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The HOLY ENCOUNTER



July / August 2022

A Miracle Distribution Center Publication

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



We Will "V" Stronger Together

by Beverly Hutchinson McNeff

Don't be a silly goose!" Have you ever heard that saying? When I was growing up, I remember hearing it all the time. It was a cute way of saying you were acting foolish and needed to stop that behavior and get the job done! However, if you know anything about geese, you might realize they are anything but silly, and geese certainly know how to get the job done in an efficient, compassionate, and caring fashion. We could all benefit from being a little more like a goose.

Most of us have looked up in the sky and seen geese flying in a "V" formation, but do you know why they do this? Here is what science has discovered about these clever birds.

advantage of the lifting power from the bird immediately in front.

3. Geese rotate leadership because the lead goose must expend the most energy as it is the first to break up the flow of air that



"Most of us have looked up in the sky and seen geese flying in a 'V' formation, but do you know why they do this?"

1. When geese fly together in their "V" formations,

each goose provides additional lift and reduces air resistance for the goose flying behind it. Therefore, when they fly in this formation, the whole flock can fly about 71% farther than if each bird flew on its own.

2. When a goose drops out of the "V" formation, it quickly feels the drag and resistance of flying alone and swiftly returns to the formation to take

provides the additional lift for all of the others who follow behind. When the lead goose gets tired, it moves to the rear, where there is the least resistance,

and another goose moves into the leadership position.

4. Geese honk at each other to communicate during a long flight. Some scientists speculate it might also be their way of encouraging those in the front to keep up their speed.
5. Geese help each other. When a goose gets sick, is shot, or injured and needs

Spotlight on Services Daily Lesson Email

In late 2014, we first envisioned a daily lesson email service that would automatically send a Course workbook lesson each morning. It was important to us that the lesson could be unique to each person. In other words, one person might be on lesson number 20 that particular day, and another might be on lesson 360. This meant that each day thousands of recipients would be sent one of 365 lessons (a lesson number of their choosing), at various times, to 24 time zones.

We began contacting email sending companies and each one said it was too complicated. They couldn't imagine how such a system could be created. So, we decided to do it ourselves! Now each month, more than 150,000 emails are sent out, and we're thrilled to learn of the benefits recipients have received from it. We continue to get appreciative messages from around the world such as,



"Thank you so much for these. I count on them to keep me on track and to remember what is important in life."

"I have done the lessons before, but having them sent to me is a great reminder and has made them much easier to do. I'm having such a great experience with them now!"

While the service is completely free to you, we welcome your generous donations to keep the program alive and up-to-date. If you haven't signed up yet to get your personalized lesson each day, we invite you to do so!

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 streamed weekly commentaries on Course principles have become an inspirational study and spiritual family for many around the world. View her free weekly livestream meetings at miraclecenter.org

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

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

● **Help is as near as an instant, a holy instant!** Last year we mailed to our supporters a cling with the powerful prayer for direction

This holy instant would I give to You. Be You in charge. For I would follow You, certain that Your direction gives me peace.

A Course in Miracles
miraclecenter.org

from *A Course in Miracles'* Workbook's lesson 361-5. It is such a transformative thought that it is used five days in a row to end the Course's year of daily lessons. To keep it near at hand any day of the year, we have put it on

a removable cling that you can put on your fridge, window, mirror, or anywhere you want to keep it in view to remind yourself to step back and let Him lead the way to miracles!

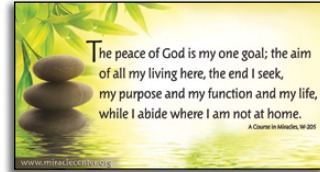
● **Thank you, Ruthann.** With great appreciation, we acknowledge a recent gift from the estate of Ruthann Herring, a long-time supporter of our Center. Ms. Herring made the loving decision to include a bequest to MDC in her will. She felt strongly about the



importance of continuing the message of *A Course in Miracles* in future years. Now that she has gently laid down her body, we still feel her mighty spirit. We thank her loving heart for placing her trust in us. Please see below for information on including the Center in your estate plan.

● **Take the Peace Pledge!** The Course tells us if we forget our goal and purpose, we will be confused, unsure of what we are, and conflicted in our actions. Having a consistent goal in mind and heart is critical to our healing and for the healing of our world. Join us in making peace that goal by taking the **Pledge for Peace** today. By making a commitment with others around the world to make the peace of God your one goal today, you

will become part of the unity of thought that is needed to unlock our power and healing. Take the **Pledge for Peace** at the Center's website, add your placemark on our world map, and then share the pledge with friends and family. Together we can transform this world in peace. As the song says, "Let



there be peace on earth, and let it begin with me." It all starts with you. Join us today. Get your free card with this pledge by contacting the Center.

● **In Memorium** – July marks two landmarks in the history of *A Course in Miracles*. July 14 (1909) is the birthday of co-scribe Helen Schucman, and July 4 is not only Independence Day in the U.S. but is also the day Bill Thetford, co-scribe of the Course, gently laid



his body down in 1988. Days before Bill's death, he was dancing around and commenting to friends that he was now flexible – that all his relationships

were so perfectly at peace. The practice of the Course had allowed him to move past the blocks to the awareness of love's presence and embrace the peace of God that is within us all now. Let's follow Bill's advice and use each day to be liberated from the chains of the ego, embrace the freedom of God's love, and live a flexible life of joy!

● **"God is my refuge and security."** No matter what happens 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, and 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. Affirmations for:

July: *Your grace is given me. I claim it now.* (Lesson 168)

August: *I am not a body. I am free.* (Lesson 199)

September: *I will step back and let Him lead the way.* (Lesson 155)

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- Specific dollar amount
- Percentage of your estate
- Specific asset
- Residue of your estate

For more information on how to create a lasting legacy through a bequest, please contact us. We look forward to helping you!

1-800-359-ACIM (2246) or e-mail: **info@miraclecenter.org**

SEPTEMBER 9-11, 2022

Holy Encounter Retreat



This retreat is designed to help students not just talk about A Course in Miracles but to experience deeply 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.



Beverly Hutchinson McNeff

is an international lecturer, author, and founder of the Center. She 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.

Known for her ability to take seemingly complex lessons and reveal their truth and simplicity, Beverly will help you open up to the worth and beauty inside you now.

"I came away with down-to-earth principles that helped me make sense of things in terms of forgiveness, judgment, etc. The environment and food were great... I just had a great time overall!"



**Register Today!
Space is
Limited**



"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.



