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The HOLY ENCOUNTER



JANUARY / FEBRUARY 2019
A Miracle Distribution Center Publication

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



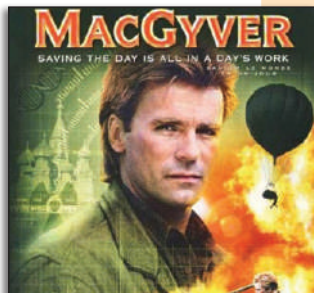
MacGyver a Miracle

by Beverly Hutchinson McNeff

"The emphasis of this course always remains the same; – it is at this moment that complete salvation is offered you, and it is at this moment that you can accept it." (M-24.6)

As we enter another new year, a lot of emotions come up. As we clean up and reset our minds from the holidays, some of us feel overwhelmed about starting yet another year from zero, some of us feel nothing since we have started many new years with not much changing, and some of us may be feeling a new stirring within our souls. A little sense that you are willing for a new perception to come to you so that you might walk

"So, if you are ready, let's MacGyver a miracle! Do you remember the TV show from the mid 80s in which this very clever guy named MacGyver could figure his way out of anything?"



through this world in a lighter and more connected experience.

Perhaps a feeling where you truly know that everything you need for your awakening, your salvation, is available to you right now.

So, if you are ready, let's MacGyver a miracle! Do you remember the TV show from the mid 80s in which this very clever guy named MacGyver could figure his way out

of anything? When I was living through that time, I really didn't pay much attention to the show. When our son Jeff came along, I kept thinking how much he would love it.

As luck would have it, when Jeff was about fifteen years old, MacGyver was being rerun on a local television station, so we decided to watch the entire seven seasons. Jeff loved it – and I found some real insights. Now, there's a new MacGyver on TV, but it still has the same ingenuity and humanity we came to love in its first incarnation. As always, there is never a problem too big or too

complicated for MacGyver – a good lesson for all of us to remember.

Here's MacGyver's approach to problem-solving: 1) He knows everything he needs to get out of a problem is right here, now, 2) He never takes anything with him into his problems (except perhaps his Swiss Army knife), and 3) His solutions are based on helping, not harming. To me, that's similar to what *A Course in Miracles* is asking us to do to experience a miracle.

The Course reminds us we have all that we need within us now to experience the

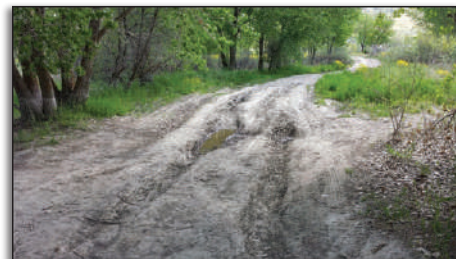
Continued on page 12

Don't Get Stuck in Life's Ruts

New Seminars on *A Course in Miracles*

with Beverly Hutchinson McNeff

Growing up in Oregon, we lived at the top of a hill with only a gravel road to travel on after the city's asphalt street ended. I never really thought much about it, but my dad sure did. Every few years after



Oregon's rainy season (which seemed to be year round!), that gravel road became marked with big holes and deep ruts.

In those days, there was no homeowners' association to fix the road, so my dad would take it upon himself to visit the three other neighbors on the gravel road and ask if they would be willing to pitch in some money to get a truckload of gravel to fill in the holes and even out the ruts. Sometimes the neighbors would help and other times they wouldn't, but that never stopped my dad from getting the gravel and filling in the ruts. He did it for himself because it made sense to him.

You see, taking responsibility for the road made sense to my dad because he had to

Continued on page 8

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.

What's Happening...with the Course and the Center

For more information go to
www.miraclecenter.org or call 1 714-632-9005

● **Bon Voyage, Conrad.** Former staff member Conrad Hanson passed away on October 10th at the age of 96. Conrad began working with us in 1985 and remained on staff until 2010. Over his 25 years he sent more than 30,000 handwritten letters to Course students around the world, eventually transitioning to email



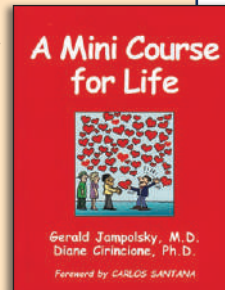
correspondence. If you contacted the Center during those years you probably interacted with him and perhaps were touched by his kindness. We invite you to share with us any stories about Conrad you may recall. We would love to read them and share them with his family. Many have asked how they can honor Conrad for his loving service to the Center and to the Course, so we have established the **Conrad Hanson memorial fund**, if you are led to make a tax-deductible contribution in his memory. Thank you!

● **"Oprah Friend Marianne Williamson Plans 2020 Run"** was the headline CBS News featured in an interview with the well-known author on *A Course in Miracles*. In November, Marianne announced the creation of an exploratory committee to help her decide whether or not to run for president of the United States in 2020, saying, "At a time when fear has been



harnessed for political purposes, our task is to turn wisdom and love into a political force." To watch the interview, go to: <https://cbsn.ws/2Q79pc4>

40% for 40 Years – 2019 marks the 40th year since the publication of *A Mini Course for Life* in 1979. This small book by Dr. Jerry Jampolsky was one of the first written works based on *A Course in Miracles*. It contains 18 daily lessons on cards to carry with you throughout the day. In celebration of this anniversary the *Mini Course* is now available at a **special discounted price of \$8.95.**



● **It is with great appreciation** that we acknowledge recent gifts from the estates of Edith Harding and April Woods, each a long-time supporter of our Center. Both Ms. Harding and Ms. Woods made the loving decision to include a bequest to MDC in their wills. They each felt strongly about the importance of continuing the message of *A Course in Miracles* in future years. Now that they have gently laid down their bodies, we still feel their mighty spirits. We thank both of these loving spirits for placing their trust in us. For information on including the Center in your estate plan please see page 14 of this issue.

● **Retreat Experience Made Easy –** Now is the perfect time to reserve your place at our next **Holy Encounter Retreat** on **September 20-22, 2019.** These retreats give students time to go deeper into the experience of *A Course in Miracles* while enjoying the peaceful setting of the incredible ranch property. If you are ready for a transforming experience, we encourage you to join us. See page 3 for more details. Space is limited and **some room types will sell out.** Our convenient payment plan allows you to make a **deposit of \$99 now to reserve your room.** Low monthly payments throughout the year will complete your registration.



● **"I could see peace instead of this."** This early Lesson 34 in the Course shares the power of peace in our lives. It's not by denying our problems that we will find peace, but by looking clearly at the challenges of life and not being distracted by their illusive influence. The promise of peace to prevail and transcend the limitations of the world is inevitable, for in truth, only peace is possible because that is the Will of God for us. It's time we join with our real power instead of our diminished thinking. We invite you to unite with us daily in prayerful thought for yourself, loved ones, and those in the **Miracle Prayer Ministry.** Every day at 4:30pm (Pacific Time), we invite you to stop and join us. The gift you give is the gift you will receive!

