so it is with our true Self. It will take time for us to work into our awareness of truth, but it is not a useless journey. It is one that reaps rewards beyond what we can imagine now. An opinion that we share with God empowers us and helps us to see His Hand working ever so subtly in the illusions of the world.

The Course tells us that our understanding is not necessary for salvation, but our willingness (even the littlest) is. We don’t have to worry about how God will “fix” our world, environment, unemployment, finances or even that annoying person down the street. God merely wants our hearts to be at peace and for us to extend that peace to all whom He loves . . . and that includes the annoying person down the street. We don’t have to condone the

actions of anyone to extend our love and a blessing of peace, and we don’t have to even determine if it worked. We are asked to simply hold a space within our hearts for love instead of fear and the rest will be done for us in ways we cannot even imagine.

History tells us Jesus was crucified over two thousand years ago. His disciples felt afraid, confused and lost, but his message did not end with that devastating event. His resurrection triumphed over crucifixion and his disciples were given proof of their faith. Perhaps we often feel as if we have been good disciples but are being crucified by the world. It is time for us to reclaim our resurrection, our power and glory.

F.D.R. was right — there is nothing to fear but fear itself. Fear, confusion, frustration and anger’s time is up. Those facets of fear no longer need to have a hold on us. We have each other, and in that awareness is the power of God. In chapter 20 of the Course, we find a commentary on Easter. We also find this powerful quote:

“You groped but feebly in the dust and found your brother’s hand, uncertain whether to let it go or to take hold on life so long forgotten. Strengthen your hold and raise your eyes unto your strong companion, in whom the meaning of your freedom lies. He seemed to be crucified beside you. And yet his holiness remained untouched and perfect, and with him beside you, you shall this day enter with him to Paradise, and know the peace of God.”

I hope this passage will stir and inspire meaning for you during this time in your life and in our world’s history. We are not perfect, or we would not be here, but we do have each other, and with that awareness we can be in Paradise right now. □

“An opinion that we share with God empowers us and helps us to see His Hand working ever so subtly in the illusions of the world.”

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A New Look at Guilt

Continued from Page 1

feel terrible about every single unkindness. We should and must be horrified about what we are capable of. Unless we feel a stab of pain when we recall how we have misused someone, we have not yet healed the darkness within us that led to that mistake and that will surely lead to others.

I realize this is not the usual way that many people who pursue a spiritual or religious path like to think about guilt. If you are not to blame, they reason, then you should not have to feel regret and sorrow. But it does not follow that if you are not to blame, you are therefore not responsible. And once we acknowl-

edge our responsibility, we will feel regret and sorrow. If God weeps certainly we are not above feeling regret.

When we choose to hurt someone, we betray that person, ourselves, the world, and God. We represent and advocate darkness and are an enemy of the light.

The first step in undoing that mistake is to feel the pain we have caused. If we truly want oneness, we must be fully conscious of our effects on other people, and this is not always pleasant. In my opinion, projection usually comes from a person's unwillingness to feel like a betrayer. We don't like the experience of taking responsibility for what we have done and so we begin seeing a version of ourselves in everyone around us.

Ironically, whether or not it is good to feel regret isn't even an issue for the ordinary, good human being, who may have no particular interest in spiritual or religious teachings. Good people know that their deep regret for some of the things they have done prevents them from doing them again. They wince at certain memories and do not try somehow to stop wincing.

Obviously, wallowing in shame and self-loathing is never helpful. A preoccupation with personal guilt cuts us off from those around us and renders us insensitive to the needs of our loved ones. But to take responsibility and experience what might be called Divine regret or Divine sorrow,

motivates us to atone for what we have done. It is essential that we not only own our mistakes but that we make up for them, and of course we will not do that if we stay immersed in self-condemnation.

So when is regret helpful and when is it destructive? It is destructive when it is focused only on us, and it is helpful when it is all about how we treat others. One cue to the true nature of our regret is whether we have the urge to talk about it. Divine regret is quiet and almost sacred. And it turns instantly into determination to transform and to bless those we have harmed. Divine regret brings us back to the present with a wholly new perspective, and its hallmark is tolerance. Now we cannot see another's fault without immediately recalling our own capacity to err. Divine regret absolutely prevents judgment. We realize we simply have no righteous legs to stand on.

Rather than avoid looking at how we have hurt others, we must pore over each tiny instant of attack. We must see what thought process led up to it. We must see how we justified it. And, above all, we must feel how it felt. Feeling how we made someone else feel, we will regret it. And regretting it, we will atone for it and we will bless.

