

If you appreciate this magazine (and our many other projects and services), we hope you will take a moment to make a contribution.

Without your assistance, *The Holy Encounter*, and our Center itself, will not be here to help.

Your gift supports all of Miracle Distribution Center's services for *A Course in Miracles* students . . . and for U.S. residents, it's tax-deductible.

[Click to Contribute Now](#)

[Receive the printed version](#)

then continue to the magazine . . .

The HOLY ENCOUNTER



MAY / JUNE 2020

A Miracle Distribution Center Publication

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



Connecting the Dots

by Beverly Hutchinson McNeff

When our son Jeff was a toddler of about three or so, Paul and I would take him to restaurants that were child-friendly. As many of you know, three-year-olds don't have a long attention span, so most restaurants are wise to provide crayons and place mats with puzzles and games on them. I remember loving the connect-the-dot puzzles on the mats. No matter how simple the



dot-puzzle was, it was still difficult to see the figure among the dots until you actually connected them.

I remember helping Jeff draw the lines between the dots, and it would become apparent that the figure we were connecting was a frog or a fish or a dog. Jeff and I would be delighted by our masterpiece! The dot-puzzle seems a semblance of our lives: a series of seemingly disconnected happenings. But, if we allow the Holy Spirit to help us connect the happenings (the dots), we begin to see the bigger picture that was always present, but not seen.

A Course in Miracles gently poses this

question...

"What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good?"
(W-135.18)

This quote does not mean that God is arranging the physical events in our lives, but

in the events of our lives, no matter how horrendous or just annoying they might be, we can awaken to His healing power. His awareness can release us from our pain and suffering, so we can experience His loving Answer for us.

Now, this is a complete reversal of how the world looks at life.

But then isn't that the point of the Course: to reverse our thinking? Unless we look honestly at our pain and suffering in the light of the Holy Spirit's understanding, we cannot be released to a new awareness. And, unless we are released to a new awareness, we will continue to experience the cycle of pain and suffering that is the hallmark of this world.

How does this work in the world?

September 11, 2001, is a date that is etched in our history. It is the date that

"I remember helping Jeff draw the lines between the dots, and it would become apparent that the figure we were connecting was a frog or a fish or a dog. Jeff and I would be delighted by our masterpiece!"

Keep Calm Mug



In 1939, the British government produced the motivational poster **Keep Calm and Carry On** to prepare the public for the events of World War II. It was intended to raise the morale, in anticipation of the widely predicted mass air attacks on major cities. We know today that the British suffered such attacks and did indeed, **Keep Calm and Carry On**. This poster is still popular today as an expression of resilience in the face of difficult times.

We at the Center were inspired to create this **Keep Calm Mug** using the design and concept from the 1939 poster with a little

revisionist history added. We have incorporated the message of the Course into our



mug to remind you why you are entitled to miracles and why you can offer miracles.

As Workbook lesson 77 reminds us:
1) We will receive miracles because of what God is — our loving Father Whose will for us is healing. 2) We will offer miracles because we are one with God — we have never left our Source and therefore are powerful instruments of healing.

As a result, we invite you to: "Keep Calm and Receive Miracles" and "Keep Calm and Offer Miracles."

We hope this mug with these quotes will empower you during this time in our history to still the chaos of the world and fulfill your miraculous purpose! **See back page.**

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 live stream meetings at www.miraclecenter.org

Continued on page 8

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

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

● **Drive your car and extend love** – Now, when you become a new *Holy Helper* with an ongoing commitment of \$15 or more each month, you not only assure that the work of the Center will continue, but we will send you a license plate frame with the quote from *A Course in Miracles*: “**Teach only love, for that is what you are.**” This frame was exclu-



sively designed and created by your Miracle Distribu-

tion Center family and is available only to new *Holy Helpers*. So, giving truly is receiving – and we are grateful.

● **Free Viewing during the current “stay at home” order** – We at the Center set up our **Lessons in Light** series as a free service to the world. Normally, all our meetings are free for immediate viewing, but in the global chaos, we knew many would not be able to watch live. Therefore, we offered (and will continue to offer) all seven of the **Lessons in Light** meetings for free archived viewing at www.miraclecenter.org/wp/lessons-in-light. Our free live stream meetings continue, but if you would like to watch at your convenience, have access to over 250 archived meetings, and be able to post and participate on our listener board, we invite you to become a subscriber. For as little as \$20 a month, you have access to all of this and you help the Center to continue to maintain this vital service.

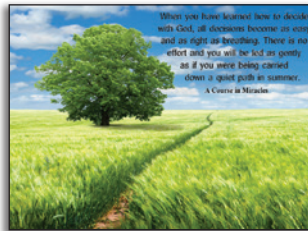
● **Lights, Camera, Action!** Last year the HBO series *The Sopranos* celebrated its 20 year anniversary, and we were reminded of the time the Course made an appearance in



one of the episodes! In the scene, Tony Soprano's nephew is shown checking into rehab

and the center's administrator is reading the book at her desk. It was such a prominent appearance of the cover of the Course that we didn't want you to “fuhgeddaboutit!”

● **If you are social distancing**, don't be socially isolated. You can send a **FREE ACIM e-Card** with a thought from the Course electronically to friends and family now! We have a variety of beautiful, full color e-cards with poignant Course quotes for every occasion, so check it out. It's easy and **FREE** at our website!

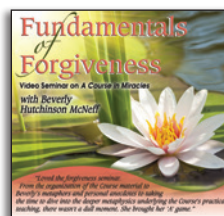


● **On Demand Seminars!** We currently have two seminars on the principles of *A Course in Miracles* with Beverly McNeff for immediate viewing. Each seminar is six hours long with each having a unique focus. **Getting God's**



Guidance offers the Course's look at how we can experience God's Will for us,

and the **Fundamentals of Forgiveness** shares the Course's approach to its chosen path for our awakening. Beverly has a unique ability to cut through the complexity of the Course and put it in terms that will inspire your mind and touch your heart. Find out how to access this at our site or call the Center.



● **Retreat Experience Made Easy** – Now is the perfect time to reserve your place at our next **Holy Encounter Retreat** on **September 18-20, 2020**. These retreats give students time to go deeper into the experience of *A Course in Miracles* while enjoying the peaceful setting of the incredible ranch property. If you are ready for a transforming experience, we encourage you to join us. See page 3 for more details. Space is limited and some room types will sell out. Our convenient payment plan allows you to make a **deposit of \$99** now to reserve your room. Low monthly payments throughout the year will complete your registration.

● **“God's Will for me is perfect happiness.”** This lesson (W-101) reminds us of how loving our Creator is! His Will for us is happiness. He does not will pain, guilt, or suffering for His beloved child. Let us move past the ego lies of our unworthiness and awaken to God's infinite love for us! We invite you to join us in this truth through the **Miracle Prayer Ministry** daily at 4:30pm (Pacific Time). Just stop for a moment and affirm this awareness for yourself, your loved ones, and all those who walk the world with you. It doesn't take more than a moment to give the gift of release by proclaiming the truth. The gift you give is the gift you will receive!

