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My New Life



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Dreams, Visions and A Course in Miracles:

Experiences of my Awakening Through ACIM

Beth Geer shares the extraordinary experiences she has had, as part of her mind-expanding journey with ACIM that began 20 years ago. Through this sharing, she will impart the life-changing messages she received through dreams, visions and clairvoyance, stories she hopes will be both enjoyable and helpful.



Beth Geer is the author of "Awakening To One Love," a compilation of inner conversations with the Holy Spirit, as well as "Awakening Humanity: Our Place Among Extraterrestrials and Angels," and "The Light Has Come! Divinely Guided Chapter Summaries from "A Course In Miracles." Beth lives on a small farm in Minnesota with her husband and children. She has a YouTube channel: [youtube.com/@BethGeer](https://www.youtube.com/@BethGeer). In her videos, she narrates while the listener watches beautiful scenery she has recorded of her farm and wherever else she may find herself travelling. www.bethgeer.com.

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From the Editor



My life before *A Course in Miracles* was so different from how it is now. My days were filled with stress, worry, fear, and grievances. I had judgements for many people in my life: work colleagues, neighbours, people in shops, friends. By judging them I'd feel better about myself. I was driven by the need to be successful, intelligent and respected. But underneath these desires I felt not good enough. I wanted people to like me, but I didn't like myself.

All the things in the world that was supposed to make me happy; money, success, a fancy car, foreign holidays... weren't working. Happiness would last a little while and then I was down again.

I finally realised that something was missing, and I went on a spiritual search. I tried different spiritual practices, and when I reached *A Course in Miracles*, I knew this was the one. I immersed myself in the course, did a lesson every day, went to study groups, read the text, went to workshops, and read course related books.

I started noticing where my mind was, and it was often in fear, grievances, and judgements. I learned to hand these things over to the Holy Spirit, and they would be healed. The darkness would lift and the light would come through. Slowly my mind became more peaceful and happy. A love that I never knew before grew and extended out to my brothers. Separation weakened and I felt a unity with people in my life that I never felt before.

Forgiveness (letting go of worldly stories) has been a wonderful way to free myself from the ego mind. I now look at the stories in the world and remember they are not real, just a way to keep me stuck in the dream. I feel such freedom to be detached from the world's opinions, beliefs, and judgements. And the Holy Spirit is always with me to lead me back to my Right Mind.

It was a slow process, and I began to experience miracles every day; fear would weaken and be replaced by love. I lost interest in external things; money, success, needing appreciation... and my true Self grew.

I've trained my mind to see past the judgements of my brothers and see the light in them. Last week I had a situation where a friend emailed me a video of a man filling his mouth with vodka, and then spitting it out, and setting it on fire. The fire went backwards into the man's mouth and set him on fire. I was so shocked and felt upset that my friend would send me such a violent video, and I judged him harshly. Then I remembered to see the light in him and release my judgements. It came to me that this was his way of connecting, and he had the best intentions. I was able to let my judgement of him go and see the light in him.

As I progress in the course and let go of the worldly values, I don't take the world seriously. I now find myself laughing a lot of the time. The world is a funny place and I share silliness with everyone, and they play with me. This simple practice lifts us up out of the ego's clutches to the light in all of us.

Today my life doesn't resemble the life I had in the past. Happiness and peace are my natural state... fear, judgements and grievances are rare. And when I am triggered, I know what to do. I hand it over to Holy Spirit and He heals my mind of more guilt.

I feel so blessed to have the Holy Spirit always with me, guiding me along the path I never could have found on my own.

Dan Strodl - Manager of Miracle Network
Website: www.miracles.org.uk

No Two Curriculums Are the Same

by Corinne Zupko



When I think about my life pre-ACIM and post-ACIM, my mind is immediately brought to this quote:

“By far the majority are given a slowly evolving

training programme, in which as many previous mistakes as possible are corrected.” (M-9.1:7)

I was 19 years old when *A Course in Miracles* came into my life. At that time, I was lost in an abyss of anxiety and panic attacks, terrified of getting sick and terrified of dying. I believed in God but had no pathway to deepen that connection. As I dived headfirst into the teachings of *A Course in Miracles*, I knew it was the healing balm I needed.

What I didn't know at the time, though, which I clearly know now, is that healing is not linear. It can be messy. And not only can it be messy, but our journey to remembering the truth consists of a curriculum that for each of us is *“highly individualised”* (M-29.2:6). No two curriculums are going to look the same.

When I think of my life pre-ACIM and post-ACIM, I realise that it is much more nuanced than a pre/post evaluation. *A Course in Miracles* reveals deeper and deeper layers of its teaching as my own consciousness continues to grow and expand. In other words, I do my lessons, I study the book, and I “think” I know what it

says. But then, something arises in my life to show me that I know nothing. I then let go of my conceptualisation and ideas about ACIM, and something bigger reveals itself to me through the pages of the book. Being a Course student, for me, is an iterative process.

