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The HOLY ENCOUNTER



SEPTEMBER / OCTOBER 2024

A Miracle Distribution Center Publication

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



Traveling Lightly

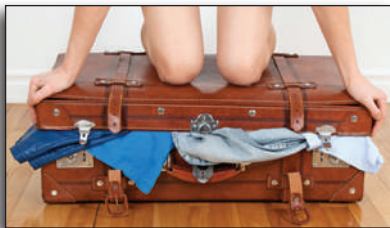
by Beverly Hutchinson McNeff

Are you good at packing your suitcase for a trip? I swear I try to be. Every time I travel, I begin thinking through what I will need and the weather and then attempt to pack accordingly. This approach usually leaves me with a nice, light suitcase (only half full). Perfect! But with that space, I begin to think that since I have room, maybe I need this or that. Or, what if I need this or that? Suddenly, I'm sitting on my suitcase to close it! Luckily, I have those 360-degree wheels that make moving this behemoth easy. So much for traveling lightly!

Do you remember the old days when suitcases didn't have wheels? That was a terrible time for my obsessive-compulsive packing. How about when the cart-a-bag roller was invented? Does anyone remember that? You would strap your wheel-less suitcase onto a collapsible cart so you could roll it along, while all the other people had to lug theirs. Then came wheels on suitcases,

but they only worked if you rolled straight ahead and made wide turns; otherwise, the bag would fall over. Then, finally, success! Wheels that turn in any direction — except up — so you occasionally have to pick up the monstrosity.

Society is very adaptable to our obsessive nature, and we are very tolerant of it. We all have issues we carry with us from our far-back or more recent past. Instead of looking at them and weighing their validity in our lives, we just continue to overpack our mental suitcases and find ways to travel more conveniently with them.



"We judge and label and throw all of it into our mental suitcases and feel we are doing a good job stuffing it all in until we see that it is really weighing us down and not really making a difference in the world, nor teaching those 'others' the desired lessons."

wrong. We judge and label and throw all of it into our mental suitcases and feel we are doing a good job stuffing it all in until we see that it is really weighing us down and not really making a difference in the world,

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Beverly is the co-founder and president of MDC, one of the longest-running organizations based on *A Course in Miracles*. As a student, lecturer and author on the Course since 1977, her 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

A World of Miracles

The scribes of *A Course in Miracles*, Helen Schucman and Bill Thetford, never envisioned the concept of study groups. However, small meetings of Course students began sprouting up soon after the Course was published. People wanted a way to join in talking about and understanding this phenomenal material. In 1978, Miracle Distribution Center (MDC) began keeping track of groups across the U.S. by hand-typing lists using carbon paper!

In the 1990s, MDC transitioned to an online lookup, followed by an interactive world map in the late 2000s, at one time mapping more than 2,000 in-person groups. Four years ago, the pandemic decimated the number of in-person groups, but it also led to an explosion of online groups, so MDC began assembling a lengthy list of virtual meetings.



The rapid increase in virtual meetings led us to create a specialized program to organize, search, and list these groups. After

much trial and error and reconfiguring, we finally got it!

We are happy to announce that we've now improved the search for online meetings, allowing you to search for the day and time that meet your needs. Our system adjusts for world time zones and displays results that are adjusted just for you.

Continued on page 2

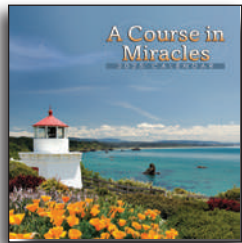
What's Happening...with the Course and the Center

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

● **Holy Encounter Retreat** — There are just a few days left to reserve your place at our next retreat on **September 27-29, 2024**. These healing gatherings give students time to go deeper into the experience of *A Course in Miracles* while enjoying the peaceful setting of the incredible RW Ranch property. If you are ready for a heartfelt, transformational experience, gorgeous rooms and surroundings, and delicious chef-prepared meals, visit our website or give us a call at **800-359-ACIM (2246)** to check availability.



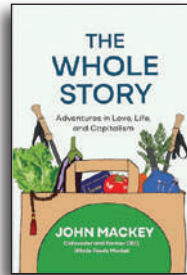
● **Looking forward to a Miraculous New Year!** Our **2025 A Course in Miracles Wall Calendar**, a perfect holiday gift, is now available for you to give and receive. This



calendar, adorned with stunning full-color photos and inspiring quotes from the Course for each month, will keep the Course's mes-

sage of peace and healing at the forefront of your mind all year long. It's a meaningful gift you can share with all your family and friends — and the more calendars you purchase, the lower the price! See the back page for details.

● **The Whole Story includes the Course** — Did you know that *A Course in Miracles* influenced John Mackey, founder of Whole Foods Markets? Well, it did! In his recent memoir, *The Whole Story: Adventures in Love, Life, and Capitalism*, Mackey shared how his devotion to the Course helped him to "realize, and I've never forgotten, that love is the most important thing in life. There's just nothing that compares to it."



● **A Prison for Healing** — Utah State Correctional Facility helps inmates prepare for life outside of the prison walls through a variety of activities, including their library. Library director Christie Jensen said she had an inmate who was struggling in an addiction recovery program and shared with her *A Course in Miracles*. The inmate



loved the book and checked it out regularly until she was released. In later years, at a symposium for former offenders,

this former inmate approached her and told her that the Course principles helped her achieve sobriety, and she was now creating an inmate program to help others.

● **Miracle Milestones (MM)** — Celebrate your loved ones or yourself with a gift to

the Center! Many have chosen to celebrate MMs with a donation. Whether it's a birthday, anniversary, or remembering a loved one, making a gift to the Center (and inviting others to) is a way to keep the love and joy flowing. **Sharyn in New Hampshire** donated \$200.00 in honor of **Tess from MDC!** Sharing how important Tess has been on her healing path. We appreciate the many who celebrate with us and will acknowledge your MM in **THE HOLY ENCOUNTER!**

● **We don't pray to change God; we pray to know ourselves.** The purpose of the prayer ministry is to show us we are not separate from our brothers; we are joined. We may not be going through the exact form of what another is experiencing, but we are all focused on the same result: Healing, regardless of the form it takes. As powerful children of the Infinite, we ignite that power when we join together for healing. We invite you to join us daily in prayerful thought for yourself, your loved ones, and those in the Miracle Prayer Ministry. Each day at **4:30 pm (Pacific Time)**, we invite you to pause, join, and let the healing begin. Thoughts for:

September: "God's Will for me is perfect happiness." (Lesson 101)

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

November: "My holiness blesses the world." (Lesson 37)



Our 2024 Bookmark is Available!

Thoughts in the Miracle Prayer Ministry 2024
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: Your peace is with me, Father. I am safe. (245)
February: I place the future in the Hands of God. (194)
March: Love holds no grievances. (68)
April: My grievances hide the light of the world in me. (69)
May: I choose the joy of God instead of pain. (190)
June: There is nothing my holiness cannot do. (38)

July: God is my Source. I cannot see apart from Him. (43)
August: Above all else I want to see. (27)
September: God's Will for me is perfect happiness. (101)
October: In quiet I receive God's Word today. (125)
November: My holiness blesses the world. (37)
December: Your peace is with me, Father. I am safe. (245)

Request your **FREE** full-color bookmark today which lists all the thoughts in the prayer ministry for 2024.

