

The HOLY ENCOUNTER



May / June 2014

A Miracle Distribution Center Publication

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



The Light Has Come

by Beverly Hutchinson McNeff



*If there is light in the soul, there will be beauty in the person.
If there is beauty in the person, there will be harmony in the house.
If there is harmony in the house, there will be order in the nation.
If there is order in the nation, there will be peace in the world. Chinese Proverb*

Can all of this truly come from light? Yes, according to every great spiritual teaching. The light is not some external illumination but instead an internal affirmation of the truth, power, and presence that abides within each of us. I remember how I saw the light leave my dad's body when he died. It was not something I could see with my physical eyes. It was something I felt with my heart. But I could also feel that the "light" – the energy that he truly was and is – was not gone, but rather now a part of everything and certainly part of me.

That is the light that workbook lesson 75 from *A Course in Miracles* is referring to. And, yes, the light has come. This thought will be the focus of Miracle Distribution Center's international conference this year (see the back cover for more details), and I think it comes at a very appropriate time. With so much turmoil in the world (and perhaps in your own life) we need to be reminded of the power that abides within us right now to heal our lives and thereby the world.

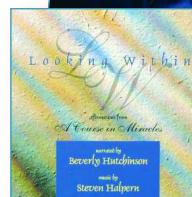
Our healing answer will never dawn on our mind when we think this person or that situation needs to change. Healing will only occur as we focus on the truth: the light within each one of us – the light that connects us to each other and to our Source. The darkness of our lives has become the focus for many of us today. The media shows us devastation around the world, we hear of shoot-

ings in our neighborhoods, and we experience our own acts of anger and judgment. What can we do? *A Course in Miracles* offers us a powerful and simple

thought: The light has come. We need to lift our vision from the problems of the world, not in denial, but in healing. To focus on the truth is not a denial of what is happening; it is finally looking at what is happening and seeing it for what it is: a call for love and healing.

This lesson says, "We do not want to see the ego's shadow on the world today.

"Our healing answer will never dawn on our mind when we think this person or that situation needs to change."



Need a little spiritual lift?

... try the recordings by
Beverly Hutchinson and Steven Halpern

Here's what Sharie Gauerke in Wisconsin suggests...

"My favorite CD's, and the ones I listen to most, are *Looking Within*, which is a series of short Course lessons repeated twice. Everything we need to remember for our peace of mind is in this CD. I use it when I have trouble sleeping and to help me start my day with an attitude of being helpful. Another is *You Are Entitled to Miracles* which brings great peace and remembrance to my mind and heart.

A Touch of Heaven is another one that opens my heart and brings peace to my mind. It's the one I have used in walking meditation when I have had some major challenges in the past. It kept me grounded and helped me heal from my fears."

We all love hearing what works for other people, so why not take Sharie's advice and give these recordings a try? There are seven in the series and sample clips of each can be found on our website's online store at www.miracle-center.org. Or, give the Center a call. We can place you on hold and you can listen to a sample play while on hold! We've actually had people request we do this!

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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.

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

● **The Light has Come!** This is the title of MDC's Annual International Conference on *A Course in Miracles* in Southern California. The dates are set for **August 9th-10th**, so we invite you all to join us!

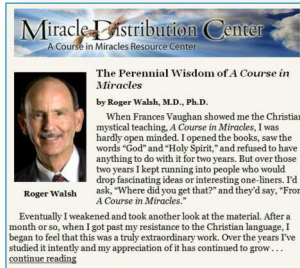


This popular event attracts Course students from around the world. This year we have

assembled a wonderful list of presenters including Beverly Hutchinson McNeff and Paul McNeff, Jerry and Diane Jampolsky, Jacob Glass, Bob Rosenthal, Dick Gayton and Michelle Molina, Lee Jampolsky, and Karen Casey. See back cover of this issue and visit our website at www.miraclecenter.org for all the details.

● **"This is a most wonderful and outstanding video.** I hope to use it daily. My heartfelt thank you to all who brought us this valuable tool." These are the expressions of so many who viewed the Peace Video that we have gifted to the world. Thanks to the efforts of Steven Halpern who provided the video and music and MDC who provided the quotes from *A Course in Miracles* read in English, Hebrew and Arabic. We invite you to take 5 minutest to watch this video and to be renewed in the truth that peace is possible here and now. Watch it and share it, please. Go to www.miraclecenter.org and look in the right-hand column.

● **Do You Receive our Emails?** – Our recent e-newsletter featured an article by author and professor of Spiritual Studies at University of CA at Irvine, Dr. Roger Walsh elicited a lot of great responses. One reader said... *Dr. Walsh has done remarkable work on this synopsis of my "life raft", A Course in Miracles. Thank you, Dr. Walsh for your fine work.* Be sure you're on our e-mailing list to receive our monthly e-newsletters! These timely bulletins feature an article on *A Course in Miracles* as well as announcements of new additions to our website, new services we're offering, new additions to our book store, and so much more! We know that many of our readers change email addresses frequently. The easiest way to make sure we have your current address is to look at the bottom of any page on our website at www.miraclecenter.org. Simply click on **"Join Our Email List"** to add your address.



● **"I really appreciate your online Course look-up.** It comes in handy quite often!" We hope you will join Anne in Nevada by using MDC's online look-up. It is a wonderful way to search the Course, read the text, or find your workbook lesson for the day. It's always available on MDC's site so you can access it on your computer,

iPhone, iPad or any electronic device. So you never have to worry about where your book is; you're always connected. There are so many wonderful services available at www.miraclecenter.org, so stop by and check out all that is going on!



● **We are happy to welcome Bulgaria** as the 72nd country on our map of *A Course in Miracles* Study Groups. Search our map to find one of the 2,000 groups nearest you by going to www.miraclecenter.org

● **"Let me recognize my problems have been solved."** This lesson in the Course says that God is with you now in whatever issue you are going through and He can help you recognize your healing if you are willing to step back and let Him lead the way. This may be the hardest thing for you to do, but you are not alone. The Holy Spirit is with you and so are your friends in the Miracle Prayer Ministry at MDC. We invite you to join with us every day at 4:30 pm as we commit to stepping back and allowing God's loving presence to show us the healing we, our loved ones, and the world is entitled to. If you have a prayer request, please send it to MDC. Don't forget to request your free, full-color bookmark which lists all the thoughts in the prayer ministry for 2014.

Affirmations for:

May: "Forgiveness is my function as the light of the world." (L62)

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

July: "I am as God created me." (L110)

Thoughts in the Miracle Ministry 2014
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. (L94)	July: I am as God created me. (L110)
February: I am the light of the world. (L61)	August: I am not a body. I am free. (L198)
March: Into His Presence would I enter now. (L157)	September: I feel the Love of God within me now. (L188)
April: I could see peace instead of this. (L34)	October: I walk with God in perfect holiness. (L156)
May: Forgiveness is my function as the light of the world. (L62)	November: The peace of God is shining in me now. (L188)
June: There is no will but God's. (L74)	December: I am as God created me. (L110)

If you have a prayer need you would like to include in the Prayer Ministry, please send it to the Center and include a postal address so we may send a personal letter.

It's Here!

