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The HOLY ENCOUNTER



May / June 2022

A Miracle Distribution Center Publication

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



"It's Okay. Don't Be So Hard on Yourself"

by Beverly Hutchinson McNeff

It has been over a decade since this incident occurred, but it has become such a touchstone to the truth for me that I often say the words in this title as a healing ointment for my mind. But I'm getting ahead of myself, so let me tell you the story from the beginning. It all started with a note...

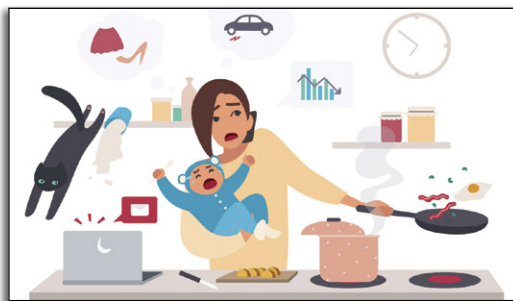
"Jeffrey did not turn in his math assignment, so he missed a recess today."

That's what the note attached to my nine-year-old's homework folder said. It suddenly dawned on my over-extended mind that I was the one who had forgotten to put his math assignment back into his folder after I had taken it out to tell the babysitter how to help him study for his upcoming math test. I felt terrible! It was totally my fault. I was the one who should have missed the recess – the one school activity my son absolutely LOVES!

As my guilt rose, I saw how quickly I began to project my guilty feelings outward. Why did that teacher take his recess away without checking all her facts? Why did I have to leave my son with the babysitter when I should have been home? Why am I pulled in

so many directions that I need a babysitter?

Why, why, why? Oh, I didn't leave one person or circumstance out, as I spewed my guilt and felt more and more alone in my self-made prison.



"Why did I have to leave my son with the babysitter when I should have been home? Why am I pulled in so many directions that I need a babysitter?"

I dragged my "wretched" self upstairs to tell my "poor" child how sorry I was and how unfair the world was to him (can I be more dramatic?). He listened to me and then quietly

said, "It's okay, Mom. Don't be so hard on yourself."

His words, "It's okay. Don't be so hard on yourself," stuck in my mind. It was almost as if they were spoken to me by God Himself.

In this world, things happen. We will never heal if we are attached to the outcome in the world. Our focus must be on how we handle

Continued on page 14

"Reaching out to everyone who thirsts for living water"

This has been a challenging time in our world. We have faced a global pandemic, the effects of a war, and strife and division in our country. But we are teachers of God – teachers of the message of love – and it is time we apply the answer of truth and allow the light in us to reach "out to everyone who thirsts for living water" as *A Course in Miracles* so beautifully says.

For 44 years, Miracle Distribution Center has been an oasis of this type 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 source of funding that can be relied upon to guarantee the Center and its valuable services will be here when you or others need them.

This is why we invite you, if you are in a position to do so, to become a **Holy Helper**. When you become a **Holy Helper** with your monthly donation of \$20 or more, we'll welcome you with this new eco-friendly reusable aluminum water bottle with the powerful Course quote: "Teach only love for that is what you are."

Thank you for your consideration, and we look forward to welcoming you to our family of **Holy Helpers**!

For questions or to become a **Holy Helper**, call us: 800-359-ACIM(2246) or miraclecenter.org



Beverly is the co-founder and president of MDC, one of the longest-running organizations based on *A Course in Miracles*. As a student, lecturer and author on the Course since 1977, her streamed weekly commentaries on Course principles have become an inspirational study and spiritual family for many around the world. View her free weekly livestream meetings at miraclecenter.org

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

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

● **In memorium** – Robert Rosenthal, M.D., “Dr. Bob,” passed away on March 20th, 2022, at the age of 66. A student of the



A Course in Miracles for over forty years, he had served as Co-President of the Foundation for Inner Peace, publisher of the Course, since 2016. In the announcement of

his passing, Tam Morgan, President of the Foundation, said, “Our beloved Dr. Bob went out on the wings of our prayers and the waves of our love. Amen.” Bob joined us for three conferences at MDC, and he always brought great joy and wisdom to every event. We at the Center surround Bob and his family and friends in love and light as we continue to celebrate his spirit on his continuing journey in eternal life.

● **Carry this refreshing truth with you wherever you go** – Now, when you become a new **Holy Helper** with an ongoing commitment of \$20 or more each month, you not only assure that the work of the Center continues, but we will send you an eco-friendly, reusable aluminum water bottle with this quote from *A Course in Miracles*: “Teach only love, for that is what you are.” This water bottle was exclusively designed and created by your Miracle Distribution Center

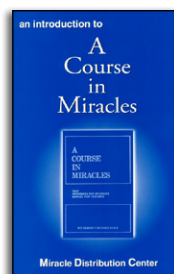


family and is available only to new **Holy Helpers**. So, giving truly is receiving – and we are grateful. See page 7 for details.

● **The pandemic was rough** on musician Carlos Santana who underwent an emergency heart procedure in November and contracted COVID-19 this past February. But it also proved beneficial to the Rock and Roll Hall of Famer, who recently said, “I learned that I’m more than a musician, I’m more than an entertainer or any of those things. I’m a mystical music healer.” He also mentioned his study of *A Course in Miracles* and continued, “There’s another way to look at things now,” he said. “There’s primitive Christianity, and then there’s Christ consciousness, which is not about guilt, shame, judgment, condemnation, or fear. Those beliefs are not healthy for humanity. That’s not God – that’s Godzilla.” Carlos is back on tour with his new album, *Blessings and Miracles*.



● **ACIM Free Overview** – Would you like a brief, written overview of *A Course*



in Miracles to help introduce it to a friend? Or perhaps a two-hour audio introduction? We offer a free version of each on our website. Just go to our website and click on “About”, then “About *A Course in Miracles*.” You

can print it out, send a link to a friend, listen to the audio version, or download an mp3.

