

Magazine of the
UK Miracle Network
Reg.Charity
No. 1108852

Miracle WORKER



Issue 145 November / December 2018

miracles.org.uk

£3.30 (suggested)

Don't worry, be ...



The Practice of Course Principles in Intimate Relationships

A workshop with Dr. Annie and John Campbell



Annie and John believe the purpose of their relationship is to support each other in remembering the Truth of who they really are. They practice *A Course in Miracles'* version of forgiveness whenever their peace is disturbed. By sharing all their guilty or shameful thoughts with each other and forgiving them, they experience their original innocence. This, in turn, removes the blocks to the awareness of love's presence and creates a peaceful and deeply meaningful union.

In this workshop John and Annie will explore how unconscious patterns affect our relationship choices, the eventual outcome of special relationships, and how to create and maintain what ACIM calls a holy relationship.

They will explain how so called 'romantic relationships' usually create a myriad of negative and positive emotions, making these unions a roller coaster ride. John and Annie will also openly and honestly explore how the innocent and very beautiful subject of sex can be hi-jacked by the ego in order to deepen our sense of guilt and separation, and explain how 'making love with the Holy Spirit' differs from 'making love with the ego'.

John is an ex sea captain, entrepreneur, mind coach and author of *The Secret of Intimate Relationships*. Annie is a neuroscientist, filmmaker and author of *Brainsex* and *Why Men Don't Iron*. They now teach a different way of relating and loving which creates greater peace and harmony in couples' relationships.

Saturday 17th November 10.30am - 5pm £45

Lancaster Hall Hotel 35 Craven Terrace London W2 3EL



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From the Editor



"His happy dreams are heralds of the dawn of truth upon the mind. They lead from sleep to gentle waking, so that dreams are gone. And thus they cure for all eternity."
(W-140.3:3-5)

We live in an insane world filled with fear, pain, judgments, and death. And we have been programmed to believe that happiness comes from things outside ourselves... a relationship, a new car, a big house, status, holidays, etc. But this kind of happiness is short lived. Nothing in the illusion gives lasting happiness.

The happy dream is a way of experiencing the world through the eyes of love and peace, a state of mind in the world that is totally healed. Our happiness does not depend on what goes on externally in the dream. It's a shift in our minds, from guilt to forgiveness. Forgiveness (letting go of false perceptions) is what the happy dream is all about.

The concept of the happy dream sits in the borderland between illusion and reality. Being in this world, it still is a dream, but being happy, it is a reflection of Heaven. It is a dream of waking and thus leads to full awakening.

So how can we experience the happy dream? Our part is to be aware of when we have fearful or judgmental thoughts, and give them to the Holy Spirit to let Him remove them. As we loosen the grip of the ego's world and invite the Holy Spirit to guide us, fear, guilt, anger and judgements get replaced by the happy dream. If we

practice this daily, moment by moment, it will bring us the happy dream.

For most of my life I lived in fear of not enough money, illness, jealousy, losing business, not good enough, wanting others approval, and on and on. I used to watch the news several times a day, which fed my fear. I was convinced that London was going to be attacked at any moment by terrorists, and I had an escape plan, including an emergency bag in the car, and stocking up on food and water.

Then I discovered *A Course in Miracles*, and I immersed myself in a new way of seeing. Slowly... as I practiced noticing my judgements, fears, and stress, and handed them over to Spirit, the fear dissolved, and was replaced by peace and happiness. My commitment to the Holy Spirit grew and I let go of fear of lack, illness, trying to please others, or worrying about anything.

Now I go through the day mostly in a state of joy and peace. And whenever anything disrupts my peace, I pause and return to my right mind, where I find another way of seeing whatever is in front of me. The happy dream has come with my commitment to work the Course. As they say in 12 step recovery: *"It works if you work it. So work it you're worth it."*

Dan Strodl

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Allowing the Happy Dream

by Rev. Larry Glenz O.M.C.



"The holy instant, the holy relationship, the Holy Spirit's teachings" "are all aspects of the plan to change your dreams of fear to happy dreams, from which you

waken easily to knowledge." (T-V.1:5-6)

A Course in Miracles teaches us that we are all dreaming and nothing that we see in this world of form is true. So much of what we dream comes from our fearful thoughts. It seems like each one of us experiences horror from the tragedies in our life.

My darkest personal calamity was losing my 27-year old son, Kevin, to an opioid overdose in 2010. His struggle with addiction had lasted for 7 years and included many efforts at recovery and unfortunately just as many relapses. He passed just 4 months after the birth of his first child, my granddaughter Olivia, after it appeared that he had positively turned his life around.

During those seven years of my son's addiction, I had consistently turned to Holy Spirit for guidance. I was devoted to the teachings of the Course and handed my fears to my Higher Power in my prayers and contemplations. The advice that I received from Spirit over those many days, months and years can best be summed up this way: *Just love him anyway. Don't use*

fear, shame, and guilt to try and change him. You do not know what Kevin's path is. Just love him and follow My Guidance.

I tried to follow Holy Spirit's advice but many times I was so caught up in the fear that I did the opposite. My fear manifested as anger and the experience was horrifying to all of us involved in his life. Heroin addicts do bad things in order to get the money to get high. I often reacted to those bad things with great fear.

Although I was terrified by the events taking place, I was holding on to Holy Spirit's hand tightly. I was being advised in this way:

"Put yourself not in charge of this, for you cannot distinguish between advance and retreat. Some of your greatest advances you have judged as failures, and some of your deepest retreats you have evaluated as success." (T-18.V.1:5-6)

During those long years of seeming terror, Holy Spirit guaranteed me that, no matter the outcome, I would not be left comfortless.

In the subsequent years I have met many parents and families of those who lost their loved one to the opioid epidemic. It seems that many of them never expect to have any sustainable happiness in their lives again. Their grief is so great that it seems permanent – never to be overcome.

I understand this belief, but I do not share it. My study of *A Course in Miracles* has given me an experience of something

much different. Losing Kevin in form does not mean that I have lost him in spirit. Kevin has become Holy Spirit's assistant in my life. I can feel him and I can hear him in my thoughts that I have given to Spirit through prayers.

Why have I been able to feel so much love come to me since Kevin transitioned? Why have I been so blessed to, not only feel his love, but the love of so many others who are connected to him and our family?

A Course in Miracles teaches us that the message of the happy dream (a happy life) is: *"Thy Will be done"* and not *"I want it otherwise."*

At the time of Kevin's passing, I had been well trained that I would have to forgive. I would have to forgive myself for not being able to save him from addiction. I would have to forgive Kevin for not being able to overcome the intense cravings of his disease. I would have to forgive all our family and friends, the doctors, counselors, drug dealers, and other addicts.

Only true forgiveness – letting go and letting God – would allow me to ever feel happiness again.

I was able to grieve in what I believed was a healthy way by writing a book about our experience: *Forgiving Kevin: A Son's Addiction Becomes a Father's Greatest Teacher*. I self-published the book and did very little to promote it. I put Holy Spirit in charge. I received guidance that I was to let go of the outcome. In the beginning I certainly gave away more books than I sold. And I was fine with that.

Having served as a high school history

teacher and athletic coach for 36 years, I had many former students, players and colleagues read the book. They contacted me – usually by email – to let me know how the book had touched their hearts. They told me of similar experiences of addiction with loved ones and how the concept of forgiveness in the book had a positive effect on their thoughts.

"He (Spirit) will provide the means to anyone who shares His purpose."
(T-18.V.3:9)

The book then seemed to take on a life of its own. People passed it on to others suffering from addiction in their family. Total strangers were now writing to confide in me and thank me for having the courage

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to take on the stigma of heroin addiction. I saved every email in a folder and responded to each one.