Request your free, full-color 2014 bookmark

today which lists all the thoughts in the prayer ministry & join us each day at 4:30 pm (PT) as we unite in a moment of prayerful support for one another.

Call **1-800-359-ACIM(2246)** or at miraclecenter.org





Miracle Musings...

Sex, The Bible and A Course in Miracles

by Paul McNeff



"For in the resurrection they neither marry nor are given in marriage, but are like angels in heaven." (Bible: Matthew 22:30)

"I am not a body. I am free." (W-199)

Recently there was heated controversy over a bill in the Arizona legislature that would have allowed business owners to refuse service to homosexual customers if the owners claimed such actions conflicted with their religious beliefs. Thankfully, Governor Jan Brewer vetoed the bill, saying it would have caused more problems than it purported to solve. I think it's interesting the reason she gave for vetoing the bill had nothing to do with discrimination against gays or depriving them of their constitutional rights.

But this story, like so many others in our contemporary culture, has SEX as the flash point. Whether it be heterosexual, homosexual, sex outside of marriage, sexual affairs, cyber sex, celebrity sex, unsafe sex, or the grand daddy of them all, political sex scandals, it doesn't matter as they all drive that 24/7 news cycle, full-tilt. And we find ourselves directly in the middle of it all. So how do we sift through all the garbage and come to peace with this "hot-bed" (pardon the pun) issue.

Elaine Pagels, the renowned Religious Studies scholar has written several books on the Bible. She suggests that many of the sexual references in the Bible should not be literally interpreted, but instead understood as metaphorical teaching devices. For example, in most Biblical stories about marriage, anytime a spouse

leaves his or her partner in a sexual indiscretion, it is symbolic of how mankind has betrayed their relationship with God for something that is temporal and fleeting.

The Course is not as filled with sex stories as the Bible is – the Old Testament is pretty racy – but this really shows us the focus of the Course is on content, and not form. As the Course states, "The ego holds the body dear because it dwells in it, and lives united with the home that it has made. It is a part of the illusion that has sheltered it from being found illusory itself." (W-199.4) If, as the Course says we are not bodies, then sex, like all other forms, has little to do with anything. Now that's a

"She (Pagels) suggests that many of the sexual references in the bible should not be literally interpreted, but instead understood as metaphorical teaching devices."

small statement on a very BIG cultural obsession, but my point is that sex is a pretty good distraction for the real meaning behind the act. Sex, used by the ego, becomes a way to prove our separation from each other by using our very bodies against us and others. But, as always, the Holy Spirit can use any form in this world for healing and joining, even sex.

As with any other physical need, sex in our culture is frequently abused. It too often divides us in our personal relationships; it can skew us politically and religiously as well. Several years ago, the Presbyterian Church at which I serve as Director of Music lost half of its members in a split down the center over the decision not to ordain gays for church lay leadership. Following the Presbyterian

Church U.S.A. "Book of Order," our parent organization, our church's position was: If you were a "practicing homosexual", you were actively sinning and therefore unsuited for formal church leadership. But actions at the last National Conference reversed this ordinance, thus allowing our gay and lesbian brothers and sisters to be ordained as church elders. The next national conference to be held this summer will most likely see the sanctioning of gay marriage. These are monumental steps forward for progressive Presbyterians.

But to many church members, these actions go against their moral conscience, and there is now a move afoot to split, yet once again, into another more "conservative" Presbyterian conference. All this dissention on how we use our body. I don't think this is what Jesus had in mind. It is a long way from peace and unity. It is reassuring to me however, that Jesus' primary message regarding sex was rooted in furthering a "spiritual kingdom," one that did not have boundaries shaped by our understanding of the physical world.

There are a couple of Biblical passages that shed a lot of light about sexuality in scripture, and I think you'll find them synchronous with the Course's teachings. As was their devious custom, the religious leaders of Jesus' day often tried to trip him up by postulating hypothetical riddles. Here's one of them: "Now there were seven brothers among us. The first got married and died. Having no offspring, he left his wife to his brother. The same happened to the second also, and the third, and so to all seven. Then last of all the woman died. In the resurrection, therefore, whose wife will she be of the seven? For they all had married her."

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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, after-school children's chorus. The program has won many awards and been featured on *Good Morning America*. Learn more at: www.kidsingers.org



Emotional Healing Journey into Love

by Richard Gayton, Ph.D.



We are all called to perform extraordinary acts of forgiveness in order to live happily in this world. I am no different than you. Some of us have parents who abandoned us, or have endured the death or disability of our children, or do not have enough material possessions to be minimally comfortable, or suffer mental illness so severe we cannot fit in. All of us will experience the illness or the event that will transform our bodies into death. How do we forgive the world we see?

In 1987 I was called upon to show only love in difficult circumstances. Ramona, my wife and the mother of my three children, was murdered during a home invasion

burglary and my secretary gravely wounded. I eventually forgave the murderers. However, my first response was to want to kill myself for failing to prevent the murder; then I could join my wife. My ego figured out that suicide would

include it, so it switched to a strategy of torture and murder. The two assailants, Jose and Michele, were caught within a week and imprisoned. I asked the DA for the death penalty.

In the midst of agony, miracles began transforming my life; I was introduced to *A Course in Miracles* and began hearing the Voice for God in my mind, which has been my constant companion ever since. I was instructed to forgive the two people and, in time did so, feeling an immediate return of peace to a life of nightmarish chaos. This act of forgiveness is considered remarkable by some, neurotic by a few, and bitterly opposed by many others, including some friends and family. They

felt I was not honoring my wife and instead condoning a horrendous act of violence.

As I let go of vengeance, I also gave up my demand for the death penalty. That Voice in my mind began writing *The Forgiving Place: Choosing Peace after Violent Trauma*. I suspected the Voice arranged for me to be on the Oprah Show in 1994 with the help of Marianne Williamson who wrote the book foreword. The criticism intensified, with some others feeling what I had done was for personal attention and ego-driven. Psychologist suffers trauma, writes self-help book, gets on Oprah, becomes famous, gets rich, hosts own reality show, gets a beach house in Malibu, becomes celebrity shrink to the stars. I got as far as Oprah, and that

seemed to be all I signed up for in this life.

For the next few years, I rebuilt my internal life, remarried, and worked with survivors of violence. I was happy Jose and Michele were safe in prison, and I wanted nothing to do with them. In many ways I was content. Yet there

was a longing, I thought, for my wife. I came to realize from the Voice that I was to complete another task. I explained to the Voice why that was not a good idea. I had reasons for not going any further – after all I had forgiven – that was enough. The longing continued. I gave in. I told myself I was agreeing to do this so I could get more closure on why the murder took place – an explanation my ego could sort of buy – being a well trained psychological ego.

In 2001, I wrote to Jose and Michele in prison after applying for permission to do so. I was worried about their response and how my family might react, yet after mailing the letters, the longing stopped. I was shocked at the loving, sorrowful, humble

reply from Michele and chagrined at the mental illness I heard in the letter back from Jose. He seemed lost in his own particular hell.

In letters and photos Michele shared with me her art, the spiritual programs she pursued in the California Institute for Women, and her wish to make amends for the murder. She was aware of the Course and wanted to know what she could do for me. It was as if she needed to earn the forgiveness which was my free gift. The only thing I could think of was to ask her to forgive Jose for whatever she felt he did to her.