Everything is included: the weekend retreat activities, well-appointed lodging, and six organic, chef-prepared meals. Our caring and experienced staff, coupled with an oasis in the heart of Southern California, will provide you a

safe and wonderful atmosphere for learning and sharing – a weekend where you can truly spend time on your own internal healing.

Please join us as we take a "journey without distance" to find that even in a world of chaos, our goal of peace and forgiveness has never changed.



Register now, space is limited. Price includes all retreat activities, six organic meals, and lodging.



To register visit miraclecenter.org or call 800-359-ACIM (2246)





Miracle Musings...

A Seekers Guide to the Universe

by Paul McNeff

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:" (Matthew 7:7)

"Today I seek and find all that I want. My single purpose offers it to me. No one can fail who seeks to reach the truth." (W-131.15)

In 2010, 80-year-old eccentric art dealer, Forrest Fenn, published his memoir, *The Thrill of the Chase*, in which he cryptically outlined, in a 24-line poem, how to find a hidden treasure chest he had buried somewhere in the U.S. and said it would be worth millions to the finder. With that, the search was on! Ten years later, after five deaths and hundreds of obsessed treasure seekers, the 42-pound treasure chest containing gold, gemstones, antique jewelry, and other valuable artifacts was found in Yellowstone National Park in Wyoming by a 32-year-old medical student.

I first heard of Forrest Fenn's treasure hunt challenge a couple of years ago and was amazed at the risks and lengths taken by some treasure seekers to find this treasure chest. Regardless of what you think of their attempts, one must admire their dedication to the task.

But even if you were the person who found Fenn's treasure, one must ask: Is that all there is? Is one's searching done once the treasure is found, or does one get obsessed by seeking yet another corruptible treasure that has no eternal value? Lesson 131 in *A Course in Miracles* gives us an alternative for our seeking. "No one can fail

who seeks to reach the truth." Such a bold statement.

Let's first contrast the goals which are



Fenn's treasure chest was measured in \$\$\$ and was attainable by only one person. On the other hand, "truth treasure," as I'll call it, is measured in the eternal values of light, love, creativity, and peace. And the Course tells us truth is available to everyone. In fact, it never left us. As those who so diligently sought Fenn's treasure, we must

"I've always been a Beatles fan. I happen to be old enough to remember their big breakthrough on the Ed Sullivan television show in 1964."

hundreds of Fenn's treasure seekers, will we fail in our attempt? Who will attain it?

"I first heard of Forrest Fenn's treasure hunt challenge a couple of years ago and was amazed at the risks and lengths taken by some treasure seekers to find this treasure chest."

being sought. On the one hand,



seek to uncover the treasure within us.

So, how do we reach this truth? Like

First off, we must take stock of our willingness to search. As the Course says,

"Be glad that search you must. Be glad as well to learn you search for Heaven, and must find the goal you really want. No one can fail to want this goal and reach it in the end. God's Son can not

seek vainly, though he try to force delay, deceive himself and think that it is hell he seeks. When he is wrong, he finds correction. When he wanders off, he is led back to his appointed task."

(W-131.4)

Let's return to our questions. How is this truth reached? By this simple action,

"For several minutes watch your mind and see, although your eyes are closed, the senseless world you think is real. Review the thoughts as well which are compatible with such a world, and which you think are true. Then let them go, and sink below them to the holy place where they can enter not. There is a door beneath them in your mind, which you could not completely lock to hide what lies beyond. ...

Put out your hand, and see how easily the door swings open with your one intent to go beyond it. Angels light the way, so that all darkness vanishes, and you are standing in a light so bright and clear that you can understand all things you see." (W-131.11 & 13)

Can we fail in our attempt to reach the

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: kidsingers.org

truth? The Course is emphatic,

"You cannot fail today. There walks with you the Spirit Heaven sent you, that you might approach this door someday, and through His aid slip effortlessly past it, to the light." (W-131.14)

Lastly, who will attain the truth? Simple answer – YOU will attain truth, and it can be attained at any moment you choose.



"Today that day has come. Today God keeps His ancient promise to His holy Son, as does His Son remember his to Him. This is a day of gladness, for we come to the appointed time and place where you will find the goal of all your searching here, and all the seeking of the world, which end together as you pass beyond the door." (W-131.14)

I've always been a Beatles fan. I happen to be old enough to remember their big breakthrough on the Ed Sullivan television show in 1964. With satellite radio, you can now play their music 24/7, and my interest in delving deeper into their music has been renewed. I am especially fascinated by how they were influenced by their spiritual journey in Eastern religious traditions and meditation as taught by their guru, the Maharishi Mahesh Yogi.

Much like us, John Lennon was a seeker of truth. In his poetic masterpiece, "Across the Universe," Lennon's lyrics and music weave his journey beyond the illusory world's level and serve as a model for all spiritual progression to the truth. His search begins with describing the transient experience in this worldly existence.

The song lyrics came to Lennon in a moment of anger during an argument with his then-wife, Cynthia. In Lennon's words,

"I was lying next to my first wife in bed,

and I was irritated. She must have been going on and on about something and she'd gone to sleep and I kept hearing these words over and over, flowing like an endless stream. I went downstairs and it turned into sort of a cosmic song rather than an irritated song... it

drove me out of bed. I didn't want to write it, but I was slightly irritable and I went downstairs and I couldn't get to sleep until I'd put it on paper."

"The song lyrics came to Lennon in a moment of anger during an argument with his then-wife, Cynthia."

The song structure is important to understand. Composed in a three-verse exposition, the verses progress from feelings of impotence to the beauty of transcendence. A pause follows each verse; call it a mantra - "Jai, guru deva, om" – literally translated as "Glory to the shining remover of darkness." When vocalized, the "om" uses the entire sound frequency spectrum and evokes the essence of the Self within, truth, divine, supreme spirit, and knowledge. After each vocalized mantra, the four-times repeated declarative refrain of "Nothing's gonna change my world" is expressed. The "world" refers to the heavenly state of mind experienced once the seeker surrenders their ego thoughts and passes through the door to higher consciousness.