● **On-demand ACIM Seminars** – We currently have three seminars by Beverly McNeff on the principles of *A Course in Miracles* available for immediate viewing. The seminars are six hours long, each with a unique focus. “**Above the Battle Ground: Finding Peace in Turbulent Times**” offers insights to refocus our minds on the truth in challenging times. “**Getting God’s Guidance**” shares the Course’s perspective on experiencing God’s Will and guidance for us. “**The Fundamentals of Forgiveness**” addresses the Course’s approach to its chosen path for our awakening. Beverly has a unique ability to cut through the complexity of the Course in a way that will inspire your mind and touch your heart.

● **Wristband Reminders** – We can all use reminders that we are not alone, so why not put a reminder on your wrist? Course quotes on these wristbands include: “The peace of God is shining in me now,” “The peace of God is my one goal,” and so many more.



Each of the sixteen bands is a unique color and quote. Order one or all sixteen as a set and join in the awakening! To see the collection, visit our online store.

● “**The memory of God comes to the quiet mind,**” says *A Course in Miracles*. When we take those quiet moments during the day to have faith that God can and will settle every problem now, we call upon the power of the universe, the power of love to work miracles in our lives. We invite you to stop and join us each day at 4:30 pm (Pacific Time) for a moment of prayerful support for yourself, your loved ones, and everyone in the prayer ministry. Thoughts for:

May: *There is no will but God’s.* (Lesson 74)

June: *The light has come.* (Lesson 75)

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

Our 2022 Bookmark is Available!

Thoughts in the Miracle Prayer Ministry 2022
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 spirit. (97)

February: I am entitled to miracles. (77)

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

April: God is the strength in which I trust. (47)

May: There is no will but God’s. (74)

June: The light has come. (75)

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

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

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

October: Forgiveness is the key to happiness. (121)

November: The peace of God is shining in me now. (188)

December: I am spirit. (97)

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

Request your **FREE** full-color bookmark today which lists all the thoughts in the prayer ministry for 2022.

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

SEPTEMBER 9-11, 2022

Holy Encounter Retreat



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



Beverly Hutchinson McNeff is an international lecturer, author, and founder of the Center. She brings over forty years of Course study to this weekend that will leave you

with the tools and understanding you'll need to experience miracles in your life.

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

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



**Register Today!
Space is
Limited**



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

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



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

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

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



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



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





Miracle Musings...

What Then Must We Do?

by Paul McNeff

"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbor as yourself." (Luke 10:27)

"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. Whenever two Sons of God meet, they are given another chance at salvation. Do not leave anyone without giving salvation to him and receiving it yourself." (T-8.III.4)

A friend recently expressed to me, "I don't even know how to pray for those poor innocent children in Ukraine that are being killed by Vladimir Putin's military attacks. (I reference Putin instead of the Russian people because many of the Russian population are against this aggression.) Her comment caught me a little off guard. I muttered something about holding them all in light and love. Other than that, I didn't have much of an answer for her.

The unprovoked Russian invasion of the sovereign country of Ukraine, causing the deaths of thousands and the displacement of millions, has us all asking questions. Our hearts go out to all Ukrainians. Separated by thousands of miles, how can we help those suffering such great losses? At times like these, like my friend, we can feel hopeless.

I recently watched the movie, *The Year of Living Dangerously*. The film is based on the true story of a young Australian reporter, Guy Hamilton, who tries, with the help of diminutive photographer

Billy Kwan, to navigate the political turmoil of 1960s Indonesia during the violent decline of President Sukarno. After seeing so much

"After seeing so much suffering being inflicted upon the civilian population of Indonesia by a corrupt government, Kwan poses the ultimate question to Hamilton, 'What then must we do?'"

ultimate question to Hamilton, "What then must we do?" After a slight dramatic pause, Kwan offers this revelatory call to action, "We must give with love to whoever God has placed in our path. Don't think about the major issues. You do what you can about the misery in front of you. You add your light to the sum of all light."



suffering being inflicted upon the civilian population of Indonesia by a corrupt government, Kwan poses the ultimate

"Yulia quickly added, 'My weapons are a spoon and knife.' This young woman has figured out — 'What then must she do?'"

I was moved by the sense of hope Kwan's insight offered.

How, you might ask, did Kwan live up to his

loving call to action? He secretly provided money, food, and medical attention to a local prostitute and her sick children living in Jakarta's slums.

But how can we help the millions of injured Ukrainian war victims, grieving the loss of loved ones, without food, and the necessities of life? A Ukrainian volunteer for world-renowned chef Jose Andres' World Central Kitchen, Yulia Stepanovich, determined "What then must she do."

In an interview with NBC journalist Jacob Soboroff, Stepanovich explained how she helped coordinate efforts to feed lunches to 700 displaced people living in a shelter in Lviv, Ukraine. When Soboroff commented on how she was always smiling, Yulia said, "My smile is

my power. When the enemy sees my smile, they don't know what to do." When Soboroff commented that some people have weapons to fight, Yulia quickly added, "My 'weapons' are a spoon and knife." This young woman has figured out — "What then must she do?"

Still, we may say Ukraine is thousands of miles away from me. What then can I do? Our call to action is the same as Kwan's or Yulia's. Our efforts may not be as profound as feeding thousands of people or providing medical care for a destitute prostitute and her

sick children, but let's not make comparisons when it comes to the opportunities of helping those who God has placed in our path.

Just the other day, such an opportunity

came my way. My wife Beverly, our son Jeff, and I were out for a walk at a local park when we happened upon an elderly man who approached us asking if we'd seen his little black dog. A little white dog accompanied him on a



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

leash, but his second one, the little black one, had slipped out of his leash and was lost.

After some discussion, we assisted our worried friend in developing a strategy to find his dog. We suggested that he wait in the park in case someone found the dog or it came back. On the other hand, we would split up and canvas the neighborhood. After searching my grid, I returned home to pick up the car and get Bev and Jeff.