High school and middle school principals, athletic directors, teachers, and counselors invited me to come and speak to the students and tell our story. I was a well-known lacrosse coach on Long Island and Kevin had been a high school All-American and outstanding college player for the University of Massachusetts. People seemed to identify with us and we became a symbol of how addiction takes place in good families. College coaches began to contact me and invite me to speak to all the college athletes in their schools. I developed a PowerPoint presentation to support my speaking.

It appears that we were opening a dialogue and helping to end the stigma of addiction. Death by opioid overdose had been greatly under-reported because of the stigma attached to so-called “junkies”. In the years since Kevin passed, federal, state, and local government have put a great effort in finding ways to curtail the epidemic. Unfortunately there has been little success.

It is important to point out that I am not an expert on the opioid crisis. I have no training and I have no valid solutions. All I have is a true story of a great kid who fell into the pit of heroin addiction and could not get out. I asked Holy Spirit what message I should be giving to these students and their families. I received guidance to proclaim that I had no answers to the epidemic. This was a cautionary tale that hopefully will give young people pause before carelessly experimenting with these dangerous drugs.

I was guided, however, to make clear what I felt I had learned from the experience. One of the slides in my presentation reads:

Lessons learned from this experience

- In this world, only the love matters
- Forgiveness is the key to happiness
- Great strength comes from a connection to one's Higher Power

These are certainly principles of *A Course in Miracles* but I only explained how these concepts affected me personally in dealing with Kevin's addiction.

I have received requests from filmmakers for the rights to the book in order to make a motion picture of Forgiving Kevin. After several years the project met with some serious monetary difficulties and was terminated.

Nevertheless, another Hollywood filmmaker has recently picked up the rights. We have signed an agreement and he is in the process of having the adapted screenplay written. And he just happens to be a former football and lacrosse player of mine. How perfect is Spirit's plan?

From the beginning, my advice from Spirit has been to say “yes” to these opportunities to tell our story and to let go of the outcome. Holy Spirit will handle the details and I am encouraged by the following quotation:

“It will become the happy dream through which He (Spirit) can spread joy to thousands on thousands who believe that love is fear, not happiness.” (T-18.V.5:5)

And I can hardly wait to see all the good that will come from this. Thy Will be done.

Miracle Network Community Day

Opening our hearts to the New Year



A day of coming together to open our hearts to all the gifts on offer in 2019. The Network team will facilitate exercises, meditations and sharing, helping us to support each other in saying a full hearted 'yes' to the Holy Spirit, and the blessings He would have us receive in the coming year.

Our guest presenter is **James D'Angelo**, who is a student of *A Course in Miracles*, and has been leading *SoundSpirit* workshops since 1994. James will lead us in a beautiful heart opening to the New Year through a gentle yet powerful voice and movement practice. No vocal skill is required.

www.soundspirit.co.uk

Saturday 12th January 10.30am - 5pm

Lancaster Hall Hotel 35 Craven Terrace London W2 3EL £30

Booking:

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How You Can Live the Happy Dream 24/7

by Maria Felipe



Although the term happy dream is used relatively infrequently in *A Course in Miracles*, it remains an extremely important concept and holds a crucial place in the

Course's theory and process. Unfortunately, it has often been a concept badly misunderstood by Course students. These misunderstandings relate directly to the students' view of the nature of the dream and who the dreamer is, the nature of reality, and the interim and ultimate goals of *A Course in Miracles*. We begin with a definition of the happy dream, taken from Circle of Atonement's Glossary-Index for *A Course in Miracles*:

A way of experiencing the world that sees the world through the eyes of happiness, a state of mind in the world that is totally healed. The concept of the happy dream straddles illusion and reality. Being in this world, it is still a dream; yet being happy, it is a reflection of reality. It is a dream of waking and thus leads to full awakening. The holy relationship, in its mature state, is a happy dream. The happy dream is not a collection of more pleasing external forms. It is a state of mind.

EXAMPLE

As I am preparing my travels to the UK with my family I applied for an infant passport

for my newborn. All done & well played by the rule & in time, I was confident it would arrive in time for our flight.

This was not the case – 2 weeks before our flight, there was still no passport in sight. I called the US Department of State which handles foreign & consular affairs here in the US & they told me the passport was sent out already – they even gave me the tracking number so I could check it online. And so I did – the passport was scanned delivered, but I never saw anything in my mailbox.

Bizarre, I thought – in fact I was scared the \$2000 I had invested in my flight from Los Angeles to the UK would be in vain. I caught myself in fear mode and realized that I wanted to change my state of mind. I wanted to have a different experience with this whole passport situation. And so I did.

Now that I was aware, (Step 1) I chose to change my experience by choosing a state of peace (Step 2). I made myself aware that this is not the end of the world and forgave this situation – I'm sure it has a higher purpose. My feeling immediately improved (Step 3). I was more connected to Source again. Nothing I should do or complain about, for example that the bureau lost my infant's passport (Step 4).

Inspired by my thoughts coming of this space I called the local passport office, which gave me helpful advice. There was a way to obtain a passport within 1 day if your date of travel was within 2 weeks. Since that was the case I pursued this path. I got my infant's passport on the same day that I applied. By practicing

(Step 5) I kept myself in a happy state of mind, creating my experience a lot smoother, without being rude or unkind to people at the passport office.

HOW YOU CAN LIVE THE HAPPY DREAM 24/7

By literally seeing the world through eyes of happiness. Yes, easier said than done – I know.

But there are tools out there to practice and come to a level of mind-mastery with this concept of living a happy dream.

If you are living a happy dream great – you can stop reading here.

But the big question is – what if you are not living your happy dream in this moment?

Here are the steps to living the happy dream when you are not experiencing it:

1. First you need to become aware and willing to change your experience

Willingness simply means being open to the possibility of change. In my experience, one benefits the most from big willingness.

We tend to become entranced by our problems and fears, so it takes real effort to change our minds. We must want to change without compromise. To say, for instance, “I am willing to stop when my mind begins to think negative nonsense, and choose loving thoughts instead”. Instead of, “I can’t”, you say, “I can”.

Instead of, “I am not worthy”, you say, “I am totally worthy”. We must be willing to let go of the belief that we’re limited, unworthy, and not enough.

2. Choose peace / happiness.

When you are in a state of turmoil, be aware that you can choose differently. This is hard for people to grasp, but you need to be aware that you are the divine creator of your reality. You can ALWAYS choose your experience & state of mind.

By choosing peace you give your inner wisdom permission to shine its light in your mind. This is why it’s important to choose peace in every circumstance. For instance: When you have a job interview, you can go into it thinking “I want peace” instead of “I’ve got to have this job”. Instead of thinking, “I’ve got to make more money”, remember “I want peace”. This reorientation

Some dates for your diary

Glasgow - November 10th - kironJ Gardner

London - December 3rd Christmas Evening - Robert & Hollie Holden

London - January 12th 2019 Miracle Network Community Day

London - 16th March 2019 - Lia Steinson

Solihull - May 17th - 19th 2019 Miracle Network Conference

London - 15th June 2019 - Jason Chan

London - 20th July - Carolina Corada

of your thinking takes your attention from the world “out there” and brings you within, where your true power resides. When you choose peace and calm, you can more easily receive the prompts of your inner guide.

3. Your Feelings = Your Barometer

It is very easy to determine whether you are living your happy dream or not. Are you feeling enthusiastic & a level of peace? Yes, great – that is a sign that you are following your inner guidance and living a happy dream.

As said above – living the happy dream is the closest that we can be in the dream to expressing our reality: Love.