*Words are flowing out like endless rain into a paper cup
They slither while they pass, they slip away across the universe
Pools of sorrow, waves of joy are drifting through my opened mind
Possessing and caressing me
Jai, guru deva, om*

*Nothing's gonna change my world
Nothing's gonna change my world
Nothing's gonna change my world
Nothing's gonna change my world
Images of broken light which dance before me like a million eyes
They call me on and on across the universe
Thoughts meander like a restless wind inside a letterbox
They tumble blindly as they make their way across the universe
Jai guru deva, om*

Nothing's gonna change my world (4x)

*Sounds of laughter shades of life are ringing
Through my open ears inciting and inviting me
Limitless undying love which shines around me like a million suns
It calls me on and on across the universe
Jai guru deva, om*

Nothing's gonna change my world (4x)

*Jai guru deva, Jai guru deva, Jai guru deva,
Jai guru deva, Jai guru deva, Jai guru deva*

What is so beautiful about the Course is that we can all experience what the seeker in this song finally realizes. The Course assures us that we, too, will compose our masterpiece, perhaps not in the form of music, but in the way we live our lives, evoking heavenly values while living in the illusion. As Jesus taught, we can be in the world but not of the world. This is accomplished by seeking the truth, letting go of ego thoughts we think are real, and passing through the door leading to heaven.

But one might say, how do I find the truth of heaven when there are wars, mass shootings, and political and social unrest in our nation today? Einstein

"As we uncover our true treasure, we make a lasting difference by projecting healing thoughts into our world."



said, "No problem can be solved from the same level of consciousness that created it." So, let's be true problem solvers and raise our consciousness, as the Course teaches, and as did Lennon, to the level of truth if we are going to bring healing to our world. As we uncover our true treasure, we make a lasting difference by projecting healing thoughts into our world.

Most assuredly, we are not alone in this endeavor. Let's get on board and join the "om" train across the universe. Now that's a

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Share A Miracle

All Things Are Lessons God Would Have Me Learn

by Mike Mitchell

About nine years ago, I had a little dog named Harley, a Shih Tzu mix. We had a great relationship and took daily walks. At just under four years into his life, he suddenly became very ill and was diagnosed with total kidney failure due to a genetic condition. His transition was difficult. I now know he is eternally at my side as all Love is. For a few weeks, my daughter and I felt the loss of his company as our little friend and walking buddy. All the while, I knew it was an opportunity to find and love another great canine friend. So, I asked God that I would soon meet the one just right for us.

It was just two weeks later that I found a breeder only an hour away with a litter of Shih Tzu puppies. I knew this was God's choice for me before leaving to meet the five available pups. Chance was the most beautiful puppy I had ever seen, and I told the breeder I was already in love and would gladly take him. The puppies had two weeks left before they would be weaned. We were so excited about the blessing we had received!

Well, Chance was adored by everyone who met him on our walks that first year. Puppies are so precious. They are all so lovable. A *Course in Miracles* Workbook lesson 29 states, "God is in everything I see." I knew Chance was more than the inanimate objects we were to practice this lesson on, but I couldn't ignore my oneness with him, so he became part of my practicing. I could not even imagine the impact it would have on our relationship. Over the next several years, we developed a daily walking

routine that grew into thousands of miles.

On August 20, 2021, Chance and I had logged 24,901 miles since we began walking together – that's the distance around Earth at the equator. Word got out, and soon we were interviewed by one of the local TV news stations. My little LionHeart became known by all of Anchorage, Alaska, where we lived. What an opportunity to

"Chance was the most beautiful puppy I had ever seen, and I told the breeder I was already in love and would gladly take him."



meet hundreds of friends we didn't know we had! In that time, we walked every day in any weather, meeting and sharing loving communication with many humans and dogs. It has been a most lovely experience for us and for nearly everyone we met.

As the Course says, every communication is an extension of love or a call for love, and there have been a few dogs that presented a call for love, but most have come to like us. I always carry a bag

and quickly forgives without exception. I call him my little LionHeart because he has been ever eager to go anywhere in any weather and for any distance with an always cheerful disposition.

In February of this year, we encountered a large, off-leash German Shepherd. Chance was severely injured in an altercation with this dog. It was a shock as it happened so quickly. I thought Chance might die, so I sat on the snowbank and spoke to him softly, comforting and blessing him while praying that I might be helpful in saving his life. Fortunately, I got him to the hospital, and the staff was able to stabilize his body. At that time, I learned that his humerus was crushed into several pieces. The best surgeon in the state was contacted and agreed to try to save his leg.

He tried heroically, but the bone was too damaged to repair. Chance had to have an amputation.

I must admit I felt murderously angry and separate, wanting to retaliate for what seemed to be a senseless attack. Knowing that my dog needed me to be a peaceful, loving caretaker during his recovery, I needed help to release my anger so I could be fully present in Chance's healing process. I reached out

to Tess at Miracle Distribution Center and asked her to put Chance and me in the prayer ministry. I prayed nonstop, asking the Holy Spirit to look at this with me and show me, help me, and guide me to the mira-

"On August 20th, 2021, we had logged 24,901 miles since the beginning of our walking. That's the distance around Earth at the equator."



cle we are entitled to because of Who we are. I knew I needed help to forgive to become that peaceful caretaker for Chance.

of treats to help

make friends, and Chance is a very impressive little soul. He sees the best in everyone

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. Article submissions may be sent to info@miraclecenter.org

Forgiveness was the only door out of the hell of my anger. I was given specific instruction, first to hand this over, which I did, and next, I was inspired to reach out to the reporter who had done the story on our virtual walk around the world. That was Sunday morning. We made plans for him to visit the following afternoon. But, on Sunday evening, I had another inspiration to ask for help from the “local angels” around town who knew us by starting a GoFundMe page for Chance. It was more about joining with those who loved us than the money. Somehow, I knew that joining was essential. That’s when the miracle became obvious. Within just a few days, nearly \$7,000 of the \$8,000 needed for



his medical care was donated. A few days later, I checked the box to decline further donations. Over the next two weeks, I answered each person who donated or expressed support personally. I wasn’t going to leave Chance’s side, so it turned out to be a therapeutic use of time.

I realized this was a true miracle in giving and receiving being the same when a number of those who reached out in support told me how blessed they were to have this opportunity to give to Chance. I went from having tears of sorrow to tears of gratitude for the compassion, generosity, and deep love the community showed for Chance and me. A miracle blesses everyone who participates or witnesses it. Just as the 45th miracle principle of *A Course in Miracles* states, “A miracle is never lost. It may touch many people you have not even met, and produce undreamed of changes in situations of which

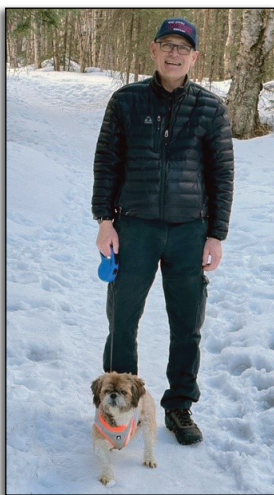
you are not even aware.” How true!