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

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

A World of Miracles

Continued from page 1

Simply visit our website and click on "Services" to find both in-person and online Course study groups.

We hope you enjoy and benefit from our new innovation! As always, your support of our free services enables us to continue to offer the Course's message for generations to come.



nor teaching those “others” the desired lessons. We are left annoyed and stressed while those “others” seem to continue on their merry way. The truth is we have no idea if they are happy, but they often don’t seem as miserable as we are.

It is time for us to unpack and live a lighter life, but this will take some effort on our part. A *Course in Miracles* tells us that healing requires only willingness to allow the Holy Spirit into our lives, which is true. However, we first have to believe we have something that needs healing and that we are entitled to something much better than we are currently experiencing. This is why we read in the Course: “Be vigilant only for God and His Kingdom.” (T-6.V.C.2)

By being vigilant for God and His Kingdom, we are taking the steps to remember who and what we are: Children of a loving God and heirs to His Kingdom of peace. The Course tells us that vigilance requires effort only because we have made a lot of other things we find more interesting than God.

“Vigilance does require effort, but only until you learn that effort itself is unnecessary. You have exerted great effort to preserve what you made because it was not true. Therefore, you must now turn your effort against it. Only this can cancel out the need for effort, and call upon the being which you both have and are.” (T-6.V.C.10)

We are capable of a life of miraculous experiences because we are creations of a loving God and not of a fearful ego. You have all the power to choose where you dwell; no one else or nothing else has done this to you.

There is an excellent Cherokee tale

that highlights this truth. A grandfather is teaching his grandson about life, and he says to the boy, “A fight is going on inside me. It is a terrible fight, and it is between two wolves. One is evil — he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.



“Just as the grandfather encouraged his grandson to feed the good wolf, we need to encourage the truth of Who we are and our ability to not get distracted by the weakness of our ego.”

“The other is good — he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is happening inside you and every other person, too.”

The grandson considers it briefly and then asks his grandfather, “Which wolf will win?”

The grandfather replies, “The one you feed.”

The Course tells us, “Beware of the temptation to perceive yourself unfairly treated.” (T-26.X.4) This statement is a powerful truth, and it reinforces the point that you are in charge of your own salvation. If someone else is responsible for your healing or pain, you are lost. How will you find them? How will you make them pay enough? It’s a losing battle; this is the only battle the ego wants you to fight.

It’s time to stop the fight and unload our burdens by taking full responsibility for packing our own luggage so that we can learn how to heal. We need to feed the truth and not the lies. Here’s great counsel the Course offers us:

“Do not be afraid of the ego. It depends on your mind, and as you made it by believing in it, so you can dispel it by withdrawing belief from it. Do not project the responsibility for your belief in it onto anyone else,

or you will preserve the belief. When you are willing to accept sole responsibility for the ego’s existence you will have laid aside all anger and all attack, because they come from an attempt to project responsibility for your own errors. But having accepted the errors as yours, do not keep them. Give them over quickly to the Holy Spirit to be undone completely, so that all their effects will vanish from your mind and from the Sonship as a whole.” (T-7.VIII.5)

There are three practical steps we can use from this powerful section, but first, we need to look at a very important point: “Do not be afraid of the ego.” (ibid)

Just as the grandfather encouraged his grandson to feed the good wolf, we need to encourage the truth of Who we are and our ability to not get distracted by the weakness of our ego. If we blame another, we waste time in weakness because we affirm they have power over us. If we buy into fear, hate, greed, arrogance, or self-pity, we pay the price of our peace because we are again relinquishing our power as the masters of our own destiny. Our ego reigns because it tells us we have no ability to choose the wolf we would feed.

Whatever happens in our world, our



“President Harry Truman took a no-nonsense approach to decision-making. The sign ‘The Buck Stops Here’ on his desk reflected his belief that he was ultimately responsible for his administration’s actions.”

mission must be to stay vigilant for the truth of who we truly are and the Kingdom of God we want to experience. The ego has no power over us unless we give it the power.

When Nelson Mandela was finally released from prison, and the all-white, Apartheid government of South Africa had to step down and allow his presidency, they were terrified as to how

Mandela would treat them. The former government had mercilessly persecuted the black people of South Africa. Mandela’s reply to their fears was that he had no



Miracle Musings ...

The Healing Power of Responsibility

by Paul McNeff

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." (Galatians 6:7)

"He [your brother] will be imprisoned or released according to your decision, and so will you. Never forget your responsibility to him, because it is your responsibility to yourself. Give him his place in the Kingdom and you will have yours." (T-8.III.5)

When I was in elementary school (eons ago), we recited the Pledge of Allegiance at the start of every school day. Nothing was magical about it, but it was an excellent reminder to us students that, as citizens of the United States, we represented and had the rights of "one nation, indivisible, with liberty and justice for all."

In 1997, when we first started KidSingers, our after-school youth chorus, we wanted a pledge that would similarly remind us to deport ourselves as a unified choir and, therefore, be the best we can be. Fortuitously, we found such a pledge in one of our songs that has remained a staple in our standard repertoire for 28 years now. So, at the beginning of every rehearsal, with our right hand over our heart and our left hand raised in the air, we all recite this beautiful little sentiment ...

"We pledge to respect one another, to be trustworthy and fair. We will care about each other and be good citizens. Above all else, we will take responsibility for our actions, in our quest to build a better you and a better me!"

—KidSinger Pledge

What piques my interest most in this simple pledge is the phrase, "Above all else,

we will take responsibility for our actions, in our quest to build a better you and a better me." What if we all repeated that phrase as a mantra at the beginning of each day? Would it not motivate us to be more accountable for our actions?

Taking responsibility is perhaps one of the most challenging things we can do. In our modern culture, it would appear that taking responsibility has been corrupted into a finger-pointing exercise at anyone and everyone other than ourselves.

When I was 10 years old, I learned a lesson in responsibility that I have not forgotten to this day. I attended Central Grade School from Kindergarten through fifth grade. Because the school building was in such disrepair, it was closed at the end of the school term

and scheduled to be demolished within the following year.

We were used to playing baseball in that spacious schoolyard during the summer. However, we noticed that every time we came to play, we would see kids throwing rocks to break the classroom windows. Well, this looked like great fun. We could hone our baseball throwing skills and hear the shat-

tering glass when we hit our target. After all, what harm could come of it if they were just going to demolish the old building anyway?

To our alarm, however, this did NOT go unnoticed. A couple of days later, we got a phone call from the St. Teresa Catholic School, located directly across the street from our school. Unbeknownst to us, the church had purchased the school property, identified me as one of the window breakers, and wanted me to repair the windows. Though it seemed unjust at the time that I was the one singled out for doing all the damage, I was the one they caught, and I would be the one held responsible for my destructive actions.

So, along with my dad, we trudged down to the school to do some window repairs to a building that was soon to be demolished. It seemed like such a waste, but there was a bigger picture going on. Through this ordeal, I learned a great lesson in taking responsibility. I am grateful now that my dad helped to teach me this lesson, as it opened space in my conscience to feel good about myself again.