So, when I think about my new life with *A Course in Miracles*, it's a continuous new life, not a one-time new life. For the sake of explaining some pre/post insights and lessons, I'm breaking my journey down into four distinct phases:

Before *A Course in Miracles*

My entire life before *A Course in Miracles* was accompanied by some form of anxiety. My first major period of undoing occurred in the form of panic attacks at age 19, fuelled by the sudden death of a classmate. My mum had previously tried to introduce me to the Course, but only once I hit rock bottom did I finally take her advice and begin studying the Course.

My first 12 years as a Course student (1997-2009)

These years were characterised by doing the lessons in the Workbook as well as I could. I found increasing peace, and the anxiety waned. I turned to the Holy Spirit and asked for help a lot. I began developing a sense of who I was beyond a body. But looking back, I was using *A Course in Miracles* as a band-aid. If I felt fearful and anxious, I'd pick up the book, read until I felt better, and then go back to whatever I had been doing. I ran away from fear. I

didn't want to feel any uncomfortable feelings. I would shut out anything that might disturb the peace I found.

To sum up my main takeaways throughout this time, it's that we cannot bypass our lessons. I learned that if we try to do anything with the small self as our guide, we falter. Thankfully, I learned through my early years as a Course student to consistently turn to the Holy Spirit. This laid a solid foundation for me for what was to come. In 2009, after being a Course student for 12 years, I found myself in the thick of debilitating anxiety again, triggered by feeling stuck in a job that was no longer a good fit for me. I had to ask myself, “What was I missing?”.

My second 12 years as a Course student (2009-2021)

As I slowly recovered from the mountain of anxiety that showed up in 2009, I asked myself some tough questions (with the Holy Spirit as my guide). I was shown that I had been using *A Course in Miracles* to bypass discomfort. I realised I had to turn towards my discomfort and look at it with the Holy Spirit. After all, the Course teaches that *“purification is necessary first”* (T-1.1.7:1). We must look at what we've made (with the Holy Spirit). At this time, I started writing about all of the ACIM teachings and inspired practices that were helpful for me in healing. My book, *From Anxiety to Love*, was born and then published in 2018.

These years were characterised by a reasonable amount of peace, interspersed with gentle lessons. I learned that *A Course in Miracles* is a living document and that the more I kept my mind open about what could be revealed to me, the more spiritual experiences I would have.

My lessons from this time period reinforced the importance of centring the Holy Spirit in all aspects of my life. I solidly learned the healing and transformative value of transparency, honesty, and integrity and how much peace and inner harmony those characteristics bring about.

Then 2021 showed up, and I would again be brought to my knees as a Course student. I didn't fall into the abyss of panic attacks (score!), but a series of stressful events in my family along with some relationship losses upended my entire sense of stability.

2021 – present day

2021 ended up being a rocky year, and rather than cling to *A Course in Miracles* and what it says (or, more accurately, what I think it says), I had an experience of Jesus coming to me and asking me to let it all go. To let the book go. To let all words go. To let identification as *A Course in Miracles* student/teacher go. Instead, I was being asked to trust Him directly. To hear Him, directly. Being that my spiritual foundation is based on the Course and I've been working with it my entire adult life, letting go was terrifying. But I had developed enough trust to follow the guidance.

When I let go, a series of events unfolded. I felt destabilised and like my spiritual foundation was gone (spoiler alert, it wasn't!). Almost immediately, divine help showed up. I had a series of mystical experiences that included visions, abundant synchronicities, and a deep sense of knowing that I was not walking alone. There are teachings in *A Course in Miracles* about angels, psychic abilities, the soul, and other topics that aren't widely discussed. These became the “next phase” of my Course studies (and yes, I am still a

Course student. A main lesson learned in this period of my life can be summed up by this Course quote: *"This course is a beginning, not an end. Your Friend goes with you. You are not alone"* (W-ep.1:1-3). We are truly guided every step of the way. Help is available whenever we ask. The Holy Spirit speaks to us through many different channels – through seeing, hearing, feeling, and knowing.

I have also deeply learned that whenever we are "triggered" or hooked by a situation in our lives, it is pointing to something within that needs to be seen in order to be healed. So, we can be grateful for whatever upsets us – it is pointing to something ready to be healed. Whatever step I need to take next in that healing will reveal itself to me. I trust that fully now.

I'm so filled with gratitude to have *A Course in Miracles* as my foundation as I learn, unlearn, heal, forgive, and move through this dream. The Course enables me to see the orchestration of things. It provides a *"quiet centre"* of rest before going on to *"every busy doing on which you are sent"* (T-18.VII.8:3). I wouldn't exchange the foundation I have in *A Course in Miracles* for anything. Without it, I'd be lost. With it, I get to live a life that *"becomes a meaningful encounter with the truth"* (W-135.19:2).

How lucky are we!