In workbook lesson 24, we are told we don’t really know what anything is for and that we must give up our false perceptions and goals. It happens to be the only way to hear God’s Voice over the din of the ego. I can only say that this situation is one I could not have predicted or responded to in the separated state. Love saved my little dog and me. What seemed at first to be a senseless undeserved attack was really a lesson in love provided to me for my awakening. It is the lesson God would have me learn. If I learn it well, I may not have to repeat it. I had sought and been given the gift of true perception. True perception had lifted me out of blindness and brought me sight again. What a blessing!

The ego, being a loveless defense against reality, has and will continue to try to lead me headlong into the pothole of feeling unfairly treated. It has not been successful. There is just no time for war now. We are called upon to bring peace into this world. I continue to be aware of the thoughts in my mind and deeply desire to choose the joy of God instead of pain.

Chance is doing remarkably well. We are back to walking many miles a day. He has learned how to move with strength and agility with his three legs and has built the endurance to walk for hours once

again. He has fully recovered. I still find myself having moments of such gratitude that my heart grows, and my eyes tear up. Thank you to all our friends, known and unknown, for your loving support and compassion. Your decision to stand with us in prayer has been truly helpful.



One last thing: My little Lion Heart has been a great example of how to live. He’s demonstrated unconditional love, full acceptance of life as it is, total honesty, and how to be always present. I’m still deeply in love with him and have many more friends than I could’ve imagined before this miracle of our healing.

“What seemed at first to be a senseless undeserved attack was really a lesson in love provided to me for my awakening. It is the lesson God would have me learn. If I learn it well, I may not have to repeat it.”

Get Your WEEKLY Miracles in 2022

Miracle Distribution Center
A Course in Miracles Resource Center

Tragedy to Transformation



by Beverly Hutchinson McNeff

“Tragedy is a tool for the living to gain wisdom, not a guide by which to live.” — Robert F. Kennedy

As students of *A Course in Miracles*, this statement by Robert Kennedy is exactly how we should be looking at any tragedy but especially the latest shootings in Buffalo, New York, and Uvalde, Texas. The Course tells us that the Holy Spirit uses everything as a teaching device for bringing us home. Therefore, it is time for us to use every experience, even these, as moments to heal the Son of God.

[Continue Reading →](#)

ACIM Livestream Tonight
with Beverly Hutchinson McNeff



Join us tonight as we explore the healing power of *A Course in Miracles*. If you miss the live broadcast, consider becoming a subscriber to access the [video archive](#) and view meetings at your convenience.

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to speak to a live person

to fall out of the formation, two other geese will fall out as well and remain with the weakened goose. They stay with the disabled goose to protect it from predators until the goose is able to fly again or until it dies. They then launch out on their own or find another formation to fly with until they catch up with their original group.

Geese sound like pretty sensible creatures, and indeed we can learn a thing or two from them. For example, they know that working together makes sense. When they do, they benefit immensely from the support. Human beings often have a silly attitude about working together because they are competitive and divisive. But, if we realized the benefit of working together and how sharing a common purpose and goal could lift us all, we would put away our silly ways and rally around our collective strength. This is true from the perspective of *A Course in Miracles* when it says...

“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.” (T-8.VI.8)

We have no idea of the power we would experience to truly transform the pain and suffering in our lives and the world if we worked together with all humanity for healing and equality. We could mow down mountains of hate and separation and find our real power and beauty as a society.

Geese understand that going it alone is hard and not worth it. They may temporarily try this folly, but when they experience the extra effort and energy it takes to pursue a separate flight, they quickly return to the flock. Human beings (especially now in our country) have a strange idea that

we can go it alone, that we are independent of other countries. But when disaster happens to one part of our planet, the catastrophic effects are experienced globally, for example, through air and water dissemination. Similarly, when countries join together for scientific exploration or climate crisis research or work



“We have no idea of the power we would experience to truly transform the pain and suffering in our lives and the world if we worked together with all humanity for healing and equality.”

on ways to feed the hungry and tackle clean water issues, we can make giant strides because we are stronger together. The Course puts it like this...

“Alone we are all lowly, but together we shine with

brightness so intense that none of us alone can even think of it.” (T-13.X.14)

The idea of geese rotating leadership is an important point to understand. It is not weakness to step back and let others step forward to offer their strength; it is the only way we can survive and prosper. In the Course, we repeatedly read that the ego is



suspicion of each other. But when we practice the golden rule that what we do to another, we do to ourselves – when we recognize that giving is receiving – we will defeat the ego’s message of separate interests because we

will finally understand that there is no such thing as separate interests. As the Course so powerfully puts it, whatever you project onto another, you will keep. Do you want to suffer, or do you want happiness and healing?

“It is impossible to offer what you do not want without this penalty. The cost of giving is receiving. Either it is a penalty from which you suffer, or the happy purchase of a treasure to hold dear.” (T-14.III.5)

Geese honk at each other as they fly together to encourage and communicate. We need to do the same thing; to communicate with each other in an encouraging, supportive way, rather than in an attacking, separating manner. The Course tells us that the ego always answers first in our minds, and its voice is the loudest, but God’s Answer is always there in our minds, quietly waiting for us to return our thinking to peace, where we will hear His Answer of love.

It is time to turn away from the loud voices of hate in your life and focus on the voices of encouragement and peace. Those are the messages that will awaken us to truth. The Course assures us this *can* and *will* be accomplished...

“The ego always seeks to divide and separate. The Holy Spirit always seeks to unify and heal. As you heal you are healed, because the Holy Spirit sees no order of difficulty in healing. Healing is

the way to undo the belief in differences, being the only way of perceiving the Sonship as one. This perception is therefore in accord with the laws of God, even in a state of mind that is out of accord with His.

“As the Course so powerfully puts it, whatever you project onto another, you will keep. Do you want to suffer, or do you want happiness and healing?”

afraid of release and freedom and wants to keep us locked into a feeling of fear, hate, and

The strength of right perception is so great that it brings the mind into accord with His, because it serves His Voice, which is in all of you.” (T-7.IV.5)

Finally, and perhaps most importantly, geese help each other. When one goose falls from the formation because of sickness or attack, two geese stay with him until he has recuperated or died. They don’t do this because they get some credit or praise, but because it is instinctual to be “truly helpful.”