Upon picking them up, we all felt a little depressed that we could not help the man find his dog. We decided to take one last cruise through the neighborhood and see if we could locate the dog, but we turned up nothing.

As we headed home, we saw a man walking down the street, appearing to have two dogs. I quickly turned the car around, and as we got closer, sure enough, it was the same man, only this time he was walking one little white dog AND one little black dog. As we caught up to him, we rolled our car window down and called to him, expressing joy at him finding his little dog. The look on his face was a reward in itself. He was so thankful and expressed his gratitude for our help. We all felt great!

As we drove home, the words of Billy Kwan echoed through my mind, "We must give with love to whoever God has placed in our path." This man was a perfect example of someone placed directly in our path with which we could give love in that moment. And how easy it was. We didn't have to cross an ocean or take up arms to fight the Russian army; all we had to do was give love in helping to find a little dog that meant the world to this man.

A Course in Miracles instructs us in the same course of action:

"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. Whenever two Sons of God meet, they are given another chance at salvation.

Do not leave anyone without giving salvation to him and receiving it yourself."
(T-8.III.4)

So, we see that when we avail ourselves to situations of a need right in front of us and lend a helping hand, we gain a little more knowledge of our

"The look on his face was a reward in itself. He was so thankful and expressed his gratitude for our help."

true Self and offer salvation as well.

And now comes the hard part. What about Vladimir Putin? Is he, too, a Son of God, a brother worthy of our help? Unequivocally, our ego says "NO." But though he is not directly in front of us physically, is he not in the forefront of our minds spiritually? Our ego wants nothing more than to condemn him as a crazed dictator rather than see him as our brother through the eyes of Christ. The Course gives us a particular call to action,

"And so you and your brother stand, here in this holy place, before the veil of sin that hangs between you and the face



"This veil you and your brother lift together opens the way to truth to more than you. Those who would let illusions be lifted from their minds are this world's saviors, walking the world with their Redeemer, and carrying His message of hope and reedom and release from

suffering to everyone who needs a miracle to save him." (T-22.IV.6)

What then must we do? Don't sweat the things over which you have no control. Instead, set your mind on changing your thoughts over that which you do have control. Regarding the war victims of Ukraine and their aggressors, send them light, not fear. Send them love, not hopelessness. And you also may be moved to support relief charities in the field financially. Whatever our response, let's never allow despair to sink into our lives and rob us of an opportunity to "add your light to the sum of light." Let us instead, as Billy Kwan and Yulia Stepanovich did: "Do what you can about the misery in front of you." Whether the issues are war casualties, offering a Russian leader salvation, or the loss of a little dog, we can all make a difference by lending a smile and taking supportive actions with those who may be placed right in front of us. And always be mindful of,

"Whenever two Sons of God meet, they are given another chance at salvation. Do not leave anyone without giving salvation to him and receiving it yourself."
(T-8.III.4)



"Whatever our response, let's never allow despair to sink into our lives and rob us of an opportunity to 'add your light to the sum of light.'"

of Christ. Let it be lifted! Raise it together with your brother, for it is but a veil that stands between you."
(T-22.IV.3)

I cannot live these lofty thoughts on my own. But I know that I can with the Help of the power within. All that is required of me is to step back and let the Holy Spirit do the heavy lifting. We are not talking about the illusory world, where Putin,



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Change Your Mind Change Your Life

Forgiveness Means Giving Up All Hopes for a Better Past

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

Editor's note: Our dear friend Jerry Jampolsky is now, without his body, continuing his journey in eternal life, having passed away in December of 2020. Nevertheless, his words about forgiveness are still very relevant for us all as we continue the process of forgiveness and healing. Diane and I hope you will enjoy this article that appeared previously in **THE HOLY ENCOUNTER**.

Imagine if tomorrow we read in the newspaper and heard on television and radio that a new drug had been invented that would take away all the anger and grievances we are holding on to and would bring us peace and happiness; that the drug was free; and, that we could not overdose on it. Wouldn't we all rush out to get it?

This is what forgiveness does — and more. It takes our anxiety away, dissolves fear, makes us feel secure, puts a sparkle in our eyes and softens them, removes the frowns from our foreheads, takes the weight off our shoulders, puts joy and happiness in our hearts, and smiles on our faces. Forgiveness makes our load in life much lighter.

Forgiveness is the process of letting go of the painful past. It is a decision to let go of the anger and the grievances we may be holding on to. It is a decision to no longer suffer and to heal our minds. Forgiveness is the key to inner peace and happiness. Along with remembering who we really are, forgiveness is the primary process of inner healing. Forgiveness is the eraser that makes the hurtful past disappear.

Forgiveness is the process of healing our

minds and stopping the recycling anger and the inner wars that many of us have in our minds. To have peace in our outer world, the process of forgiveness must begin in our

inner worlds. Forgiveness is the most powerful force that can

“Along with remembering who we really are, forgiveness is the primary process of inner healing. Forgiveness is the eraser that makes the hurtful past disappear.”

create a world that is peaceful and without wars. We will truly have more peaceful relationships when we stop telling others how to live and start practicing love and forgiveness. Forgiveness is the most powerful healer of all. The happiest marriages and relationships are built on it.

Forgiveness does not mean agreeing or condoning a horrendous act.



It doesn't have to have a form. The other person does not have to change in order for us to forgive or to be happy. The litmus test of knowing we have truly forgiven ourselves or

another person is that we no longer see the shadows of the past in anyone.

Forgiveness creates a world in which we do not withhold our love from anyone. It is based on a belief system that everyone, including ourselves, can be forgiven and that we benefit when we forgive. Forgiving others can be the first step in forgiving ourselves.

We once heard that when we hold onto grievances and don't forgive, it is like taking arsenic and expecting someone else to die. When we don't forgive, we are really hurting ourselves. There is now a body of scientific evidence that indicates when we do not forgive, and continue to hold on to anger, it can affect our health and has the potential of injuring our immune system and every organ in our body.