In that same light, I have learned from my years of studying *A Course in Miracles* that taking responsibility for my actions is a necessity and a path to feeling good about myself again. And more, I could do this by taking responsibility to see the truth within my brother, that he was one with me, and this enlightened thinking would lead me back to a peaceful state of mind. As the Course teaches, this is the only thing that will transform our world. Even a personality that pushes my buttons the most can be miraculously transformed in my mind if I am open to the process the Course lays out for me.

The Course says, "The goal of the curriculum, regardless of the teacher you choose, is "Know thyself." (T-8.III.5) We cannot know ourselves if we don't take responsibility for recognizing the Self in our brother. The first



Children of KidSingers saying their code.

"Above all else, we will take responsibility for our actions, in our quest to build a better you and a better me."

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

act of taking responsibility lies with which teacher we will listen to — ego or Holy Spirit? The Course says,

“The ego speaks in judgment, and the Holy Spirit reverses its decision, much as a higher court has the power to reverse a lower court’s decisions in this world. The ego’s decisions are always wrong, because they are based on the error they were made to uphold. Nothing the ego perceives is interpreted correctly.” (T-5.VI.4)

Once we’ve committed ourselves to taking responsibility for choosing to listen to the voice of Spirit, we can continue to the curriculum goal of knowing thyself. The Course goes on,

“There is nothing else to seek. Everyone is looking for himself, and for the power and glory he thinks he has lost.” (T-8.III.5)

None of us are unfamiliar with the feeling of being lost. Identifying with ego alone, we feel cut off from others — me, myself, and I against the world. But let’s go on and discover what the Course has to say further about knowing thyself.

It says, “Whenever you are with anyone, you have another opportunity to find them.” (ibid) Being “with anyone” does not mean you have to be in a specific physical location with them. We spend time with most individuals in our minds. Especially if they are the ones who push our buttons the most. The real work of joining takes place in our mind, and that is where taking responsibility for our judgments occurs. The Course goes on,

“Your power and glory are in him [your brother] because they are yours. The ego tries to find them in yourself alone, because it does not know where to look. The Holy Spirit teaches you that if you look only at yourself you cannot find yourself, because that is not what you are.” (T-8.III.5)

I love the movie *Green Book*. The film

beautifully weaves how two unlikely individuals from disparate backgrounds eventually become friends. It stars Viggo Mortensen as “Tony Lip” Vallelonga, a brash Italian American bouncer, and Mahershala Ali as the refined African American concert pianist Dr.

Don Shirley. It is inspired by the true story of a concert tour of the Deep South where Vallelonga served as Shirley’s driver and bodyguard. *The Negro Motorist Green Book*, from which the movie derived its name, was a guidebook for African American travelers to find motels, restaurants, and filling stations that would serve them in the Jim Crow South.

Set in the Bronx in 1962, Tony searches for new employment while his daily job as the club bouncer at the

Copacabana nightclub is closed for renovations. After an interview with Dr. Shirley, who needs a driver for his eight-week concert tour through the Midwest and Deep South, Dr. Shirley hires Tony on the “strength” of his references as someone who could protect him. As they embark, Dr. Shirley’s tour manager gives Tony a copy of the *Green Book* as a guide for their journey.

At the beginning of the tour, the two men clash over how to handle nearly every situation they encounter. Dr. Shirley is appalled at Tony’s lack of social refinement. Tony is disgusted at Dr. Shirley’s haughty attitude toward Tony’s personal habits.

However, their toxic attitude toward one another changes as the tour progresses. In a poignant breakthrough scene, as Tony futilely attempts to write his wife a love letter, Dr. Shirley steps in to coach him on expressing his emotions more eloquently. Later, Tony becomes appalled at the way Dr. Shirley is treated by a group of white racist bullies. As

a result of Tony’s actions to repel the men, Dr. Shirley comes to greatly appreciate Tony’s protecting him from them. They had beaten him and threatened his life for no reason other than him being black and homosexual.

So, what prompted the change in these two men’s relationship? The short answer lies in how both took responsibility for their judgments about each other. With a little willingness, they see things they both have in common and are willing to change their attitudes toward the other. As the Course indicates, they find themselves in each other, not by listening to the ego voice of judgment, but by discovering their mutual human traits — that of receiving love and extending love. In that revelation, they find a personal and lasting connection. As the Course says, “The ark of peace is entered two by two.” (T-20.IV.6)

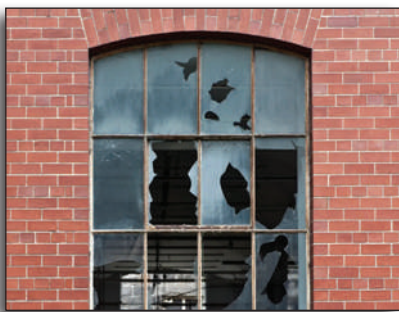
Viktor Frankl, an Austrian Holocaust survivor, recorded these nuggets of wisdom about the ultimate measure of taking responsibility for our actions. In his book *Man’s Search for Meaning*, he profoundly says, “Everything can be taken from a man but one thing: the last of the human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

I don’t know if I could have come to this conclusion if I had suffered the extreme trauma

of a concentration camp as Frankl had. But his experience echoes the Course concepts of taking responsibility for our actions and exercising the divine choice of allowing the Holy Spirit to miraculously guide us to see the light in our brother. Thus, it provides a transformative opportunity for our joining. To be clear, this does not condone brutal actions in the world, but it does give us a path to discover

ourselves in our brother in spiritual truth.

It takes vigilance to see the truth behind our brother’s perceived negative actions toward us. When we find ourselves in a “broken window” situation and see an opportunity to



“Unbeknownst to us, the church had purchased the school property, identified me as one of the window breakers, and wanted me to repair the windows.”



Viggo Mortensen and Mahershala Ali in the 2018 movie *Green Book*.

“So, what prompted the change in these two men’s relationship? The short answer lies in how both took responsibility for their judgments about each other.”

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Recognizing Spirit

Inspirational Psychology on Mind as a Net for Light (pt1)

by Lee Jampolsky, Ph.D.

"The Great Light always surrounds you and shines out from you. How can you see the dark companions in a light such as this? If you see them, it is only because you are denying the light. But deny them instead, for the light is here and the way is clear." (T-11.III.4)

This morning, I read about the Euclid telescope that peers into the universe in ways that are mind-boggling concerning time and space, bringing me to contemplate the insignificance of what I call "me" as well as the vast expanse and interconnection of everything. In one spectacular photo, the Euclid telescope photographed a cluster of galaxies located 2.7 billion light-years away. Mull that over for a moment; that light whizzes through space at 186,000 miles per second. In the one minute it takes me to write this sentence, light travels over 11,160,000 miles, going on to cover 5.88 trillion miles per year. Now, multiply this by 2.7 billion. That is how far Euclid reached, literally across time.

One of the prominent early discoveries is that even across billions of light years, it is rare to find an isolated galaxy; there is almost always some overlap and connection. If connections exist throughout the universe over such an incomprehensible distance, perhaps we should stop believing we are isolated and separate from one another and adopt a practice and way of thinking, such as *A Course in Miracles*, that helps us learn how to heal.