We have forgotten this in our self-serving society of me-first mentalities, but geese know better. It is instinctual to us as well. We have just become numb to the needs of others, but we are beginning to awaken. Again, from the Course's perspective, your brother is yourself. What you extend to another becomes the atmosphere in which you dwell. Love, kindness, and support beget these blessings. We know this; it does make sense to us, so we need to practice it until it becomes the only way we live.



“We must care about each other. Again, from the Course’s perspective, your brother is yourself. What you extend to another becomes the atmosphere in which you dwell. Love, kindness, and support beget these blessings.”

Let us take to heart the message of the wise geese as we fly together, not alone. We are stronger together, and our “V” formation is the sign of victory to overcome the world of hate and separation as we soar collectively for healing and peace.

“We are here only to be truly helpful.

We are here to represent Him Who sent us.

We do not have to worry about what to say or what to do, because He Who sent us will direct us.

We are content to be wherever He wishes, knowing He goes there with us.

We will be healed as we let Him teach us to heal.” (T-2.V.18 paraphrased) ❖

Remember... When you buy your Course-related materials from the Center, you help support its many free services.

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Sections are explained for their theory as well as their application into our daily lives. Bev brings knowledge, humor, and down-to-earth practicality to the Course's principles. Watch free or become a subscriber.

LESSON 125
In quiet I receive God's Word today.
1. Let this day be a day of stillness and of quiet listening. Your Father wills you hear His Word today. And so He calls from deep within your mind where He abides. Hear Him today. No peace is possible until His Word is heard around the world; until your mind, in quiet listening, accepts the message that the world must hear to usher in the quiet time of peace.



MDC

“Bev’s knowledge of the Course and all of her explanations are wonderful. I’m so glad you have the archives available of the classes, as seeing her when she teaches is so much more effective and enjoyable for me. And I can watch the class when it’s convenient for me, too.”

“I have been so inspired by Beverly’s weekly meetings. I am so grateful to be able to watch her online.”

“I love the livestreams. I understand the Course so much better, and Beverly is so darn fun! I love her sense of humor and great insights! I find myself thinking about what she says all the time.”

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Recognizing Spirit

Love-Based Living During Challenging Times: Developing Compassion, Generosity, and Kindness - Part 1

by Lee Jampolsky, Ph.D.



The Core of Human Freedom

There are a multitude of responses and experiences to the challenges and traumatic events presented in life, ranging from fear, anxiety, and greed, to kindness, compassion, and selfless giving. Unfortunately, choosing how to respond with mindfulness and love is seldom discussed amidst the horrific daily reports of what is happening. The result is an over-focus on fearful data rather than taking a step back so our gaze can encompass our interconnection, humanity, and love. Only by doing the latter can we find a response that will serve us in living from love and bringing healing to our lives and the world. In essence, I am speaking of how to live from the core of human freedom – love.

Psychiatrist and concentration camp survivor Viktor Frankl tells us,

“Our attitude towards what has happened to us in life is the important thing to recognize. Once hopeless, my life is now hopeful, but it did not happen overnight. The last of human freedoms, to choose one’s attitude in any given set of circumstances, is to choose one’s way.”

We can transcend even the worst of atrocities, diseases, and physical hardships and choose how to respond and find meaning even in the most painful circumstances. We are in a time of individual and collective opportunity to look for answers to the most profound questions about what it is to be human. Even under the unfathomable situations of loss or trauma, in which we may feel we have little control over our circumstances, we can still determine

what will become of ourselves both mentally and spiritually. Through love, we can choose to be our best in the worst of times.

In his 1959 book *Man’s Search for Meaning*, Frankl eloquently and movingly described the power of love. Observing how he and his fellow prisoners found a reason to live, he wrote:

“Love is the ultimate and the highest goal to which man can aspire... The salvation of man is through love and in love.”

The Need for a Unifying Approach

In recent and current times, a pandemic, war, natural disasters, economic impact, and personal loss are at a magnitude that is difficult to comprehend fully. Finding a path through this challenge hinges on citizens and world leaders

“In our personal lives, working toward healing through forgiveness — even with those we have issues with — is not a weakness but a necessity and our greatest strength.”

was strained before this crisis, and it appears to be worsening. However, the pattern of blame and deflection of responsibility can shift to a cooperative and collective approach within ourselves and our leaders. In our personal lives, working toward healing through forgiveness — even with those we have issues with — is not a weakness but a necessity and our greatest strength. Rising above differenc-

es, division, and past breaches of trust are paramount to finding our way in the face of significant loss and a world threatened. With compassion and love, not only can we save lives, but the birth of a better world can also emerge. This is the foundation of a love-based approach to living.

“True light that makes true vision possible is not the light the body’s eyes behold. It is a state of mind that has become so unified that darkness cannot be perceived at all.” (W-108.2)

We did not, of course, consciously choose the pandemic, wars, or other disasters, but we each have the capability and responsibility to decide how we respond. If we are to be our best during the worst of times, it will be

born from consciously searching for meaning and a higher direction rather than becoming consumed with fear and listening to the ego. Nobody at the end of a crisis or life ever says, “I wish I had been more afraid and angrier,” but they may say, “I wish I had offered more compas-

sion and been more patient with my time.”

The Emergence of Your True Self and a Healed World

There are hard questions most people don’t often think about. These are not popular questions, yet for many people are valuable to explore rather than repress.

Are you prepared to die? Of the hundreds of thousands of people who will die from traumatic circumstances, how many are ready? How many are at peace with the life they lived? What unhealed relationships did they have that they wished they had made peace-



working together beyond physical borders and cognitive barriers. Global cooperation of leaders

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 drleejampolsky.com. He is a retired psychologist and currently offers online spiritual mentoring and coaching. He can be reached at lee@drleejampolsky.com

ful? If you were no longer here a week from now, would you wish you had said something to them today?

Are you prepared if a loved one dies?

Would you have said all you need to and want to? Would they know the depth of your love for them? Do you have a connection with a power greater than yourself, whatever that may be, that helps you through the loss? Would the things you were upset about now matter, or would you wish you had let go of such grievances long ago?

What function and purpose do you have in helping during this lifetime?

What and how can you give? What attitude can you hold that brings connection and calm during the chaos and challenging times?

We are each responsible for creating a love-based life and not succumbing to our fear. With a love-based approach, you gradually discover that you have a remarkable capacity to love within you that can help you when anxiety is high, be at your best, and bring constructive action. In short, we can learn and grow from any challenging period, and a more compassionate existence can be born from any traumatic occurrence we face. Every moment is a moment ripe with lessons to love more deeply. In any crisis, love and compassion can hold us tenderly together. In contrast, fear and divisiveness corrosively fracture us apart.