The unforgiving mind hides from our awareness the fact that we imprison ourselves by holding onto anger and hate. If there was ever a time in our lives, and in the history of the world, to stop recycling our anger, to finally let go of our grievances, to release the painful past, to bring forgiveness and love into our lives, it is obviously now.

The growing problems that face us are not

“There is now a body of scientific evidence that indicates when we do not forgive, and continue to hold on to anger, it can affect our health...”

going to be solved by governments alone, nor by politicians or more wars. It will take a serious, internal shift of individuals joining each other and lifting our consciousness to one of forgiveness,

love, compassion, and a willingness to live in a consciousness of “giving.” Solutions are more abundant than problems when we truly believe in a Divine Source and when trust in

Diane Cirincione-Jampolsky, Ph.D., is the Founder and Executive Director of Attitudinal Healing International. She is also a therapist in private practice, a businesswoman, author, and international lecturer.

a loving God becomes all-consuming in our lives.

There is a great thirst to understand at both a cognitive as well as emotional level the dynamics of what it truly means to forgive and to be forgiven. There is a hunger to know how to get rid of the blocks that often make forgiving seem so difficult or seemingly impossible for us to do and rid ourselves of the emotional and physical trauma that not forgiving causes us.

Today, with the financial crises that so many people all over the world are experiencing, perhaps more than ever before, there is an opportunity for each of us to experience an uplifting of our spirit rather than depression, fear, and hopelessness. Is it not a time to take the opportunity to forgive the world and all that we see with our physical eyes that are in the world? Is it not time to come from the abundance of love in

our hearts rather than the fear that our egos project? Is it not time to rise above belief to knowing that the Peace of God always abides in our hearts? Is it not time for making forgiveness as crucial as breathing?

There is another way of looking at

“The growing problems that face us are not going to be solved by governments alone, nor by politicians or more wars. It will take a serious, internal shift of individuals joining each other and lifting our consciousness...”

the world in which we can choose whether we want to experience peace or conflict, to experience love or fear. We can choose how we perceive ourselves, others, and the world around us. It is these choices, and the willingness and the courage to forgive, that offer us the greatest gift we can give, not only to others but to ourselves as well.

Let us go beyond ourselves, our families,

our communities, our country and reach out to all people of all faiths. Let us see others as not attacking but suffering from lack of love. Let us not exclude anyone from our love or forgiveness.

Let us see everyone as our brother and sister; let us see everyone as our Siamese twin, remembering that if we hurt them in any way, we are hurting ourselves, too. As we deepen our belief in the power of Love and Forgiveness

to heal our lives, the world we see will heal as we celebrate Oneness and Love. ❖



..Choose-a-Quote..

Dip into the pool of the divine whenever you need inspiration!

Go to miraclecenter.org/quotes and a thought will be selected for you at that exact moment. As *A Course in Miracles* reminds us, “... no one is where he is by accident, and chance plays no part in God's plan.”

Whichever thought is selected, it's a message for you!



We invite you to Become a Holy Helper

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 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.



Our Gift to You...

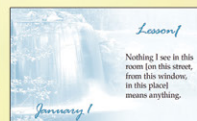
Now, for a limited time, when you become a **Holy Helper** with a monthly donation of \$20 or more, our “*Teach only love for that is what you are*” water bottle will be our gift to you.

- 26 oz. aluminum water bottle keeps drinks chilled without condensation.
- Twist-on lid includes a carabiner so you can't lose the lid or the bottle!

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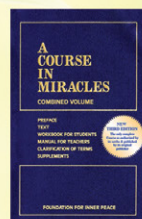


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Spiritual Boot Camp: Starve a Bully, Feed a Champion

by Jacob Glass

"You are much too tolerant of mind wandering, and are passively condoning your mind's miscreations." (T-2.VI.4:6)

The mind can be your best friend or your worst enemy. It can be the center of miracles or madness. It can be a place of truth or a place of lies; it can be an environment of peaceful contemplation or desperate painful isolation. The choice is ours to make. No one else is thinking in our heads. As one classic horror movie proclaims, "The calls are coming from inside the house!"

With all the talk in the world about bullying, the one thing that is rarely considered is that the most vicious monster, the most insidious bully, who is out to terrorize, torment us, and steal our joy, is not so much out there in the schools, or the workplace, or the neighborhood. The bully we cannot seem to escape from is the one living inside our own heads – what *A Course in Miracles* calls the ego.

Think of it this way; if you have an outer bully in your life, you can always find time away from that person or institution, whether in the workplace, at school, or even in your home. But you can never get away from the bully living in your mind until you begin to take charge of your inner world through conscious effort.

The awful things another person may say to us, the names we may have been called, even the physical abuse, all hurt in the moment they are spoken or for as long as the bruises and wounds last. The continued torment comes from rerunning what was said or written or

done repeatedly in our minds long after leaving the presence of that person or situation. And it is not simply that the thoughts are present. The real problem is that we BELIEVE those irrational, insane thoughts about how we are not good enough or that there

"But you can never get away from the bully living in your mind until you begin to take charge of your inner world through conscious effort."

is something wrong with us. At that point, WE ARE OUR OWN CAPTORS AND TORMENTORS. It is time to release the hostages!

"An untrained mind can accomplish nothing." (W-in.1:3)

Yes, there is a bully living in our minds, but there is also a champion. And in Spiritual Boot Camp, we starve the



"Champions need daily consistent positive attention and training in order to succeed and thrive."

bully and feed the champion.

Our attention is a kind of energetic nourishment to ideas and self-concepts. Whatever we give our attention to grows and thrives. Our goal is to begin feeding the champion within.

At the beginning of a new year, many people start with great intentions to make big positive changes, yet they often put the bully in charge of the process. They terrorize themselves into making these changes with thoughts about how they are too fat and lazy, are going to die from disease if they don't exercise, will die alone if they don't start socializing more, need to stop being such a loser and start saving some money, and so on.