“So when is regret helpful and when is it destructive? It is focused only on us, and it is helpful when it is all about how we treat others.”

Falling Fast

Continued from Page 11

out into the universe, “Why am I falling?!” When I tried to move, it became very clear that something was wrong with my left foot. Mark arrived at the scene, realized I couldn't move, and went to get help.

During the moment that I was alone, the answer came, not in words, but in a very clear understanding. Right before each fall, I was judging my husband for not being who I wanted him to be and I lost my balance. Then in one fell swoop, all of the annoyances participating in the dance in my head came crashing into my face as if to say, “Look at me! I'm here for you to heal.” I became acutely aware that everything I was experiencing, from my bodily illness, my relationships, the frustra-

tions from others, were all forms of attack and judgment. How they were showing up did not matter. Letting go of the belief in attack was part of the healing process and my outward experience was mimicking my inward belief system. Falling was a lesson to help me see where I had lost my balance and how I was being called to rise above the battleground.

Suddenly, a gentleman who somewhat resembled a cross between Elton John and Mr. Magoo appeared before me. “Boy, that sure looked like a nasty fall. Can I help you up? I volunteer at the church across the street.”

I sat there for a minute pondering the situation and realized that this man must have heard all of those profane words I sent out into the universe earlier. Holding the laughter in as much as I could, I replied, “Don't worry. My husband is

coming with some help. I think I broke my foot.”

Mr. Elton Magoo kept me company during my short wait and we had a good laugh together. By that time, Mark had arrived with ice and information about a doctor's office. Needless to say, I wasn't going anywhere for a while.

Our final days were pretty slow. I sat in the bed and breakfast, my broken foot propped and iced. I found that living life on the slow train suited me well. It gave me some time to reflect upon the healing events of the past several months. On the last day, I opened *A Course in Miracles* to the following passage, “How can God's Son awaken from the dream? It is a dream of judgment. So must he judge not, and he will waken.” (T622) Okay, Holy Spirit. I think I understand now. Next time, I'll take the elevator.

“Look, Randy, what do you have to lose? You’ve spent the last year drunk, high, or depressed, usually some combination of all three. Spend some energy looking into this story, and the nature of time, and you’ll get some answers, or at least the impossible won’t seem quite so impossible, and whatever you did or didn’t do that’s causing you to be such a mess won’t seem so insurmountable.”

“You noticed.”

“Yeah, I noticed I have a lost soul in the office next to me.”

I asked what seemed like the most absurd question.

“Are you talking about something like time travel?”

“Hell yes, I am, and more...And why not? Especially when it involves love and forgiveness, which is the one key to the lock, by the way, that holds the miracle of transcending linear time.”

Sam looked at me in a way that indicated he knew more than he was letting on. “Randy, think what you know clinically about depression, and what your view of time is. Your depression is born in the world of conventional time, measured and kept by physical clocks, comparing what you have now, what you want later, what you lost, what you wished had been different and hope will come to be. The structure of past, present, and future appears unquestionable to you. You may have once believed your future was full of possibility, maybe not, but it’s obvious to me that you now believe it’s void of any, and that your past and the things you have experienced or done are set in concrete. Between your thoughts of past and future is the present, and this can be the doorway to your freedom, but you’ve been too busy drinking yourself to death to really notice.”

“Um, Sam, do you really believe this stuff, I mean that we should question the past and the future as though they were

coats on a rack we can choose or exchange?”

“Not exactly. For now, think of it this way — imagine not having to experience time like an arrow in flight.”

“What exactly are you getting at?” I asked, becoming, at least for now, more comfortable with the role of ignorant disciple.

“Here is what I do know. This story that Alex brought to you is as important for you as it is to him. But to get the significance of the story, you need to ask yourself a few questions, at least to start.”

“Ok, you have me, what questions?”

“Simple,” Sam smiled, “What is forever?”

“That’s it, Einstein?”

“Nope. Also ask, does a realm exist which has no before? Is there a realm which is, or will be, the end of time, with no ‘after,’ just being and love?”

“Sam, I’m open to this, really I am. We both know I’m going to die if I don’t do something different. I agree this story is important for me, but even with all you have said, I still have a voice telling me this is all crazy

and can’t be real.”