Thoughts for:
May: God's Will for me is perfect happiness. (Lesson 101)

June: I choose the joy of God instead of pain. (Lesson 190)

July: In quiet I receive God's Word today. (Lesson 125)



Thoughts in the Miracle Prayer Ministry 2020

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 the holy Son of God Himself. (191)
February: I place the future in the Hands of God. (194)
March: Light and joy and peace abide in me. (93)
April: God is the strength in which I trust. (47)
May: God's Will for me is perfect happiness. (101)
June: I choose the joy of God instead of pain. (190)

July: In quiet I receive God's Word today. (125)
August: My grievances hide the light of the world in me. (89)
September: Forgiveness offers everything I want. (122)
October: I share God's Will for happiness for me. (102)
November: Love is the way I walk in gratitude. (193)
December: I am the holy Son of God Himself. (191)

Please send your requests to: prayer@miraclecenter.org - Include a postal address for a personal response.

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

It's Here!

Request your **FREE** full-color bookmark today which lists all the thoughts in the prayer ministry for 2020

**Convenient
Payment Plans Available**
SEE OUR WEBSITE FOR DETAILS

SEPTEMBER 18-20, 2020

Holy Encounter Retreat



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



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.



Registration begins at \$549 and includes all retreat activities, six organic meals, and lodging.



To register visit **www.miraclecenter.org** or call **1-800-359-ACIM (2246)**





Change Your Mind Change Your Life

Attitudinal Healing and COVID-19

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



"Fear can be the most virulent and damaging virus known to humankind."

Gerald Jampolsky, M.D.

The quotation above is from my 95-year-old father who is a veteran of three wars, a Stanford trained physician, and a psychiatrist for close to seventy years. For his years of service, he has received awards from the American Medical Association Excellence in Medicine, Pride in the Profession, and the World Health Organization (WHO) 60th Anniversary Award. I want to share how his lifework can help you mindfully navigate our current crisis of COVID-19.

Via FaceTime, I spoke with my dad and his wife Diane about their decades of work in Attitudinal Healing dealing with life-threatening disease and trauma in over 60 countries. What follows is an account of our discussion, along with reflections from my years of writing on Health Psychology. To inspire during this challenging time, I have interspersed quotes (in blue) from my father's many books.

"Fear does not bring about positive change, and it is always a mistake to provoke fear in an attempt to help others."

As has been widely documented, long-term stress, fear, and worry weaken our immune response. With the coronavirus, in addition to the recommended physical precautions, it is essential to address the emotional reactions that can diminish us. At the heart of Attitudinal Healing, founded by my father, is the belief in the extraordinary ability of ordinary people to be of help to one another, and the idea that we have the power to choose our attitude in any given moment,

regardless of circumstances. Our thoughts, attitudes, and judgments in response to COVID-19 can increase distress and inherently reduce our ability to stay healthy. During this crisis of the coronavirus, Attitudinal Healing can help us not only cope with fear, but also help us become better people and more aware of our connection with one another.

"I remind myself that in the worst of times throughout history, some have chosen to act from love and compassion, focusing instead on what they can give under the most dire of circumstances."



"We can expand our sense of now, and dissolve the fear in our minds."

Amidst COVID-19, every morning upon waking I set my goal to bring more love into my life and the world rather than more fear. In essence, I remind myself that in the worst of times throughout history, some have chosen to act from love and compassion, focusing instead on what they can give under the most dire of circumstances. People such as my father teach us that in the face of illness and death we can reduce suffering and even find moments of beauty and connection. Let my dad be our inspiration. Let his wisdom summon us now to reinterpret our fear, encourage us to be better, to be stronger, and to serve the greater good.

"When viewed correctly, fear can be reinterpreted as our minds' invitation to us to rise to a higher level of freedom. We are not being called to run away from danger but toward safety. And there is a world of differ-

ence between the two directions."

My father has devoted his life to helping others through challenges similar to those we face today. From AIDS to children with catastrophic illness, community health to homelessness, hospitals to prisons, war to racism, Attitudinal Healing has helped; it is a cross-cultural method of healing based on the belief that it is not people or experiences outside of ourselves that cause us to be upset. Instead, it is our thoughts, attitudes, and judgments about what is happening that cause us distress. If not mindful, the fear and anxiety from COVID-19 can tear us apart and even increase our risk of infection. Still, there is another way, one that draws us together as never before: The goal to give and receive love and compassion during this most challenging time.

"It is frequently necessary to make a commitment to a specific goal even when the means for achieving it are not immediately apparent. This is a reversal of the customary logic of the world, and can be thought of as 'putting the cart before the horse.'"

A dear friend, who has since passed, Len Brutocao summed up his experience of Attitudinal Healing like this, "The remarkable thing is that we have a choice every day regarding the attitude we embrace for that day... I am convinced that life is 10 percent what happens to us and 90 percent how we react to it. So it is for all of us." This is the same for COVID-19: 90 percent of where we end up – personally and globally – will be a result of our reactions stemming from our attitude over the next many months. To this end, I have (below) applied the 12 Principles of Attitudinal Healing to help us steer our attitude in a direction where we become a contributor to healing, reducing suffering, and making a positive difference in our life and

Gerald Jampolsky, M.D. & Diane Cirincione-Jampolsky, Ph.D., international lecturers and bestselling authors, share their insights and experiences in applying the principles of the Course. Find their books at www.miraclecenter.org. Dr. Lee Jampolsky is the founder of Inspirational Psychology and the author of ten books in fourteen languages. For free articles and free online courses visit www.drleejampolsky.com.

the world during this challenging time. The original Principles appear in bold.

1. Use the time you may be at home or isolated to reflect on what matters most. Hourly, sit quietly and breathe deeply, reminding yourself **the essence of our being is love.**

"Safety lies in 'We can.' We always choose between that which affirms life [love] and that which merely denies it [fear]."

2. In the uncertainty surrounding the coronavirus, experts say to stay calm, yet few of us know how. The key to staying calm is being mindful of the foundation of health and healing: **Health is inner peace, healing is letting go of fear.**

"To be free of fear requires only one thing: a goal that is itself not fearful."

3. Amidst the anxiety of others, do your best to find contentment where you are, in this moment, with who you are with or alone, and remember **giving and receiving are the same.**

"Through our willingness to help others we can learn to be happy rather than depressed."

4. Put worry in perspective by knowing **we can let go of the past and of the future.** When there is danger without a clear solution, a part of our mind looks ahead to preventing something terrible from happening. Though this has benefit, also remember to tune into the moment and how we can support one another today.

"True healing is a change of heart, not a change of circumstances, even though a change of circumstances may accompany it."

5. In the chaos of the COVID-19 crisis, know that **now is the only time there is and each instant is for giving.**

"When we are centered on giving, we also receive, because our personal anxieties

begin to dissipate from our thoughts. When we recognize that what is in the best interests of another is also of complete benefit to us, we gain inner tranquility, if only briefly, because for that moment we have left our personal hell behind."

6. What is happening with COVID-19 is unprecedented in our lifetime, and tensions run high. Remember, **we can learn to love ourselves and others by forgiving rather than judging.**

"Love itself remains constant... Master the power of attitude and you'll live a powerful life."

7. When the crisis of a lifetime falls upon us, we might focus on blaming and finding fault, creating division. Instead, **we can become love finders rather than fault-finders**, creating unity and the foundation for collaboration to find a solution.