Thoughts for:

January: *I am as God created me.* (Lesson 94)

February: *Love created me like itself.* (Lesson 67)

March: *Into His Presence would I enter now.* (Lesson 157)

It's Here! Our 2019 Prayer Ministry Bookmark

Request your **FREE** copy today which lists all the thought in the prayer ministry for 2019.

Thoughts in the Miracle Prayer Ministry 2019

Each day at 4:30 p.m. (Pacific Time) we stop for a moment of prayer as we join our minds with God for the healing of all His children. We hope these lessons from the Workbook of *A Course in Miracles* will serve as a guide for your prayerful joining.

January: I am as God created me. (L.94)

February: Love created me like itself. (L.67)

March: Into His Presence would I enter now. (L.157)

April: I could see peace instead of this. (L.34)

May: God's Voice speaks to me all through the day. (L.49)

June: I want the peace of God. (L.183)

July: My part is essential to God's plan for salvation. (L.106)

August: I will there be light. (L.79)

September: God is my strength. Vision is His gift. (L.43)

October: Let me remember I am one with God. (L.124)

November: I thank my Father for His gifts to me. (L.123)

December: I am as God created me. (L.162)

If you have a prayer request, please send it to: prayer@miraclecenter.org. Include a postal address for a personal response.

call 1-714-632-9005 or at miraclecenter.org



Change Your Mind Change Your Life

Happy Eternity! A Spiritual Smorgasbord

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

We write this article in celebration of the new year, filled with our deepest gratitude and sincerest dedication to Helen Schucman and Bill Thetford, both of whom are responsible for bringing *A Course in Miracles* into all of our lives. Each and every day, they are alive in our hearts and help raise our consciousness through the Course.

Our joint journey of 38 years has been uplifted and centered each day by beginning with some verses from the Course that serve as a rudder in our boats. They keep us on course throughout the day and help us when we go astray.

Upon waking our first words are always:

"I am not a body. I am free. For I am still as God created me. I want the Peace of God. The Peace of God is everything I want. 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." (W-205)

"Love is the way I walk in gratitude."
(W-215) It is amazing how differently we experience life when we begin and end each day in gratitude.

Before we meet with anyone or give a talk

or interview, we never fail to say the Healer's Prayer. It grounds us in the present moment.

*"I am here only to be truly helpful.
I am here to represent Him Who sent me.
I do not have to worry about what to say
or what to do, because He Who sent
me will direct me.
I am content to be wherever He wishes,
knowing
He goes there with me.
I will be healed as I let Him teach me
to heal."* (T-2.V.18:2)

***"Before we meet with
anyone or give a talk or
interview, we never fail
to say the Healer's Prayer.
It grounds us in the
present moment."***

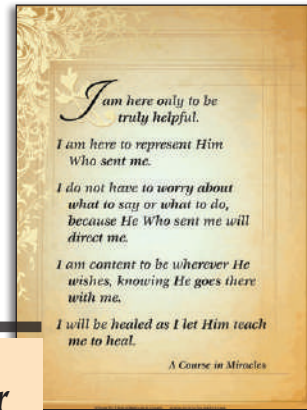
At the core of our daily practice is this lesson about forgiveness. We choose to celebrate it with you on this timeless day.

Forgiveness is the key to happiness

"Here is the answer to your search for peace. Here is the key to meaning in a world that seems to make no sense. Here is the way to safety in apparent dangers that appear to threaten you at every turn, and bring uncertainty to all your hopes of ever finding quietness and peace. Here are all questions answered; here the end of all uncertainty ensured at last." (W-121)

"What could you want forgiveness cannot give? Do you want peace? Forgiveness offers it. Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world? Do you want care and safety, and the warmth of sure protection always? Do you want a quietness that cannot be disturbed, a gentleness that never can be hurt, a deep abiding comfort,

*and a rest so perfect it can never be upset?
All this forgiveness offers you, and more."*
(W-122)



When we are challenged throughout the day with politics or any other adversarial thoughts, we invariably say aloud, "Today I let Christ's vision look upon all things for me and judge them not, but give each one a miracle of love instead." (W-349) "The holiest of all the spots

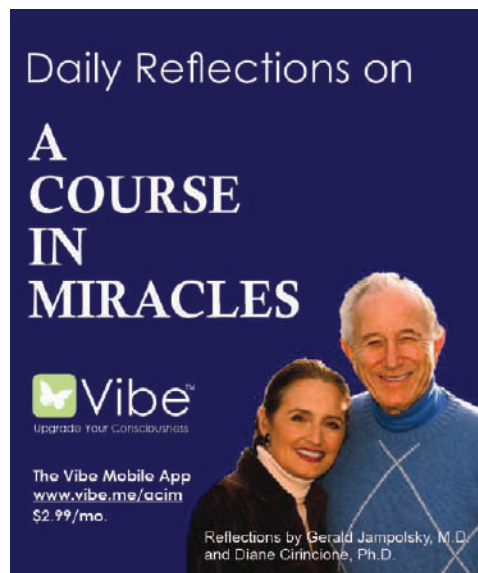
on earth is where an ancient hatred has become a present love." (T-26.IX.6)

In the introduction to *A Course in Miracles* there is a simple statement that says, "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God." It seems to us if we really understood the power of this statement, we probably would not have to study anything more in the entire Course. It took a long time for us to grasp the power of these words. It took a long time for us to let go of the illusion of time and the ego's belief in past, present and future. It is always amazing to us how powerful the ego can be in pulling us back into our judgments. We used to hold on to hurtful experiences from the past and worry endlessly about the future. We now believe this holy instant is the only time there is, and we have learned to live in the now rather than the past or future.

The simple statement, "I choose to place the future in the hands of God," means we don't have to worry about what's going to happen — just live in the present which is the only true reality, the only place where peace resides.

There are no words that adequately express the depth of our love and gratitude

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Gerald Jampolsky, M.D. and Diane Cirincione-Jampolsky, Ph.D., international lecturers and bestselling authors, share their insights and experiences in applying the principles of *A Course in Miracles* in our world. Diane's therapeutic counseling practice specializes in applying ACIM to all aspects and situations in life. Their books are available from the Center at www.miraclecenter.org



Miracle Musings...

A Quiet Place

by Paul McNeff

"But the news about Jesus was spreading even farther, and great multitudes were gathering to hear him and to be healed of their sicknesses. But he himself would often slip away to lonely places and pray." Luke 5:15, 16

"When peace comes at last to those who wrestle with temptation and fight against the giving in to sin; when the light comes at last into the mind given to contemplation; or when the goal is finally achieved by anyone, it always comes with just one happy realization; 'I need do nothing.'" (T.18.VII.5)

I've just started reading former First Lady Michelle Obama's autobiographical memoir, *Becoming*. I'm finding it an inspirational and relatable read. To my surprise, many of my early life experiences have paralleled hers . . . raised in a low-income Midwest family, strong and consistent parents, a large extended community of church, family and friends, and, a feeling you were always cared for, whatever circumstances life might be throwing at you.