To this end, I put together 30 Daily Contemplations for Love-Based Living During Challenging Times. This approach embraces the idea that we can benefit from a few minutes each day to focus and direct our thoughts when confusion, despair, and fear are often at their height during emotionally charged and unprecedented challenging times. Based on *A Course in Miracles*, Inspirational Psychology, and Attitudinal Healing, daily contemplations include a practical application (in blue) that can bring purpose, healing, and meaning.

There are no rules or time directives to

follow. You can practice sequentially or randomly. You may want to spend more than one day on a particular thought or idea that you find particularly helpful or unusually challenging. Please share this material with whoever you wish; there is power in our collective Love-Based Living.

Daily Contemplations for Love-Based Living During Challenging Times

1. A traumatic event or crisis is not a time to be idle in our thinking, nor is it a time to succumb to fear. This is our moment to rise to



other difficult situation can signify the beginning of learning about our interconnectedness and the healing nature of giving and receiving love.

Today I am unwavering in my commitment to see the opportunity to love in every moment.

2. In response to any crisis or life challenge, which is a more valuable use of your time: worrying about the future or extending love in this present moment? No situation has any real power to create fear in you or create anxiety; these are responses of your mind. So today, take a step toward becoming the director of your mind and become aware when you engage in worry.

Each hour, I stop worrying about the future by redirecting my mind toward extending love to another person in the present moment.

3. In some situations, we witness the fragility of physical life, which can bring up fear. However, love-based contemplation during this time can bring greater awareness of the preciousness of life and what is beyond the physical.

Though bodies are fragile in many ways, what is everlasting – Love – is not fragile and can awaken me to my real strength.

4. Witnessing suffering and death can be devastating and can bring anxiety and helplessness. If this occurs, think of the number of people who loved more deeply today, were courageous in giving, took personal risks, and served.

I direct my mind to see beautiful acts amidst tragedy that remind me of the strength of the human spirit and what is here, even in times of suffering and loss.

5. Only with the awareness of love within and around us will we have a vibrancy that can carry us through

challenges in a way that brings us health and renewed purpose.

Even during challenging times, I can find what is forever free and beautiful, waiting patiently within my heart.

6. During any life challenge, it may be time to contemplate what unhealed relationships you have. Curiously, the way to prepare for living fully or dying peacefully entails the same approach.

Today is a time to release my grievances so I may live this moment unencumbered by my past.

7. Suffering can arise from avoiding what is happening and desiring what is not. This combination makes our thinking and actions ineffective because we are not in the here and now. Today approach life by taking in what is happening and responding with the highest good within you.

I can align my thoughts with love and act with kindness no matter what is happening in my life.

8. Fear inhibits your body, mind, and spirit from functioning at the highest levels. Therefore, creating optimal health during a crisis includes the conscious practice of letting go of fear. One such method is to increase your awareness of love by extending compassion.

Every hour today, I take a couple of minutes to extend love and compassion to

Continued on page 15



The Cross of Decision

by Joseph Miller

"The journey to the cross should be the last 'useless journey.' Do not dwell upon it, but dismiss it as accomplished. If you can accept it as your own last useless journey, you are also free to join my resurrection. Until you do so your life is indeed wasted. It merely re-enacts the separation, the loss of power, the futile attempts of the ego at reparation, and finally, the crucifixion of the body or death. Such repetitions are endless until they are voluntarily given up." (T-4.in.3)

Useless journeys go round and round. Buddhists call this 'samsara.' It signifies effort with no traction, like spinning your tire in the mud. You are trying to speed away from suffering, but you only dig yourself in deeper. To waste life is to fail to discern the true from the false.

"The children of God are entitled to the perfect comfort that comes from perfect trust. Until they achieve this, they waste themselves and their true creative powers on useless attempts to make themselves more comfortable by inappropriate means." (T-2.III.5)

One obvious form that useless journeys take is addiction. One enters a cycle of indulgence and deprivation, each chasing the other. At first, the indulgence appears to promise liberty, but as the grip of the addiction tightens, it becomes painfully clear that one has chosen bondage. The fundamental and archetypal addiction is the one described in the quotation that began this article. All specific addictions, whether to drugs, food, sex, violence, or vanity, are merely expressions of the desire for a separate life in form, what the Course calls "seeking salvation in separation." Once you conceive of yourself as a separate ego, a sense of lack and vulnerability are inevitable. Then comes fear, and fear seeks safety through further separation. But no measure of protection feels like enough.

"We have another journey to undertake, and if you will read these lessons carefully

they will help prepare you to undertake it." (T-4.in.3:11) This other journey we might call a *useful journey*. It proves effective by actually alleviating suffer-



"volition" means choice.

The last useless journey is symbolically represented by the crucifixion.

"The crucifixion was the result of clearly opposed thought systems; the perfect symbol of the 'conflict' between the ego and the Son of God. This conflict seems just as real now, and its lessons must be learned now as well as then." (T-6.I.16.7)

The symbolic cross is now, not in the past. To me, it means facing the fundamental problem of life with clarity and maturity, the honest acknowledgment of the root issue: the spirit and the ego are at cross purposes. The problem is not that I don't have enough money, respect, love, leisure, health, or opportunity. The problem is that I have misperceived my identity and purpose by grasping at shadows, frittering away my attention on idle wishes and vain desires. The cross puts the issue in the crosshairs, where it must be faced squarely.

Lesson 71 states that only God's plan for salvation will work, and we must eventually make an exclusive commitment to seek salvation only where it is. "Otherwise, your purpose is divided and you will attempt to follow two plans for salvation that are diametrically opposed in all ways. The result can only bring confusion, misery and a deep sense of failure and despair." (W-71.5:3) To acknowledge inward

division and opposition is to be stretched on the cross, which is painful. To listen to the Holy Spirit's interpretation of that predicament and follow His

guidance is the difference between wisdom or waste, the useful or the useless. "The crucifixion did not establish the Atonement; the resurrection did." (T-3.1.1:2) This means, for me, symbolically, that acknowledging the split mind does not establish atonement, but it is the necessary prelude to effective choice.