Tune in regularly with how you are feeling to determine whether you are on track.

4. Let Go of Should's, Have To's & Need To's

When we let the Should's, Have To's & Need To's run our life we lose our inner joy & feel unhappy. They are verbal cues to us that we are probably following the ego's limiting thoughts, which we have taken on as our own. We live a separated experience in which our world is not yet healed. In the happy dream we do not feel compelled to take action on these verbal cues because we live in a state of mind in which there are no obligations or things we “have” to do. We are a free spirit expressing our Oneness with our Creator.

5. Practice, Practice, Practice

Are you living the happy dream yet? With feelings as a barometer, if you are not happy in some areas in your life, you know there is still

forgiveness work to do. So get to it – practice, practice, practice – this is what we can use this dream world for, and so become the presence of Love and eternal happiness even here.

If you feel compelled to dive deeper into this work you can do so by reading my best-selling book “*Live Your Happy*” which is all about how to embody the teachings of *A Course in Miracles* and live your happiness to full capacity, because you can – believe it or not – be completely free of all the turmoil and problems that seem to happen in your life right now.

Love & Light
Maria Felipe
www.mariafelie.org

**People who need the
most love will ask for it
in the most unloving ways**



CHRISTMAS FOR MYSTICS

Practical Ways to Experience Miracles This Christmas

*This Christmas give the Holy Spirit
everything that would hurt you.
Let yourself be healed completely
(T-15.XI.3)*

Join **Robert Holden and Hollie Holden** for an evening of readings, meditations, prayers and exercises from *A Course in Miracles* to help you experience the deeper meaning of Christmas. Take a break from the mad-dash Christmas shopping, enjoy a holy instant, and connect with the true spirit of Christmas. Key themes include,

- The Light Has Come: celebrating this season of Light across the world.
- The Mystical Christmas: honouring the journey from Jesus to Christ in each of us.
- A Time of Birth: recognizing what most wants to be born in you.
- The Miracle of Forgiving: releasing everything that would hurt you.
- The New Year: preparing yourself for a year of miracles in 2019.

Robert Holden is a Patron of the Miracle Network, and the author of *Holy Shift! 365 Meditations from A Course in Miracles*, and many other popular titles. His work has been featured on Oprah, Good Morning America, a PBS special called *Shift Happens!* and two major BBC documentaries. Robert hosts a weekly show for Hay House Radio called *Shift Happens!* He contributes daily to his FB page at www.facebook.com/drrobertholden. www.robertholden.com



Hollie Holden hosts *The Presence of Love* – a private FB group in which she and Robert share the daily Course lessons with 2,400 students. Hollie first came across *A Course in Miracles* when she was nineteen years old, and instantly felt a wave of peace wash over her, accompanied by the words, “*It’s all going to be okay*”. Hollie is an ordained Interfaith minister with *One Spirit*. She shares her wisdom with an online community of over 18,000 on her FB page *Notes on Living & Loving*. She is currently creating a new card deck based on *A Course in Miracles*.



Monday 3rd December 7-10pm Cost £25 Venue: The Essex Unitarian Church
112 Palace Gardens Terrace, London W8 4RT



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YOUR BROTHER IS YOUR SAVIOUR

**A WORKSHOP OPPORTUNITY
BY CAROLINA CORADA & ANDREAS PRÖHL**
based on A Course in Miracles

Where both share with ALL, their decision to choose
"the other's hand" as a symbol of forgiveness
and the pathway back to the Light of Love

**talks · collaborative learning · introduanza
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A humble approach to forgiveness
and total committment in ALL relationships
The sole purpose of ALL relationships will
be to know that "Only Love is Real"

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Friday November 30th, 7.30pm
UNTIL Sunday December 2nd, 4pm
Workshop: 230€
Grateful for 50% Reservation Deposit
Tel / Whatsapp: +49 176 38248712
info@andreasproehl.com

Accomodation and Full Board Reservation Required

Prices are per person: 2 nights / 2 days
Rooms: Single 129€, Double 97,50€
For 4 persons 80,50€
No Room, Only Food: 70€



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Healing Anxiety to Experience the Happy Dream

by Corinne Zupko Ed.S.



As a therapist, my job for many years was to assist people in fixing their egos. People would come to counseling wanting a reduction of symptoms while maintaining an ego identity. After all, every

single one of us wants a happy life with minimal pain and suffering. However, with the world being built on a false belief that we have separated from our Source, no matter how we try to manage painful symptoms, they will always give way to more pain until we look for healing and happiness where it can truly be found.

I know the dark tricks and tactics of the ego well. My preferred form of getting lost in ego pain showed up as out-of-the-blue panic attacks and debilitating anxiety. Some of the most intense fear I've experienced has been surrounding fears that my body (or the body of another) is unwell in some way. That fear has seemingly had the power to cause me to obsess, ruminate, to be frozen with fear, and be all consumed with worry.

Yet through deeply practicing the principles of *A Course in Miracles*, I finally learned how to not take the ego's bait anymore. Experiencing profound healing from my multiple anxiety disorders has been a process. Here are some key points that have helped me move toward a happy dream:

Reframe anxiety triggers as ego "bait"

Every fearful situation in the world and

every fearful thought in your mind is there for one reason: To make you forget that you are the holy Son of God. Whatever your biggest challenge is right now, be willing to see it as tempting ego bait. It is there simply to keep you from remembering the truth. And the moment you see the bait for what it is, you can turn to the Holy Spirit and ask for a miracle instead.

The fastest way to heal is to look at our identification with the small self

Whenever I used to freak out over physical symptoms or a scary medical test, I asked myself, "What does this fear or thought show me about my belief system?" In any painful situation you find yourself in, ask yourself this same question. If you dig deep enough, you will see that the pain is always arising because you really do believe that you are a body. Once you see that you really truly believe you are a body, take that belief to the Holy Spirit and ask to see the truth instead. Fully getting in touch with the belief in a small self is an opportunity to release that identification and to come to know our True Self instead.

Uncover ways you are afraid of God

In a current online class I am teaching, focusing on the healing of anxiety, I posed this question to the group, "when you do something that the ego would judge as 'bad' (e.g. you lash out, judge, condemn, snap at your loved one, etc.), what do you think God thinks of you in that moment?"

Participants were startled by their answers. They said things like, "God is disappointed in me, upset with me, ashamed of me, and mad at me". These honest answers are wonderful because they are showing us our deeply held belief that God condemns. I encourage you to reflect upon this question for yourself as well.

Taking it a step deeper, consider how you

think that God is active in your life. Look for ways you think that God is punitive, judgmental, or angry. For example, do you feel God allowed something to happen that should have been prevented? Do you feel God is somehow teaching you a lesson? Or punishing you? Make a list of how you see God acting negatively in your life. Answer with radical honesty. And then offer what you uncovered to the Holy Spirit to be exchanged for a miracle.

In order to move towards God, we must uncover and release all of our fears of God. For why would we want to move towards something we are actually afraid of? The answer is simple - we wouldn't! We might say we want to know God but will unconsciously self-sabotage or find a million excuses to put off doing our Course work.

Always be radically honest

Embarking on a true healing journey means that you hide nothing from yourself, and nothing from the Holy Spirit. Leave no "dark cornerstone" hidden in your mind. Let it all be exposed to light. This means:

- Be radically honest about what you are feeling, even if it is unpleasant. Allow yourself to feel your feelings.
- Be honest about the outcome you want. (e.g. "I want my body to be healthy" or "I want this business deal to come through"). Take that desire to Spirit.
- Be radically honest when you slip into ego, which occurs way more frequently than we are often aware of. Owning our ego slips is critical for healing, which is why the Course implores us to be vigilant for our thoughts at every moment.