"There is not a single thought that does not take us somewhere. That is why we must not leave

our minds in a state of fear if we wish to walk toward health and peace."

8. Too much exposure to the news and social media can create sleepless nights and tense days. Each day take time to remind yourself, **we can choose and direct ourselves to be peaceful inside regardless of what is happening outside.**

"It is not people or conditions outside ourselves that cause us to be upset. We

are not victims of the world we see. Rather, what causes us conflict and distress is our own thoughts and attitudes about people and events."

9. During this time of uncertainty, it is important to remember we are here to learn the power of love and compassion. **We are all students and teachers to each other on this path.**

"When we are occupied with helping another person, we do not experience fear... The essence of Attitudinal Healing is correcting the misperception that we are separate from each other."

10. Few have gained lasting success at achieving a goal without first seeing it in their mind. Fear is magnified when we focus on sound bites of

bad news or allow the fear and greed of other people to dominate our thinking. **We can focus on the whole of life rather than the fragments** and use the power of our imagination to see our way through this crisis.

"Through retraining of the mind we can learn to use positive active imagination. Positive active imagination enables us to develop positive, loving motion pictures in our minds."

11. With the reality of people dying from this coronavirus, we face questions and fears about our mortality. Spend time each day contemplating the following: **Since love is eternal, death need not be viewed as fearful.**

"Wouldn't our lives be more meaningful if we looked to what has no beginning and no ending as our reality... Only Love fits this definition of the eternal."

12. It is essential to know how to

protect ourselves from the coronavirus physically. Equally important is how we spiritually react, including how to react to the negative ways people may respond. **We can always perceive others as either**

"When we are centered on giving, we also receive, because our personal anxieties begin to dissipate from our thoughts."



"During this time of uncertainty, it is important to remember we are here to learn the power of love and compassion. We are all students and teachers to each other on this path."



Miracle Musings...

The New Bogeyman

by Paul McNeff

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you." (Isaiah 41:10)

"We would not bind the world again today. Fear holds it prisoner." (W-332.2)

As he was enjoying a refreshing swim in the sprawling, overcrowded public pool one late summer day, the little six-year-old boy suddenly felt himself separated from his dad who had been swimming near his side. Sensing his fledgling dog-paddling was not working, he grasped for the large buoys near him which separated the shallow from the deep end of the pool, only to be startled that the buoys, which freely spun around in the water, prohibited him from lifting his body to safety. As he desperately tried to get a grip, his efforts were repeatedly rebuffed by the merciless whirling buoy. Exhaling one final breath, what he thought would be his last, he descended into the water only to feel the firm grip of a hand reaching out to him, drawing his little body out of danger to his daddy's side.

That little six-year-old was me. For years after that experience, I had recurring dreams of a bogeyman breaking into the safety of our home during the night with the single goal of grabbing me by the neck and doing me harm. As he crept up our stairs, like a predator stalking its prey, he edged nearer and nearer to my bed, ready to pounce. In my futile attempt to escape by jumping out of bed, like a deer caught in the headlights, I froze and found myself suspended in motion just above the footboard, where the deranged intruder finally got his hands around my neck and violently strangled me. It wasn't until years later, through therapy, that I finally was able to rid myself of that nightmare and the fear that bound me as a result of it.

Coronavirus has become the new bogeyman of our contemporary world. Just the sight or sound of the word evokes fear in our minds. Social distancing, washing our hands, and the stay-at-home policies have all been implemented to



counter the spread of the virus. Even going to a grocery store can

feel as if I'm risking my life. Did I keep my social distance? Did I wash my hands enough? Did I use enough Clorox wipes on my grocery bags? Our collective fear, one that is not partial to political party, religion, ethnicity, gender, or nationality, has imprisoned us. Yes, just as the fear of that bogeyman bound me into suspended motion above my bed, so too will that fear render us paralyzed, if we let it.

Nelson Mandela once said: "Courage is



how do we move beyond our fear to triumph over it? Lessons from *A Course in Miracles*

"Exhaling one final breath, what he thought would be his last, he descended into the water..."

"Nelson Mandela once said: 'Courage is not the absence of fear, but the triumph over it.'"

not the absence of fear, but the triumph over it." So, after we've taken all the precautionary steps, as

I outlined above,

can be a big help. I'm going to suggest a three-step course of action that if applied, will accompany us out of the darkness of fear and into the light of love.

1) Forgive yourself and others for your fears.

The Course says, *"Fear binds the world. Forgiveness sets it free."* (W-332) To best understand these concepts, we need to understand what the Course's model of forgiveness is, and what it is not. It is not the condoning of an action perpetrated by another or an event that we have perceived as hurtful. It is not just a one-time event we do from our intellect without engaging our heart. And, it is not just an action saying, "I'll just look the other way and deny you ever hurt me."

Instead, it is the willingness to persist in an ongoing dynamic attitude which sees the light in the person or event you think has wronged you. We can do this only through the help of Holy Spirit, or through Christ's vision. We extend our inner light to ignite that same light in the other person we are in the process of forgiving. In practicing this kind of forgiveness, the Course asks us to go beyond our ego to our inner light and see that same light in our

brother. In so doing, we free ourselves and our brothers to move forward.

How does forgiveness free us from fear? First of all, we need to

admit we all find

ourselves vulnerable to fear on a daily basis. It is a natural thing to fear coronavirus, especially when it lurks in the shadows with no antidote yet found, and can potentially make us sick or even cause death. So instead of putting ourselves down for feeling fearful, let me suggest we apply the first step: forgive yourself and others for your fears. Forgiveness is more a perpetual attitude than an

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

action. And it can apply to ourselves as well as other people, places, or things. If coronavirus is seen as our new collective bogeyman, let us even go so far as to say we forgive it.

2) Act in accordance with truth.

Going on with this workbook lesson, *"The ego makes illusions. Truth undoes its evil dreams by shining them away. Truth never makes attack. It merely is. One of ego's favorite tricks is to whisk you away in a time warp, wrapping up all the fears from your past and projecting them into your future, making your existence in the now even more fear based. The ego's great joy is to sabotage our experience in the present with fears from our past. Newspaper editor of the early twentieth century William Allen White once said, "I am not afraid of tomorrow, for I have seen yesterday, and I love today." When we focus on the sickness and death of coronavirus, we become stuck in our fearful projections of the future and can only break the cycle of fear by allowing our illusory thinking to be transformed by the truth.*

The Course goes on, *"And by its [truth's] presence is the mind recalled from fantasies, awaking to the real. Forgiveness bids this presence enter in, and take its rightful place within the mind. Without forgiveness is the mind in chains, believing in its own futility. Yet with forgiveness does the light shine through the dream of darkness, offering it hope, and giving it the means to realize the freedom that is its inheritance."* (ibid)

The truth about us, as seen by A Course in Miracles, is that our essence resides in love and not in a body. When we forgive ourselves and others for thoughts of fear, we start to open up to the truth. Fear does not have a rightful place in our mind, but when we let it gestate there, as I did with the trauma of nearly drowning, we birth the darkness of our own nightmares. In truth, our reality is not limited to a mere mortal body, but it is based in God's laws which assure us we are not limited by anything of this world. We are divinely created to be here only to be truly helpful and to express our essence, which is love. In our Oneness, we are God's child

in whom He is well pleased. Not even the ultimate fear of death can harm us.