Bullies are often most active as we toss and turn in bed at night with terrifying thoughts of foreclosure, job loss, illness, and generalized panic. This is why by mid-February, most people have given up on their new life program and have gone back to the old ways. Negative motivation is exhausting!

When we decide to feed the champion and put it in charge of our changes, we focus on taking daily positive action as an expression of self-love rather than fixing a damaged self. We are going toward something we want rather than away from something unwanted. The champion in us is our true spiritual nature coming forth in human expression. Champions need daily consistent positive attention and training in order to succeed and thrive.

So, I welcome your inner champion to Spiritual Boot Camp! I suggest you try this out for 30, 60, or 90 days to train your mind

to strengthen the Voice of the inner Champion within you.

Five of Five:

1. Take five minutes in the morning to mindfully set five positive intentions for that day. Then say to yourself, "I am releasing these

Update: Prison Project

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



We were so impressed by Andrew's letter, which shared how the Course has impacted his life. It reinforces once again how vital this project of the Center is in the lives of inmates. Miracles occur when those who find themselves in these institutions know they are loved and valued. We hope you will be inspired by Andrew.

"Dear Miracle Distribution Center,

Thank you for your part in allowing me to discover *A Course in Miracles*. I have finished reading and studying the whole Course now, and my life has changed. Much in my experience has greatly improved for the better. I am learning to practice non-defensiveness. I am learning to step back and let God lead the way.

I am learning to judge nothing, grieve nothing, condemn nothing, and attack nothing. I am beginning to see the 'forgiven world.' I wanted to let you know that I enjoy receiving **THE HOLY ENCOUNTER**. I ask that you please send me another copy of the *Introduction to A Course in Miracles* so I can share it when others ask to learn more about the Course."

Andrew at Airway Heights Corrections Center in Washington



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

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

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

- intentions to the Holy Spirit to accomplish through me today."
- Each day, compile a list of five things that went well or right that day.
- Each day, keep a running list of five ways that you "got it right" by your own standards of what that means to you: went to the gym, kissed your mate, didn't lose your temper with your co-worker, took the dog for a walk, etc.
- Keep a daily list of five ways other people around you "got it right" — your mate, kids, friends, co-workers, etc.
- At the end of the day, take five minutes to quiet your mind and let go of the day — sit quietly with your eyes closed, gently breathing, dropping the shoulders, relaxing the body, and telling yourself, "I am now releasing the day to the Holy Spirit as I let go of it as part of my past."

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Living Miracles



Miracles are timeless, and even years after they occur, they stick with you. I remember as if it were yesterday the experience I had with a lady after presenting a sermon at one of my favorite local churches. I had met her many times, and again she and I were chatting in the social hall. But she had something new to share; she was now residing in an assisted living home. She continued...

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Recognizing Spirit

Peace in Simplicity

by Lee Jampolsky, Ph.D.

"...There will always be this place of rest to which you can return. And you will be more aware of this quiet center of the storm than all its raging activity." (T-18.VII.8)

Peace and happiness live in simplicity and are easily overlooked in a culture lost in a web woven with a complexity of desires born from believing happiness comes from something outside. Simplicity is often erroneously understood as beginning with paring down material possessions and living without comfort. On the contrary, simplicity originates with a paring down of the ego, and is how we find true comfort. Trained as a psychologist and on a spiritual path, I am sometimes asked my approach or orientation toward myself and others. A single quote from *A Course in Miracles* guides me:

"Your mission is very simple. You are asked to live so as to demonstrate that you are not an ego..." (T-4.VI.6:2)

I help myself and others discover that we have the source of contentment and happiness within us, which is love. With less emphasis on acquiring and more on removing the obstacles to love's presence, we begin cultivating our capacity to give and receive love and discover the quietness of compassion and contentment.

"The quietness of its simplicity is so compelling that you will realize it is impossible to deny..." (T-14.II.8:5)

Though one may choose to make changes in their material life, the focus of simplicity is not on the contents of our house or bank account but on what is in our mind. To begin a path to simplicity is no idle task, and as the Course tells us, we are learning to question

everything we think we know. As a Course student, I know that when my life is uncluttered of judgment or unforgiving thoughts, my life is simple, and contentment flows more easily. Simplicity helps me greatly in times of personal or global challenges. It also brings courage to the moment. Not being run by

fear, simplicity fosters a feeling of gratefulness

"Not being run by fear, simplicity fosters a feeling of gratefulness for what we have rather than desiring what we don't."



for what we have rather than desiring what we don't. Living a simple life is having fewer boulders (fear-based thoughts) in our stream (awareness) that catch passing debris (judgments/grievances) and inhibit flow (love).

This way of thinking is often called naive or not action-oriented. Yet, simplicity (increased freedom from the ego) allows us to be most effective in approaching personal and global challenges. In the early 1980s I developed one of the early doctoral programs in Peace Psychology, and in 2001 I wrote a book on the subject, *Healing Together*.

Periodically I am asked to comment on global situations, and often the question comes up, "What does simplicity have to do with approaching tragedy?" What is essentially being asked is the crucial question, "Is what

we think and believe important in healing from tragedy, whether personal or global?"

There is no single "right" response, no clear or easy answers when in grief and shock. During or in the aftermath of any grave adversity – whether on a global scale or a more personal level – some people will turn their heads in horror, while others will be unable to turn away. Many will be angry; some will cry rivers of sorrow and loss. All will feel the senselessness of the tragedy and intense frustration over their apparent powerlessness to do anything about it.

In our pain, we wonder how our world will ever be the same. We soon discover that it won't. This is where healing can begin. Through simplicity, your internal wisdom guides you in seeing that all of us have a part to play in the direction we choose to take following a personal or large-scale tragedy, and what we can build from the aftermath through an approach centered on the simple truth of love. Of course, this is easier said than done in times of upheaval, but this does not make it untrue.