However, unlike the Robinson (Michelle Obama's maiden name) family who numbered just four with mom, dad, Michelle and Craig (Michelle's brother), my immediate family numbered fifteen! There was mom, dad, eleven kids, and an occasional Grandma and Grandpa interlopers. Just imagine fifteen people living under the same roof – that was the McNeff family.

Our household never had a dull moment. Dad always worked two jobs to support his clan. He was strict, loving and caring, but had little time to spend with his kids because of his heavy work schedule. Mom was the family organizer possessing administrative skills that would have put even a high-priced executive to shame. Although I will have to admit, much of the time our activities were more akin to driving cattle, but mom always seemed to provide three square meals a day for us.

My mother had many other talents, one of which was music. Apart from all her motherly duties, to help with family income, she somehow found time to teach piano to other kids in our community. Since Dad was not musical at all, I must have inherited my musical talent from my mom, and it has served me well in

my career as a singer and music director.

Family activities centered on school, church, music lessons, concerts, and sandlot sports. Very little time, if any, was spent on dining out or family vacations. There just wasn't enough of a revenue stream for that. We kids were instilled with a strong work ethic from an early age. When you turned twelve, you got a job; office cleaning

"However, unlike the Robinson... family who numbered just four with mom, dad, Michelle and Craig..., my immediate family numbered fifteen!"

and newspaper and gardening routes were common areas where the McNeff kids found part-time employment. To say the least, it was a frenetic household abuzz with about every activity under the sun.

One day, while I was covertly snooping around my grandparent's downstairs bedroom, I made an interesting discovery in their tucked-away closet. I ventured past the first and then the second rack of hanging clothes into the deeper recesses, where I stumbled across another six or seven feet of space heaped with old blankets and pillows. The closet ceiling followed the downward contour of stairs that led to the second floor of our house. It created a confining, yet occupiable chamber. Once nestled into this pitch dark, diminutive, secret space, with my body enveloped in pillows and blankets, I could completely shut out the McNeff

household's cacophony of sounds, sights, smells, bodily challenges, and transport myself to an "otherworldly" spiritual environment. There, in this quiet place, a deep silence would overtake me as if it were an express ticket directly into my soul. In that realm, I would empty my mind into a sanctuary of liberating nothingness, only to subsequently find an emerging experience of peace, serenity, and love. This was supreme!

Upon my exit from that holy space, I found



I could carry that experience of spiritual renewal with me, empowering me with confidence to face the worldly challenges that would inevitably come. For me, all my church going never produced such an enriching spiritual experience as my visits to the secret closet. This was a

treasure. Whenever I felt the world's tensions pressing in too much, I would secretly retreat to this Shangri-la. It became a regular ritual.

One will not find this experience in the world, no matter how much you look for it. The ego experience we all share is one in which the body seems to rule. All our worldly efforts are targeted to protect, defend, nurture and move the body forward to a more perfect place. But, if we cling only to the cares of the body as our principal goal, we have set into place a path that leads only to emptiness. A *Course in Miracles* states: *"You still have too much faith in the body as a source of strength. What plans do you make that do not involve its comfort or protection or enjoyment in some way? This makes the body an end and not a means in your interpretation, and this always means you still find sin attractive."* (T.18.VII.1)

From the Course's perspective, sin is only misdirected thinking. It is not a death knell, but rather a state of mind in which we lose

Paul McNeff is married to MDC's founder and has been a student of the Course since 1986. He is a professional singer and conductor and holds a master's degree in vocal performance. In 1997, along with Beverly, he founded *KidSingers*, an inner-city, afterschool children's chorus. The program has won many awards and been featured on *Good Morning America*. Learn more at: www.kidsingers.org

perspective and cast our faith into believing the body (and the world of form) is our ultimate reality. The Course, however, never disparages us for taking care of our bodily needs. When we have a little willingness to fully put the body out of our minds, if only for



Paul's family folding newspapers. Paul (in white pants) is in the foreground sitting on the floor.

“We kids were instilled with a strong work ethic from an early age. When you turned twelve, you got a job, office cleaning and newspaper and gardening routes were common areas where the McNeff kids found part-time employment.”

an instant, we will then experience oneness with the Universe. While living in this world where the illusion of time is real, we will often return to fulfilling the needs of our body, but we will never again see them as the end-all to our ultimate happiness. Rather, we will have the experience of the eternal, the reality of spirit and our essence of love. What can be more empowering than that!

Years later, recalling those early-in-life quiet place experiences of nothingness, I was interested to read the section in the Course's text entitled, "I Need Do Nothing." Even with my background of my quiet place, I thought as many do, that this section seemed impractical. How do you do nothing and function in the world? To that point, the family I came from did a lot and needed to stay busy to just maintain their status quo. This section would seem to encourage a lifestyle of laziness. After all, in our hyper-kinetic world, isn't doing nothing a recipe for the poor farm?

This section, however, is about making us more productive, not less. Yes, the concept of stepping back from the world sounds antithetical to a productive nature, but it is actually a formula for real productivity that does not

To Give and to Receive Are One in Truth

As MDC enters its 41st year of service to students of *A Course in Miracles*, we want to again thank all of you who have shared this journey with us. Your loving messages and support are what keep us going!

We recently received a lovely letter from Aileen Bosworth in Pennsylvania, who shared a unique way to celebrate her 85th birthday by giving and thereby receiving the gift she truly values. As a current *Holy Helper* of the Center (with her monthly gift), she has decided to increase her gift to assure that the services of the Center she values will continue. She is also giving this gift as a way to continue to honor her son Geoffrey's memory. We are grateful for Aileen's generous gift of love and support. We share her letter here as an inspiration to all.

Dear Beverly,

As I contemplate my 85th birthday next week, I think each time I read *THE HOLY ENCOUNTER* that this may be the time to increase my support for Miracle Distribution Center. You and the staff have been there for me over many years, and I have always appreciated your handwritten notes when I sent you a donation in memory of my son. Geoffrey was the "Teacher" whose life challenges brought me to *A Course in Miracles* in order to find "a better way."

I have no large amounts of money to give, but I can make a monthly donation by charging my credit card. Each month when I go over my bill, I will give thanks once again for the lessons in love that my son taught me, and which have changed my life.

As I have no computer or smart phone, I am especially grateful for the printed copy of *THE HOLY ENCOUNTER* which, through its excellent articles and information about MDC, helps me stay connected to you all.

Please accept my loving good wishes to you, Beverly, and each member of the MDC staff, as you continue the miracle odyssey.

Become a Holy Helper

For a minimum monthly donation of just \$15 you will receive our beautiful "Miracle Mug." Your donations help the Center to continue its many **FREE** services.

Visit www.miraclecenter.org on our home page under "New and Featured" click on "Miracle Mug" for more information on how to join.



exhaust us and deplete our energy, where we can feel the revitalization of our true purpose in this world and experience miracles.

"To do nothing is to rest, and make a place within you where the activity of the body ceases to demand attention. Into this place the Holy Spirit comes, and there abides. He will remain when you forget, and the body's activities return to occupy your conscious mind.