3) Release and let go to love.

How often in dreams are you unable to run away from danger, suspended in motion, hovering over the footboard of your bed as the bogeyman approaches for the kill? When we find ourselves in this dark place, we need only ask for the help that will release us from our nightmares. Step three in conquering our fears is stated in this beautiful prayer offering at the end of Lesson 332.

"We would not bind the world again today. Fear holds it prisoner. And yet Your Love has given us the means to set it free. Father, we would release it now. For as we offer freedom, it is given us. And we would not remain as prisoners, while You are holding freedom out to us."

In this moment in our collective

"How often in dreams are you unable to run away from danger, suspended in motion, hovering over the footboard of your bed as the bogeyman approaches for the kill."



history, the schizophrenic bogeyman of fear has reared its ugly head and this time has shape-shifted into the coronavirus pandemic. We don't know when it will actually end or when we will be able to go back to our normal lives. But while we are in this together, let us help each other by practicing our release from fear. And, the definition of fear, as my favorite author Anonymous explains, is: **F**alse **E**vidence **A**ppearing **R**eal. Thank God we have real evidence that will help us triumph over those fears.

Yes, we can conquer fear and live our full potential, for that is God's Will for us, and His Will shall prevail. It is time we forgive ourselves and others for our lapses into fear and let God's Love lead the way to lasting release. We journey together on this path to freedom, and the next time you encounter your bogeyman, call his bluff, and tell him to get lost. ❖

We invite you to become a Holy Helper



Available in print, CD or mp3

For over 40 years, **Miracle Distribution Center** has been an oasis of support and guidance for students of *A Course in Miracles*.

Our life-affirming outreach, however, would not be possible without our **Holy Helpers**, our core group of donors whose support provides the Center with a constant



Weekly Study Group, Pod Casts and Blogs



source of funding that can be relied upon to guarantee that the Center and its valuable services will be here when you or others need them.



Comprehensive website with Study Group info., on-line catalog & Course reference material. **The Holy Encounter** available in print or online.



Prayer Ministry and Prison Outreach

Join today & receive a **FREE** welcome gift

Become a Holy Helper with an ongoing commitment of \$15 or more each month and we'll send you our license plate frame with a quote from the Course as a gift.



Plus

as a Holy Helper you will receive a **10% DISCOUNT** on purchases from our bookstore and **FREE Shipping** for orders over \$45.00

We look forward to welcoming you to our **Holy Helper** family!

If you have any questions please contact us at: **1-800-359-ACIM (2246) or www.miraclecenter.org**

changed the way we thought and did things in this country. Perhaps we felt we lost our innocence, but perhaps we actually found it. It brought the idea of terrorism to the forefront of our minds, but it also brought the necessity of joining, helping, and reaching out to “strangers.” The barriers of separation were fading in the light of the truth that we were connected and that we share the innocence of truth. We were not alone, each of us was linked in some way (physically, emotionally, or spiritually) to the events of 9/11. And we could let this event be used in such a way as to allow us to grow closer to the help and power of God’s love for us.

Just this past December, Paul, Jeff, and I were in New York City. We went to the 9/11 memorial, and as we stood at the memorial fountains established for those who died, I remembered the words of a minister who shared this powerful statement not long after the actual event:

“Two bullets went into the towers, but only love came out.”

Two bullets of hate (represented by the two planes) may have destroyed a structure, but what came out of this hate would be the power of love to help people come together. Those fountains, the

new One World Trade Center, the statues surrounding it, and the kind and caring way people act around these places are the expressions of love in action. When humanity is rallied in service, we can do wonderful things.

We now have another event that can rally us to joining, love, and service. COVID-19 has been called an enemy and something we need to fight, but is that really the best approach?

From the perspective of *A Course in Miracles*, we are not asked to fight the world or our ego thinking, but to look at it with the help of the Holy Spirit. When we fight something, we give it power to affect us. But, when we understand something, when we look at

all the facts, we can solve anything from our higher perspective – a connect-the-dots perspective.

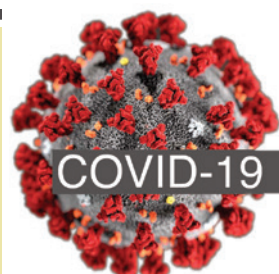
Therefore, listening to health officials and scientists

Paul, Bev & Jeffrey at the 911 Memorial fountains in NYC, Dec. 2019



who are explaining the virus, its effects, and how the public should respond (social distancing and stay in their homes) should not be a scary thing or an unpatriotic idea or a dangerous idea that could tank our economy, but rather a way to understand this virus, deal with it, and finally solve it.

“...listening to health officials and scientists who are explaining the virus, its effects, and how the public should respond... should not be a scary thing or an unpatriotic idea or a dangerous idea that could tank our economy, but rather a way to understand this virus, deal with it, and finally solve it.”



As the Course so beautifully reminds us, the miracles we seek are here now. We cannot deny the place we find ourselves at the moment; we must acknowledge the illusions and move past

them to our Answer, the miracle...

“This world is full of miracles. They stand in shining silence next to every dream of pain and suffering, of sin and guilt.” (T-28.II.12)

This section goes on to say that if we understand what this thought is saying then the dream of pain and suffering in this world (and all of its affects, its illusions) can be

undone. By recognizing that the answer stands next to every seeming problem of the

world, our job is then to focus on the answer, the solution. If we can see our fear and worry as mistaken thoughts of misguided focus, then we can make another choice instead. We are not victims of the world, and the situations in the world are opportunities for us to make another choice for freedom instead of suffering.

“Two bullets of hate (represented by the two planes) may have destroyed a structure, but what came out of this hate would be the power of love to help people come together.”

“And thus the mind is free to make another choice instead. Beginning here, salvation will proceed to change the course of every step in the descent to separation, until all the steps have been retraced, the ladder gone, and all

the dreaming of the world undone.” (ibid)

So, yes, we must look at every step in the descent to separation, until no dark thoughts remain to have power over us. This is how the world is “undone,” how the illusions of the world (viruses, war, hate of others, etc.) are “undone.” We do not attack them, hate them, or fear them, we stop feeding them.

We withdraw our loyalty to hate, projection, separation, and fear. When we see it being spread by people, we look at what it brings up in us and ask for Help to move past the darkness to the miracle that stands in shining silence right next to it. That is how the illusions are finally undone; they are given no power. Our focus instead is on the shining miracle that stands next to it. Isn’t that a better focus to have?

What can I do right now?

Well, you are “armed” with the truth, not



to attack fear, but to undo it. If separation is the mistake, then joining is the answer. If fear is the opposite of love, then a focus on love and helping is the answer. If attack perpetuates our powerlessness, then forgiveness is the answer to

“...we must look at every step in the descent to separation, until no dark thoughts remain to have power over us. This is how the world is ‘undone,’ how the illusions of the world (viruses, war, hate of others, etc.) are ‘undone.’”

the awareness of our real power.

What should you personally do in your life now? I ask you to take time each day to quiet your mind and ask how you can be truly helpful.

In our weekly live stream meetings (which

can be watched for free every Wednesday at 7pm Pacific Time), I have been sharing how important it is to have, as the Course suggests, a “problem-solving repertoire.”