When you spot ego thoughts, feelings, or behaviors (which might just be experienced as a "stab of guilt") be willing to bring them to Spirit.

The practice of radical honesty can be enhanced by using a journal as a tool. Instead of using a journal to document your day, use it to honestly write about your feelings and your fears. Write until you come to a place of willingness to see it all differently.

Practice taking radical responsibility

Radical responsibility means that you acknowledge that you are the dreamer of this dream. So no matter what shows up in your experience, you can experiment with the idea that it is somehow coming from your sleeping split mind. Here are some suggested phrases that I've found helpful:

- I take responsibility that I have created this fear... there is nothing external that is thrusting fear upon me.
- This fear/issue/sickness/conflict/lack is coming from part of my mind, which is asleep and believes it is separate.
- I don't have to understand how this experience is coming from part of my mind, but I am willing to be open to the idea that maybe it is coming from the part of my mind that is asleep. I'm willing to take responsibility for this, and I'm willing to see it differently.
- I do not feel guilt with any of this... Instead I give this all to Spirit and ask for a miracle instead.

As we practice taking radical responsibility, we enter into a place of empowerment so we can "choose again" as we turn to Spirit instead of the ego.

Be a true miracle worker by remembering your brothers

It is so tempting to do the Course entirely in our heads because going out into the world seems to have so many slippery slopes where we may suddenly find ourselves lost in ego again because we've gotten hooked and lost our peace. But "my peace" isn't a state I can permanently keep unless I am giving that peace to others. As the Course teaches, "To give and to receive are one in truth". Giving peace is how I keep it.

Be a true miracle worker by listening closely to guidance and expressing love as you are called to. As you extend love to your brothers, you come to know it in yourself. And as you come to know it in yourself, you can't help but extend it to others. Giving love is truly the way to receive it.

Remember that the happy dream is a state of mind.

When the ego tries to come along on your spiritual journey, it may tell you that you're in the "happy dream" when you have the right relationship, the right job, the right house, and good health. But the happy dream is not dependent on form. It is independent of external circumstances because the happy dream is a state of mind. It is still a dream, but it leads to full awakening.

Therefore, to experience the happy dream, instead of getting preoccupied with the way your life looks, consistently bring your mind to God. Express love to your brothers as guided. Release fears to the Holy Spirit as they arise. Continue to be willing. Be confident that anxiety falls away as you remember your True Self. Turn consistently to the Holy Spirit, and trust that everything else will fall into place.

**Above all, be confident that
your success is guaranteed**

The truth in you has not changed no matter what you have done with your life. The light in you has not changed no matter what you

have experienced in life. It is joyous news that you cannot change the truth, no matter what!

The process of awakening can be very gentle. I used to be afraid of "acing the Course" because I was afraid of being whisked away. This will not happen. As the Course says, "Fear not that you will be abruptly lifted up and hurled into reality". God needs you here in the dream to be a miracle worker to awaken yourself and your brothers. God needs your voice, your hands, and your heart to extend the love that you receive to other minds that are in need of miracles. You will awaken to the happy dream as you practice expressing love and releasing fear. Let's join together in dedicating our lives to healing. There is nothing to fear. Our success is guaranteed by God Himself.

by Corinne Zupko Ed.S.
Author of the bestselling and award-winning book, "From Anxiety to Love".
FromAnxietyToLove.com

A vibrant banner for the 'Awaken To Love' conference. The background is a colorful, abstract pattern of circles and dots in shades of purple, pink, yellow, and blue. At the top center is a logo consisting of a heart shape made of concentric circles in yellow, orange, and red, with a solid red heart in the center. Below the logo, the text 'Awaken To Love' is written in a large, dark blue serif font, followed by 'A Global Celebration' in a smaller, dark blue sans-serif font. Below this, the text 'First international ACIM online conference with 70+ speakers' is written in a bold, dark blue sans-serif font. Underneath, a purple rectangular box contains the website 'www.awaken-to-love.com' in white sans-serif font. At the bottom, there are five circular headshots of speakers: an older woman with short blonde hair, a man with a beard and short brown hair, a woman with long dark hair, an older man with a white beard, and a man with short blonde hair. In the top right corner, a purple diagonal banner contains the text 'FREE! NOV 11-25' in white sans-serif font.

Awaken To Love
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FREE! NOV 11-25

The Happy Dream is Still a Dream

by Carolina Corada



Through time all of us seekers have been interested in “making it” to the awakening stage of our journey. It has seemed that “awakening” was actually the goal. At one point, I was completely

overtaken by *A Course in Miracles* and my “discovery” that the “happy dream” was truly not an awakening but a dream still, only it was now happy! Wow! At the time, I wasn’t sure how I felt about that. I had mixed thoughts about it. I thought, “All this time invested in discipline, practice and studies and the “reward” is still a dream?” I wasn’t that excited with this at all.

As I read that the world I saw was an illusion of a world - not truly a world, I passionately felt I wanted to “awaken” from this illusion and be in Heaven. Of course it took some time for me to acknowledge that I was going nowhere without my brother. The “spiritual ego”, that is “the student”, was in shock. I could not be enlightened by “myself”? Why not? I was willing to do whatever it took to gain that clarity, why would I have to “wait” for others and lose time? As I look back at these thoughts, there is a giggle in my heart, a twinkle in my eye. That was the “me” who really wanted to make it to the end line “alone”. With all due honesty, I could see that was but the “spiritual ego” rushing to be the winner. Becoming aware of these hidden thoughts and desires truly made a difference in my discipline of asking the Holy Spirit for help.

Was there a way to get to the “end” by myself? Absolutely not! The “end” being an experience that would show me Heaven now: that would present itself before me,

around me and within me without a doubt and absolutely inclusive. I truly wanted to go past the fear, the resentment, the doubt. My choice was to go beyond false perception, and yet was that not a journey to endure on my own? I prayed:

Holy Spirit

I surrender to you my “false nature”,

I give You my idea that

I am a separate self and that

I can remember God alone.

I humbly accept that I chose madness to be my guide, and now I choose again.

I choose You, Holy Spirit.

I choose Your Vision, Your Guidance, And Your Correction.

I understand that my false perception cannot be corrected by knowledge as knowledge is from another level.

I accept Your Gift of true perception as the remedy with many names:

I accept forgiveness, salvation, Atonement and true perception as my remedies – all as the same -

I accept the “happy dream”

as my true dream, as happy is true

and whatever is happy must come from Love Itself.

Thank You Holy Spirit.

Amen.

As miracle workers we are called to know that the “miracle” is still a dream, a happy dream as it presents itself before us with gentleness. The happy dream comes to those who have accepted Gratitude as their inner path.

Whenever I think of Gratitude the result is happy. Gratitude – as I understand it, implies the letting go of the desire to change that which never was. The illusion is a remaining experience whilst still in time, yet we have an option and it is the happy dream.

How can this be? How can I experience “happy” and still be in the illusion? And so it is, as we are told that God will take the last step, so we acknowledge that the happy

dream is still a dream. Really?

Do I want to experience it? Can't I just awaken, by myself as a result of my very own commitment to Truth? Well in my practice with the Holy Spirit I was Guided to accepting that the Course's only aim was to install in me the process of "overlooking" the error, or as we daily say, "letting go". The acceptance of this very simple process, I find, is our journey to the happy dream. How could it be different?

The practice is rather simple: we stay vigilant to everything within us that is not happy and we "overlook" it. This verb "overlook" could well be understood as forgiveness, Atonement, salvation. The experience of being "saved" from my own unhappy thoughts is a constant in us miracle workers, and soon we realise how simple it really is. The attachment to the illusion -that is to the world and what it seems to offer – proves to be the only hindrance in the way of the happy dream.