Euclid can see what was not previous-

ly possible because it has a particular function. The astronomer Dr. Cuillandre said it has sensors that make it like a net for light. The telescope is discovering that connections and interactions are commonplace. That's what we're finding out: not only are there endless galaxies, but



Euclid's new image of star-forming region Messier 78, a nebula that lies in the constellation Orion.

"Euclid can see what was not previously possible ... it has sensors that make it like a net for light. ... discovering that connections and interactions are commonplace."

they are not isolated. It occurs to me that in many ways, the Course helps your mind become a net for light, increasingly making darkness vanish, revealing the connections in all life, leaving you experientially knowing we are not isolated, and our hearts connect us all in love.

"... by perceiving light, darkness automatically disappears." (T-1.I.39:2)

Euclid also shows that stars undergo a complex evolution that eventually frees their light to shine across the universe. Such a beautiful image brings me to appreciate our individual and collective evolution, which ultimately frees our light to shine across the universe. It may sound grandiose to some, but a fundamental goal of Inspirational Psychology and *A Course in Miracles* is to free our light to shine, making every interaction one of healing and remembrance of who we are. By remembering that the essence of our being is love, our journey shifts away from fear and all the damage it brings.

Reading about the Euclid telescope brings me to contemplate my existence, the nature of consciousness and awareness, and how my individual "I" or "me" is so insignificant, even illusory. Yet, my essence is so vast, infinite, and interconnected. The practice of Inspirational Psychology and the Course helps us see how the untrained mind can overfocus on the importance of the "me," leading to spending our days with fear-based tunnel vision on the multiple problems that don't matter much. As a result, we see in our lives and the world increasing in conflict, suffering, and pain. The fearful part of our mind, the ego, stops any looking for interconnection to keep the illusion that we are isolated and separate rolling along.

Today, I invite you to join me in perceiving ourselves as an evolving star, ready to free our light to shine. Our shared purpose in the Course is to become like a net for light designed to attract love to be freely shared.

"God and His miracle are inseparable. How beautiful indeed are the Thoughts of God who live in His light! Your worth is beyond perception because it is beyond doubt. Do not perceive yourself in different lights. Know yourself in the One Light where the miracle that is you is perfectly clear." (T-3.V.10:5)

To this end, let us each see that every moment of our time together, no matter who we are with, brings the opportunity to open our hearts to light, to invite and allow love to surface from the depths of our being, to see our interconnectedness, and to spread light-filled healing moments among us and into the world. In short, let us join together to awaken from a slumber of separateness, fear, and

isolation that plagues much of humanity. The way I know when I'm awake is that I'm amazed and in awe of all the beauty and love within us all. In this beautiful moment, the one right now, I am awake, amazed, and in awe.



"... let us join together to awaken from a slumber of separateness, fear, and isolation that plagues much of humanity. ... I'm amazed and in awe of all the beauty and love within us all."

Inspirational Psychology and the Course teach us to love ourselves and others by forgiving rather than judging. Of course, this can be challenging. As a psychologist and a student on a spiritual path, I've learned about relationships and the fearful and habitual ways conflict is created and perpetuated. However, intellectual knowledge alone gets us stuck in our heads. It has a strong propensity to hold one back from venturing into experiences of the heart, such as deep intimacy and transparency. While knowledge can build a foundation from which to draw, it can also keep us tied to negative habitual patterns.

As Course students, we do our best to untie the knots that hold us back by each day setting out as explorers to a new and unknown territory that can only be discovered through a mind devoted to light. This does not mean we should deny or sugarcoat life's dark times of sadness, grief, and loss. Instead, through new ways of being devoted to healing, we step into a new land, realizing how much insight and knowledge we have only partially prepared for this journey. In the practice of

Update: Prison Project

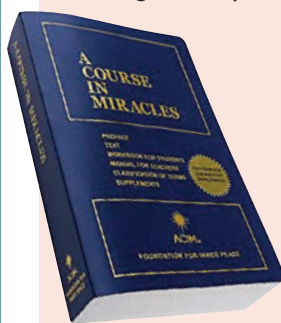
The Prison Project of Miracle Distribution Center sends *A Course in Miracles* and other Course-based items to prison inmates. Through your generous donations, we have been able to supply many newly started spiritual libraries in prisons. In some cases, we have provided multiple copies of books so more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



We were so impressed by Trey's letter, which shared how much it would mean to him to receive *A Course in Miracles* from us and how the timing was perfect. 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 Trey.

To Whom it may concern,

My name is Trey Davis, and I am currently being housed in the Mecklenburg County Jail. I often cross paths with a select few inmates of intellect, and I love to hear from their store of knowledge and understanding of life. I have been referred to the publication *A Course in Miracles* many times and was considering having a friend or family member purchase said for me; however, such has not been possible. I do not believe it to be a mere coincidence, but recently I ran into a friend who referred me to you all in hopes of aiding me in acquiring said publication. I am therefore writing to inquire thereabout and request a copy. Please and thank you. I assure you this would be of great use and very much appreciated as well.



Sincerely, Respectfully, Trey Davis incarcerated in North Carolina

We are honored to meet Trey'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

Inspirational Psychology and the Course, we adopt new ways of thinking and, even more importantly, we understand that some of what we thought was important is best left behind. Put succinctly, we learn that we can let go of the past and the future to free ourselves to love in the now.

"There is a kind of experience so different from anything the ego can offer that you will never want to cover or

hide it again. It is necessary to repeat that your belief in darkness and hiding is why the light cannot enter." (T-4.III.5)

"This holy relationship, lovely in its innocence, mighty in strength, and blazing with a light far brighter than the sun that lights the sky you see, is chosen of your Father as a means for His Own plan." (T-22.VI.4)



Together, in Love, the Power of God Will Prevail

by Beverly Hutchinson McNeff

A Course in Miracles Workbook lesson 193 says, "All things are lessons God would have me learn." This does not mean that God is causing things to happen in the world, but that when things occur in this world or in our personal lives, we can understand the real purpose within these events through His Teacher, the Holy Spirit.

"The body [or any form in this world] was not made by love. Yet love does not condemn it and can use it lovingly, respecting what the Son of God has made and using it to save him from illusions."

"Would you not have the instruments of separation reinterpreted as means for salvation, and used for purposes of love?"

(T-18.VI.4:7-5:1)

Every September, as we observe the events of 9/11, I ask for "a new perception to come to me." (W-313) A perception "which beholds all things as sinless, so that fear has gone, and where it was is love invited in." (ibid)

Whether it be something like the international terrorist attacks of 9/11 or domestic terrorism, where our own citizenry has attacked federal buildings, power facilities, and even some mass shooting episodes, the goal is always to promote darkness, chaos, and fear. Whenever and by whom-ever these terrorist events happen, we all must be compassionate to those affected in this world of form as well as be open to allowing that "new perception" to come to us so we may move past the actions of insanity to the truth.