(W-194.6) These are a collection of thoughts from *A Course in Miracles* (or whatever spiritual truth nourishes

you) that become “a way of quick reaction to temptation” (ibid) when your thoughts start down that old rabbit hole of fear. If you are doing your daily lesson from the Course, then you have those, as well. But, it can’t hurt to have some great thoughts and prayers (and the Course has a lot of them) at your disposal as needs arise.

The following is one that many of you know, and now is the time to memorize it, if you have not already done so. Why? Well, for two reasons. First, it is a great reminder of why you are anywhere and should be a part of your “problem-solving repertoire.” Second, it takes about 20 seconds to say, so you can affirm it while you wash your hands!

I am here only to be truly helpful.

I am here to represent Him Who sent me.

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

I am content to be wherever He wishes, knowing He goes there with me.

I will be healed as I let Him teach me to heal.

(T-2.V.18:2-6)

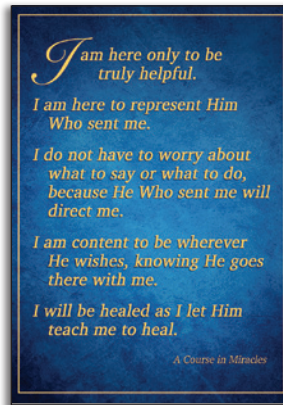
It is quite possible to reach God.
In fact it is very easy,
because it is the
most natural thing
in the world.
You might even say it is
the only natural thing in the world.
The way will open,
if you believe that it is possible.
(W-41)

**What does this
prayer mean for me?**

#1) I am here only to be truly helpful.

One of the perennial questions of mankind is: why am I here – what is my purpose? This prayer answers it. You are here to be truly helpful. This means wher-

“First it is a great reminder of why you are anywhere and should be a part of your ‘problem-solving repertoire.’ Second, it takes about 20 seconds to say, so can affirm it while you wash your hands!”



ever you find yourself and with whomever you find yourself, you have something to give:

helpfulness, kindness, love.

As we see in this current situation, people are finding unique ways to be truly helpful. Certainly our healthcare workers, first



responders, grocery employees, delivery companies, and so many others are on the frontline offering direct help, but there are others who are offering support while adhering to social distancing, which is critically important to stop the spread of the virus.

Many are using the internet to connect choirs and orchestras together to create incredible inspirations of music for all of us. People in Italy are physically leaning out of windows and singing to their community to inspire and celebrate the human spirit. In New York City, they have set a time of 7pm each day for people to go to their windows and applaud and cheer the doctors, nurses, and everyone involved in the health care emergency.

And, this crisis can prompt us to do

another very important thing for our world: take time to quietly turn within. Prayer changes the world because it changes you. And, even though you don’t need a time or place to pray, the Center continues to have a Prayer Ministry that has an international daily prayer time of 4:30pm (Pacific Time).

Remember, being truly helpful is a willingness to step back and let Him lead the way. After all, teachers of God are needed now more than ever before and you are a teacher of God.

#2) I am here to represent Him Who sent me.

This section in the text gives us a very clear way to enact this thought. It says...

“Think honestly what you have thought that God would not have thought, and what you have not thought that God would have you think. Search sincerely for what you have done and left undone accordingly, and then change your mind to think with God’s.” (T-4.IV.2)

Representing God would be to join your mind with His thinking about all creation (which includes yourself).

#3) I do not have to worry about what to say or what to do, because He Who sent me will direct me.

This is a statement of trust, but not one that is unfounded. We actually are God’s treasure and worthy of His constant support, as we are assured in the text....

“Listen to the story of the prodigal son, and learn what God’s treasure is and yours: This son of a loving father left his home and thought he had squandered everything for nothing of any value, although he had not understood its worthlessness at the time. He was ashamed to return to his father, because he thought he had hurt him. Yet when he came home the father welcomed him with joy, because the son himself was his father’s treasure. He wanted nothing else.” (T-8.VI.4)

Therefore, if we trust in this truth, then this second point makes so much sense. God wants us to come home to this awareness, and it is only our own thinking that keeps us from experiencing the Help that is all around.

“Everytime I read [this] quote, I think of the mustard seed and its message of the little willingness of faith we are asked to have so we can experience the power of God in our lives.”

Continued on page 15



Forgiveness and the Mirror of Self

by Robert Rosenthal, M.D.

"Your brother is the mirror in which you see the image of yourself as long as perception lasts. And perception will last until the Sonship knows itself as whole." (T-7.VII.3:9)

Everyone has relationships and everyone has relationship problems. You love your children, your partner, and your parents. You might even be willing to give up your life for them. But, oh boy, can they ever push your buttons! Even in the best of relationships, conflict abounds. Given the

nature of the ego's world, its belief in separation and its quest for specialness, conflict is inevitable. Remember the first of the "laws of chaos": "The truth is different for everyone."

(T-23.II.2:1) You will behave in keeping with your truth — what you think is best for you — and I'll do the same. If our interests happen to align for a time, great. If not... there will be conflict.

We naturally assume that the problem, whatever it may be, lies with the other person. What's wrong with them? Can't they see that our truth is superior to theirs? If we're very, very insightful, we may acknowledge our own part to some extent. However we allocate the blame, the problem is never about the other person. Relationship problems have nothing to do with specific people. They result — every last one of them — from a mistaken understanding of what relationship is for. What is its real purpose?

A *Course in Miracles* teaches that relationships are not random pairings based on shared interests and needs. They are nothing less than the classrooms in which we learn to awaken to our true nature, our essence, which is only love. But to return to love we must first be willing to release everything that gets in its way: our judgments, our grievances, and finally our very perception that others are somehow separate and different

from us. It is this process that the Course calls forgiveness. When the other is recognized as a reflection of self, forgiveness has achieved its purpose, and we are healed.

Forgiveness begins wherever you find yourself, with those already in your life. Look around you: that's where you start. The neighbor with the barking dog, the coworker

who sucks up to the boss, the friend who never calls you back, and most of all, your

"Forgiveness begins wherever you find yourself, with those already in your life. Look around you; that's where you start."

family — the ones you live with; the ones who leave their dirty socks on the floor, who buy things they don't need, the ones whose slightest frown or shrug of dismissal can bring you to an instant boil.

However, forgiveness is not limited to people you know personally. By practicing it, you learn to see as the Holy Spirit sees, and from His perspective, every fleeting relationship offers an opportunity for forgiveness. The



passerby at whom you smiled and said "hi" but who failed to smile back. The guy in the fancy car who cut you off. The politician who lies all the time. Walk down any city street, drive any stretch of freeway, read your social media news feed, watch the nightly news on TV — you will be given abundant chances to practice forgiveness.

Regard forgiveness as you would your windshield wipers and washer fluid on a dark night's drive through the countryside. Your headlights illuminate the road ahead, but they also attract bugs that smash against your windshield, leaving it sullied and making it difficult to see. Like wipers and washer fluid, for-

giveness must constantly sweep across the field of your vision, clearing it of the ego's debris: the judgments and grievances that splatter against your mind as you try to make your way home.

When we come from ego, we cannot look at any of our brothers or sisters without making judgments about them: their appearance, their personality, their status in the world, whether we like them and how much. Each judgment contains the seeds of specialness, grievance, or both. These judgments are so automatic and constant that once you begin to take notice of them, you

Continued on page 13

Available from the Center

From Loving One to One Love by Robert Rosenthal, M.D.