Could I experience the happy dream if I'm still seeing value in the nightmare? Absolutely not! So the path is clear, the journey defined. My happy dream is the result of having been completely and radically honest with the Holy Spirit, overlooking the world and all it seemed to offer me and choosing the Holy Spirit's Guidance. "I choose Peace above all this" actually means exactly what it says. The result of this choice is – of course - the happy dream, which you and I can bask in calmly and await the last step to be taken.

Will I be in a rush whilst in the happy dream? Of course not! The transition is guaranteed as it is not a transition at all. As I am happy and joyful, calm and peaceful, the happy dream is the perfect prelude to the final step that only God can take. I wait. There is no rush. The happy dream is alright.

by Carolina Corada
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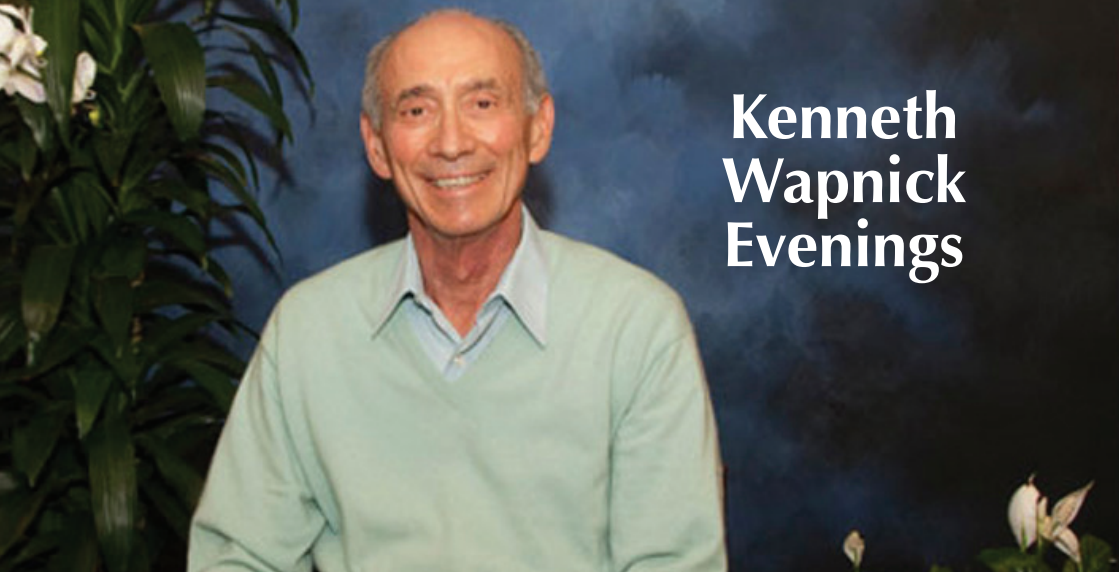
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Kenneth Wapnick Evenings

Kenneth Wapnick is considered by many to be the greatest teacher of *A Course in Miracles* that we have seen. His explanations of the principles and practice of the Course can open up new levels of understanding for students at all stages of their studying of *A Course in Miracles*.

This series of 3 evenings is a wonderful opportunity to learn from Ken in a group setting. We will listen to some recorded material and then share our responses and insights, with the rich potential for a deeper experience than listening on our own.

Each evening will be facilitated by one of this Miracle Network team:

Dan Strodl, Ian Patrick and kironJ Gardner.

Dan Strodl is the Manager of the Miracle Network, Editor of *Miracle Worker* magazine, a Trustee and a Pathways of Light Spiritual Counsellor.

Ian Patrick is the Founder and former Manager of the Miracle Network, a Trustee, an ACIM teacher and author of *Of Course!*

kironJ Gardner is the Events Manager of the Miracle Network, a Trustee, an ACIM facilitator and healer.

Please book in advance for 1, 2 or 3 of the evenings - we hope you will come to all 3! Space limited to 10 people per night.

Tuesday evenings: 15th January, 19th February, 19th March

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Venue: 204 Holcroft Court, Clipstone Street, London W1W 5 DJ



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TUESDAY 27th November 2018

Is Trust Ever Naivety?

With **John Reynard**



A Course in Miracles teaches us not to judge, and see only perfection in others. It never refers to setting boundaries or taking precautionary measures, but neither does it say we should enter into agreements we feel uncomfortable with or become a doormat for others. There may be many occasions when we need to ask searching questions, and turn to the Holy Spirit for guidance.

In what context then might trust become naivety, and how do we apply Course principles in business and in life generally?

John Reynard is an entrepreneur, business coach and author of 'The Spiritual Route to Entrepreneurial Success'.

TUESDAY 29th January 2019

My Heart is Beating in the Peace of God

With **Mel Bloch**



An interactive *A Course in Miracles* Inside Out Laughter session where we are invited to surrender into delicious laughter and experience the deeper peace always underneath.

From this space of unconditional love, non judgement and relaxation, the busy thinking mind is given a rest and the truth and beauty of the unconditioned Self can be felt.

Melanie Bloch, a student of ACIM, is a Holistic Laughter Coach, and a Laughter Yoga Teacher, Facilitator, Therapist and Ambassador, with a background in the spiritual self development and complementary medicine field of over 25 years.
www.melaniebloch.co.uk

VENUE: The Meeting Rooms, 14 Neals Yard, Covent Garden, WC2H 9DP

Not suitable for anyone with compromised mobility

DATE: The last Tuesday of the month. 7 - 9:30 pm

FOOD: Substantial vegetarian meals

COST: £16 with dinner, £10 without, if paid by the Friday before the event.
£4 extra after Friday and on the door.

BOOKING: www.miracles.org.uk, admin@miracles.org.uk or 020 3538 6163

A New Gene



You Can Heal Anything

Join **Lisa Natoli** as she shares her own healing journey searching for a cure for over 5 years for what doctors told her was an incurable autoimmune disease, and how she was led back to *A Course in Miracles* to

find the only cure that really works for complete and permanent healing: Know Thy Self.



Freedom Now

Frances Xu: Jesus promises us in *A Course in Miracles* that every problem can be solved NOW! Yet, in a state of conflict, a mind receives no solution. Together, we give up the attempt

to look for answers in this world. And we learn to access the Holy Instant where all answers abide, all fear dissolves, and only Love is remembered.

A Celebration of *A Course in Miracles* continuing and extending. 7 'new generation' speakers sharing their wisdom and passion, helping to ignite our true desire for a deeper understanding of this miraculous teaching.



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ration Speaks

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Corinne Zupko, Hollie Holden, kironJ Gardner**

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£210 from 21st January to 20th March

£235 from 21st March up to the Conference

Tickets include a 2 course vegetarian lunch both days and a free Community Evening on the Friday night, led by the Network Team.

Saturday and Sunday:

- 7 Talks
- 2 All Speaker Q&A Panels
- Meditation and Sharing
- 2 Course Vegetarian Buffet Lunch both days

Venue: **Ramada Hotel, Solihull, W.Midlands**

A limited number of discounted bedrooms available

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email admin@miracles.org.uk, or go to www.miracles.org.uk

May 2019 in Solihull

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My Hair Is On Fire

by Judith Burden-Smith



Not anymore...
A Course in Miracles came along and threw a bucket of cold water in my face and the dream was shattered.