We exchanged many letters, and I was seeing the emergence of someone seriously seeking healing of both of us. The next step was breathtaking: visiting her in prison. When we met, it was like greeting an old friend. One I had not seen for many lifetimes – which may have been the case. We shared about our lives and about the murder. She was trying to come to terms with what she had done. The prison environment of rigidity and captivity played on my ego during the visits. I visited several other times and decided to testify for her release at parole hearings as the law indicated she qualified for release. This meant opposing the wishes of family members and my secretary. The hearings were painful exercises in crucifixion: first of Michele, and then of my secretary, as the crime was reread in horrible detail, and then of myself as my testimony was perceived as an attack on my secretary and family.

By the third hearing I could see I was not contributing to healing. I had to return to peace and to the Voice for God. I stopped going to hearings but continued to write letters to the Board and to correspond with Michele. I stopped visiting and began praying. The parole board, the governor, Course students and many

“Ramona, my wife and the mother of my three children, was murdered during a home invasion burglary and my secretary gravely wounded. I eventually forgave the murderers.”

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Update: Prison Project

by Maria Zakich



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 many in prison have found no other place.

I am so thrilled to share with you a letter from Michele Molina a former inmate who was a part of our Prison Project. Now that she has been released, she is no longer formally a part of this project but a success story! I hope you will take a moment to read her story and consider supporting this important work.

An Update by Michele Molina

A *Course of Miracles* has been a part of my life since 1984, when I was first introduced to it by my mother. Years later it came back into my life when I was serving a life sentence in prison. It was the "Prison Project" Miracle Distribution Center that gave me a



connection to the spiritual truths I had forgotten by providing a copy of the *Course* and many other books, tapes, CDs and materials that were *Course*-based sent to me over two decades. I continue to be connected with my *Course* family through writing, visiting my *Course* pen pals, and making a rare study meeting at the Center in the midst of my busy schedule.

I have married my best friend, Laura, on the beach of Malibu at Point Dume on Friday 13th in December 2013. I cannot describe sufficiently the peace and contentment I felt as we were joined by our family and friends watching the sunset over the ocean at the closing of our simple, yet, intimate wedding ceremony. Yes, the joys of life.

Six months prior I had shown my art

for the first time in an art gallery in San Diego. A most welcomed privilege was to be a part of the "Inside/Out Project Exhibition," art in response to the prison system and incarceration. I had shared how my art had been an intricate tool that helped me heal, grow, and continue to thrive. You can visit my website at www.michelemolinaart.com

Now, for a year I have been working in an art gallery as an art framer, which is very challenging and rewarding at the

"Ever since Richard Gayton reached out to me in prison in September 2001, we have spoken about the day where we could together teach the world about forgiveness."

same time. I am surrounded by fine art and inspiration that fuels my creativity and drive to dig deep into my gift of art and bring forth something unique for the world to see.

After being paroled over a year now, I am delighted to announce that my parole conditions have been lifted in regards to having contact with my victim, Ramona Gayton's, family. To be more specific, I am finally allowed to contact Ramona's husband, Richard Gayton. I had a part in the

home invasion robbery and murder that took Ramona's life and nearly the life of her secretary. How fortunate I feel to be able to have this second chance in life to be a positive influence in this world. Where once my feet took me to commit violence and destructive, demoralizing acts, now, I am led to be an unstoppable force of love and forgiveness spreading the message wherever it is welcome.

Ever since Richard Gayton reached out to me in prison in September 2001 (2 days after 9/11), we have spoken about the day where we could together teach the world about forgiveness. We have vowed to complete our mission together. I did my part through my art and sharing with those who crossed my path inside the prison walls (both inmates and staff) the last eleven and a half years before I was released in January, 2013 after a total of twenty-five years locked up.

Soon in August, 2014, Richard Gayton and I will be on the stage together for the first time at the next International *A Course in Miracles* conference in California. It is definitely a meeting of two souls that you should not miss. It truly will be a Holy Encounter and the holiest of all spots on earth where an ancient hatred will become a present love. ✨



Maria Zakich coordinates The Miracle Prison Project at MDC. We thank you for your ongoing support. Without your tax deductible gifts we would not be able to send out the materials that are so valuable to the lives of prison inmates. We feel honored to be able to meet each request sent to us. Please use the envelope enclosed in this issue to make a donation toward our Prison Project. You may e-mail her at maria@miraclecenter.org

Change Your Mind, Change Your Life

“Our Thoughts Create Our Own Reality... So Have Good Ones.”

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



Our neighbors, Stephen and Jarl, have a daily blog called “Gratitude 24/7.” On their blog, there is a paraphrase from *A Course in Miracles* which says, that it is only our thoughts and attitudes that hurt us. It is our ego thoughts that turn into images of negativity. Negative imagination is what gets us into trouble and causes us to be unhappy.

Imagine... *Making Imagination Real* is the theme of Attitudinal Healing International’s 40th Anniversary Conference to be held in San Francisco on September 19-21, 2014 at the beautiful Presidio. It is sponsored by Attitudinal Healing International. www.ahinternational.org.

Here are a few examples of making imagination real:

In 1982 we became very involved with AIDS crisis education in thirty countries around the world. At that time, there was much fear about catching the AIDS Virus from someone who had it. We asked our dear friend, Jack Keeler, if he would help us by drawing a cartoon that would help educate people about the psychological and social aspects of AIDS. Jack’s immediate reply was: “Jerry... Diane... I am a cartoonist. I make people laugh. There is no way I could possibly do this. AIDS is not a laughing matter.”

Our quick reply was: “Jack, we know you do not believe in God, and that is perfectly okay with us, but we ask you to pretend and make real for just one week

that there is a God and that your inner voice will help you create this image.” His response was to leave the room grumbling to himself. We really did not know if he would ever take our suggestion or create what was needed.

A week later when he opened up the finished image, on it was a simple drawing of a small child with AIDS saying, “I have AIDS. Please hug me. I can’t make you sick.” It was so powerful in its simplicity that we both cried openly at the sacredness that was behind this creation. Since then, the World Health Organization has sent it to over 150 countries and in 2008 selected it as the most effective AIDS education image in the world. It is now used to represent all their work in AIDS worldwide. Jack used positive imagination

to really believe God would talk to him and help him with his creativity creating this poster.

Children are born gifted to have wonderful imaginations and they love making imaginations real in their own world which is often quite separate from the ego world we adults

seem to live in so much of our lives, being caught in the illusion of linear time, past, present and future.

For example, a woman came to see me (Jerry) with her five-year-old-boy, who was still pooping in his pants. The family moved

around a lot and had seen a very famous psychiatrist in New York City. They had recently moved to the Bay Area, and their pediatrician had referred them to me.