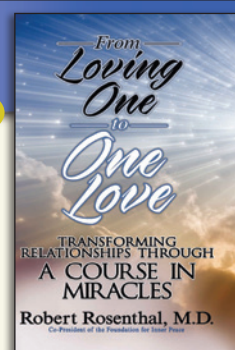
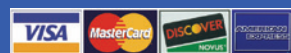
\$30⁰⁰

Plus CA Sales Tax, S&H

Relationships give us some of our best and worst moments. Relationship problems have nothing to do with the people involved or their personalities, but with understanding what a relationship is for, and what its true purpose is.

Remember when you purchase from the Center you help to support its many free services.

1-800-359-ACIM(2246) or www.miraclecenter.org
and click on "Store" to see our large selection of books, CD's and other Course related items



Robert Rosenthal, M.D. is Co-President of the Fountadion for Inner Peace, publisher of *A Course in Miracles*. He is the author of *From Never-Mind to Ever-Mind* and his new book *From Loving One to One Love* available from the Center.



Turning on a Dime

by Joseph Miller

"To turn, to turn, t'will be our delight, Till by turning, turning, we come 'round right."
(Shaker song, Simple Gifts)

The word *conversion* literally means turning around. We say of someone who demonstrates a moral about-face, "He turned his life around." This language goes back at least 2,500 years, to the writings of Plato, and likely even earlier to India and the Upanishads. In Plato's powerful allegory, human beings are like prisoners in a cave, our bodies and necks fixed by shackles, transfixed by projections of shadows on the opposite wall, believing we behold reality. The story suggests the possibility and challenge of conversion — that is, breaking our bonds and turning from shadows to light, from images to realities, from a dungeon to the open air, ultimately to behold the sun. This is, of course, metaphorical language for the turning of the mind from the region of becoming to the realm of Being.

A *Course in Miracles* also teaches that true seeing is not accomplished with the body's eyes, but with the mind. We do not behold love, aspiration, holiness, fellow-feeling, or compassion with the body's eyes. We cannot see God, universal unity, or the Atonement that way. "It is only with the heart that one can see rightly," the fox reminds his friend in Antoine de Saint-Exupéry's tale *The Little Prince*, "what is essential is invisible to the eye." An ancient Tibetan text reads, "Before the soul can see, the harmony within must be attained, and fleshly eyes be rendered blind to all illusion."

Of course, the body's eyes in themselves have no power to mislead us. It is the use we give them that binds or frees us, compounding or undoing illusion. And this depends on the founding premises of our thought. If

I think I am a body, in competition with other bodies for scarce resources; if I believe I am deprived, depraved, inadequate or unworthy — the body's eyes will retrieve supporting evidence. If I turn, however, within myself to the thoughts of the Holy Spirit, gradually I adopt new premises for thinking and feeling, and the body's eyes retrieve evidence of unity and benevolence.

One reason we have so much trouble "converting" is that we try to regard the body as home. We cherish the

"A Course in Miracles also teaches that true seeing is not accomplished with the body's eyes, but with the mind."

goal — despite all evidence to the contrary — of establishing permanence and stability amidst ceaseless and universal flux. Can anything be more illogical? More blatantly contradictory? Perhaps we don't know any better, are not yet convinced "there must be another way." The Katha Upanishad declares, "Children seek after outward desires; they come to the net of widespread death. But the wise, beholding deathlessness, seek not for the enduring among unenduring things." Are we not these foolish children? "Very gently," the Course says of the teachers of God "they call to their brothers to turn away from death ..." (M-5.III.2:11)

Is conversion a once-and-for-all dramatic moment, or a lot of little choices? There certainly are stories of dramatic "turning points" for some people. Many of us have wished for our own "road to Damascus" moment, or even believed it had occurred! — only to find ourselves later backsliding into the same

slumps and habits as before. Everything was going to be different now — until it wasn't!

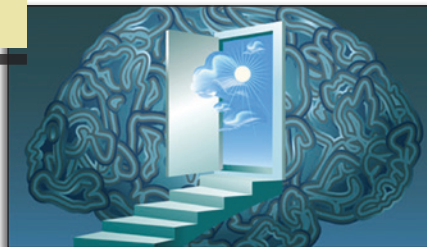
For me the teaching of forgiveness offered in the Course lifts me above this drama — less inclined to elation or depression. The story of "my spiritual life" may be no better than other shadows on the wall in front of me, equally imbued with attachment and ego. And so, it is not the burning bush I put my faith in, but the experience of the holy instant; not the past or the future, but the now. The Course advocates regular practice toward attaining a habitual condition of miracle readiness. We learn to enjoy small intermittent conversions, on a gradual path towards total commitment. "You are not asked for total dedication all the time as yet. But you are asked to practice

now in order to attain the sense of peace such unified commitment will bestow, if only intermittently."

(W-in.181-200.1:2) Similarly, in language reminiscent of Plato's allegory, we are comforted in Lesson 184: "Thus what you need are intervals each day in which the learning of the world becomes a transitory

phase; a prison house from which you go into the sunlight and forget the darkness." It is frequent micro-conversions that are most important, these turnings-on-a-dime. This suggests ease, willingness and nimbleness. The more regular and reliable this practice, the less we grasp for phantom "once-and-for-all" solutions.

Is conversion difficult? What is the first miracle principle in the Text? "There is no order of difficulty in miracles." If miracle readiness has to do with turning away illusion toward truth, then difficulty arises from our desires and divided loyalties. If the impartial love of God is our aim, then the order and partiality we impose through the ego's special relationships is the problem. Is it easier to release one grievance but not another? It sure does feel as though some "knots of the



Continued on page 13

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



Calm Down, Cheer Up

by Jacob Glass

"Into eternity, where all is one, there crept a tiny, mad idea, (separation) at which the Son of God remembered not to laugh. In his forgetting did the thought become a serious idea, and possible of both accomplishment and real effects. Together, we can laugh them both away, and understand that time cannot intrude upon eternity." (T-27.VIII.6:2)

We keep hearing and reading lately how we have never been so divided, but this is just more ego B.S. wrapped up in a nice little package of fear. As I often say, Cain killed Abel and there were only about four people in the Bible up to that time. This is an "ancient hatred," and there is nothing more extreme about it now than there was then. It is nothing more than the serial adventures of the body. Imagine if 25% of the world rose up and murdered 25% of the world in one fell swoop (which is kind of the story of Cain and Abel). Now, I don't think of the Bible as a literal history book, but the story does point out just how long the ego thought system has been getting us to go deeply into fear, attack, and defense. Nothing new here at all.

Whether the topic is the environment, political divisiveness, new diseases, the economy, race relations, or a litany of ways in which we can find to fight and fear, it's ultimately the smokescreen of the ego saying, "Pay no attention to the man behind the curtain while I terrify you with illusions!"

After 35 years or so of studying *A Course in Miracles*, I've come back to it more strongly than ever lately, and am remembering more frequently to laugh the ego away. It means really watching what I believe. I found myself casually remarking about how divided this country is and then found myself laughing at the lie I was repeating. I think of how often Maya Angelou would quote from her poem

"Human Family," "I note the obvious differences between each sort and type, but we are more alike, my friends, than we are unlike." Brilliant!