Yet there will always be this place of rest

to which you can return. And you will be more aware of this quiet center of the storm than all its raging activity. This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent. For from this center will you be directed how to use the body sinlessly. It is this center, from which the body is absent, that will keep it so in your awareness of it." (T.18.VII.7)

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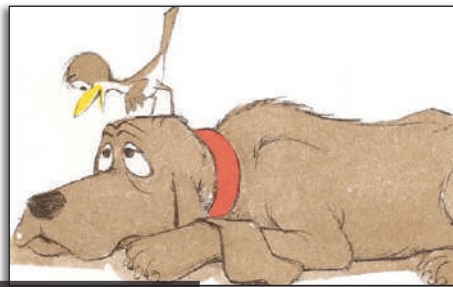
Are You My Mother?

by Robert Rosenthal, M.D.

There is a simple children's book – a perennial favorite I read to my kids when they were young – that depicts the search for spiritual truth in an unusually perceptive and direct manner. P.D. Eastman's book, *Are You My Mother?* tells the story of a baby bird who hatches and tumbles from its nest while its mother is off gathering food. Not knowing what its mother looks like, the baby bird wanders the world in search of her, bumping up against a variety of different animals and objects along the way (including a dog, cow, boat, airplane, and a bulldozer) and asking each one the only question that matters to it: "Are you my mother?" Each answers, "No," except for the bulldozer, which says, "Snort!" and then, in a surprising move, lifts the baby bird back to its nest, where it is finally reunited with its real mother.

You might wonder how this story qualifies as a spiritual classic. Let me explain. The baby bird sustains a terrible loss when it tumbles from the warmth and safety of its mother's nest to find itself all alone in a world it does not understand. Like Adam and Eve, it has suffered a fall – only literally, and through no fault of its own. The search for its mother is about reunion and the return home. It would have obvious appeal to a young child, for whom fear of separation from his or her parent looms large. But it's not only children who experience such fear and to

whom this story appeals. Indeed, substitute your generic spiritual seeker for the baby bird, and you might find her wandering the world from Italy to India, Bali to Belize, asking various masters, "Are you my guru? Are you my teacher? Are you my path home?" Unlike the spiritual seeker, however, the bird receives a clear and immediate "no" and can get on with its search without wasting years in the process.



"Not knowing what its mother looks like, the baby bird wanders the world in search of her, bumping against a variety of different animals and objects along the way... and asking each one the only question that matters to it: 'Are you my mother?'"

The same theme of losing our way and the journey home shows up, as we noted, in the story of Adam and Eve in Genesis, but also in the book of Exodus (lost and enslaved in Egypt, then searching for the Promised Land),

Homer's *Odyssey*, *Parsifal*, Shakespeare's *The Tempest*, and countless movies and other works of classic literature. It's also the central premise of *A Course in Miracles*.

But let's go back to *Are You My Mother?*

The baby bird's loss and its search for its mother are but the uppermost layer of the story's meaning. Yes, we want to find our way home, back into the loving arms of the eternal Mother. We desperately

crave that security and sense of belonging. We try to recreate it through relationships, family and community. But there is another, deeper motivation for the bird's search and for ours as well. Because if the baby bird cannot find and identify its own mother, then it remains ignorant of its true nature. It does not know itself. It could just as easily be a dog or cow or bulldozer. The moment it identifies its mother, however, it also knows itself. It is a bird. It has wings. It can fly!

"The goal of the curriculum, regardless of the teacher you choose, is 'Know thyself.' There is nothing else to seek." (T-8.III.5)

A Course in Miracles states that all conflict and confusion in this world are ultimately the result of not knowing what we are – of forgetting, or intentionally diverting our minds and blocking it out. "This is a course in how to know yourself." (T-16.III.4:1) The moment we remember our true Self, all our seeming problems are resolved, because they all stem from this one source.

Achieving this is not as difficult as it might sound, fortunately, because that Self has never left us. It has simply been obscured, overwritten by a dramatic narrative of personal selfhood – our life story – that keeps us so preoccupied we no longer recognize our true nature. To use an analogy from the Course, the truth of our being is like a "forgotten

Available from the Center

From Never-Mind to Ever-Mind

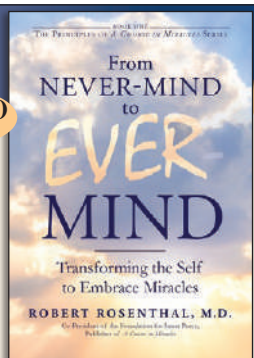
by Robert Rosenthal, M.D.

This book approaches the Course from an entirely fresh perspective. Using common sense wisdom and sharing from Dr. Rosenthal's own experience as both a psychiatrist and Course student, he unpacks the core elements of the Course's teaching in a clear and comprehensible manner. Hardcover - 336 pages

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Robert Rosenthal, M.D. is Co-President of the Foundation for Inner Peace, publisher of *A Course in Miracles*. He is the author of *From Plagues to Miracles* and his new book *From Never-Mind to Ever-Mind*.



Recognizing Spirit Holiness, Love, and Purpose in the New Year

by Lee Jampolsky, Ph.D.

How quickly fear and upset drop away when I welcome love and compassion within me, when I seek only to love, when the valueless is seen for what it is. How willingly my mind lets go when I understand the nature of my holiness.

Holiness is not a subject I ever found in any psychological theory, and yet it is an essential aspect of raising our consciousness and becoming happier. I do not use the words “holiness” and “purpose” in a religious context; I use them as ways to describe and practice becoming deeply loving. In Inspirational Psychology, “holiness” refers to your true nature that is forever within — love. “Purpose” refers to the path of expressing holiness in the world. This is reflective of A Course in Miracles’ tenet that you have not lost your innocence, and it calls to you from your home. Holiness cannot be obliterated, fractured or hidden in darkness; however, you can deceive yourself about this, and doing so causes great suffering.

There are a multitude of books and seminars available today on the subject of how to find one’s purpose in life. Many people who come to the Course also seem concerned with finding their life purpose. What if finding purpose and meaning is not this complicated? The Course teaches us “Only two purposes are possible. And one is sin, the other holiness.” (T-20.VIII.9)

To have and live your purpose this year, ask these three questions:

1. What if this year I intend to heal instead of harm, and to give instead of fear not having?
2. What if this year I see everything as having only two uses — to reduce suffering and to bring beauty?
3. What if my purpose comes from one question asked throughout the year: Is this thought or action originating from love or fear?

I don’t like the idea of thinking of myself as a person who ever harms others. Quite the

contrary, I even chose a profession in which most people would agree that my purpose is to be helpful. However, even after decades of spiritual practice, I remind myself that if I am not conscious, aware, and disciplined, my ego will wander to thoughts of worry and fear, and this is harmful both to myself and other people. Let’s remind ourselves this year that there are only two categories of thoughts: love-based and fear-based. As the Course states, “there are no neutral thoughts.” This means I am healing or harming, giving or fearing scarcity, loving or fearing, reducing suffering or causing it, seeing beauty and holiness or being blind to it. In short, I am either seeing the true nature of love (i.e., holiness) or misperceiving and seeing darkness and guilt.