Terrorist acts are done in secret and darkness to promote fear and wreak havoc. Their intent is to disrupt and make

us feel alone, vulnerable, and separate ... to throw us off our feet. Terrorism is an act of cowardice. It assumes no responsibility. It thinks its attacks are actions of strength and might, but they are really acts of weakness. Sound like anything you know? Perhaps the ego?



As an act of international terrorism, the attacks of 9/11 killed over 3,000 and injured over 6,000.

"Whether it be something like the international terrorist attacks of 9/11 or domestic terrorism ... the goal is always to promote darkness, chaos, and fear."



Domestic terrorist attack on the US Capitol on January 6, 2021.

The Course tells us that the ego is the mistaken thought about ourselves that we could possibly be separate from the Source of all light and life. This thought

is always associated with concepts of our own weakness and fear of those "others" out there. It hides its insane thinking in darkness, never looking clearly at what is happening lest it see it is its own worst enemy. It is time we look at our mistaken thoughts and through them to the truth.

"Weakness, which looks in darkness, cannot see a purpose in forgiveness and in love. It sees all others different from itself, and nothing in the world that it would share. It judges and condemns, but does not love. In darkness it remains to hide itself, and dreams that it is strong and conquering, a victor over limitations that but grow in darkness to enormous size."

"It fears and it attacks and hates itself, and darkness covers everything it sees, leaving its dreams as fearful as itself. No miracles are here, but only hate. It separates itself from what it sees, while light and strength perceive themselves as one. ..."

"The light of strength is constant, sure as love, forever glad to give itself away, because it cannot give but to itself. No one can ask in vain to share its sight, and none who enters its abode can leave without a miracle before his eyes, and strength and light abiding in his heart." (W-92.6-8)

As this country continues to be awakened by international and domestic terrorist attacks, so can we be awakened by the "terrorist" thoughts in our own minds. It is time to take those thoughts of hate, fear, and attack that we have been holding in the dark recesses of our minds and bring them to the light, to the Holy Spirit ... to experience the real purpose that God would have us learn.

The unforgiving thought, the irritating co-worker, and the irreconcilable family situation all become missiles of hate launched at our hearts. It is time for us to take responsibility for them so they can be healed. We take responsibility not in guilt but in love because we want to be healed; we want peace. We need to bring these thoughts to the light for our peace and for the healing of the world.



“We can make a difference in the world as we heal our minds.”

We are told in the Course, “Forgive, and you will see this differently.” This is now our prayer. We can make a difference in the world as we heal our minds. Don’t let your ego divert you from looking within. It may be easy to start pointing blame at those in other countries or at those groups and individuals in our own country, but now is not a time to be distracted. We must “be vigilant only for God and His Kingdom” (T-6.V-C.2), and that Kingdom is within.

Find peace this day within your heart. Take a moment to turn to God, to remember the Love that is your essence, to allow forgiveness to be your function, and to let the healing of your mind be your goal.

The Center is here to help you. In addition to all its free services, you can also call the Center or tune in for free to our livestream broadcasts every Wednesday at 7:00 p.m. (Pacific Time).

Together, we can forgive and see any destructive acts differently. Together, we can transcend fear and darkness. Together, in love, the power of God will prevail.

“Alone we can do nothing, but together our minds fuse into something whose power is far beyond the power of its separate parts.” (T-8.V.1)



A Gift of Peace for our Planet

On the anniversary of 9/11, as we do every year, we send out an email featuring a powerful music video that was created in 2013 by Steven Halpern and Miracle Distribution Center. The five-minute Peace for the Planet video features Steven’s healing music and passages from *A Course in Miracles* read in Hebrew, Arabic, and English.



We always receive such powerful comments from viewers, but a few years back, Rachel in Arlington, Virginia, shared her story of working in the Pentagon on that fateful day in 2001. We hope you will be as moved by her experience and awakening as we were.

“Thank you so much for sharing this video with us on this, the anniversary of the attack on the Twin Towers, the Pentagon, as well as the plane that was taken down in Pennsylvania. I was working in the Pentagon that morning and will never forget feeling the impact of the plane

tearing into the building and the ball of fire that rose up outside our windows on the fifth floor.

Although I had not yet ‘found’ the Course, I remember praying to Jesus and my recently departed mother and thanking them as I safely walked through smoke-filled corridors and exited the building to a safe gathering spot.

Looking back, I often think about the anguish I felt that day and in the following weeks as I digested the fear and enormity of the situation. It was only in studying the Course in the years that followed that brought me to a place of acceptance and forgiveness.

This beautiful message is what we all need, not just on this day but every day and always. Thank you for a wonderful way to start my day.”

Like Rachel, may we all learn that forgiveness is the answer to any attack so that peace may finally prevail. The video may be viewed here:
miraclecenter.org/wp/peace-video/



Forgiveness ends the dream of conflict here. (Lesson 333)

Conflict must be resolved. It cannot be evaded, set aside, denied, disguised, seen somewhere else, called by another name, or hidden by deceit of any kind, if it would be escaped. It must be seen exactly as it is, where it is thought to be, in the reality which has been given it, and with the purpose that the mind accorded it. For only then are its defenses lifted, and the truth can shine upon it as it disappears.

Father, forgiveness is the light You chose to shine away all conflict and all doubt, and light the way for our return to You. No light but this can end our evil dream. No light but this can save the world. For this alone will never fail in anything, being Your gift to Your beloved Son.



Holding

by Joseph Miller

A favorite scene from *Seinfeld* involves Jerry and Elaine trying to rent a car and being told there are no mid-size models available. Jerry and the agent go at it.

"I don't understand, I made a reservation. Do you have my reservation?"

"Yes, we do. Unfortunately, we ran out of cars."

"But the reservation keeps the car here! That's why you have the reservation."

"I know why we have reservations."

"I don't think you do. If you did, I'd have a car. You see, you know how to *take* the reservation; you just don't know how to *hold* the reservation. And that's really the most important part of the reservation: the *holding*."

The holding is the most important part, whether we're talking about a rental car, a relationship, learning the piano, or a whole lot of other things in life. It is the holding, the stick-to-it-ness, the firm grasp that makes all the difference. The traditional marriage ceremony includes the words, "To have and to hold, from this day forward" It is not enough to "have" love when romantic feelings surge; you have to "hold" love through the inevitable vicissitudes, insisting on a vital core of reality underneath changing appearances.

The verb "to hold" appears in a number of memorable lines from *A Course in Miracles*:

"Love holds no grievances." (W-68)

"My mind holds only what I think with God." (W.r.IV.in.2)

"The world I see holds nothing that I want." (W-128)

"The sight of Christ is all there is to see. The song of Christ is all there is to hear. The hand of Christ is all there is to hold. There is no journey but to walk with Him." (T-24.V.7)



"What we hold has a hold on us. And this is bound up with our sense of identity and our values."

We immediately notice that "holding" orients in one of two directions: God or the world. What we hold has a hold on us. And this is bound up with our sense of identity and our values. The training presented in the Course is, therefore, a dual process. We learn to unhold what is meaningless or harmful, and learn to hold what is true and healing. The

introduction to the Workbook puts it in this way:

"The workbook is divided into two main sections, the first dealing with the undoing of the way you see now, and the second with the acquisition of true perception." (W-in.3:1)

The unholding process is described in various ways: undoing, releasing, letting go, and forgiving. Essentially, we are to acknowledge and then neutralize our unhelpful attachments. Review IV has the student repeat daily, for ten days, "My mind holds only what I think with God." Looking at some of those review lessons in the light of this statement can

be illuminating.