The current version of the tiny mad idea is that we are more divided and separate than ever, but it is simply not so. What is so is that we are more AWARE of our differences because the society is more FOCUSED on them than ever before. And whatever we focus on tends to become OUR reality, for we

"We are living in the 'Chicken Little Age' of the sky is forever falling, and you'd better brace yourself and take a side because you don't want to be on the 'wrong side of history.'"



are the dreamer of our dream.

When I was growing up a million years ago, TV had three networks and not much else aside from a local channel or two. It stopped broadcasting around midnight and there was nothing to watch until early morning. The news was on about three times a day or so. On Sundays, most stores were closed. I had no idea what political affiliation my neighbors were. We were not privy to every single thought or experience of everyone in our town, much less all the way across the globe. There was no such thing as a 24/7 world of endless useless information streaming into our homes or into some gadget in our hands. And the news was not seen as a source of revenue for networks, so they

weren't really SELLING us the news and you had no idea what the anchors thought or how they felt about what they were reporting.

The world is the extreme opposite of that now. And since it is ALL commercialized, we are living in the "Chicken Little Age" of the sky is forever falling, and you'd better brace yourself and take a side because you don't want to be on the "wrong side of history." They'll do whatever is necessary to grab our attention and to keep our adrenaline going so we'll keep eating the poison of the nightmare of separation.

What the ego does not want us to remember or SEE is that there are no sides to take – not even the side of light and love. What is all encompassing can have no opposite, remember? "Above all else I want to SEE" means that we begin to see that this division is not even there. It means seeing how we are more alike than we are unlike. As we begin to focus on our commonalities, it can lead us eventually to recognition of oneness. We can start to calm down when we are not endlessly trying to "fix" the illusory problem. What a relief.

Jesus said, "But be of good cheer; I have overcome the world." He didn't say He fixed the world. He said that in the fearful nightmare we will have tribulation, but that we can overcome this by seeing through it. And that is a very good reason to be of good cheer.

How miraculous to stop projecting a big ego story on someone as soon as we know they are of a different opinion, or religion, or political party, or they eat or drink something we disapprove of, or whatever. It doesn't mean we have to have dinner with them or be best friends. It simply means we stop pressing the crown of thorns into their heads and decide to focus more on what we have in common than on where we differ. THIS is how we achieve the goal of the Course and experience inner peace. I'm working on it with the Holy Spirit's guidance more than ever and cannot recommend it highly enough.



Jacob lectures in Southern California and has a global ministry of his recorded weekly talks. His eight books are available from the Center. You can contact Jacob at www.jacobglass.com

feel overwhelmed. How can you possibly forgive them all? You'd be pausing every minute to call on the Holy Spirit.

There is another way to approach this. Every encounter we have with another person holds a mirror to our own face, giving us another chance to look upon the shadows we cast on others and forgive them.

"When you meet anyone, remember it is a holy encounter. As you see him you will see yourself. As you treat him you will treat yourself. As you think of him you will think of yourself. Never forget this, for in him you will find yourself or lose yourself." (T-8.III.4:1)

Understand this passage, and you will understand why Jesus in the Gospels instructed you to love your neighbor as yourself. The truth is, you can only love your neighbor as you love yourself, and you can only love

"If the Absolute Reality is present equally in everyone, then each person around me is absolutely important. Do I pause to think about that while waiting in line at the grocery store?"

yourself to the extent that you love your neighbor. You and your neighbor are one in the eyes of the Holy Spirit. You are love, both of you. If you see them as anything less, or treat them as separate, different, or special, that judgment will be reflected back onto you as well. Your neighbor – which of course includes everyone everywhere – is nothing less than the mirror of self. Behold in them what you would want to see reflected in you. Do you prefer grievances? Or a vision of holiness and love? Whichever you choose is what you will see.

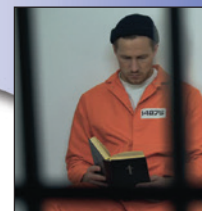
"The way to recognize your brother is by recognizing the Holy Spirit in him. . . . See him through the Holy Spirit in his mind, and you will recognize Him in yours. What you acknowledge in your brother you are acknowledging in yourself, and what you share you strengthen." (T-5.III.1:1; 3:4)

heart" are denser and darker than others. The Course gives the analogy of waking from a dream state. Does the content of the dream influence difficulty in waking? Are dreams of mice easier to wake from than dreams of elephants? Of course not! And yet, we have probably all had dreams of love or money that left us sad when they dissolved in the morning light.

"All things are lessons God would have me learn" (W-193). Daily life affords most of us plenty of opportunity for testing our "little

willingness," our agility for turning-on-a-dime. If the Absolute Reality is present equally in everyone, then each person around me is absolutely important. Do I pause to think about that while waiting in line at the grocery store? Do I reflect on this in reference to other drivers on the freeway? The experience of the holy instant proves that I can summon inner light for the "strangers" around me that, in fact, dissolves my feelings of estrangement. Do I become absorbed in my phone screen and irritable with the person next to me? How nimbly and gracefully do I field interruptions at work? These are precisely the circumstances where God calls me to turn on a dime. ❖

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 many in prison have found no other place.

The following letter gives an indication of the importance of our **Prison Project** in many inmates' minds and hearts.

Dear Prison Ministry,

Thank you for the note and the book "A Mini-Course for Life." Very excellent.

As I was looking at the daily meditation cards, I thought of my friend Perry and gave them to him; he is in another pod, so it is hard to share my book with him. The cards were perfect for what he is working on with accepting his past, letting go, and not getting frustrated with the present. He is mind-blown, says they are great, and he is doing one each day. So a little miracle for him, thank you for being a part of it.

Please send me "A Course in Miracles" paperback and put me on the mailing list for **THE HOLY ENCOUNTER** magazine. Would you also be able to send copies of "A Mini-Course for Life," to a couple of my friends here since we can't share books?

Thank you, may each of your moments be mindful and blessed,

Arthur in Airway Heights Corrections Center, WA

We feel honored to be able to meet Arthur's request and also send books to his two friends. We are able to fulfill each request that is sent to us because of your generous support of the **Prison Project**. If you are aware of an inmate who would like to receive books related to the Course or **THE HOLY ENCOUNTER** magazine, let us know. Because of strict rules for sending items into prisons, please check with the particular prison authorities before you request items to be sent.

Together we can experience healing by demonstrating healing through our willingness to be truly helpful to others.

To read more click on "Prison Project" under "Services" at www.miraclecenter.org

loving or fearful and giving a call of help for love.

"We are always expressing either Love or fear. Fear is really a call for help, and therefore a request for Love."

In closing, I am most grateful for the teachings of my father. He has shown us all it is possible to live a life where each day you strive to increase love and decrease fear, and you trust the profound outcome of doing



"If fear and doubt begin to take hold, remind yourself you are projecting a fearful future full of possible catastrophes, and scaring yourself. Instead, ask the question, 'how is this moment?'"

so. From here, we know how to respond to the unprecedented crisis we face. If fear and doubt begin to take hold, remind yourself you are projecting a fearful future full of possible catastrophes, and scaring yourself. Instead, ask the question, "How is this moment?" Once we remind ourselves that we only ever have the present moment, what matters and our purpose becomes clear. COVID-19 may present real challenges on the horizon, but even with this, there are opportunities to love, to give, and to be grateful we are alive at this moment. To give and receive tenderness and, what matters most, love.