“Holiness cannot be obliterated, fractured or hidden in darkness; however, you can deceive yourself about this, and doing so causes great suffering.”

Those attending my lectures may think I am always calm and patient, but sometimes I still become impatient, say something that is not kind, or become frustrated with the world not going as I arrogantly think it should. We all tend to do this. When I am unconscious of my ego’s desire to control, I make demands from a fearful place, believing the person or situation should conform to my wishes for me to be happy. These actions are never blessing, trusting, or loving. This is not to say that as a parent, citizen, or leader you don’t sometimes need to be assertive; I am merely saying that to be patient and forgiving with

others, we must come to them from a place of holiness in ourselves. Holiness is the sacredness of love within you, divine innocence unblemished and waiting for your welcome. When you see your holiness as your natural condition, you cannot help but see the same sacredness of love in other people. In this way holiness cannot be lost, only obscured by your false beliefs. Paradoxically, when you overlook unholiness, you see again.



What if your only task this year, your sole purpose, is to recognize completion and love within a world where incompleteness and fear appear to be everywhere; what if your only task is to be with your wholeness and holiness in this world? Your purpose this year is quite

simple — you are here to live through and by love. This involves seeing your holiness, which is the sacredness of love within you, and then seeing others in this same manner, excluding no one. As the Course states, “Your purpose is to see the world through your own holiness.” (W-37.1:2)

Take this direction from the Course quite seriously and literally. I invite you to join with me in practicing this throughout the year. We may not be perfect, but together we can make a difference. With this purpose, there can never be an ordinary encounter — only an endless series of holy encounters, sacred opportunities to see pure love and compassion within and in one another.

My purpose is to see you and myself truly and to use this power of perception to lift us

Continued on page 15

Dr. Lee Jampolsky is the founder of Inspirational Psychology and the author of ten books in fourteen languages. For free articles and free online courses visit www.drleejampolsky.com. He is a retired psychologist and currently offers online spiritual mentoring and coaching. He can be reached at lee@drleejampolsky.com

New Seminar Series on *A Course in Miracles* with Beverly Hutchinson McNeff

Getting God's Guidance



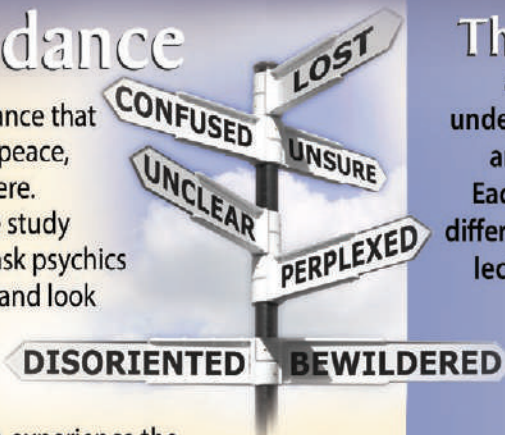
We're all looking for the guidance that will bring us a life of happiness, peace, and direction. We look everywhere. We open up fortune cookies, we study our astrological charts, and we ask psychics to gaze into our palms. We look and look outside of ourselves to find the

purpose of our lives and the world when *A Course in Miracles* is offering us another plan.

In this workshop, we will explore practical ways to experience the guidance we are seeking. In *A Course in Miracles* we are told that God's Voice speaks to us all through the day, so let's accept its assurance and follow the plan it sets forth for us.

I will bring my forty-two years of study and insight with *A Course in Miracles* to this seminar to help you unlock the answers you need to experience God's guidance in every aspect of your life and relationships.

I hope you will join me with an open heart and a willing spirit to experience the miracles you are entitled to.



These new seminars are designed to deepen your understanding of *A Course in Miracles* and its transforming principles. Each day-long seminar will cover a different Course concept incorporating lecture, multimedia presentations and more.

2 Ways to Participate

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• First Seminar •
Getting God's Guidance
Saturday, April 6, 2019
9am - 4:30pm • Cost: \$49

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Miracle Distribution Center
3947 E. La Palma Ave., Anaheim

• Space is limited •

For reservations

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"Beverly does a brilliant job of explaining the Course."

"I have never had Course concepts explained so well. Clearly, the Holy Spirit is on Beverly's shoulder."

"I love the way Beverly applies the principles of the Course in our world and helps us to see the relevance."

Don't Get Stuck...

Continued from page 1

travel on it, as well. We are all traveling on the same road of life whether we are aware of it or not. How many of us continue to get stuck in the same old holes and follow down the same old ruts in our lives? We can't keep blaming everyone else for the pain and suffering – we have to take responsibility for our feelings, choices, and places we find ourselves so we can realize that we have the power to change.

If healing your life makes sense to you,

then taking responsibility for what you are experiencing becomes your salvation and the doorway to the miracles you are entitled to. So let's get started!

Starting this year, I will be presenting a new series of intensive online seminars here at the Center that you can attend in person and/or view online. Each one will cover a different concept from the Course using multi-faceted techniques of current technology to enhance and stimulate your learning and understanding. In person attendees will have the opportunity to interact during the seminar. Live stream viewers will have

access to the chatroom during the day to ask questions and communicate with other participants. Attendees and viewers alike will have access to the recorded video sessions after the event.

Our first day-long intensive seminar will be: "Getting God's Guidance" on April 6, 2019.

I am excited to share the understanding and insights I have learned over my forty-two years of studying the Course to help you remove the blocks to the awareness of God's guidance in your life and relationships.



SEPTEMBER 20-22, 2019

Holy Encounter Retreat

This retreat is designed to help students to not just talk about A Course in Miracles but to deeply experience its healing power. Through lectures, meditation, group sharing, music, and laughter, you will be helped to see, and look beyond, the limitations of this world and experience the possibility of God in every aspect of your life.



International lecturer, author, and founder of the Center, Beverly Hutchinson McNeff brings over forty years of Course study to this weekend that will leave you with the tools and understanding you'll need to experience

miracles in your life.

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"Beverly made the Course so easy to understand. I'm always getting this message that the Course is so hard and she makes it so simple."



The Holy Encounter Retreat will be held at the majestic RW Ranch Spiritual Retreat Center in Lucerne Valley, California. Sessions will be conducted in comfortable meeting rooms and time for reflection and meditation may be experienced in various landscaped parks, intimate flower gardens, beside a tumbling stream, or peaceful ponds... each offering privacy, seclusion, and a distinctive setting.



environment and food were great...I just had a great time overall!"

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"I came away with down-to-earth principles that helped me make sense of things in terms of forgiveness, judgment, etc. The



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The World I See

The World As I See It

by Joseph Miller

“God did not create a meaningless world.” (W-14)

This lesson, I think, can be misunderstood. I'd like to offer a few suggestions.