"I am the dreamer of the dream" (T-27:VII)

This is one of the many self-realizations on the way to the happy dream. Luckily, I was guided to the Course, and, like all universal curriculums, it wasn't an easy fix. Here we are living in a high-tech, fast-food, twitter world, and we, Course students, have chosen to slog through 1200 pages of dynamite, one daily lesson at a time. Is it worth it for a peaceful and happy life? Yes, in my experience, a resounding yes. After all, we only have two choices in the dream - suffering or peace.

"I could see peace instead of this". I can replace my feelings of depression, anxiety or worry (or my thoughts about this situation, personality or event) with peace. (W-34:4) What a relief to be told we have another choice. That all my suffering arose from my untrue thoughts. These thoughts left me mentally, emotionally and physically exhausted. The untrue story of me was full of stress and anxiety based on my false beliefs, perceptions, child-like behaviour, and this body that just isn't good enough. Would I have the discipline and courage to work myself out of the dream of believing things could have been different, happier, if only I hadn't been born into that family, had that partner, that job, there was no end to the list of grievances I had. I was carrying all this unconscious baggage around while striving to improve my self-image by accumulating symbols revered in this world; career, fashion, travel, expensive wines and

a BMW. Oh, and did I mention blaming, shaming and trying to control my special relationships and the world around me to make my life more comfortable and safe. Totally exhausting. Rearranging illusions is not the path out of hell. Waking up is. I need help. I need a miracle.

"Prepare you now for the undoing of what never was. If you already understood the difference between truth and illusion, the Atonement would have no meaning. The holy instant, the holy relationship, the Holy Spirit's teaching, and all the means by which salvation is accomplished, would have no purpose. For they are all but aspects of the plan to change your dreams of fear to happy dreams, from which you waken easily to knowledge. Put yourself not in charge of this, for you cannot distinguish between advance and retreat. Some of your greatest advances you have judged as failures and some of your deepest retreats you have evaluated as success." (T-18.V:1)

"It is your thoughts alone that cause you pain. Nothing external to your mind can hurt or injure you in any way." (W-190:5.1-2) Another bucket of cold water in my face. If this statement is true, I'm definitely insane. The more I trusted the Course, the more hopeful and empowered I became. I could feel the exhaustion leaving my body at the thought that maybe it would be easier to change my mind, with a lot of help, than trying to change the whole frigging planet and everyone on it. I only had to heal one person, me, and that in itself was going to be a mammoth task. *"Forgiveness is salvation. It is the central theme of the Course, and of the Holy Spirit's entire plan for salvation."* (W-p11.1) *"Forgiveness offers everything I want." What could you want forgiveness cannot give? Do you want peace? Forgiveness offers it. Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world? Do you want care and safety, and the warmth of sure*

protection always? Do you want a quietness that cannot be disturbed, a gentleness that never can be hurt, a deep, abiding comfort, and a rest so perfect it can never be upset? (W-122:1-2) I made a commitment to myself and the Universe to do my part in undoing the mess I'd made and restore my sanity.

As it turns out, forgiveness is an ongoing battle. To stay in right-mindedness one has to be vigilant for the ego in every moment. It is a constant struggle to remind myself that what the body's eyes see is the illusion, while trusting that beyond the illusion is Holiness. And when I get it right, I'm peaceful. When I get it wrong, I suffer. The happy dream is a state of non-judgment and non-attachment to the insane thoughts that once possessed my mind. Thoughts come, thoughts go, now easily sloughed off as mere illusions trying to throw me off my game. And when things get complicated with a brother, I find this prayer miraculous:

*I desire this holy instant for myself, that I may share it
with my brother, whom I love.
It is not possible that I can have it without him, or he
without me.
Yet it is wholly possible for us to share it
now.
And so I choose this instant as the one to
offer to the Holy Spirit,
that His blessing may descend on us, and
keep us
both in peace.* (T-18.V.7:3-6)

So decades later I'm pretty close to experiencing happiness most of the time, but not all of the time. I now see salvation in every opportunity to make correction, knowing it gets me closer to the goal. And when I blow it, there is no guilt. As the Course promises, one day we will laugh at the silliness of the ego. I actually burst out laughing when I observe insane thoughts threatening to block my peace. It's so much easier now, and when I walk down the street with the sun on my face, there's only gratitude; when a mutt wags his tail, I feel the love; when a bird chirps, pure joy. What's not to love.

Through your holy relationship, reborn and

blessed in every holy instant you do not arrange, thousands will rise to Heaven with you. (T-18:V:3.)

We are miracle workers. I know I'm always in the right place at the right time, and whatever illusion is unfolding in front of me, the good, the bad and the ugly, is happening for me, not to me. The choice is mine whether or not to use this opportunity to heal. While we are doing our own healing, and advancing along the path, we are extending miracles to others. *"Because the miracle worker has heard God's Voice, he strengthens It in a sick brother by weakening his belief in sickness, which he does not share. The power of one mind can shine into another, because all the lamps of God were lit by the same spark. It is everywhere and it is eternal."* (T-10.IV.7:4-6) My special function is forgiveness in every situation that has been arranged for me. If fear arises, I remind myself I'm not in charge:

*I am here only to be truly helpful.
I am here to represent Christ, who sent me.
I do not have to worry about what to say or
what to do, because
the One 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.*

(Absence from Felicity. Page 301)

The above two prayers keep me on track. These prayers assure me I will say and do the right thing in every situation where the ego is not in charge. It works. There is so much peace in knowing I'm just the body-vehicle for the Holy Spirit energy to work through me. This is all pretty lofty stuff, and it takes a lot of slogging on the way to the happy dream. Is it worth the slog? Yes, while I believe I'm here in the dream, I might as well enjoy it. So I choose to live my life peacefully, happily, while fulfilling my special function here in the manifest world. I'm certainly not an ascetic, I still enjoy the temporary pleasures of this world: beer, TV, jelly donuts, to name a few. No guilt. What's not to love.....



Healing Your Inner Child

Free Introduction to the 8-Week Program

In this free 2 hour introductory teleconference, you will sample weekly activities and experiential processes. You will also experience a guided meditation where you will listen to your inner child. In this supportive environment shared experiences and activities provide a rich opportunity to release limiting fears and bring more unconditional Love into your life.

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- Week 3 - Inner Child Baggage
- Week 4 - Connecting with Higher Self
- Week 5 - Transforming Fear
- Week 6 - Stop, Look & Listen
- Week 7 - Healing Relationships
- Week 8 - Simple, Uncomplicated Love

Lynne Whitehill O.M.C. is an *A Course in Miracles* Counsellor with Pathways of Light and has been a student of *A Course in Miracles* since 1997.



Dan Strodl O.M.C. is *A Course in Miracles* Spiritual Counsellor with Pathways of Light, Manager of Miracle Network, and a student of *the course* since 2007.



Please pre-register by emailing:

lynne.whitehill@btinternet.com or calling 07847 139961



Forgiveness Prayer

*Today I am willing to see
past illusions to the truth.*

*Today I am willing to become as a
little child and be taught by the One
who knows.*

*Today I step back and take my unhealed
thoughts to the light, that I may see
them for the nothingness they are.*

*I am willing to let my projections be
undone. I am willing to remember
where I am always.*

*Today I am willing to be happy,
instead of right.*

God Is Freedom

One Problem: One Solution

with
kironJ Gardner

We believe in problems, cherish and cling to them, talk and read about them, suffer from them, focus enormous amounts of energy on solving them only to find there are more waiting... There has to be a better way! And there is.

This workshop aims at a shift in thinking, through experiential means, so that we can embrace *A Course in Miracles* teaching that our only problem is choosing the illusion of separation.