"We can always learn from any situations we are currently involved in, no matter how undesirable it may first appear." ❖

Remember... When you buy your Course-related materials from the Center, you help support its many free services.
1-800-359-ACIM (2246)
or **www.miraclecenter.org**

FREE ^{ACIM} Live Stream Wednesdays

Wednesday Evenings @ 7pm PT / 10pm ET

Please join us for the broadcast of our weekly *A Course in Miracles* meetings with Beverly Hutchinson McNeff

These meetings tackle real world challenges and view them through the healing power of *A Course in Miracles*. Each week we explore a workbook lesson and text section in the Course. Sections are explained for their theory as well as their application into our daily lives. As a student of the Course since 1977, Bev brings humor and down-to-earth practicality to the Course's principles.

"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."

Go to our website & you'll find a link in the right hand column



Become a Subscriber!

Our Weekly Meeting Subscribers have access to additional features including:

- Archived meetings to view on-demand – You can watch live or later at your convenience
- Receive an audio recording via CD or mp3
- Ask questions and make comments during the meeting
- Communicate on a private group message board, 24/7, with viewers around the world
- Become part of a worldwide family of Course students!

www.miraclecenter.org

"Only your own volition seems to make deciding hard. The Holy Spirit will not delay in answering your every question what to do. He knows. And He will tell you, and then do it for you." (T-14.IV.6) He doesn't even make us do the heavy lifting!

#4) I am content to be wherever He wishes, knowing He goes there with me.

Wow! This is a powerful line of trust. In my on-demand seminar on the Course, "Getting God's Guidance," I gave attendees an actual mustard seed with the following quote:

"It is quite possible to reach God. In fact it is very easy, because it is the most natural thing in the world. You might even say it is the only natural thing in the world. The way will open, if you believe that it is possible." (W-41.8)

When I was a girl, my mother gave me a necklace with a little vial on it that contained a mustard seed. I wore that necklace as a reminder of faith in the power of God to work miracles in my life. Every time I read the above quote, I think of the mustard seed and its message of the little willingness of faith we are asked to have so we can experience the power of God in our lives. He has never left us; we simply need to move past the illusionary clouds that seem to block us and remember we always abide in "His loving Arms." (W-267) Now, more than ever, we need to have faith in this truth, for our "faith is always justified." (T-19.I.9)

#5) I will be healed as I let Him teach me to heal.

This line reiterates what Einstein said: "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

The Course says it like this:

"To give and to receive are one in truth." (W-108)

Whatever we extend or give energy to in our lives becomes the environment in which we live. "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) Therefore, it makes sense to extend healing (through the power of God's love that teaches us to forgive) because we want to be healed.

We can do it together!

Every morning when I wake up, I am a mess. No makeup, my hair is sticking up from sleeping on it crooked, my eyes are puffy, I have a crease across my face from the pillow, I AM a mess! And, so is my mind... it has had eight to nine hours (on a good night) to run wild. But, every morning, I know my husband and son love me even though I look like a mess, and every morning the Holy Spirit welcomes me, messy

"We have to stop reacting as we have always reacted. We must rise above the battleground of the world and choose for a miracle instead of murderous (fearful) thoughts."

thoughts and all. He is simply grateful that I am there, turning to Him for help.

"Do not despair, then, because of limitations. It is your function to escape from them, but not to be without them." (M-26.4)

During times that challenge us, do not



despair. We have a mighty Companion Whose only purpose is our good. Let us be committed to healing now. After over four decades of Course study, I am still making mistakes. The difference now is that I don't want to hold on to the mistakes... I want help... I want to be healed... therefore, "I am willing to let Him teach me to heal."

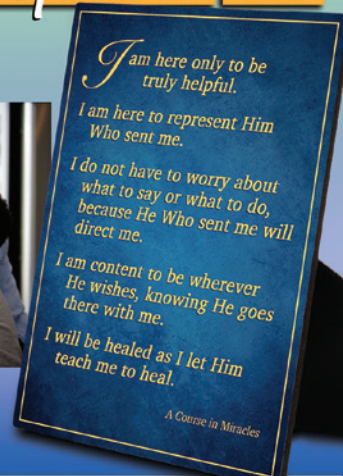
Let's connect the dots...

If we want to hear God's Answer and Help for us, we must stop the cycle of attack, hate, and fear. We have to stop reacting as we have always reacted. We must rise above the battleground of the world and choose for a miracle instead of murderous (fearful) thoughts. We cannot do this alone; we must turn to God for Help. This world will continue to be a place of horrendous nightmares until we allow it to be transformed in our minds into an experience of forgiveness and peace.

Let us all continue to join together in love and not allow the illusions of fear to lead the way. Let us become aware of all those small concessions we might make daily to anger and fear, and instead turn them over a little quicker to the Holy Spirit. Let's not let those unforgiving thoughts fester inside of us, but bring them to the light of love where we will see they are not worth the cost of our peace. Through love, through the Holy Spirit, through any crisis, the dots are connecting, and we can see the miracle that is standing in shining silence as we approach the gates of Heaven. ✦

ACIM Prayer Plaque \$20

This beautiful 5x7 navy blue, wooden plaque with the words of a powerful Course prayer has become a mantra for ACIM students around the world. The prayer reminds you of your true purpose in life, and the prayer takes 20 seconds to say, so it is the perfect prayer to affirm while washing your hands! Get one for every sink!



GO TO www.miraclecenter.org or 1-800-359-ACIM (2246)



The HOLY ENCOUNTER

MAY / JUNE 2020

In This Issue...

- Connecting the Dots
- Keep Calm and Offer Miracles
- Attitudinal Healing and COVID-19
- The New Bogeyman
- Forgiveness and the Mirror of Self
- Turning on a Dime
- Calm Down, Cheer Up

And so much more!



**Miracle
Distribution Center**

Founded 1978

3947 E. La Palma Ave.
Anaheim, CA 92807

ADDRESS SERVICE REQUESTED

KEEP CALM AND CARRY ON



Order yours today!
Also makes a great gift.
www.miraclecenter.org
or 1-800-359-ACIM (2246)

Enjoy your cup of coffee or tea in these turbulent times with a calming reminder from *A Course in Miracles*. Wrapped around this mug you will find soothing affirmations based on the Course's lesson 77.



\$25
Price includes
shipping in the U.S.

Microwave and
dishwasher safe.

Non Profit
Org.
**US Postage
PAID**
Santa Ana CA
Permit No 949

Don't miss this
life changing weekend!

Holy Encounter Retreat



Beverly Hunchinson 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.

Experience the healing power of the Course through lectures, meditation, group sharing, music, and laughter!



"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!!"



REGISTER TODAY!
Space is Limited.

Held at the majestic RW Ranch Spiritual Retreat Center in Lucerne Valley, California. Everything is included: the weekend retreat activities, well-appointed lodging, and six organic, chef prepared meals.



Registration begins at \$549 - See page 3 for more details
to register visit www.miraclecenter.org or call 1-800-359-ACIM (2246)