"Simplicity is very difficult for twisted minds. Consider all the distortions you have made of nothing; all the strange forms and feelings and actions and reactions that you have woven out of it. Nothing is so alien to you as the simple truth, and nothing are you less inclined to listen to. The contrast between what is true and what is not is perfectly apparent, yet you do not see it." (T-14.II.2:3)

Some would say that conflict and destruction are an inescapable part of human existence. In a few of my books, I discuss the endless cycle of attack and defense that our minds put us through. Yet, there is a unique opportunity to heal in the months and even years following a significant loss.

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

As I say these words, I'm aware that millions of people have died from acts of violence throughout time. I am acutely aware of the thousands who have lost their lives from terrorism, war, and random violence just in the last few decades and, tragically, in the previous months. I look around the small community where I live and see many people I know who are suffering from the trauma that is part of daily living: accidents, illness, the death of a loved one. In all of this, I find opportunity beyond despair because I firmly believe that all of us can take steps to move beyond our suffering and toward great healing and acts of compassion. Why? Because tragedy opens us up to the rawness of our hurt and an experience of common humanity with others. When we are in a state of awareness, incredible transformations can occur. We are in such a space right now.

Many people have a difficult time emotionally after a significant loss or when they see suffering from violence. Though challenging, our open hearts have the potential to empower us. We have come to a point in history in which humanity is searching for solutions to an accumulation of personal and global pain, whether aware of it or not. A wake-up call is underway to see that we can overcome needless suffering by changing how we think about ourselves and each other. If we are to have true peace, if our children are to live in safety and security, we must begin to address the gaping wound that hatred and violence have created. The simplicity found in love serves as the foundation.

More than four decades ago, when I first began research in Peace Psychology, I recall consulting with a member of Congress. The biggest concern was the Cold War and the proliferation of nuclear weapons at the time. Some may proclaim that not much has happened, and the world is even more complex and dangerous now. But many have been waking up spiritually.

It is abundantly clear that there is but one enemy, one truly lethal weapon, one cause

of many of our personal and global tragedies – hatred and viewing our small world as composed of separate interests rather than one humanity. This is as true in our personal lives



“I firmly believe that all of us can take steps to move beyond our suffering and toward great healing and acts of compassion.”

as it is on the world stage, and is a most difficult foe to confront because it ultimately means that we must look at ourselves and the illusions we have

believed in over love.

“Today we pass illusions, as we seek to reach to what is true in us, and feel its all-embracing tenderness, its Love which knows us perfect as itself, its sight which is the gift its Love bestows on us. We learn the way today. It is as sure as Love itself, to which it carries us. For its simplicity avoids the snares the foolish convolutions of the world’s



“It is abundantly clear that there is but one enemy, one truly lethal weapon, one cause of many of our personal and global tragedies – hatred and viewing our small world as composed of separate interests rather than one humanity.”

apparent reasoning but serve to hide.”
(W-189.6)

Some tragedies such as accidents, an unexpected illness, and “acts of God” feel beyond our control, but many (including divorce, crime, violence, and war) arise from our relationships with

others. Unfortunately, during a tragedy of any kind, we are more likely to feel powerless,

angry, and vindictive than self-reflective. Deepak Chopra addressed this idea in a letter, posing poignant questions about how best to respond to a crisis, now or in the future:

“If all of us are wounded, will revenge work? Will punishment in any form toward anyone solve the wound or aggravate it? Will an eye for an eye, a tooth for a tooth, and limb for a limb, leave us all blind, toothless, and crippled? ...What are you and I as persons going to do about what is happening? Can we afford to let the deeper wound fester any longer?”

Living a life of simplicity in which our minds are less cluttered with endless judgments, anger, and blame, we can begin to address questions such as these honestly. As a psychologist studying trauma, I see that when tragedy occurs, it almost always touches a deeper wound within us – feelings of vulnerability, isolation, fear, or loneliness that rarely see the light of day.

In a life devoted to the profound simplicity within love and compassion, we begin to heal this wound and become more prepared to endure any tragedy that may occur in our lives. Within the tenderness of love is the answer to trauma and tragedy.

If the reader of this discussion only nods their head in agreement, I will have failed. I hope you will be curious enough to go deeper into your heart for answers. I invite you to join me on a journey to heal and prepare ourselves to respond to life's challenges centered on simplicity and peacefulness rather than fear and hate.

“The key to rising further still in prayer lies in this simple thought; this change of mind: We go together, you and I.”
(S-1.IV.1:7) ❖

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Purpose is Meaning

by Joseph Miller

I was recently in a gift shop with my wife. She picked up an object which looked sort of like a pen, yet it was stout, had no ink, and featured several encircling rubber ridges at the tapering end. We were perplexed and had to ask the manager what we were looking at – the answer: a wine bottle stopper. Well, neither of us drinks wine, so how would we know?

It reminds me of a toddler going through the inquisitive “What’s that?” phase. She wobbles into the kitchen, opens the knick-knack drawer, and pulls out the springy egg whisk. “Mama, what’s that?” You explain that it is a whisk used to fluff eggs. “Fluff eggs?” she repeats dutifully, wide eyes, “Oh.” She might be satisfied and move on to the next object, the spaghetti tongs, or, failing to comprehend what a “fluffed egg” is, she might just ask again and again.

We see the world through *Purpose*. Purpose is use and intention. Purpose is the light of intelligence that reveals to us the why and wherefore of a wine bottle stopper or an egg whisk. Without knowing what something is good for, we are in the dark. And although we may possess the object, we cannot derive the intended benefit from it.

In one of my favorite passages from Plato, Socrates likens spiritual ascent to a prisoner liberated from a cave, where for the first time he sees the sun. While the brightness is blinding at first, eventually his eyes adjust, and he comes to recognize the sun as the source of all light and being in the world. The sun is a metaphor, Socrates explains, that stands for the Good (*Agathon*), the overarching Purpose of all things. It is only through knowledge of this Purpose that we may serve our true interests and know the subsequent

place and use of the many smaller things in life.