The one solution is choosing our true Identity as creations of God. God is Freedom. *'In Him you have no cares and no concerns, no burdens, no anxiety, no pain, no fear of future and no past regrets'*. Lesson 109

We will meditate and move, and breathe and sound, bypassing the intellect to help release the ego's hold on our bodies and minds, so becoming stronger and more willing extensions of God's Love and Freedom.

'Do I want the problem or do I want the answer?'

By joining together, we become the answer.

kironJ Gardner is the Events Manager of the Miracle Network, a Trustee, an *A Course in Miracles* facilitator and healer, and passionate advocate of an experiential approach to studying the Course. facebook.com/kironjgardner is dedicated to ACIM.



Saturday 16th February 10.30am - 5pm £45

The Lancaster Hall Hotel 35 Craven Terrace, London W2 3EL



Booking:
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The Happy Dream: Awakening to What Is Not Lost

by Amy Torres



"The Holy Spirit, ever practical in His wisdom, accepts your dreams and uses them as means for waking. You would have used them to remain asleep." (T-18.II.6:1)

The Unhappy Dream: Immersed in Ego Identity

I used to work as a legal secretary. It was a transitional phase in my life, taking me out of the world of advertising where I had first been a copywriter and then a business journalist. I had been laid off when the publishing business tightened their belts. Legal secretarial work was my fallback position as I navigated a dark night of the soul.

My life felt shattered. I was in my early 40s and, in my own mind, was supposed to be established in my family life and career. Instead, childless, I was newly divorced and temping at law firms to earn a living, rather than soaring to the next level as a writer.

One desk that I covered as a legal secretary, while its usual occupant was on maternity leave, was filled with framed pictures of a happy couple, the woman joyfully pregnant. The password for her computer was "dreamsandbabies" which she had handwritten in a note for me, complete with a heart dotting the "i" in "babies". Every time I used "dreamsandbabies" to log in, a sharp pain

pierced my heart. Each time I glanced at her photos, a sick feeling slid from my heart to my belly.

And it got worse.

When I entered the offices of the attorneys to whom I was assigned, I was assaulted with an array of spectacular family vacation photos, expensively framed, showcasing obscenely happy people on yachts, riding horses, and generally living large. It seemed that everyone got to fulfill their dreams, have babies and family fun except me. Emotional pain saturated my body.

Blessedly, *A Course in Miracles* resembled the legal tomes that filled the bookcases of law firms. Whenever my workload was slow, I would place *A Course in Miracles* on my typing stand and type directly from the book into a personal document stashed on my temporary computer. The grace-filled words of the Course entered my eyes, flowed through my mind, took seed within me, and emerged via my fingertips. As I busily typed mystical scripture, nobody at the law firm questioned what I was doing on company time. When you consider Who was in charge, that isn't surprising.

Though I was working nine to five, I was actually on Holy Spirit time, receiving profound and Timeless healings as I sought Guidance. One ordinary day, a miracle thought entered my mind. The miracle appeared as a pure idea in response to my usual pangs of pain and despair as I logged in to the "dreamsandbabies" computer. But this time, instead of wallowing in a sense of guilty failure, this thought arose:

You are an undercover minister.
I was startled. I was skeptical.

But then, I remembered workbook lesson 154, *"I am among the ministers of God"*.

Something buzzed and hummed inside me. I flipped to page 288 in the workbook and re-read the lesson. It said:

"It is not our part to judge our worth, nor can we know what role is best for us; what we can do within a larger plan we cannot see in its entirety. Our part is cast in Heaven, not in hell. And what we think is weakness can be strength; what we believe to be our strength is often arrogance."

So maybe not being where I thought I should be at 40-something-years-old was not the failure I assumed it was. Maybe all was in right order?

The Happy Dream: Serving on the Level of the World

Lesson 154 continued to illuminate:

"Would you receive the messages of God? For thus do you become His messenger. You are appointed now ... He needs our voice that He may speak through us. He needs our hands to hold His messages, and carry them to those whom He appoints. He needs our feet to bring us where He wills, that those who wait in misery may be at last delivered. And He needs our will united with His Own, that we may be the true receivers of the gifts He gives."

The message hit me with a subtle yet high voltage; spiritual electricity impacted me. The brain went silent and the body buzzed. Wave upon wave of felt-knowing flowed through me and then, after a bit, mental comprehension caught up. I was an undercover minister. It was true. My willingness had opened me to quietly serving God's Will behind the scenes. The role had a beautiful rightness to it.

Miracles are a funny thing. You can request them and not know you've received them. Your willingness facilitates the receiving and then, in the blink of an unholy instant, resistance intercepts the completion of the

miracle. It can take a lot of practice to remember not to forget to choose again.

"The images you make cannot prevail against what God Himself would have you be. Be never fearful of temptation, then, but see it as it is; another chance to choose again, and let Christ's strength prevail in every circumstance and every place you raised an image of yourself before. For what appears to hide the face of Christ is powerless before His majesty, and disappears before His holy sight."
(T-31.VIII.4:1-3)

The impact of realizing that my Presence and my Inner Light stemmed directly from my Source, put low-esteem issues and personal yearnings on the back burner. My ego continued to make demands, but as I remembered not to take them seriously, my undercover ministry felt real and true. My purpose was not to have a happy marriage, fulfill human dreams and make babies. My purpose was to Shine with the Light of God. This required letting go of self-interest* and valuing the beautiful feeling of service.

Consistently choosing again leads to experiencing the holy instant. Enough holy instants add up to an ongoing shift in consciousness, from ego perception to the Holy Spirit's True Perception, also known as the happy dream. The happy dream is awakening to what has never been lost, just hidden. The happy dream is the stately calm within. The happy dream is the result of willingness to firmly join in Truth and see that we are all the same.

The happy dream is the discovery and deepening of the realization that reality is timeless, formless God-Mind. Reality is Knowing, Being, Awareness. Perception arises within Reality, as a dream, but perception is not Reality.

"Dreams are perceptual temper tantrums, in which you literally scream, 'I want it thus!'" (T-18.II.4:1)

The ego dreams of space and time and form. Space and time and form seem real and, while believing in the ego's version of

reality, consume our ability to see or think outside of the bubble of ego-imagination.

"My thoughts are images that I have made."
(W-15)

Human bodies have five perceptors: eyes (see), ears (hear), nose (smell), mouth (taste) and skin (touch). Without these physical abilities we would not perceive the world. The world only seems outside of us because the ego induces us to believe that there is "something out there" and then proves it to us via our sensory organs.

The happy dream is a transitional state of mind where you surrender your perception to the Holy Spirit. Now the body is used as a miracle-receiver and miracle-transmitter. Being a miracle worker is the natural outcome of the happy dream. Light has dawned but full awakening is not yet complete. The happy dream strengthens your attunement to your Inner Light and your commitment to live from there. The flesh-and-blood-personal-identity-you thins away little by little as you dis-identify with ego and re-establish communication with your God-Self.

A Course in Miracles is not offering you a new and improved earthly dream life. It is offering you a way out of the delusion that your earthly dream life is real. Your physical life may very well improve as your attachment to it fades and your attunement to your timeless Self receives a clearer and clearer signal. But whether it does or not, your ultimate happiness depends only on choosing spiritual awakening as your top priority. Devote your life to serving God, as Jesus did, and everything will sort itself out from there.