The lesson is practice in the power of denial. But what exactly is being denied? Some readers might think *A Course in Miracles* is saying that wars, airplane crashes and cancer don't actually happen, and that you have personally projected what you see. Carried to the extreme, this position becomes philosophical solipsism at least — the belief that you are a mind isolated in the shell of your own projections and fantasies; or, at most, the pinnacle of egotism, where you are the center and creator of all the world! These positions are, of course, not compatible with the Course's teaching. Yet, it is easy for students to go astray, and think the Course is advocating a belief that the world has no objective appearance. “Illusion” then comes to mean fantastic and meaningless appearances that can be mocked and disregarded. “Spirituality” becomes a cavalier attitude that dismisses everything, including earnest calls for sympathy and obligation.

So, what is the point of the lesson, and what is being denied? The answer is simply stated, “The idea for today is another step in learning to let go the thoughts that you have written on the world, and see the Word of God in their place.” (W-14.3:1) We are peeling back the fantastic overlay we have mentally and emotionally spread onto the world. We have misused the world in the attempt to fulfill ego-goals, “idle wishes and vain desires.” We must clear away our false motives and conceptions so that we may experience the

world as means for our salvation.

I highly recommend, in this lesson and the lessons that follow, developing the mental habit of translating “the world I see” into “the world as I see it.” (W-32) One of the delusions of the ego is objectivity. It thinks it sees the world “as it is” and “in itself.” This, of course, certifies its position to sit on the throne of judgment. If the ego had to qualify its perceptions, and own their relative limits, it could not convincingly pass down judgments. So, these exercises in the Course are not about a self-existent outside world, but about your

“I highly recommend, in this lesson and the lessons that follow, developing the mental habit of translating ‘the world I see’ into ‘the world as I see it.’”

experience and interpretation of that world.

Once you are aware of how meaningful this qualification — “the world I see” — is, you will begin to notice how frequently it is used. (80 times)!

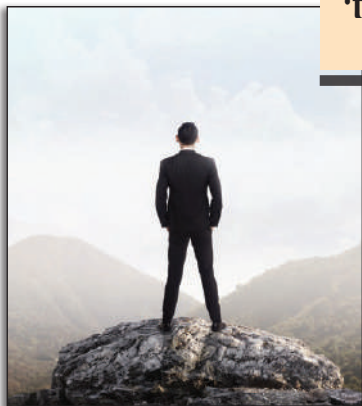
So, let's take up a hard couple of sentences: “The world you see has nothing to do with reality. It is of your own making, and it does not exist.” This does not say “the world has nothing to do with reality,” but the world as you see it — the world of your seeing; the one colored by your story. The Course elsewhere goes into elaborate descriptions of selective perception: we start with the premise of what we want to be true, and then we look around to select only supporting evidence. This is the way we weave illusion. Illusion is not mere nothingness, but active misrepresentation. What is “of your making,” therefore, is not the war, airplane crash, or cancer. But your experience of those events, and the mean-

ing you assign to them. We have indulged outrage and cherished grievances over how we have suffered afflictions at the hand of the world and other people. We could choose another perspective, and feel differently about these events.

Remember that the Course has a special metaphysical meaning for the word “reality.” At the beginning of the book we are told “Nothing real can be threatened.” Your real nature, your function, and your true thoughts are changeless. If you remembered them clearly and consistently, you would not desire anything else, and you would fear nothing; for you would know your Self.

This clear and consistent recollection is the point of the Workbook training. Nothing not of God can affect what is real. But we are misidentified with things in time and space and fantasy that are not of God, and therefore we experience fear. To declare, “God did not create that war, and so it is not real,” is not to foist upon your shoulders the existence of a war (the lesson, after all, speaks about “shared illusions”). It is to say the war, in itself, has no inherent power to disturb your peace, and in that respect, “it is not real.” It cannot affect real things.

Your “personal repertory of horrors” is the psychic stash of misunderstood and misinterpreted material you need to forgive. This is to say, you need to see clearly that much of your world needs to be reinterpreted. You have seen waste and loss and blame. Fear and despair have reinforced your will to separate. If all of this could be neutralized, by calling the experience “meaningless” instead of “good” or “bad,” you could be open to the Holy Spirit's interpretation. In the neutrality of “I don't know,” you could recover the willingness to ask, “How can I see this differently?” And He would show you beginnings, not endings. He would show you errors that can be corrected, and calls for love that can be answered. Compared to this “real world” of the right mind, the “personal hell” of your past should rightly be denied as “unreal.” ❖



Joseph Miller is a writer, broadcaster and drapery tradesman. He has practiced the Course for twenty-five years, and participates in a weekly study group at Unity Church, Santa Barbara. He is also an associate of United Loge of Theosophists. He lives in Goleta, CA with his wife, Kim.

Share a Miracle



The Door Jamb

By Rae Karen Hauck

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.

As you know, lessons can be learned from many ordinary acts that play out in our lives.

Over the long spring and summer months, the heat and rain caused our backdoor to warp. In our daily going out and coming in, it would take both hands tugging on the knob before it opened. The repair was delayed in hopes that cool weather would contract the wood and solve the problem.

In patience, my husband, Elliot, and I laughed that at least we were building our muscles. This door has a welcoming personality. It is the door where the wild buttercup plant grows out of a crack in the stucco wall. A little palmetto plant has grown into a leafy tree. It is the door where hungry cats show up for a meal, and stay. This is a very busy backdoor that provides many blessings.

Last week, a carpenter came and adjusted the doorjamb, leveled the frame, and now our access is free and easy. We're no longer stuck! Elliot laughed, swinging it open and shut.

But here's the thing – I still find myself in that old familiar pattern as I come and go throughout the day. My brain is slow to catch on as I impetuously yank on that doorknob. The force of this act causes me to be thrust backwards in surprise. The struggle is all my own. There is no opposition.

This routine approach to the fixed door has given me an “aha” moment. Do I still handle resolved issues without realizing they are a thing of the past? I am thankful for the reminder of how old embedded memories may still be playing out long after a physical challenge or a difficult relationship has been healed.

I must be patient with myself. A mental adjustment is needed, with the help of the Holy Spirit. Now, at least as I approach the backdoor, I try to slow down and remind myself to relax, it is unstuck. And so am I – from exerting unnecessary energy towards that old pattern.

“This door has a welcoming personality. It is the door where the wild buttercup plant grows out of a crack in the stucco wall.”



Curious, I searched online using **Miracle Distribution Center's Course Lookup** for a door quotation. There were many, but this one stuck out as a handy reminder to un-stick my old patterns.

“An ancient door is swinging free again; a long forgotten Word re-echoes in our memory, and gathers clarity as we are willing once again to hear. Walk, then, in gratitude the way of love.”

(W-195)



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miracles that are present for our salvation, our healing. We don't need to bring any limiting or preconceived past thoughts with us into the seeming problem, as they can block the answer. All we need is the Holy Spirit — the miracle workers' Swiss Army knife! And, we need to always remember the answer will be one where no one loses and everyone is blessed. Our goal is that we do not see our interests as apart from someone else's.