Lesson 25 in *A Course in Miracles* trumpets, “Purpose is meaning,” in its first words. These three words always flash through my mind like sunlight after the explorations of meaninglessness presented in the previous 24 lessons. “Today’s idea explains why nothing you see means anything” – an implicit reference to lesson 1 – “You do not know what it is for.”

We’re like the toddler holding the egg whisk or the spaghetti tongs; only we are holding



bodies, relationships, jobs, cars, houses. Yet when we ask what this great Purpose is, the Author coyly answers, “Everything is for your own best interests.

That is what it is for; that is its purpose; that is what it means.” Can you imagine answering a toddler like that?

“Daddy, what’s this?” (holding up a cuff-link)

“Oh, it’s for your own best interests.”

“No, Daddy! Why do you have it?”

“For your own best interests.”

You would soon have a screaming toddler on your hands! But we need not scream because the lesson goes on to explain why we have difficulty recognizing that all things work together for Good. It is because we “perceive the world and everything in it as meaningful in terms of ego goals.” This is not the steady sunlight of the spirit’s meaning but the flicker-

ing, smoky torch of the cave prisoner. Review lesson 55 explains,

“To me, the purpose of everything is to prove that my illusions about myself are real. It is for this purpose that I attempt to use everyone and everything. It is for this that I believe the world is for.” (W-55.5)

You wouldn’t use spaghetti tongs in place of a pair of pliers, nor would you attempt to

clear a toilet with an egg whisk. And yet, how often do we try to use the world and its contents to justify our defensiveness, weakness, cynicism, or “the sad, sad story of me?” How much effort do we exert measuring our hurts and seeking evidence for the guilt of others? We are trying to prove the Son of God is

not Himself. As Dr. Phil might ask, “How’s that workin’ for ya?” The truthful answer is, not very well! Review lesson 57 puts it this way:

“Since the purpose of the world is not the one I ascribed to it, there must be another way of looking at it. I see everything upside down, and my thoughts are the opposite of truth. I see the world as a prison for God’s Son. It must be, then, that the world is really a place where he can be set free.” (W-57.3)

If I have fundamentally mischaracterized the Purpose of the universe, is it any wonder that nothing works for me? If I do not seek first the Kingdom, what can usefully be added to me? I am missing the key, not only to hearts and minds, but to egg whisks, pliers, and plungers. In other words, to find God’s Love is to experience a single life, not a series of episodes; and to integrate all particulars into one whole.

“It is in recognizing this that your goals

“Without knowing what something is good for, we are in the dark. And although we may possess the object, we cannot derive the intended benefit from it.”

become unified. It is in recognizing this that what you see is given meaning.” (W-25.1:7)

Socrates explains this as the highest learning goal.

“The greatest thing to learn is the idea of good by reference to which just things and all the rest become useful and beneficial. ...And if we do not know it, then, even if... we should know all other things never so well... it would avail us nothing.” (Republic 505)



“If I am ready, the grace of God can use even the most casual encounter, the most mundane phone call, as a ‘forgiveness opportunity.’”

Lesson 25 makes this same point through the example of a telephone. At the most superficial levels, you do recognize purpose. Yet purpose cannot be understood at these levels.

“For example, you do understand that a telephone is for the purpose of talking to someone who is not physically in your immediate vicinity. What you do not understand is what you want to reach him for. And it is this that makes your contact with him meaningful or not.” (W-25.4:4)

Think for a moment about the many roles you play and your many uses for a phone. For example, as a businessman, I may call a supplier to ask about the availability of a product. I may think this is what I want to reach him for – and at one level, this is true. But as a practitioner of A Course in Miracles, something more is being asked of me; namely, not to forget Who I am even while I perform the

Continued on page 15

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



“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.”

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the "things" that happen.

Each situation presents us once again with an opportunity to heal or not, to remember the peace of God, or to fall into our endless pit of guilt. I saw how easily I could project my anger onto the world, but I also saw how easily my child washed it all away with his simple words.

I remember when our backyard neighbor decided to cut down the nine beautiful pine trees planted on his slope. He had just redone his backyard and didn't want pine needles falling into his pool any longer. Some of the trees were nearly thirty years old! I was in tears. He killed an entire ecosystem! What kind of monster am I living next to? But then my son's words echoed in my mind, "It's okay. Don't be so hard on him." It was time for me to give the gift I had been given.

Dealing with the World

It seems as if the world presents us with countless opportunities to find injustice and insanity. We could so easily spend all our days in disgust over this situation or that person, but God is calling us to a different purpose. He is not asking us to deny the issues of our world but to handle them from a different perspective.

Einstein once said that we cannot solve our problems at the level of thinking we were at when we created them. In *A Course in Miracles*, we are asked to rise above the battleground. The ego thought system wants us to keep playing the game of blame and guilt because that is how the world of separation and suffering is maintained. And yet, heaven stands right here, as well, and heaven will be our awareness when we step back from the blame and ask for Help, ask for a miracle.

In *A Course in Miracles*, we read a very powerful thought. Jesus tells us,

"There is nothing about me that you cannot attain. I have nothing that does

not come from God. The difference between us now is that I have nothing else. This leaves me in a state which is only potential in you." (T-1.II.3:10)

Jesus is trying to help us see that what distracts us is costing us our power to create miracles, to heal the sick and to raise the



"The ego thought system wants us to keep playing the game of blame and guilt because that is how the world of separation and suffering is maintained."

dead. The Course tells us that when we choose to "worship" the gods of guilt, fear, judgment, and separation, we can't hear God's Voice calling to us. We have found our other gods

much more interesting than God Himself.

We are reminded in the Course,

"You have 'given' your peace to the gods you made, but they are not there to take it from you, and you cannot give it to them. You are not free to give up freedom, but only to deny it." (T-10.IV.4-5)

So, even though God has not distanced himself from us, we have turned our backs on love's presence. But



never lose our peace. We can reach the same awareness as Jesus — we have that potential within us at any moment. We must, however, stop worshipping at the altar of our guilty, unworthy thoughts about ourselves or others.