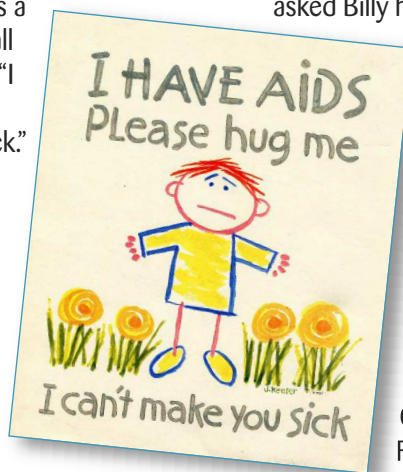
I asked my patient, Billy, what some of his interests were. People going into space seemed to be his peak interest. I then asked Billy how he would like to be the first

child that ever pooped on the moon. He asked how could he do that, and I told him by playing a game of imagination where we, together, could make our imaginations real. He said he would like to do that. I told him we were going to take a trip to the moon on a space ship and that he would be the Chief Pilot, and I would be his First Officer. So we both

imagined we were going to the moon and he would tell me when we arrived.

About twenty minutes later he told me we had arrived. We went into my bathroom which we imagined was located on the space ship. He sat on the toilet and five minutes later I heard the plop of his bowel movement hitting the water. I immediately congratulated him as being the first child to poop on the moon and that the newspapers should come out tomorrow with his photo on the front page. Then I helped him end the game of making imagination real. I told him he now knew he could have control of when he wanted to go to the bathroom and poop or he could decide if he wanted to poop in his pants. It was all up to him.

I said, for example, if he were invited to a birthday party sometime in the future, he might decide it would be a good idea to go into the bathroom if he needed to poop. I



“Jack, we know you do not believe in God and that is perfectly okay with us, but we ask you to pretend and make real for just one week that there is a God and that your inner voice will help you create this image.”

also told him that if he was angry at his parents, he could always decide to poop in his pants. It was really up to him. Billy seemed delighted I was not trying to change him and that he was as fully in charge as he was when we made our imaginary flight to the moon.

The first two days that followed, he pooped in his pants. The third, fourth day, and fifth day, he pooped in the toilet. After that time, the parents reported to me that Billy stopped pooping in his pants completely. It was clear to Billy that I was not focused on whether or not he continued to poop in his pants. I wanted to show him he had great power in the future decisions he makes.

Another imagination example we'd like to share is of a lighthouse. We have always

"It was clear to Billy that I was not focused on whether or not he continued to poop in his pants. I wanted to show him he had great power in the future decisions he makes."

been interested in visiting lighthouses. Some years ago, we started to use our imagination of having a lighthouse in our hearts and that one of our jobs in life was to share the light in our hearts with the world and that was our function here. We have been quite consistent through our imagination and making it real to remind ourselves that we are the Light of the world.

Could you imagine for a moment what this world would look like if everyone carried a lighthouse in their hearts and continued to send light out into the darkness with every thought they had and everywhere they went? Our imaginations can set us free. ✨

Did You Know??

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Peace of God is my one goal

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Recognizing Spirit

You Will Need No Rule But This

by Dr. Lee Jampolsky, Ph.D.



This morning I intently watch the sun as it rises over the Sierras in the distance. The experience of “the light has come” fills my awareness. As morning light spreads across my face, I contemplate the sun’s path, and its relation to the earth. I think of how it will travel across the horizon, and its perfect journey across the sky. There are some clouds in the sky today that will pass before the sun as it shines brightly from behind. As I write this, the edges of a few scattered, puffy cumulus clouds are illuminated from

behind, casting a bright white aura. I think of all that the sun will offer today, the light and life it provides, unnoticed, as most of us go through our days. I think of the billions of trees and plants that will be nurtured to grow in the springtime of May. And then I think of my path, and

I know I can be as the sun during all days. This is our purpose here, to travel a sure path, lighting the edges of challenges and obstacles that we and others see, letting the light of love bring newness to the world through our every ray of thought.

I contemplate how in so many instances, people choose a path that is not this divine one, and I think of how in the past, I did as well. We can travel chaotic paths, erratic because we do not know our destination, and we focus on the darkness in every cloud rather than the edges that illuminate with possibility and beauty. I ask my inner wisdom what causes the difference in choice. I ask, “How can I be sure of my path, the one that will bring light and

love to those dear to me, and to the world at large?”

There is only one rule you need to concern yourself with in knowing the light has come, in living a peaceful life, having deeply loving relationships, and doing meaningful work. To have these, *a quiet mind is essential.*

This rule may sound over-simplified, but it is not. To the contrary, the many rules of the ego are the over-complicated things. The quiet voice of love directing you is simple, and will result in a peaceful, loving, meaningful existence; whereas the loud

raucousness of the ego’s directions are always endlessly complicated and distractingly loud. And as a result, you feel hopelessly lost in a harsh world.

A Course in Miracles is over thirteen hundred pages. At first many people don’t know where to start, or are discouraged when they find parts hard to under-

stand. For me, it is important to remember that the Course, in all of these pages and lessons, teaches us we need *only one rule* for our spiritual practice. One rule. I like that. Surely I can follow just one rule to achieve the success I dream of in my life and relationships! The Course tells us, “*Only be quiet. You will need no rule but this.*”

As it turns out, this one rule is not so easy to follow, but this does not make it any less true. I have spent decades in practice, and I sometimes still dive into the noise and forget the quiet. However, I am much better at the skill of quieting my mind, and like any skill, this one takes ongoing and dedicated practice. I often take a good portion of each day to experi-

ence quiet in my being, and this practice increasingly benefits me, and I hope it also has a good effect on my relationships and interactions with those I hold dear to my heart. I know that of all the things I can do for my marriage, my children, and for all those whom I care deeply for, the greatest, most beneficial is to take time each day to be quiet.

In this beautiful moment I am smiling at what the quiet within me brings. The landscape of quiet is peaceful, without the intrusion of petty and mundane thoughts and wishes, without my personal desires at the top, without judgment of myself or anyone else. In the world of quiet within me, love stands apart from all the opinions, judgments, and worries it seems the world has lain upon me, or caused me pain.

Silence cannot be rushed. Quiet is found with patience, not demand. Silence is experienced with a choice to ignore the loud voice of ego, and to wait, as patiently as a perennial flower waits for spring through a long winter. It is curious, is it not, that even though the light has come the only way to truly see it is to wait quietly with patience.

The reason our relationships can be so challenging, and our lives feel meaningless, and our souls depressed, is because we are not disciplined to practice being quiet within our minds. Wisdom stemming from the light of Love cannot be heard or seen until your mind is quiet for awhile, and the wants, demands, and desires have been stilled.

“*Only be quiet. You will need no rule but this,*” the Course tells us. But how do we do this? There are many ways, over the years, that I have practiced, and I have written about many of them in my books. This morning I take note that all have three things in common: 1) take the time to practice and be patient during the time you

“There is only one rule you need to concern yourself with in knowing the light has come, in living a peaceful life, having deeply loving relationships, and doing meaningful work. To have these, a quiet mind is essential.”

practice; 2) observe your loud thoughts without being taken by them, let them settle into the nothingness they came from; and 3) direct your mind to go to the depth of the quiet beyond and beneath the noise, the quiet center of your being, and patiently wait and listen with the wonder of a child holding a seashell to her ear.

I would go so far as to say that the success of my marriage, my parenting, my work, and my friendships all hinge on this one thing — on taking the time to still my mind. Every day I know will be better if I choose to pave the way for quiet wisdom to emerge, and this means, to the best of my ability, to be aware of my petty thoughts, opinions, and desires as they arise. Only with awareness can I avoid being led astray by the meaningless. Only with conscious choice can I listen to the quiet within.