"If you want to be like me I will help you, knowing that we are alike. If you want to be different, I will wait until you change your mind. I can teach you, but only you can choose to listen to my teaching." (T-8.IV.6)

Whenever MacGyver got into a jam (and that was every episode, of course!), he was always able to figure his way out. That's what everyone loved about the show. Everyday items became his "salvation" to a locked door or a ticking time bomb. He knew he

and screaming, it is a correction from the diminishing thoughts of the ego that say you are lost, hopeless, and incapable.

The ego is not you, and no matter how long you have listened to it or how comfortable it has become to you, it will never be you, therefore . . . "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." (W-50) It's time to stop listening to the limited thinking of the ego and open your mind and heart to the miracles that are here to transform your life right now.

"Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God." (W-189)



When MacGyver went on a mission, he never took anything with him because he knew he

had the knowledge to handle any problem. He did, however, carry a Swiss Army knife. Now, if you know about these knives, they can have every tool in them for any emergency, conveniently tucked into a compact size that fits into a pocket. They're like a survival tool for most any situation — much like we are told the Holy Spirit is for us. MacGyver felt he only needed his Swiss Army knife, and we only need the Holy Spirit.

The emphasis of the Course is to get us comfortable with God's Answer through the Holy Spirit. He will not necessarily change the world as you see it, but as Workbook lesson 151 says, "He gives you vision which can look beyond these grim appearances, and can behold the gentle face of Christ in all of them."

First, however, the Holy Spirit can only offer this vision if you are willing to bring Him into your thinking. MacGyver knew he needed his trusty knife, and we need our



trusty Helper. Therefore, once we realize the importance of the Holy Spirit's vision in our lives, we have to get out of the way and bring our thoughts to Him for healing.

Here's how Lesson 151 explains the Holy Spirit's three step plan...

Once we value the Holy Spirit's help over our own, He sorts through our minds and selects the elements that represent the truth "and disregards those aspects which reflect but idle dreams." (ibid) In a MacGyver episode, if he was locked in a basement, he would look for only the necessary items to facilitate his escape. He didn't sit around looking at all the items that made him feel small and powerless or bemoan the fact he was in the mess in the first place. Therefore, here's a MacGyver a miracle tip: Don't hold onto the thoughts that don't serve you. Stop dwelling in them. Let the Holy Spirit sort them out for you.

Next, the Holy Spirit will "reinterpret all you see, and all occurrences, each circumstance, and every happening that seems to touch on you in any way from His one frame of reference, wholly unified and sure." (ibid) MacGyver saw everything as helpful. He wasn't happy he was in the problem, but once he was in it, he didn't whine; he went to work. So, let's get to work and let the Holy Spirit reinterpret all you see. It is not that we are thankful for the problems in our lives, but we are grateful we have the available Answer in the Holy Spirit that can create miracles out of our messes.

"That's what everyone loved about the show. Everyday items became his 'salvation' to a locked door or a ticking time bomb. He knew he had the knowledge."

Finally, the Holy Spirit's frame of reference is love, so He will focus on "the love beyond the hate, the constancy in change, the pure in sin, and only Heaven's blessing on the world." (ibid) Like the Holy Spirit, MacGyver always had a single frame of reference: Finding a solution to any problem put before him. From the Course's perspective, our solution is love, and that is what the Holy Spirit's laser focus is here to help us experience. As the Course would say, the Holy Spirit is here to help us experience everything

as an extension of love or a call for love. This type of focus allows us to move past the distractions of the ego and focus on the miracle that is being offered in this moment.

Imagine that type of attention centered on our healing. The Holy Spirit is not distracted by the ego's thoughts about your past mis-

“MacGyver saw everything as helpful. He wasn't happy he was in the problem, but once he was in it, he didn't whine; he went to work.”

takes or failures, or anyone else's. He knows the important thing is not blame or guilt, but awakening; that's what He is here to help us do. We just need to accept His Help, and we have ourselves a miracle!

“As you come closer to a brother you approach me, and as you withdraw from him I become distant to you. Salvation is a collaborative venture. It cannot be undertaken successfully by those who disengage themselves from the Sonship, because they are disengaging themselves from me.” (T-4.VI.8)

In the original series, MacGyver worked for a non-profit organization called the Phoenix Foundation, whose goal was to better the lives of people and communities around the world by coming up with solutions for their problems. Of course, no one was better at helping than MacGyver. Part of MacGyver's strength was his motivation to help others. He always recognized that when he helped another it made everyone's life better.

Every great perennial truth offers this same emphasis. That's what the Golden Rule is all about. When we help others, we really help ourselves. From the Course's perspective this is not only true, but it is the Source of our existence. As the Course reminds us, “Our function is to work together, because apart from each other we cannot function at all.” (T-8.VI.8)

Let's go back to the above passage from chapter four in the Course's text because it emphasizes a very important point. When we distance ourselves from others by not seeing their interests the same as ours, we are distancing ourselves from our real power and strength. When we hate, fear, or attack, we do not become stronger, we are weakened and we feel separated from our Source. It is

not that God is distant from us, but we have distanced ourselves from Him by denying the truth of His Creation (each and every one of us). We cannot hear or know His Answer for us because we are refusing to tune into His consistent call to love.

Think of it this way, when you plug a lamp into an electrical socket, it is connected to a lot of power. But, unless you turn on the lamp's switch, the power is unrealized. In much the same way, you are connected to a mighty source of miracles, but when you hate or value separation, this real power is unrealized to you, although it is all around you.



Recognizing that our salvation is found in our relationships with each other does not mean we have to agree with or condone actions that are harmful. We

can and will disagree in this world, but we do not have to be disagreeable and make others wrong or hated to make our points.

In her book *Team of Rivals*, historian Doris Kerns Goodwin tells how during Abraham Lincoln's presidency, he intentionally brought into his administration knowledgeable people who had disagreed with him. He did not see those of differing views as enemies, but as people who had deeply felt opinions that were simply different from his, and he felt he could learn from them for the betterment of the country. It did not mean he acted upon everything they thought or said, but by listening and discussing, both



sides were able to move past the blocks that separated them to find collaboration.

This is what we need to do now in our own lives. Just because our skin color, sexuality, religion, nationality, or political party may be different, we all seem to inhabit this planet at this moment. Learning how to get along with each other is key to our survival. If we want the knowledge, the miracle to transcend our challenges and find our unity, then we need to make our salvation “a collaborative venture.”

“Accept the holy instant as this year is born, and take your place, so long left unfulfilled, in the Great Awakening. Make this year different by making it all the same. And let all your relationships be made holy for you. This is our will. Amen.” (T-15.X.10)

At the end of a one-hour MacGyver television show, our hero always prevailed. The script was written for him to succeed, and so is our script. It may feel like our solutions are far off, but as we are always assured, we will prevail. As the Course teaches us, in so many places throughout its pages, “Heaven is here. There is nowhere else. Heaven is now. There is no other time.” (M-24.6)

The Course assures us we will awaken to the truth of our divine nature as God's Holy Child, with all the support, healing, and joy this awareness brings us. Let us accept “the holy instant as this new year is born,” meaning be open to the Help that is available to you now and not delay your healing a moment more.