For example, the first two lessons of the sequence celebrate forgiveness. (W-121,122) This should not surprise us because forgiveness is the letting go of grievances. And the contrary is also true: unforgiveness is holding onto grievances. If I instruct my mind to hold *only* what I think with God, what happens to the rest? Obviously, I let the rest go.

Letting go is also implied by lesson 132, "I loose the world from all I thought it was." This tells me that holding is not a matter of the physical world but of the mind. My physical hold will loosen as my thoughts loosen. But how do I loosen my thoughts?

I might begin intellectually and think about the futility of the world. I could rehearse arguments about the thief of time and the shifting sands of circumstance. Lesson 128 tells me, "The world I see holds nothing that I want." Nothing here can provide lasting satisfaction because no satisfaction lasts. This was the Buddha's "First Noble Truth." The world of form *holds nothing*, period. Every star, planet, atom, and molecule is in swirling motion.

But we must go beyond arguments for futility; otherwise, we will only get depressed. This is how lesson 129 begins,

"You cannot stop with the idea the world is worthless, for unless you see that there is something else to hope for, you will only be depressed. Our emphasis is not on giving up the world, but on exchanging it for what is far more satisfying, filled with joy, and capable of offering you peace."

The emphasis on "what I want" offers an important clue. We must move past the intellect to the heart — meaning we have to reckon with our values. We hold to what we value. But values change as

we grow, and so does what we hold to. Socrates speaks about a ladder of love in Plato's *Symposium*. As we pursue objects that are ever more true-good-beautiful, love becomes a discerning power elevating us from the coarse to the refined, from the concrete to the abstract. God does not pry from the hands of His Son the illusions he desires. "He is not led by force," lesson 125 tells us, "but only love." As we learn to love truly, we naturally seek objects worthy of lasting love. "I will not value what is valueless," lesson 133 says simply.

It should come as no surprise that at the heart of this sequence of lessons we find, "There is no love but God's."

*"Love is one.
It has no separate parts and no degrees;
no kinds nor levels, no divergencies
and no distinctions. It is like itself,
unchanged throughout. It never
alters with
a person or a circumstance. It is
the Heart of God, and also of His Son."*

(W-127.1) (pentameter formatting mine)

This profound and mystical lesson tells us that the student who achieves "the faintest glimmering of what love means" advances "in distance without measure and in time beyond the count of years." (W-127.7) Furthermore, the lesson is, in fact, "the largest single step this course requests in your advance towards its established goal." (W-127.6) That is saying a lot and something we should take notice of.

Love, expressed within the world of form, is often distinguished as "desire." The Course calls this "special love." It specifies a particular finite object, which it values above the rest, and looks to it for validation and fulfillment. Divine Love, by contrast, is universal and all-regarding. An anonymous article from an English philosophical journal in 1888 includes these

incisive words,

"Love falls in love with nothing but its own self, it is free from all other attractions. A love which becomes attached to objects of sense, ceases to be free, ceases to be love, and becomes mere desire. Pure and eternal love asks for nothing, but gives freely to all who are willing to take. Earthly love is attached to persons and

things, but Divine spiritual love seeks only that which is divine in everything, and this can be nothing



"Earthly love is attached to persons and things, but Divine spiritual love seeks only that which is divine in everything ..."

else but love, for love is the supreme power of all."

Thomas Carlyle wrote, "Love is ... a discerning of the infinite in the finite, of the ideal made real." And James Joyce said simply, "Love loves to love love."

When *A Course in Miracles* came into your life, you made a reservation in the Kingdom. How that reservation is redeemed does not depend on any outside agency. You are not at the mercy of whether or not Hertz Heavenly holds your car. The holding is up to you. The key to that holding is the heart. God wants you to find the Rock of lasting devotion, to have and to hold. Or, rather, to have and to give, and therefore to hold.

"I place the peace of God in your heart and in your hands, to hold and share. The heart is pure to hold it, and the hands are strong to give it." (T-5.IV.8)



Invest in Peace

Since 1978, Miracle Distribution Center has been investing in peace through its vital outreach of *A Course in Miracles*. The Center's many free services have been beneficial to Course students around the world and now you can help us continue to be "truly helpful."

Make a lasting impact with a future gift by including Miracle Distribution Center in your estate plan. Bequests, naming Miracle Distribution Center as beneficiary of a retirement plan, and charitable gift annuities are among the many gift vehicles that qualify as planned gifts.

To learn more, please visit our website and click "About" and then "Our Legacy Community" or call us at **800-359-2246**



Make a Gift in Your Will

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You can name our Center as a beneficiary for all or part of your retirement plan or life insurance by filling out a change of beneficiary form.

Establish a Charitable Gift Annuity

Through a charitable gift annuity, donors can make a lasting gift to the Center and, in return, receive income for the rest of their lives. Annuitants also receive a lifetime subscription to **THE HOLY ENCOUNTER**. The paperwork for gift annuities is simple to complete and without cost to you.



The Essence of Our Being is Love (AH: Principle 1)



50th Anniversary Attitudinal Healing 2025

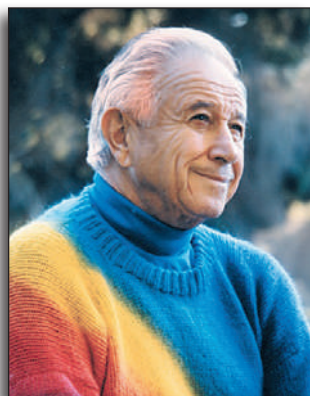
by Diane Cirincione Jampolsky, Ph.D.

Judith Skutch Whitson, the original and designated publisher of *A Course in Miracles*, brought the yet unpublished manuscript to adult and child psychiatrist Dr. Gerald "Jerry" Jampolsky in 1975. When he asked what it was about, Judy said, "Spirituality and transformation."

A self-described "militant atheist" as well as a dyslexic, Jerry was less than enthusiastic about reading this huge manuscript. Judy, quite cleverly, asked if he would be willing to "read just one page," which he agreed to do. Upon doing so, he had an indescribable experience of Oneness with God and a connection with All That Is. He "heard" a Voice that said clearly, "Physician, heal thyself, for this is your way Home." He came to know that he would be dedicated to service in whatever way he was guided while listening for direction. He knew, for the rest of his life, that he would be here, "only to be truly helpful."

Soon after this spiritually powerful personal transformation, and while making grand rounds at the University of California Medical Center in San Francisco, Jerry overheard a young boy with leukemia ask his doctor, "What is it like to die?" The doctor quickly changed the subject and asked the boy about his bowel movements. Jerry wondered where kids could go to get that question answered. At that moment, Jerry realized that there needed to be a safe place for kids to honestly discuss their own questions, fears, and thoughts about living with illness and about death and dying.