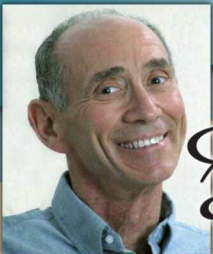
My physical deafness in this lifetime has been both a challenge and a unique gift; a gift of quiet in what can often be a loud and chaotic world. But because most of the people I spend my time with still hear with the ears, I try to understand words when they are spoken. It can be quite exhausting, and requires a combination of lip reading and filling in the blanks with guesses, hunches, and intuition. Often, when I find myself tiring, I simply enter my world of quiet. I surrender to the soundless wisdom beneath the noise I cannot hear. Then, almost always, I hear. I hear from the light.

On a spiritual level, this is quite interesting and paradoxical. I have discovered through my deafness that if I surrender to the quiet, I will hear, and I will, as this morning, experience the light has come. This is because the Spirit speaks in a tapestry woven with the silk threads of silence, and the soft whispers from the depths of quiet speak a language of love. In contrast, the ego speaks in constant noise, trying to cover the whisper from within. We need but to follow the one rule, to learn to still our minds, to each day practice becoming aware of the ego's loudness so we may let it settle into nothingness and give it no power or time.

My deafness has taught me how to become deaf to "the senseless noise of sounds that have no meaning," and how to

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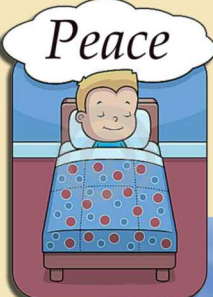


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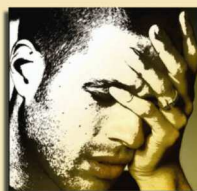


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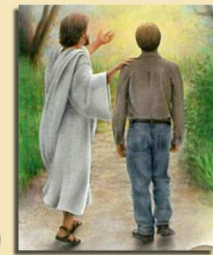


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Forgiveness: The Healing Perception

by Robert Rosenthal, M.D.



Every good student of *A Course in Miracles* knows forgiveness plays a central role — if not the central role — in the process of undoing the ego and its blocks to the awareness of love's presence. It may be "a course in miracles," but "forgiveness is the home of miracles." (W-p11.13.3:1)

Unfortunately, forgiveness as the Course defines it is too often misunderstood — or understood at only a rudimentary level — and therefore all too often misapplied. "No gift of Heaven has been more misunderstood than has forgiveness." (S-2.1.1:1) It is not enough to take the common understanding of the word (that is, the ego's understanding) and simply paint it over with a veneer of holiness. The true practice of forgiveness involves unwinding the entire world of perception within which the ego has us ensnared.

The goal of *A Course in Miracles* is to reverse the ego's upside-down learning system. To advance this goal, the Course redefines certain terms that have been co-opted by the ego to reinforce its hold on our minds. *Salvation, sin, vision, knowledge, miracles* — these are just a few of the words given radically new meaning by the Course. The same holds true for concepts like sacrifice, Heaven, creation, the body, the Son of God, and even God Himself. But of all the words assigned new meanings by the Course, perhaps the most significant is forgiveness.

What exactly is forgiveness then, according to the Course? "Forgiveness recognizes what you thought your brother did to you has not occurred. It does not

pardon sins and make them real. It sees there was no sin. And in that view are all your sins forgiven." (W-p11.1.1:1) This idea seems to fly in the face of our common understanding that, in order to forgive, we must first have been wronged. Even if we forgive the sins of those who offended us, we do not forget them. To pretend those slights and hurts never occurred seems to defy reason.

The Course is not advocating we overlook real events, however. It's not asking us to embrace total denial because, according to the Course, *nothing* that occurs in the outside world is real. From the very earliest Workbook lessons, we are schooled that the world of the five senses is but a dream, an insane illusion, nothing more than the projection outward of our guilt over our mad desire to be separate from God.

"God exists in an eternal present — the holy instant — the only time there is. From His perspective, there is no past to be remembered, judged, and held against anyone."

Nothing I see... means anything. I do not understand anything I see. I see only the past. My thoughts do not mean anything. I do not know what anything is for. I have invented the world I see. (Lessons 1,3,7,10, 25,32, respectively)

God exists in an eternal present — the holy instant — the only time there is. From His perspective, there is no past to be remembered, judged, and held against anyone. How could your brother have harmed you then, except in illusion, where you believe your existence is dependent on your physical body? How can the Oneness of God and the Sonship ever be vulnerable to harm, or change of any sort? If you insist on making harm real, however, then you are bound to a world that has no relation to God. And your failure to forgive comes at a high cost. You maintain your separation from God, with all the guilt and fear that go along with it.

Seen in this light, the Course's definition of forgiveness begins to make sense. After all, if you believed someone slandered you, then later realized you were utterly mistaken, you would not continue to take offense over what never occurred. If another driver bumps the rear of your car, your initial reaction is likely to be anger. But if you get out to check the damage and discover that in fact there is none, would you still storm off furious? Of course not. Why? Because nothing really happened.

This is the perspective the Course asks us to adopt: *nothing real happened*. We only think it did, because we believe in the past and actively keep it alive in our minds. Consider this: Without the past, no one could judge good from bad or friend from foe. The future, released from judgment, would become a rich field of endless possibility. Perhaps that guy who bumped our car will later turn out to be our son-in-law. We don't know what anything is for, which frees us to learn the Holy Spirit's reinterpretation of it. "Unless you learn that past pain is an illusion, you are choosing a future of illusions and losing the many opportunities you could find for release in the present." (T-13.IV.6:5) "For what can be forgiven but the past, and if it is forgiven, it is gone." (W-289.1:6)

In this sense, the act of forgiveness extends well beyond our personal relationships. Yes, difficult relationships do require forgiving. We begin with them because they're among the most glaring and obvious examples of holding onto grievances. But forgiveness doesn't stop there. We cannot simply forgive those relationships we judged to be "bad" while sparing others because they seemed not to need it; or worse, elevating them to the status of special relationships and hoping they'll somehow save us from ourselves. *All* of our relationships need forgiving, because

“there is no one against whom you do not cherish grievances of some sort.” (W-69.5:4)

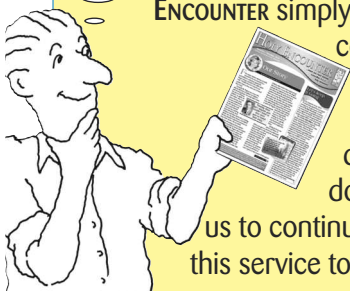
Forgiveness is not limited to relationships, however. Genuine forgiveness must finally address *every aspect* of the world in which we live. The very last Workbook lesson to specifically mention the word forgiveness in its title states, “I let forgiveness rest upon *all things*, for thus forgiveness will be given me.” (W-342) All things, all aspects of the world we live in, need to be forgiven, because they’re all illusions – reflections of our attempt to achieve the impossible and separate from God. The entire world of perception – trees, cars, ice cream, wind, frowns, fingers, paychecks, dogs and cats, oil companies, martinis, the internet – the list goes on seemingly forever – *all of it* must be released to the Holy Spirit and forgiven.