"The happy dreams the Holy Spirit brings ... lead from sleep

to gentle waking, so that dreams are gone. And thus they cure for all eternity." (W-140)

Resources to help you experience the Happy Dream:

The Happy Dream Exercise video: <https://youtu.be/RyQg1UgF9hE>

The Happy Dream book:

Sweet Dreams of Awakening: 365 Good Night Blessings https://www.amazon.com/Sweet-Dreams-Awakening-Night-Blessings/dp/1975679288/ref=sr_1_1?ie=UTF8&qid=1534606139&sr=8-1&keywords=sweet+dreams+of+awakening+amy+torres

The Happy Dream Webinar video: <https://youtu.be/Nb6BEFgi8pk>

**Half an hour of
meditation a day is
recommended,
unless you're too busy.
Then make it an hour.**



Find Your Local Study

This list is provided for those wishing to locate and join a group in their area. It is not to be used for the purposes of promotion or advertising by individuals or organisations, under any circumstances. We appreciate your cooperation. The list is provided for information only. The Miracle Network does not endorse or recommend any particular group. We do not, and cannot, take responsibility for the content or running of any group.

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Places with people
seeking to form
or join a group.

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BUCKS: High Wycombe
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Perranporth, Truro
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Totnes
DORSET: Weymouth
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HANTS: Winchester, Eastleigh
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Mare
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Petersfield, Burgess Hill
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WOKING
YORKSHIRE, W: Leeds

CHANNEL ISLANDS

JERSEY

SCOTLAND

RENFREWSHIRE: Paisley

WALES

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PHONE-IN STUDY GROUP

Sunday 9-10 AM
Phone: 0333 966 0060
Access Code: 318 904 #

What's On

NOVEMBER

I Am Sustained By the Love of God

with **kironJ Gardner**

SATURDAY 10th November

10.30am - 5pm £35

Friends Meeting House, 38 Elmbank
Crescent, **Glasgow** G2 4PS

Booking: www.miracles.org.uk,
(020) 3538 6163 or
admin@miracles.org.uk

The Practice of Course Principles in Intimate Relationships

with **Dr Annie & John Campbell**

SATURDAY 17th November

Lancaster Hall Hotel 35 Craven
Terrace London W2 3EL

Cost: £45

Booking: www.miracles.org.uk,
(020) 3538 6163
or admin@miracles.org.uk

Embracing A Course in Miracles

with **kironJ Gardner**

SUNDAY 25th November

An experiential review of the first 50
lessons of ACIM, for newcomers and
long time students alike

In Hastings 10.45am - 5.15pm £30
Contact kironJ at:
kiron9@outlook.com



TUESDAY 27th November

Is Trust Ever Naivety?

Talk by **John Reynard**

The Meeting Rooms, 14 Neals Yard,
Covent Garden, LONDON WC2H 9DP
£16 adv w/ dinner, £10 w/out.

£4 extra after Friday

Booking: www.miracles.org.uk,
admin@miracles.org.uk or (020) 3538 6163

DECEMBER

Christmas for Mystics

Practical Ways to Experience
Miracles This Christmas

with **Robert & Holie Holden**

MONDAY 3rd December

The Essex Unitarian Church
112 Palace Gardens Terrace, London
W8 4RT 7-10pm **Cost:** £25

Booking: www.miracles.org.uk,
(020) 3538 6163
or admin@miracles.org.uk

Christmas Forgiveness

with **kironJ Gardner**

SUNDAY 2nd December

2-5pm £15 in Stanmore
Inner preparation for the Christmas
season's forgiveness opportunities.

Contact kironJ at:
kiron9@outlook.com

Send details of your ACIM events, for free
inclusion on this page, to info@miracles.org.uk

JANUARY

Miracle Network Community Day

SATURDAY 12th January

10.30am - 5pm

Lancaster Hall Hotel 35 Craven
Terrace London W2 3EL

Cost: £30

Booking: www.miracles.org.uk,
(020) 3538 6163

or admin@miracles.org.uk

Kenneth Wapnick Evenings

Tues 15th Jan, 19th Feb, 19th
March with the Network Team

7.30-9pm £10 per evening, £27 for 3
204 Holcroft Ct, Clipstone St,
London W1W 5DJ

Booking: www.miracles.org.uk,
(020) 3538 6163

or admin@miracles.org.uk

Miracle
CAFE 

TUESDAY 29th January 2019

My Heart is Beating in the Peace of God

with **Mel Bloch**

The Meeting Rooms, 14 Neals Yard,
Covent Garden, LONDON WC2H 9DP

£16 adv w/ dinner, £10 w/out.

£4 extra after Friday

Booking: www.miracles.org.uk,
admin@miracles.org.uk or (020) 3538 6163

FEBRUARY

God Is Freedom

with **kironJ Gardner**

SATURDAY 16th February

Lancaster Hall Hotel 35 Craven
Terrace London W2 3EL

10.30am - 5pm £45

Booking: www.miracles.org.uk,
(020) 3538 6163

or admin@miracles.org.uk

ONGOING

The Centre for Inner Peace with Nick Davis

Thursday 8th November

The Power of Vision:

What you Want to See

Saturday 24th November

Wholly Safe, Eternally at Peace:

The Real You

Saturday 15th December

Accepting Completion:

Acknowledging the Gift of Christmas

To reserve your space call 01886 288295

or e-mail Nick: acim007@yahoo.co.uk

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Miracle Worker

Subscription Info

If you wish to receive the magazine regularly, you must either:

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DISPLAY ADS:

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- 1/2 page ad: 135 mm wide x 95 mm high. Full-colour £125.
- Full page ad: 135 mm wide x 200 mm high. Full-colour for £215.

Discounts are available for repeats.

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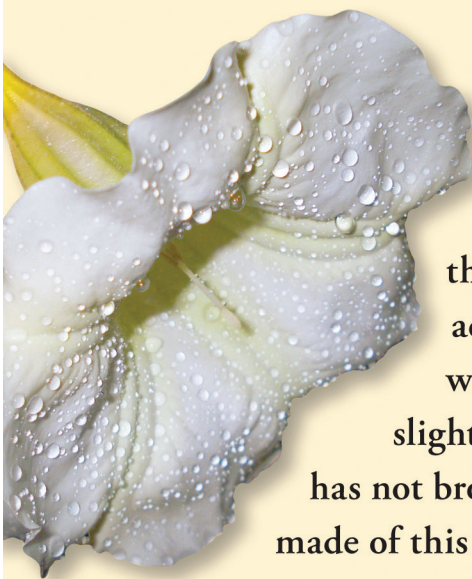
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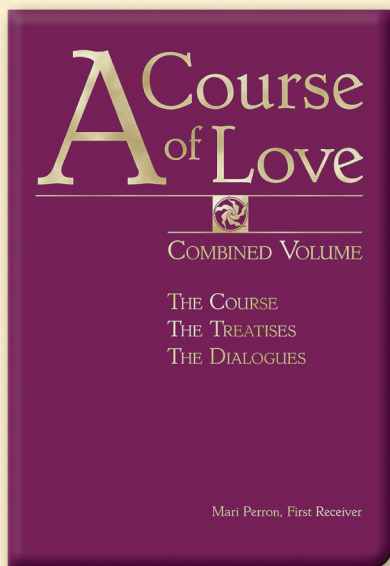
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Are You Willing?



“ You must forget the idea that you can create the new from the old. These have been the ways of creation in the thought system of the ego, ways that have brought much advancement to the forms you occupy without changing their nature in the slightest measure. All the effort of the ego has not brought an end to suffering or strife, nor made of this illusion a happy dream.



In order to live by the truth, you must live in the world as The Accomplished and cease struggling to be other than who you are in truth.

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kironJ Gardner is Events Manager of Miracle Network, a Trustee, an ACIM facilitator and healer. facebook.com/kironjgardner is a page dedicated to *A Course in Miracles*.



Saturday 10th November 10.30am - 5pm £35
Friends Meeting House, 38 Elmbank Crescent, **Glasgow** G2 4PS



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