“Suppose our emotional experiences and memories of past and future are sometimes confused. Many people have experienced déjà vu. What is it? Nothing? Something important? A tear in the fabric, so to speak? They are not only a memory of the past, but also not really just a hope or fear of the future. What if memory is not one-directional and linear? What if memory is not only about the past? What if there are ‘memories of the future’? What if it’s possible that the past and future can get confused, a soup simmering in what we call consciousness? In the déjà vu, there’s a present experience which brings about a memory. If the memory is from before the present experience, we usually just call it a strange memory or something of the sort, but it can also be a memory of the future, and these are a bit harder to explain away. Alex’s journal is akin to a long déjà vu, and I’ve no doubt you will find parts that refer to the past, some memories of the future, and some from

parallel lives.

“I just spoke about memories, but the opposite, our forgetfulness, can equally be from the past or the future, a parallel state, or from a state of timelessness.”

“Huh?” I reply, looking no doubt like a deer in the headlights.

“Randy, to put it bluntly and simply, you have forgotten who you are. You have forgotten because of guilt. I don’t know what you’re guilty about, but nobody behaves like you do if they are not filled with it. The only way you can keep the guilt going is to forget who you really are. And Randy, who you truly are has not changed no matter what you did or may believe about yourself.”

Sam pauses, probably thinking for a moment of what else to say that would not totally scare me off. “Suppose at our worst moments there’s a parallel life where we’re at our best, and suppose you could gain access to those.”

“You’re going a bit far out there for me. This life right now seems pretty much like it’s the whole enchilada, not to mention a bit more than I can handle.”

“Suffice it to say,” Sam continues as though I’m getting all of this, “that the past and the future, and even the structure of linear time, are not near as rock solid as you’ve thought, and there may be states or places that are accessible to you beyond your wildest imagination.”

Trying to not be the ignorant disciple, I respond, “So, what you’re saying is that the present is all there is, and the past and future are little more than a mistaken view, and there’s some sort of ‘side present’ that we can access if we know how to?” As the words come out of my mouth I feel simultaneously like a confused and misguided psychiatrist playing physicist, and like I’m about to actually experience what Sam is talking about.

“Yup. Or, put more directly, what if there is no such thing as ‘time travel,’ but not because of the fixed nature of the past and future. In other words, what if the confines of time don’t exist at all. . . what if there are doorways? And what if the key to them is realizing forgiveness ends all suffering and loss?”

“What if memory is not one-directional and linear? What if memory is not only about the past? What if there are ‘memories of the future’?”

What's Happening
Continued from Page 2

For information, go to:
www.lantosfoundation.org

■ **2011 Annual Course Conference dates set!** Join us on **August 13-14, 2011** in Irvine, CA for our annual International Conference on *A Course in Miracles*. The Peace of Heaven will be the title and it will feature along with Beverly McNeff, Marianne Williamson, Jon Mundy, Lee Jampolsky, Dick Gayton, Paul McNeff and Michele Addino-Colchin. Mark your calendar to join us! As Heather from Montana said on Facebook about last year's conference, "I'm so grateful I could attend the conference — what a glorious experience! The speakers, musicians, staff and fellow participants were wonderful! It was uplifting, incredibly helpful, and an absolutely transformative gathering."

■ **"God is my refuge and security."** (Lesson 261) No matter what is happening in our lives, let us remember that God is here and with us now. We can turn to God for any need. Join us as we remember the power and presence of God through the Miracle Prayer Ministry each day at 4:30 PM (Pacific Time). We invite you to pause for a moment of prayerful support for yourself, a loved one and all those whose names and needs are in the prayer ministry as we behold God's healing presence in all our lives. If you have a prayer request, please send it to the Center by post or email. Request your free, full-color bookmark today which lists all the thoughts in the prayer ministry for 2011.

Affirmations for:

March: "The peace of God is shining in me now." (L188)

April: "I could see peace instead of this." (L34)

May: "There is no will but God's." (L74)

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- The Chicago Tribune

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- Beverly Hutchinson McNeff tells us about "Paradise Found"
- Hugh Prather takes "A New Look at Guilt"
- Jerry Jampolsky and Diane Cirincione explain "Healing the Illusion of Separation"
- Jon Mundy describes his "Labor of Love"
- Lee Jampolsky explores the "Truth of Time"
- Dick Gayton deals with his cancer challenge
- Michele Addino-Colchin examines the lessons found in "Falling Fast"

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To Register

call **1-800-359-2246** or visit **www.miraclecenter.org**

- **DATES:** April 8-9, 2011
 - **TIMES:** Friday 7 p.m. to 9 p.m., Saturday 9 a.m. to 4:30 p.m.
 - **COST:** \$125.00.
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