So when the Course talks about the need for a shift in perception, it’s not speaking figuratively. It’s not telling us merely to reconsider our thoughts about a person or event. It’s saying we must forgive in order to change perception itself. And when we do, nothing will ever appear the same. The world – set free from our guilty projections, cleansed of our unloving attack thoughts, and untethered from the past – will look different. We will share Christ’s Vision, because “forgiveness entitles you to vision.” (W-75.7:1)

Forgiveness heals the world of perception, and the healed world is the real world, shimmering with light and waiting for God to take that final step and call us Home. “Forgiveness removes only the untrue, lifting the shadows from the world and carrying it, safe and sure within its gentleness, to the bright world of new and clean perception... And it is there that peace awaits you.” (T-18.IX.14:3) ✨

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If Only...

by Jacob Glass



“Only the Holy Spirit knows what you need. For He will give you all things that do not block the way to light... In time, He gives you all the things that you need have, and will renew them as long as you have need of them... And yet He knows that everything you need is temporary.” (T13.VII.12)

The path of Grace can only be walked through intimacy with the Divine Presence within – and there is no real intimacy without trust. I trust the Holy Spirit knows what I truly need – more than I do. There were so many things I thought I needed in order to be happy. I told myself many stressful stories about how I never had enough of whatever it is I thought I needed, even in the midst of having clothing, food, shelter and loving people around me.

The ego is always whispering to us “if only...” *If only there were just a little more money, if only he would say he loved me without me asking, if only my body were different, if only she would come back to me, if only I hadn’t made that mistake, if only I were a little more successful, if only they would not have hurt me, if I only I were smarter or more talented, if only things were a little easier, if only they hadn’t fired me, if only that project had sold, if only I had done that differently, if only my parents had been different, if only, if only, if only.*

“The path of Grace can only be walked through intimacy with the Divine Presence within...”

savoring and enjoying.

Experience has shown me that much of what I insisted I NEEDED, was very different from what the Spirit within me knew I TRULY needed. It took me a long time to surrender to this Truth - which means it took me an unnecessarily long time to be happy. I still have preferences in life. And I ask *specifically* for what I want. But I TRUST the Holy Spirit to guide my life, therefore I am not attached to my preferences. And because of that, what comes into my life is what I am ready to handle. I am never begging for bread, but I am also not so over-

whelmed with blessings that they obscure my vision of what it truly important. This is a different amount for every living being.

What is scarcity for one might be great abundance for another and vice versa.

Recently an old friend told me he needed to generate some money quickly or he was going to have to move out of Los Angeles, and he really didn’t want to move. I certainly understand his feelings and see nothing wrong with his preferring to stay in his current home. But because I trust Spirit, my immediate thought was, “*Maybe leaving L.A. would be the best thing that ever happened to you. Maybe a rejuvenated career, new lover, fantastic affordable home and all manner of blessings is waiting for you back where you grew up. And MAYBE what it’s going to take is humbling yourself enough to move in with your*

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Jacob lectures in Southern California and has a global ministry of his recorded weekly talks. His new book, “You Were Born for Greatness” will be published this summer. www.jacobglass.com

We see the light, and in it we see Heaven's reflection lie across the world." It then asks us to practice this thought: *The light has come. I have forgiven the world.*

When we dwell in darkness (feelings of anger, depression, fear, guilt, etc.) we allow the shadow of the ego to permeate our view of the world. How can we hope for peace when we dwell in darkness? Even if peace were present (which we are assured it is), we would not see it, for our focus is distorted and clouded by the darkness.

The 23rd Psalm in the Bible is such a beautiful and comforting thought. One part of it says..."Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me. Thy rod and thy staff they comfort me..."

During the time of the Bible, there was great darkness and despair. For the shepherd (whom this psalm is addressing) the things most important to him in his life were his rod and staff. Those things, though, could only truly comfort him when he knew God was with him and that God was the purpose in those things. And so it is with us. Today our comfort items might be our cell phones, computers, iPads, cars, etc., but they can only comfort us if we know God — our Source, the Light — is with us. Otherwise, we will be an empty black hole searching the universe for something to fill us up, experiencing only fear, destruction, and finally death.

Correcting Focus...

When our son, Jeffrey, was in second grade, he learned about dinosaurs, and so we all learned about dinosaurs. When you look back at an extinct species you can see how everything seemed to have a purpose. Even though humans were not around when dinosaurs ruled the earth, we have learned quite a bit from their fossils. We know, for example, that the T. Rex (the top of the food chain) had parallax vision, as

we do. This means that its eyes were closer together so its vision could cross and thus experience depth perception, which was necessary for it to hunt its prey. The animals it feasted on did not have this vision. They had eyes on each side of their heads, which gave them the advantage of a wider range of vision. They could then notice more quickly when a predator was near. So, each had what it needed to have for its survival on the earth.

This is the same for us! We each have exactly what we need for our real "survival." The particular job we do, family we have, background we find ourselves a part of, is

exactly what we need for our awakening. As we read in *A Course in Miracles*, "It takes great learning to understand that all things, events, encounters and circumstances are helpful." (M10)

Every relationship and encounter has the potential for our awakening — our healing. Terrorist at-

tacks, wars, and the unforgivable acts of others can be our doorways to heaven... but, as the Course says, it takes great learning to understand this. So, we start again every day, every moment, and even every second to awaken to the truth... to the light that has come.

Steps in faith...

When we are faced with a challenging situation, workbook lesson 75 from the Course gives us some steps to follow in helping us to experience the light that has come:

1) Do not dwell in the past. Whether it be a person or a world event, try to keep your awareness in the moment. This may be the hardest thing we do. It is very easy to get pulled into the past, so we simply try again. When we forget, we try again. When we fall into anger, try again. We simply try again. Be gentle on yourself. When we feel guilty about our inability to let the past go, we do ourselves no service. It is a practice, and practice does mean we will make mistakes. But, mistakes can be corrected. So, choose once again and remember you can't release the past without help and

help is His great pleasure to offer you.

Here's an example... When Jeffrey was in middle school he experienced some bullying. His school became aware of it, and the bullying at school stopped. One child, though, moved to the level of cyber bullying. Jeffrey just laughed it off, but schools take this more seriously and so did Paul and I. The school probably went further than we would have, but it's their policy to find out who did it and either expel or transfer the student. The boy was not expelled from school, but he was transferred so he was out of everyone's hair for that year. I knew, though, that this boy probably would be at the same high school Jeff would attend the following year, so I wondered how that would all work out. I had thought of telling the high school counselor about what happened in middle school, and the boy's name, etc., but another part of me said to just let go of the past, allow healing to take place, and simply be aware. Stepping back is probably the hardest thing a parent can do, but I felt "carried" in this choice. It seemed like all my years of practice were there for me when I needed them.

When Jeff started ninth grade this past year, I remember at some point asking him if he had any classes with this boy, and he said no. I felt relieved. At the semester break, Jeffrey joined the golf team which caused his classes to somewhat shift. I didn't think anything of it until Jeff came home saying casually that this boy now sat next to him in his new health class. My mother-antenna went into high alert, but I did my best to ask him how he was feeling about it without dragging my past perceptions into the situation. Jeffrey seemed pretty okay with the boy being there. He even said, "Yeah, he doesn't seem to hold anything against me."