Just like MacGyver, we need to know we can handle whatever situation comes to us today. Let us be willing to look at the problem, step back from all past perceptions of right or wrong, good or bad, and come with an open

“He [Lincoln] did not see those of differing views as enemies, but as people who had deeply felt opinions that were simply different from his, and he felt he could learn from them for the betterment of the country.”

mind to the situation so that we might share vision with the Holy Spirit and see the miracle that is standing here now.

Finally, let us remember we cannot awaken to our full power and knowledge without each other. You may not know how to heal your relationships but that was never your job anyway. Your job is to be willing and to “let all your relationships be made holy for you.”

Okay, you have everything you need already given you to handle any problem which you may face. Your salvation is now. It's time to MacGyver a miracle for the New Year!



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A Quiet Place

Continued from page 5

That quiet place I discovered in my grandparent's closet was transformed into a dynamic spiritual experience for me. We, too, can be transformed by the Course's teaching of our inner quiet center, where once found, we become renewed and kept very busy in a way that is truly productive and healing for us and the planet.

To let the body be made absent is not to deny the body or its activities in the world. Rather, it is to move past the limiting focus we have given it and allow it to be of service to a



"Geography is not important. Though the majestic Notre Dame Cathedral may be very impressive, it is not needed to find spiritual solace."

higher purpose. Letting the Holy Spirit teach you to use your body sinlessly is to not only focus on what benefits you personally, but also to realize we are always stronger together – when we see our real interests the same as others. This is the awareness that we find in our quiet times, when we withdraw from a worldly perspective and focus on our eternal, connected nature.

Geography is not important. Though the majestic Notre Dame Cathedral may be very impressive, it is not needed to find spiritual solace. What is vital, however, is that you take advantage of your inner spiritual sanctum. There, you will find a place of refuge from the storms of life you face on a daily basis. The realization you share this Holy space with Spirit gives you a touchstone to which you can return at any time or anywhere from "every busy doing on which you are sent." ❖

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Are You My Mother?

Continued from page 6

song,” whose melody we hear only rarely and faintly, as if from a great distance, and never more than a few notes at a time, but which kindles in us the memory of a place so beautiful, a time so tranquil and welcoming, that we yearn to return there more than anything this world has to offer.

Remembering this song of Self is easy because it's reality: the only reality. It's always there, always waiting. At the same time, remembering is very difficult. Our minds drown out this forgotten song with raucous noise blared from multiple channels at high volume. Only rarely do they fall silent, allowing the forgotten melody to drift through. But because we wrote, performed, and recorded this raucous music, because it is the creation of our mind, we are very reluctant to turn down the volume, much less turn it off altogether. As a result, the forgotten song of Self goes unheard. We remain ignorant of what we are, ever searching, never finding.

“But there is another, deeper motivation for the bird's search and for ours a well. Because if the baby bird cannot find and identify its own mother, then it remains ignorant of its true nature.”

The very fact that we don't know, according to the Course, is proof that we are deluded. “Uncertainty about what you must be is self-deception on a scale so vast, its magnitude can hardly be conceived.”

(W-pl.139.3) The part of us that must ask, “What am I?” cannot be the true Self, or it would have no need to ask. It would know. The Course calls this ignorant, separated part of the mind the ego, but it also deserves the name *Never-Mind*, because it is the part of the mind that can never know what it is, that can never find truth, and that never really existed in the first place. And in response to our deepest desire to remember our Self and return to the peaceful nest from which we tumbled, it responds consistently, “Never mind! You have more important things to worry about.”

The spiritual search then is really an

exploration of identity. It is an *inner journey* that asks *who am I?* or, more accurately, *what am I?*?”

“There is no doubt that is not rooted here. There is no question but reflects this one. There is no conflict that does not entail the single, simple question, ‘What am I?’”

(W-pl.139.1:4)

This becomes the fundamental question

Holiness, Love...

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out of doubt, despair, and depression, and to awaken to our magnificence, our holiness.

Awaken to Love Exercise:

Practicing Holiness: Let Love Lead the Way this Year

The Course teaches us “...holiness is merely the result of letting the effects of sin be lifted...” (T-20.VII.4:3)

The only things that keep holiness from guiding your way are negative thoughts of the mind. There are four fundamental truths about your holiness:

1. Your heart always has love available to give.
2. Your heart is always ready to accept love.
3. When you give love, you receive love.
4. Regardless of someone's reaction, no loving thought or act goes unnoticed.

This year, let us direct our minds to withdraw energy from guilt and redirect it toward holiness. As the Course states, “...All the means that once served sin are redirected now toward holiness.” (T-21.III.7) Let this be our sole purpose this year, for as long as we value and put our energy into guilt, we are blind to our holiness. Remember daily, “...Holiness can not be found where sin is cherished.”

(W-140.5:2)

Because of past pain or circumstance, some may not believe their holiness remains, and their hearts are not ready for love. The Course gives us the gift of seeing this as a huge mistake by telling us, “There is a sense of holiness in you the thought of sin has never touched.” (W-164.4:3)

Instead of getting caught in the clever traps your mind makes up, this year let your heart do what it knows how to do and always has. Don't think about reasons to love or not to love. Instead, say, “I am holy, and readily welcome abundant and unconditional love,

we must address if we are ever to find happiness and peace. When we can answer *this*, we are home, safe in the arms of the eternal Mother Whom we'd forgotten we'd lost; certain in Her guidance, from which we strayed; and free from conflict or confusion of any kind, because we know now what we are. We know our lineage. We know Self.

and I am happy to share this love through my thoughts and actions.” Then step back, let go of all reasons to deny love and holiness, and let it happen.

A farewell blessing from Kundalini yoga is a beautiful means to practice this. Try saying

“Your purpose this year is quite simple — you are here to live through and by love. This involves seeing your holiness, which is the sacredness of love within you, and then seeing others in this same manner, excluding no one.”

this as a means to start your day, thinking about any people you may be seeing, and be sure to include yourself. Then, as you go to sleep, say it within your mind, to each person you have had contact with or thought about, including anybody you are having a conflict with, and again, include yourself.

*May the longtime sunshine warm you,
All love surround you,
And the pure light within you
Guide your way home.*

Happy Eternity!

Continued from page 3

for Bill and Helen for cooperating in bringing us *A Course in Miracles*. It has changed our perception of the world and has made forgiveness as important as breathing.

May we learn together the importance of forgiving everyone, including ourselves, and the world. May we experience, as a result of that, a peace and happiness that was previously beyond our imagination.

The HOLY ENCOUNTER

JANUARY / FEBRUARY 2019

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- MacGyver a Miracle
- Happy Eternity! A Spiritual Smorgasbord
- A Quiet Place
- Are You My Mother?
- Holiness, Love, and Purpose in the New Year
- The World as I See It

and more!



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