"The ego is a contradiction. Your self and God's Self are in opposition. They are opposed in source, in direction and in outcome." (T-4.1.2:8)

That is a stark prognosis. We diminish the power of choice when we squander decisions on illusions. Free will is the power to *make a difference*. So long as I am captured subconsciously by the ego's premises of separation, lack, and guilt, those assumptions will rule my choices. And that does not spell difference; it's just same ol', same ol'.

"There is a choice that you have power to make when you have seen the real alternatives. Until that point is reached you have no choice, and you can but decide how you would choose the better to deceive yourself again. This course attempts to teach no more than that the power of decision cannot lie in choosing different forms of what is still

the same illusion and the same mistake.” (T-31.IV.8)

Fortunately, according to the Course, the power of decision can be restored. This is a central promise of its teaching. We are to acknowledge the cross and then look past it to the resurrection. “The resurrection demonstrated that nothing can destroy truth. Good can withstand any form of evil, as light abolishes forms of darkness.” (T-31.7.6) Applying this truth to myself, I find it is the same as saying, “I am as God created me.” Nothing in the realm of time and form can harm or waste me. At the Root of my being is eternal completeness and purity. Atonement is not earned by a ransom of terror and destruction; it is an “at-one-ment,” an eternal metaphysical fact. “Nothing real can be threatened. Nothing unreal exists.”

It is significant that the Course teaches the crucifixion has “a positive interpretation” which is “benign in what it teaches” and



“Fortunately, according to the Course, the power of decision can be restored. This is a central promise of its teaching.”

“wholly devoid of fear.” (T-6.1.1) The lesson it was intended to teach, Jesus says, is “...that it is not necessary to perceive any form of assault in persecution, because you cannot be persecuted. If you respond with anger, you must be equating yourself with the destructible, and are therefore regarding yourself insanely.” (T-6.1.4:6)

In the graphic drama of Calvary, Jesus never expressed anger or hatred. On the contrary, he forgave those who assaulted and destroyed his body. In teaching only love, he met their true needs and ours as well. Jesus saw in his oppressors only a call for love, and he answered only that. The world can give plenty of testimony for the cycle of assault, resentment, and revenge. But that cycle doesn't go anywhere. That is why it is a

Update: Prison Project

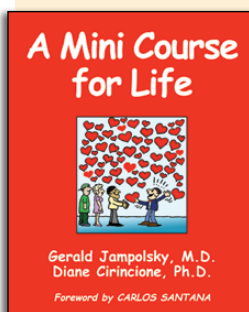
The Prison Project of Miracle Distribution Center sends *A Course in Miracles* and other Course-based items to those in prison. Through your generous donations, we have been able to supply many newly-started spiritual libraries in prisons. In some cases, we have been able to provide multiple copies of books so more inmates can read about the love that is their essence. These principles are truly making a difference and quenching a thirst for truth that those in prison have found no other place.



Below is a letter we received from an inmate in Louisiana, which shared how *A Mini Course for Life*, **THE HOLY ENCOUNTER**, and the message of the Course has impacted his life. It reinforces once again how vital this project of the Center is in the lives of inmates. Miracles occur when those who find themselves in these institutions know they are loved and valued. We hope you will be inspired by this sharing.

To whom it may concern,

I pray that this note finds you and your staff well in these trying times. I requested that you send me a catalog. You did better than that, four days later, I received *A Mini Course for Life* by Gerald Jampolsky and Diane Cirincione and **THE HOLY ENCOUNTER** magazine.



A Mini Course for Life is incredibly insightful. According to its definition of “fear” I have lived in fear for 59 years. As a retired police officer in 1999 after 20 years of service, if you would have asked me, I would have told you, I fear very little. But, after 18 days of working with this book. I realized, I have and still do live in “fear.” It will take some time to lose this fear, but I can see “love” being a very good friend of mine.

I would enjoy continuing to receive **THE HOLY ENCOUNTER** and more *A Course in Miracles* materials. I truly feel that this Course will help me with my attitude, depression, and anxiety.

In His Service, Brian at Federal Correctional Institution in Louisiana

We are honored to meet Brian's request and each request! Thanks to your generous support of the Prison Project and the Center, we can ensure that these appeals are answered. Contact us if you know of an inmate who would like to receive books related to the Course or **THE HOLY ENCOUNTER** magazine. Rules are strict for sending items into prisons and secured facilities, so please check with the institution before requesting items to be sent. Together, we can experience healing by demonstrating healing through our willingness to be truly helpful to others.

We invite your tax-deductible donations to support this project.

To read more click on “Prison Project” under “Services” at miraclecenter.org

useless journey. The Buddha taught, “Hatred never ceases by hatred; only by love is hatred extinguished.” According to *A Course in Miracles*, this is the true message of the crucifixion.

Forgiveness restores the power of choice by helping us to see and own “the real alternatives.” The cross requires me to own

my inner conflict rather than project it onto someone else and attack them. The choice of who to blame today and who to blame tomorrow is no choice at all, for I remain caught in the paradigm of blame. The real alternative is between forgiveness and blame, and I will always choose forgiveness once I understand these truths.



Spiritual Boot Camp: Love the One You're With

by Jacob Glass

"Only what you have not given can be lacking in any situation." (T-17.VII.4)

One of the foundational principles of the spiritual life is the recognition that spirit is eternal. Energy cannot be destroyed; it merely changes form. Our essential self never dies. This means that you will be with YOU for all of eternity! You will never get away from yourself. This is why I counsel everyone – mentally marry yourself regardless of who else you may marry in your lifetime. You are the one person you will never be able to divorce, and therefore, every human being is already in a long-term committed relationship with THE ONE. It's best to learn how to love, adore and thrive in the one relationship that is forever.

In my weekly classes, I will sometimes have the students say out loud, "I'm the ONE!" The romantic mythology of our culture tells us that there is that one special someone out there who is going to come along and meet all our needs, take away all the pain, and bring tremendous joy and happiness to our daily lives. But in reality, YOU are that one. Each of us is responsible for our own happiness, for meeting our own needs, and for releasing ourselves from pain.

When we truly understand that we are the one we've been waiting for, we free our intimate relationships with others to be more joyous and less stressful because we are not putting pressure on another human being to give to us what we are not willing to give to ourselves. You see, the Universe is like a

huge mirror. It can only reflect to us what we are putting out there. If I am withholding from myself, waiting for another to give me what I am not willing to give myself, then all



"You are the one person you will never be able to divorce, and therefore, every human being is already in a long-term committed relationship with THE ONE."

the Universe can mirror back to me is a world that is

withholding from me as well.