"Hold anything against you!" I exclaimed, "You didn't do anything wrong!"

"I know, I know, Mom, he got himself in trouble," he reassured me. "But you know how people try to make it *your* problem. I just don't make it my problem, and we all seem to get along."

I felt so relieved. I knew he probably would see this boy and Jeff didn't need my past fears messing up his clear decision to see this boy as he was now without his

past mistakes. Jeff also told me this boy was in a small group with him, and they were doing their first project together. I swallowed hard because that seemed like a recipe for disaster, but my son seemed to know what he was doing and he did. His group actually got 50 out of 40 points on this project. I think the extra credit points were inspired by the Holy Spirit to show me that not only can He work miracles, but He gives “bonus points,” if I am willing to release my past perceptions!

2) Keep an open mind about what is happening. Put aside past ideas and all the judgments you have made about what is occurring. This does not mean you condone or justify what has happened. We want to be truly helpful and we need God’s help to do that. God cannot get through our judgments if we value them more than His peace.

Here’s an example... My husband, Paul, was brought up in a very evangelical family. He began his evolution away from that thought-system many years before we met. His family still has trouble with what he believes, and it often flares up in some very unkind ways toward him. For some reason he has no trouble with them believing the way they choose to believe, but they can’t seem to tolerate what *they* think he believes. So they are actually upset with him for things they *think* he believes and not for what he *actually* believes, but there’s no convincing them they’re not right. Paul has tried to explain himself, but if someone doesn’t want to listen, at some point you just have to stop talking. I’m very protective of my family, so when someone is unkind to them, my inner “lioness” comes out. I have not said anything to this one particular family member, but I have to admit I have not had very good thoughts about him — no open mind here either! But, it’s interesting how the Holy Spirit can seem to get through the most closed mind at times.

While I was meditating recently, my anger about this person (let’s call him Joe) popped up yet again. I started to fall into my litany of judgments about Joe when “a little willingness” (as the Course reminds us is all that is needed) came into my mind, and I honestly asked to see Joe as God sees them. Immediately I saw the image of

a photo I had taken of Joe and Jeffrey when Jeff was about eighteen months old. Jeffrey’s little arms were wrapped around Joe’s neck, giving him a big hug. Joe’s eyes were closed but the expression on his face was radiant. It’s amazing how the love and innocence of a child can bring out our true nature. Now, every time I think of Joe and his unfounded judgments toward Paul, it is quickly replaced by this vision God gave me. I truly know that this is how God sees him, so my judgments (even though they still try to take root in my mind) no longer have the same power over me. My forgiveness has entitled me to a new vision.

3) Look at the situation as if you never saw it before. You don’t know what the outcome will be or how it will look and you simply wait to be shown. We may not feel that we have succeeded at all today, but we have no idea of the great strides we make whenever we step back from the clashing dreams of the world and rest in God.

Here’s an example... Deb in upstate New York is one of our weekly study group members. The other day she shared with us a dream she had that perfectly illustrates how we can lift our vision and see things for the first time. Here’s her story:

“I recently had a very vivid dream where I found myself walking near the lily pond in a park I have visited many times; in fact, our daughter held her wedding there. I found a path which I had not seen before. I followed it and came to a beautiful little garden. It was so perfect! There was a little Asian gardener working away at clipping dead flowers, and I asked how was it he kept the garden so free from weeds? He said, ‘Oh, you see in this garden there are no weeds because all the plants are welcome. What you call weeds where you are, why in this garden they are just another kind of flower.’ I looked around and realized many of the plants were in fact ones I would consider weeds in my own garden but here they looked beautiful.

Beverly often talks about that process

of weeding, of having to get the whole root up and out. I don’t think my dream means negativity should be left alone, just that it can be seen in a different way. The many challenges going on in our lives right now can be like those ‘weeds’ — something that creates a beautiful outcome if we look with the right Vision.”

“...your forgiveness entitles you to vision.”

As we are told in the Course, forgiveness entitles us to vision; and, isn’t that what we all truly want? But, we can’t experience forgiveness or light until we step back and take off the glasses of the past. We need to be willing to keep our minds open and clean of our judgments so we might see through the eyes of Christ. We want to see the truth. We want to be healed. We want to be bringers of light.

The light has come today — in just this moment when we were together willing to find another way, a way out of darkness, the light has come. If we can join in this one moment, we can do it in the next and the next and the next. Until our only goal is to remember the light has come — we have forgiven the world.

Let us keep our focus on the light within each individual, each situation, and within ourselves. And, if we find we are drawn back into darkness — caught once again in our anger or judgments about someone or thing — let’s affirm:

The light has come. I have forgiven you.

The light has come.

I have forgiven the world.

“We dedicate this day to the serenity in which God would have us be.” May we all do our part to focus on the truth that “the light has come.” Wherever we may find ourselves and whatever may be our function, may it be our united will to focus on the light in every person and situation and allow the darkness to fall away.

All quotes are from Lesson 75 in the Course, unless otherwise stated.



Jesus answered them, "You are deceived, because you don't know the Scriptures or the power of God. For in the resurrection they neither marry nor are given in marriage but are like angels in heaven."

(Matthew 22:25-30)

Somehow I don't think this was the answer these guys wanted to hear. And yet in another conversation with the Samaritan woman who had many

husbands and lovers, Jesus said that "God is Spirit, and those who worship him must worship him in spirit and in truth." (John 4:24)

In the end, I guess you could say that Jesus did not get hung up on sex. Nor, for that matter, did he get hung up on any form. He was all about *content*. He taught that our truth is not found in bodies. Rather, it is found in our mind as it calls

upon our bodies to be helpful in our collective spiritual healing as the collective Son of God. I see great continuity regarding Jesus' teachings in the Bible and his teachings in the Course. Like Jesus in the Bible, in the Course he again goes straight for the jugular by identifying our essence as spirit and not as a body. There are no "Ten Commandments" in the Course, but it does have 365 Lessons that gently teach us how to live in this world and not be of it — how to move past our bodily limitations to the awareness of our angelic reality.

Perhaps there are more hang-ups about sex — food obsession must run a close second — in our modern culture than any other physical need because everyone has a body and therefore needs to deal with it. On the other hand, not everyone has to directly deal with fame, riches or power because there are relatively few in this world who

have attained those goals. But from the perspective of the Course, anything in the world of form is an issue to be dealt with if we want to be healed in our minds and enter that spiritual kingdom that Jesus so often talked about. It can be said that all of our body cravings are symbolic of our spiritual cravings for peace. But unlike the desires of our body that can be only temporarily gratified, the Course helps us achieve an eternal state of spiritual satisfaction as we systematically collaborate with Holy Spirit to remove the blocks to love's presence. Let us accept the challenge to let *A Course in Miracles* be our ultimate sex manual. It will not lead us down the primrose path of ease and deception, but it will, if we actively take responsibility, lead us home to God and to glory.