Later that year, before his creation of the modern-day "support group" was conceived, Jerry started by working with a small group of children who were facing life-threatening illnesses. He thought that they might be of help to each other and, in the process, help him to heal his own, deep-seated fear of dying. Thus began the first "Peer Support Group" and the "Person-to-Person Program." He was very clear that he was to be the facilitator of the group rather than a therapist. He was demonstrating that "We are students and teachers to each other." (AH: Principle 9) The kids all called him "Jerry."



Gerald G. Jampolsky, M.D.
1925 – 2020
Founder of Attitudinal Healing

Jerry was then inspired to create a physical center where people from all traditions and beliefs could support each other to find inner peace by practicing "The Twelve Principles of Attitudinal Healing," originally gleaned directly from *A Course in Miracles*. With the help of Patricia Robinson and friends, the original Center for Attitudinal Healing (CAH) was founded in Tiburon, California, located on San Francisco Bay just next to Jerry's

office on the pier of the Angel Island Ferry.

Seeing the transformational benefits of using these principles within a group, the brothers and sisters of the life-threatened kids, as did their parents, asked to have a group for themselves. Later, more groups were added for adolescents and adults facing life-threatening illnesses or challenging life circumstances. Many groups needing support continued to emerge, always out of the community's needs.

In 1978, Jerry intentionally stepped aside to let others run the center to ensure it would succeed without focusing only on one person. He always said he would stand by them, and so he did for the rest of his life. The television show *60 Minutes* came to Tiburon to do a special segment

on the Center for Attitudinal Healing. This, along with *The Phil Donahue Show*, brought a flood of national attention to the center.

Shortly thereafter, in 1979, and with the emergence of his first book, *Love is Letting Go of Fear*, which became an international bestseller printed in 32 languages, others from around the world asked if they too could start a Center for Attitudinal Healing in their country. Each wanted a place locally where people of all ages and circumstances in life

12 Principles of Attitudinal Healing (AH)

- 1 The essence of our being is love
- 2 Health is inner peace, healing is letting go of fear
- 3 Giving and receiving are the same
- 4 We can let go of the past and of the future
- 5 Now is the only time there is and each instant is for giving
- 6 We can learn to love ourselves and others by forgiving rather than judging
- 7 We can become love finders rather than fault-finders
- 8 We can choose and direct ourselves to be peaceful inside regardless of what is happening outside
- 9 We are students and teachers to each other
- 10 We can focus on the whole of life rather than the fragments
- 11 Since love is eternal, death need not be viewed as fearful
- 12 We can always perceive others as either loving or fearful and giving a call of help for love

Dr. 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, and an international lecturer. She can be reached at: www.DianeCirincione.com www.AHInternational.org

could come together for their own internal healing and, in the process, experience that, as the Course says in numerous places, “Giving and receiving are the same.” (AH: Principle 3) Jerry and the center shared all their resources and training materials for new, independent center volunteers and facilitators at no charge. Jerry was always clear that the Center for Attitudinal Healing did not belong to him but to everyone.

In 1981, Jerry and I came together through an extraordinary celestial experience, which is a story for another time. Perhaps it is best described by one of the special messages the scribe of *A Course in Miracles*, Helen Schucman

received: “Each has been very carefully chosen, and there have been no accidents nor accidental meetings.” We spent our lives sharing this work through writing books, public media appearances, lecturing internationally, and so much more. Later, we founded Attitudinal Healing International to continue supporting both the emerging and established Centers.

Throughout our 40 years together, we spent 85% of our time traveling and responding to requests to bring attitudinal healing to widely diverse cultures. With each request, we always stopped to “ask” daily what we should think, say, and do and then followed the “answers” with total trust. The “Healer’s Prayer,” as we referred to it, became our daily mantra. I include it here, from Chapter 2 in the Course ...

“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.A.18)

From 1982 to 1992, we were co-directors of “Children as Teachers of Peace,” which created an avenue for children to search for both inner and outer peace for themselves, their families, and their

communities. Using the principles of attitudinal healing and emphasizing as the Course does in lesson 33, “there is always another way of looking at the world,” this educational project enabled major, often life-changing experiences for children ages 7 to 17 in Russia, China, Costa Rica, Nicaragua, El Salvador, Guatemala, Honduras, and throughout the U.S.

In 1982, Tiburon CAH offered the very first support groups for children, adolescents, and adults living through the

HIV/AIDS pandemic and opened the first national “AIDS Hotline for Kids.” Over the next ten years, Jerry and I included CAH and HIV/AIDS education in 31 countries.

In 1986, we created, with artist Jack Keeler, the award-winning poster “I have AIDS. Please hug me. I can’t make you sick.” In 2008, after distributing the posters to 142 countries, the World Health Organization (WHO) designated the poster as the “most effective” AIDS education tool in addressing the psychological, social, and emotional needs of persons with HIV/AIDS. At the United Nations’ celebration of WHO for their 60th Anniversary, the poster was designated one of their global symbols for AIDS.

The Center for Attitudinal Healing is a widely recognized, award-winning, replicable model for inner healing that has been used successfully for five decades in over 60 countries and on six continents. Independent Centers continue to provide training, workshops, and support to tens of thousands of children, adolescents, and adults facing life-threatening illnesses or

everyday conflicts, challenges, and changes. CAH continues to welcome individuals and groups from around the world to participate in online and in-person training seminars and to create new centers for the growth of our global community.

At the heart of attitudinal healing is the belief in the extraordinary ability of ordinary people to be of help to one another and the idea that “We can choose and direct ourselves to be peaceful inside regardless of what is happening outside.” (AH: Principle 8) While we may not be able to control the outside world and what happens, we do have the personal power to choose our own attitudes in how we experience life in any given moment, regardless of the circumstances.

Attitudinal healing principles are applied in many forms and contexts, including interpersonal relationships, managing change, family dynamics, divorce, loss and grief, gender issues, stress, fear, death and dying, education, health, business, institutions, prisons, and communities.

To this day, centers and groups continue to emerge around the world, serving the unique, culturally appropriate needs of their communities.

Helen Schucman’s special messages also included, “The Course has very long-range goals which could not possibly be recognized now.” Another way of stating this is that we could never

imagine how the Course would be used in the decades following its introduction to bring about healing and inner peace. Both Helen and Bill Thetford, her co-scribe of *A Course in Miracles*, recognized and supported attitudinal healing as the first of such long-range expressions of this work. Fifty years later, attitudinal healing continues its organic growth, introducing many to discover *A Course in Miracles* and vice versa.

“Love is the way I walk in gratitude.”

(W-195)



“In 1986, we created with artist Jack Keeler, the award-winning poster ‘I have AIDS. Please hug me. I can’t make you sick.’”



“Co-scribes of A Course in Miracles, recognized and supported attitudinal healing as the first of such long-range expressions of this work.”

intention of punishing them. He despised the way he and his people had been treated. Why then, he told them, would he treat another with this same type of hate? For then, he would become what he hated.

This is such a powerful truth that Mandela knew and lived. The Course would say giving is receiving, and that point is aptly described here,

"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)

If you feel you have been unfairly treated, why would you want to continue the cycle unless you want to suffer? As Confucius said, "An angry person is always full of poison." Does anyone honestly want to be full of what will kill us?