There is nothing more attractive, and by attractive, I mean magnetic, than a person who is already whole and complete within themselves. When we take responsibility for meeting our own needs and being present for ourselves, then the Universe mirrors that same energy back to us and begins to pour out love and blessings that match that same

"If I am withholding from myself, waiting for another to give me what I am not willing to give myself, then all the Universe can mirror back to me is a world that is withholding from me..."

extremely fun to contribute to a partner who is not "needy" but rather is open to receiving

what you have to give.

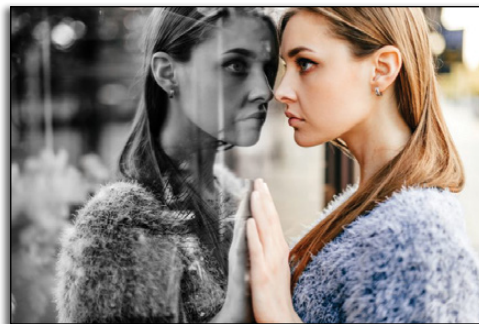
Real romance is possible for anyone, whether single or partnered, in the same way, that loneliness is possible for single and partnered alike. Romance is simply an attitude, a mood that is set having to do with being intimately present, relaxed, and focused on

cultivating the magic that is available in ordinary life. You can have a romantic moment watching the sunset over the ocean with your dog at your side, sitting by candlelight at a cafe with your best friend, or sitting

alone with a glass of wine in the hot tub looking up at the stars. Love is in the air, but YOU must be the one to breathe it in for yourself. This could be your personal Summer of Love!

LOVE NOTES

1. SLOW DOWN. Take yourself (alone or with a partner or friend) on a 20-minute walk at the end of the day a few times this week. Go slowly and make it a walking meditation where you drink in the beauty around you, and you think and speak only words of appreciation – no complaining.
2. Cultivate a loving romantic atmosphere in your home with candles, fresh flowers, and fragrance. Treat yourself.
3. Begin to speak to yourself as you would want the perfect partner to speak to you (even if you already have a great mate). SAY TO YOURSELF the things you would want him or her to say. Remember, YOU are the one!



vibrational force. NO ONE CAN GIVE TO US WHAT WE ARE NOT WILLING TO GIVE OURSELVES. And it is

A Seekers Guide...

Continued from page 5

treasure worth seeking!

"Remember often that today should be a time of special gladness, and refrain from dismal thoughts and meaningless laments. Salvation's time has come. Today is set by Heaven itself to be a time of grace for you and for the world. If you forget this happy fact, remind yourself with this:

*Today I seek and find all that I want.
My single purpose offers it to me.
No one can fail who seeks to reach the truth."* (W-131.15) ❖

Love-Based Living...

Continued from page 11

another person.

9. Many people want to contribute during a crisis but are unsure how. Whatever you can offer is helpful, but your attitude and thoughts are the sources of your most significant contribution.

I extend love, patience, and kindness when others are in fear.

10. Doing what we can to keep ourselves and others safe is essential. Still, if we operate from fear, we build a house of cards and live inside it, always afraid of the inevitable collapse.

While this crisis brings possible loss or unwanted change, it also brings an increased choice of how I want to live today.

11. Today, realize that you can choose peace no matter your body's condition and how much you may feel controlled or limited by outside forces. When you look for opportunities to love every day, you will find them. Freedom is no longer believing that your body has to be in a particular state of health or that the world has to be this way or that way for life to have meaning and purpose.

Because I can choose to love today, I am healthy and free.

12. There are many remarkable stories from people who have overcome adversity. They can remind you that no matter what state of health or situation you find yourself in, you can still find meaningful,

"I love having it in my hands during the night..."

when I need to find an answer or even just a place of peace in this world of chaos." This is how Janet in Florida feels about THE HOLY ENCOUNTER magazine. She writes...

Dearest Beverly and Staff,

You all are a beacon in my journey home to God. THE HOLY ENCOUNTER magazine always has so many timely articles that it is very difficult to select any one article or person that has given me guidance over the years of receiving it.

I have decided to become a **Holy Helper**. Your magazine must live on, and I hope my ongoing contribution will help make that happen. Also, please continue sending THE HOLY ENCOUNTER magazine hard copy. I love having it in my hands during the night when I need to find an answer or even just a place of peace in this world of chaos.



We are so grateful for Janet's words of loving support. We are honored to welcome her as a part of our **Holy Helper** family. This wonderful group of donors helps to guarantee that the Center's services, including THE HOLY ENCOUNTER magazine, continue to live on!

Please consider joining Janet as a **Holy Helper** with your monthly gift of support at any amount. Your ongoing gifts or even a one-time gift help immensely. To support THE HOLY ENCOUNTER or become a **Holy Helper**, visit our website:

miraclecenter.org or call us: **800-359-ACIM (2246)**

You may also use the postpaid envelope enclosed in each issue. Thank you.

beautiful, and tender moments.

Overcoming suffering begins with knowing I am more than my body and circumstances.

13. We are responsible for every thought and action that we have. So, each morning, imagine yourself at your best and strive to be this, even during the worst of times.

Regardless of what is happening around me, giving and receiving love can be my single goal. Love finds ways for us to find love.

14. Forcing positive thinking during difficult times rarely works because it can be disrespectful or discount one's experience. Instead, look at the practical benefits of an attitude that accepts what is happening but also seeks to reach beyond suffering and fear.

Amidst the present challenge, I see there is love to discover and share and that every compassionate act reduces distress.

15. When you direct your mind to do so, you can see that there is something more, something beyond sickness and the threat of death, a pulse of peace in all of life that has an inherent beauty and infuses us with calm: Love.

Today I see what is most important in life comes from my ability to love unconditionally, regardless of the obstacles or circumstances.

The following 15 days will appear in the next issue of THE HOLY ENCOUNTER. ❖

Did You Know??

Our caring staff is available to help you during our regular office hours of Monday-Friday from 9am to 4pm (PT)

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We look forward to assisting you!

The HOLY ENCOUNTER

JULY / AUGUST 2022

In This Issue...

- We Will "V" Stronger Together
- A Seekers Guide to the Universe
- All Things Are Lessons
- Love-Based Living During Challenging Times
- The Cross of Decision
- Love the One You're With

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"Beverly's ability to present this material in a fun and engaging way is simply incredible, and a sheer joy to behold. Thank you, thank you, thank you!"



"Thank you for the most incredible, sublime time we spent together. I'm carrying the messages in my heart. The music accompanying the messages helps to keep the messages strong!!"



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See page 3 for more details
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