"This makes as much sense as blaming a chair for being in our way when we stub our toe on it. We either need to move the chair or be more aware of its presence."

because of God's infinite Love for us, we can

Escape Suffering

When we look at the world as the reason for our suffering, we focus on the effect of our thinking, not the cause. This makes as much sense as blaming a chair for being in our way when we stub our toe on it. We either need to move the chair or be more aware of its presence. But we are the cause, not the poor old chair. We wouldn't give the chair more power than it deserves. It is the same with the world; it is an effect of our thinking. Let's not give it more power than it deserves.

When I forgot to put Jeffrey's homework in his folder, it was *my* mistake. This mistake started a cascade of effects, but *I* was the cause. Knowing this gave *me* the power to take responsibility and stop the projection of blame and guilt, but I needed a little help.

"The Kingdom cannot be found alone, and you who are the Kingdom cannot find yourself alone." (T-8.III.6)

Over and over again, we are told in the Course that we need each other and that we are inextricably connected. If we are to find the "Kingdom" (the peace and happiness we are seeking), we must find it in every encounter — every *holy* encounter. Jeffrey's words woke me from my sleep of separation and reminded me that my guilt (or my need to make others guilty) was not necessary.

The title of this magazine, **THE HOLY ENCOUNTER**, comes from a passage in the Course that counsels us that every encounter

with another is an opportunity to find ourselves or lose ourselves. Therefore, it is essential that we understand that the way we see, treat, or even think of others is the experience we will encounter. The choice for us now becomes

imprisonment or release, peace or conflict, a miracle of healing or a world of separation and death. What will our choice be today?

Breaking the Cycle

Jeffrey's willingness to forgive me gave me the power to stop the cycle of attack and reminded me, once again, how exhausting and valueless attack is. Wasn't that the example of Jesus some two thousand years ago? His message was not one of justified attack but forgiveness in the face of all

worldly justification to the contrary. No matter how justified your attack may seem, it is costing you the awareness of the “Kingdom” because it is costing you the awareness of your brother’s worth, which is your own.

“Ask not to be forgiven, for this has already been accomplished. Ask, rather, to learn how to forgive, and to restore what always was to your unforgiving mind.” (T-14.IV.3)

“The Course does not ask us to focus on the ‘sins’ and then offer forgiveness, but to instead focus on the love that is our reality and allow the mistakes to fall away gently.”



The heart of the Course is forgiveness. But it is not the traditional approach to forgiveness that we have come to know. The Course does not ask us to focus on the “sins” and then offer forgiveness, but to instead focus on the love that is our reality and allow the mistakes to fall away gently. Here is how the Course expresses the idea of forgiveness:

“Forgiveness takes away what stands between your brother and yourself. It is the wish that you be joined with him, and not apart.” (T-26.VII.9)

“To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you. All the rest must be forgotten. Forgiveness is a selective remembering, based not on your selection.” (T-17.III.1)

“Would it be possible for you to hate your brother if you were like him? Could you attack him if you realized you journey with him, to a goal that is the same? Would you not help him reach it in every way you could, if his attainment of it were perceived as yours?” (T-24.I.6)

“Perhaps it’s time we take everyone off the hook of judgment (including ourselves) and see the miracles of healing that can and will occur.”

It is quite clear then that forgiveness is an act of love that, in the end, is really given to ourselves. If we are to feel the joy and peace we are all seeking in our lives, we must forgive.

A Guideline to Forgiveness

With this in mind, the following section in the Course seems to offer the most clear-cut guidelines for forgiveness. It tells us that whenever we are not joyous or peaceful,

it is because we have thought wrongly about another. Then it counsels us:

“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 This may seem hard to do, but it is much easier than trying to think against it. Your mind is one with God’s Denying this and thinking otherwise has held your ego together, but has literally split your mind.” (T-4.IV.2)

I don’t think God would be “kicking” me or judging my brother for making a mistake, so why should I? I do think God would be loving me and all my brothers who walk this world with me, so, perhaps, I should as well.

Again, this does not mean God is asking us to condone ego actions in the world. Quite the contrary, God does not know those actions and only knows the love which is our and our brothers’ essence. If there

is something that needs to be done in the world, allow God’s Answer



through the Holy Spirit to be your Guide. He will direct you in such a way that peace and healing will prevail for all concerned. Perhaps it’s time we take everyone off the hook of judgment (including ourselves) and see the miracles of healing that can and will occur.

“It’s okay. Don’t be so hard on yourself.” Simple words from a child or wisdom beyond years? Either way, I am a bit more aware because of it, and for that, I am grateful.

“Awake and be glad, for all your sins have been forgiven you. This is the only message that any two should ever give each other.” (P-3.II.4)

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Purpose Is Meaning

Continued from page 13

“little purposes” of the world. To remember the Christ in my brother or sister during ordinary encounters is to fulfill my function as a miracle worker. If I am ready, the grace of God can use even the most casual encounter, the most mundane phone call, as a “forgiveness opportunity.” That is, I can invite another to loosen her burdens and bless herself; I can remind her that she is included and valuable and so replenish her faith in the Good. I can, implicitly, between the lines and behind the words, and through a benevolent tone, “be truly helpful.” And infallibly, through the Law of Love, I will experience release, replenishment, and inclusion myself.

“Use all the little names and symbols which delineate the world of darkness. Yet accept them not as your reality. The Holy Spirit uses all of them, but He does not forget creation has one Name, one meaning, and a single Source which unifies all things within Itself.” (W-184.11)

The HOLY ENCOUNTER

MAY / JUNE 2022

In This Issue...

- It's Okay, Don't Be So Hard on Yourself
- What Then Must We Do?
- Forgiveness Means Giving Up All Hopes for a Better Past
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