Let's look at the three steps in the above passage from Chapter 7 of the Course to help us unpack our suffering and experience healing:

1. "Accept the errors as yours."

(T-7.VIII.5)

This doesn't mean you accept blame for what you are experiencing; you are accepting responsibility. We know that projecting blame onto others only weakens us, so accepting responsibility — whether or not the world says we are responsible — shows we are willing to allow healing to begin.

President Harry Truman took a no-nonsense approach to decision-making. The sign "The Buck Stops Here" on his desk reflected his belief that he was ultimately responsible for his administration's actions. What a refreshing approach to politics, especially in this day and age. Truman was not saying that if a mistake was made, he

himself was guilty of it, but that he would work to solve it. Sweeping the error under the rug or blaming others solves nothing. In Truman's farewell address to the American people in January 1953, he expressly referred to this concept in asserting that "the President — whoever he is — has

to decide. He can't pass the buck to anybody. No one else can do the deciding for him. That's his job."

2. "Do not keep them [the errors]."

(ibid)

The Course warns us in many places throughout the book that once you take responsibility for your ego actions or thoughts, do not hold onto them and think you can solve them. As I mentioned, taking responsibility is not about taking blame; it's about stopping the pain and the chaos of the

ego's world. It's like playing a game of "Hot Potato." If you quickly pass off the hot potato, it's not so bad, and the Holy Spirit is ready to take that "potato" for you with a "thank you very much!" Therefore, this is a quick step, so don't get stuck holding the potato. We pass it to the Holy Spirit not to avoid taking responsibility but so the issue can be finally healed.

If you have ever been on a freeway or any street where an accident has occurred, you know a long traffic jam often results. As people finally drive past the accident, they often "rubber neck." You know, slow down and take a nice long look. I'm sure many feel they waited long enough for their turn and want to get that good, long look they think they have earned. The same thing happens with us and our errors (or the errors of others) — we want to get a nice long look, and sometimes we dwell way too long. Best to pass that "hot potato" to One

Whose only purpose is your healing and move on quickly to your salvation.

3. "Give them [the errors] over quickly to the Holy Spirit to be undone completely."

(ibid)

This is said in many places in the Course because it really is our salvation. We have no idea how to heal our lives, and we have a great investment in our problems and how we think things should turn out. But what if we truly believed that, just like a magic spell in a Harry Potter novel, we could simply erase all effects of pain and suffering for ourselves and the world by turning to the Holy Spirit and letting healing in? This is what we are told in this section: "Give them over quickly to the Holy Spirit to be undone completely, so that all their effects will vanish from your mind and from the Sonship as a whole." (ibid)

This can happen because the Holy Spirit works at the level of our beliefs to lead us to the truth. The ego is a mistaken belief that we looked at a little too long and thought it had some value, so we packed it away in our mental suitcase and have been carrying it around with us ever since. Familiarity, however, does not make it true. A lie said repeatedly is still a lie, and this is where we find ourselves now. We are

comfortable with the lie, but the cost of that lie is our peace, joy, and awareness of love.

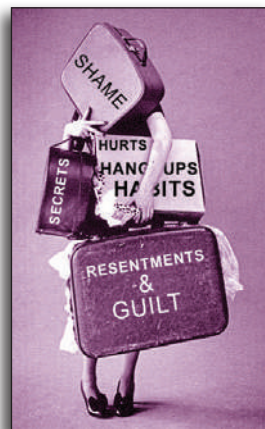
The ego's lies are exhausting and never seem to give us the "gifts" they promise. The Course is here to teach us that the "gifts" of the ego are nothing, but because we made the ego, we need help to let it go.

You are not alone and never have been alone. By joining with the Holy Spirit, the Christ, and the presence of Love in

this process, you are accepting the Atone-ment for yourself, which means you are not alone and are, therefore, "dispelling



"If you have ever been on a freeway or any street where an accident has occurred, you know a long traffic jam often results. As people finally drive past the accident, they often 'rubber neck.' You know, slow down and take a nice long look."



"The ego is a mistaken belief that we looked at a little too long and thought it had some value, so we packed it away in our mental suitcase and have been carrying it around with us ever since."

the idea of separation and affirming your true identification with the whole Kingdom as literally part of you." (ibid) Yes, all that can happen with just your choice to join.

Finally...

How does your mental suitcase feel now? Still too heavy? Well, now you have the steps to lighten your load and reach the destination God wills for you. The next step is up to you, but don't worry; you have a mighty traveling companion to help you ...

"Have faith in only this one thing, and it will be sufficient: God wills you be in Heaven, and nothing can keep you from it, or it from you. Your wildest misperceptions, your weird imaginings, your blackest nightmares all mean nothing. They will not prevail against the peace God wills for you. The Holy Spirit will restore your sanity because insanity is not the Will of God. If that suffices Him, it is enough for you. You will not keep what God would have removed, because it breaks communication with you with whom He would communicate. His Voice will be heard." (T-13.XI.7)



The Healing Power...

Continued from page 5

take responsibility for our wayward actions, we can experience the miracle of release from judgment and create a space to join with our brother, even the one we perceive as most undeserving. Let Frank's teaching "to choose one's own way" be applied using this Course thought.

"Beside you is one [your brother] who offers you the chalice of Atonement, for the Holy Spirit is in him. Would you hold his sins against him, or accept his gift to you? Is this giver of salvation your friend or enemy? Choose which he is, remembering that you will receive of him according to your choice. He has in him the power to forgive your sin, as you for him. Neither can give it to himself alone. And yet your savior stands beside each one. Let him be what he is, and seek not to make of love an enemy. Behold your Friend, the Christ Who stands beside you. How holy and how beautiful He is!"

(T-19.IV.D.i.13)



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SEPTEMBER / OCTOBER 2024

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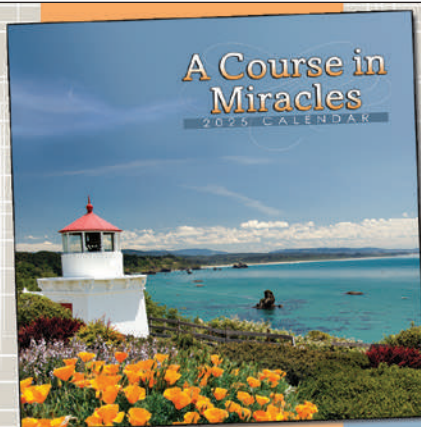
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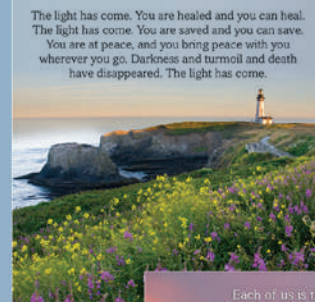
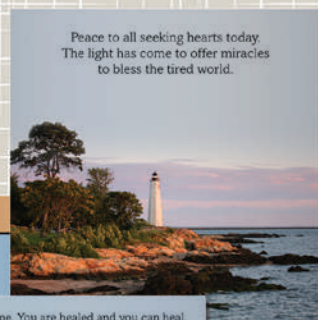
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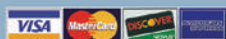
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