"Be free today. And carry freedom as your gift to those who still believe they are enslaved within a body. Be you free, so that the Holy Spirit can make use of your escape from bondage, to set free the many who perceive themselves as bound and helpless and afraid. Let love replace their fears through you." (L199.7)

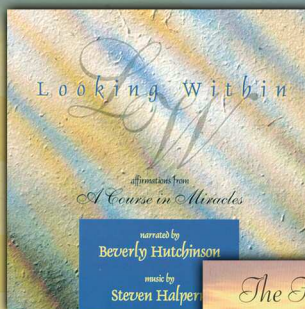
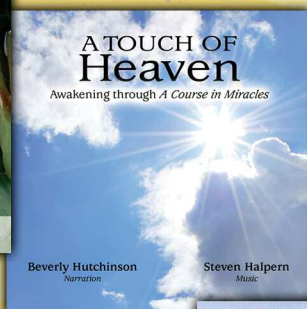
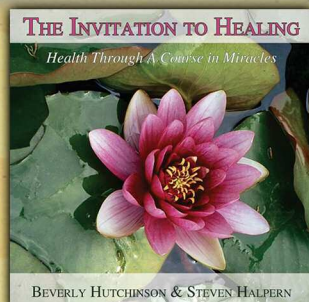


"It is reassuring to me however, that Jesus' primary message regarding sex was rooted in furthering a 'spiritual kingdom, one that did not have boundaries shaped by our understanding of the physical world."

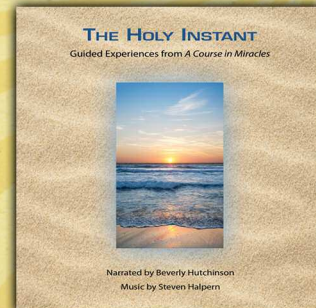
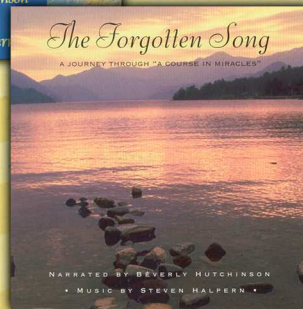
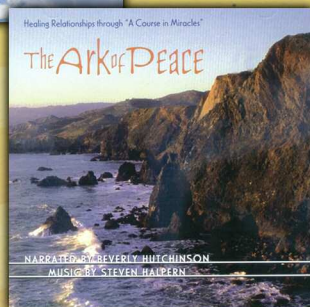
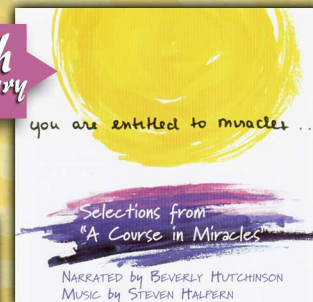
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Continued from page 1

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You Will Need No Rule

Continued from page 9

avoid being readily led astray by frantic, chaotic deluges of thoughts that when fully examined make no sense.

At the end of this writing, I reflect on my marriage, my children, and all my relationships. I smile as I see my greatest goal is to take time each day to simply be in the quiet of being. Even if something else seems more pressing, or if nothing of value appears to come from the quiet, take the time to practice resting in it, remembering to be still, to listen to the silence, to see the light has come. ✧

Journey into Love

Continued from page 4

others had their part to play. I could stand back.

Tyra Banks visited the California Institute for Women and interviewed Michele and then aired the segment while interviewing one of my sons and me in the studio. My son did not forgive the murderers and presented the counterpoint. It seemed we all played our part in a potent drama to illustrate the dilemma and the choices we have. I believe we are all home and safe with God, but while we are in time a while, we will choose when to come to this realization. We save time by moving to forgiveness as soon as possible. In the meantime, we can be compassionate with all the players in the drama.

In January 2013, Michele was released from prison. In God's wisdom and sense of humor, the parole board prohibited me from attending her release where I would have wanted to take a victory lap, and they banned all contact with her until recently.

I hear Michele and I are going to be talking with you in August at the Convention. We shall see what adventures in forgiveness God has in store for Michele and me — and you. ✧

If Only...

Continued from page 11

mother for six months." We cannot see the big picture, and we don't know what is down the road.

But I also know that if he moves and dwells within a story of *"This shouldn't be happening, it's not what I want, this is failure and humiliation, I can't be happy here, I should be somewhere else . . ."* then he will be out of sync with all the blessings the new place holds. They will simply be invisible to him. He will be too depressed to look up as he's walking down the sidewalk, and so he'll pass right by any number of guys who would have been the ideal romantic partner. He'll be too angry to notice how much less stressed he is now that he is not driving in traffic for hours a day and so on. Luckily, he is not that type of person, and he is always working on his own Consciousness to make the best of things and to see the good.

This is true even unto the biggest ego fear - death. There is a wonderfully entertaining reality TV show on now of a medium who is constantly doing spontaneous readings for people wherever she goes - at the grocery store, the dry cleaners, the nail salon, wherever. And she is truly a healer, a Teacher of God in action, because in a very short period of time she manages to shift the Consciousness of those whom she comes in contact with simply by telling them that their loved one is fine and dandy on the other side and that all is well. Yes, even something as totally unwanted as the death of a child can be accepted and made peace with when we turn to Spirit and trust what we hear. It doesn't mean we like what's happened or that it is what we wanted, nor that we in any way approve of it, but it does begin to shift us into the place where we can begin living in the present in such a way that we are able to access the blessings of today.

I have lots of goals. Goals are wonderful. I love having goals. But my goals do not have me. I'm not attached to them and thanks to the Course I know how to guide my mind to peace even when I am not getting anything I want. I may not like it, but I've learned to look for the good in every situation as I recognize that right here, right now, all things are held perfectly in the hands of God. ✧

"You were wonderful...,"

...this is how Pat in St. Simons Island, Georgia started her e-mail about MDC's weekly recordings...

Dear Beverly, You were wonderful in this recent study group, and it seemed to set the stage for so many of the participants to say very meaningful words, too!! You all gave me so much, and, Beverly, you made it possible with the grace of God clearly in you all."

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The HOLY ENCOUNTER

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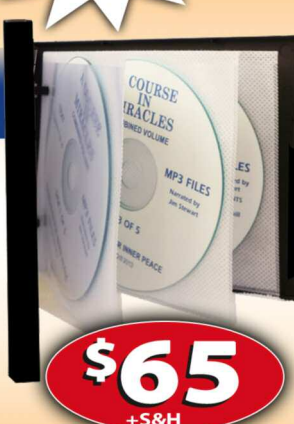
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- Dick shares his "Journey into Love"
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- Lee says "You Will Need No Rule But This"
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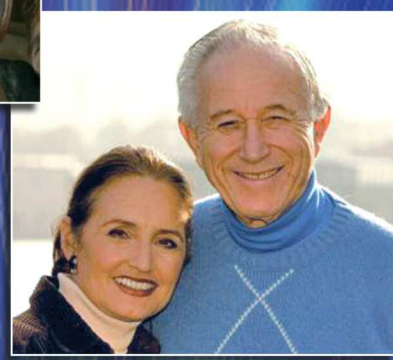
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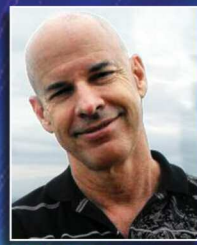
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Jacob Glass



Karen Casey



Dick Gayton



Michele Molina

One of last year's conference attendees said...
 "The conference was absolutely awesome! Beverly and all the other speakers were so great. It was very evident in their discussions and answering of questions that they all knew the Course backward and forward."

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