Corinne Zupko, Ed.S, MA, is the author of the award-winning and bestselling book *From Anxiety to Love*. Get her new e-book on the "Clairsenses for Course Students" at <https://fromanxietytolove.com/ebook>

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Thank You, Brother, for Your Course

by Myron Jones



As it happens, everything I ever believed was wrong. It has taken a long time for me to realise this and even longer for me to accept it without exception and to allow the transformation to unfold. I can sincerely say that I am very different today than I was before I began the study of *A Course in Miracles*. Oh, wait. I am not different. I have always been exactly as God created me. But I now know that, and I didn't know it before. And that changed everything about my experience of this story of Myron.

"Everything the ego tells you that you need will hurt you" (T-13.VII.11:1)

"Therefore ask not of yourself what you need, for you do not know, and your advice to yourself will hurt you" (T-13.VII.11:5)

"Only the Holy Spirit knows what you need. For He will give you all things that do not block the way to light" (T-13.VII.12:1-2)

I used to think I knew what I wanted because I thought I knew what would make me happy. I wanted to feel safe and secure, and I thought a good job with good pay was the way to do that. I wanted to feel loved or at least liked, and so I did what I could to make that happen. And yet, I was often anxious and afraid. The closer I came to achieving my goals, the more fearful I became because I could also imagine losing them. My past life proved to me that I needed to resign as my own teacher and that I needed a different advisor. My ego

was more than useless at the job; it was an impediment to my peace and happiness.

A case in point is when I was working as a salesperson. I had many opportunities to heal my mind. I drove from town to town, meeting with city officials, and I worked closely with the men and women who operated the water departments. I formed close relationships with many of them, and those relationships were special in that I wanted something from them. I wanted their loyalty and would become upset if I heard they were talking to a competitor or if they were unhappy with my service. I had fellow co-workers, and those relationships were important to me as well, and for the same reasons. If they didn't do their jobs as they should, they could cost me a customer and thus threaten my income.

It took years of consistent practice with the principles of *A Course in Miracles* for this to change. Because of my fear of lack and my persistent belief that there was something outside my mind that needed to change to achieve happiness, these years were a roller coaster ride of emotion. I would be thrilled when I gained a customer and satisfied when I received praise or thanks from one. But even in the best of times, there was an underlying fear of loss. So, I never really enjoyed the job. But I don't regret a moment of it because it was through this job that I found another way to live. Over time, the Course became alive for me through my constant practice.

As I learned to watch my mind and to call on the Holy Spirit for correction, and I did this repeatedly over those 26 years, my experience began to change. It was an obvious change and a welcome one. I was learning that relationships were not for getting but for giving. I stopped looking

outward for proof of my abundance and my value. I became more peaceful and happier in my job. Instead of using my customers, I began to love them and want the best for them. Outwardly, not a lot changed. I had always done a good job for them, but now I did it because I cared about them, whereas before, I did it because I needed them.

I relaxed and enjoyed relationships and left my needs to the Holy Spirit, Who knew what I needed. He supplied my needs in a safe way and a way that did not keep me here longer. Thus, I didn't need anything from my customers or my fellow workers. So, I could be with them in peace, which, as it happens, was good for business. They no longer only needed me; they enjoyed my company. Many were very disappointed when I retired, and some kept in touch for a long time. And my mind was clearer than ever because what we learn in one situation becomes true for all of them.

There are so many things I have learned from *A Course in Miracles* that have changed my life. The one that is most useful to me is that it is never about the other person or the situation. It doesn't matter what someone says to me or what is happening in the world; how I feel about it is up to me. How I interpret what is said is up to me. As Jesus says: *"You place pathetic faith in what your eyes and ears report"*. (W-151.3:5) What we hear coming from someone else is just sound until we interpret the meaning.

So, if I interpret the words to mean something besides love, I must have a thought that needs to be healed. *"The message your brother gives you is up to you. What does he say to you? What would you have him say? Your decision about him determines the message you receive"* (T-9.II.5:1-4)

There was a time when I thought that my brother showed me what he was, but now I know differently. If I see something that is

not a holy reflection, I must be looking from the perspective of the split mind. If that happens, I change the mind from which I perceive.

If my feelings are hurt, I recognise that no one did that to me however it might appear. I did it to myself. This is so much better because while I can change my own mind, I cannot change his. By changing my mind, I quickly return to happiness. This morning, my son was looking at the leftovers to see what he wanted to eat. I pointed out that there were some potatoes that he would particularly enjoy. Then I said, "You will have to heat them up." He looked at me and said, "Yeah, that would be because they have been in the refrigerator all night?"

I laughed out loud. I saw the absurdity of my comment and thought it was funny. There was a time in my life when I would have decided that his comment was hurtful. I was so filled with self-loathing that I expected to be judged and thought I should be judged. I thought I was guilty of many things and had almost no self-worth.

A Course in Miracles helped me to see that this could not be true. *"Your worth is not established by teaching or learning. Your worth is established by God. As long as you dispute this everything you do will be fearful, particularly any situation that lends itself to the belief in superiority and inferiority"*. (T-4.I.7:1-3) I believe that straightforward statement, and now I just laugh at my human foibles.

For Valentine's Day, after I brought candy to my kids and my granddaughters, I thought, "Nobody ever gives me candy." As soon as I saw that thought, I laughed. It's ego thinking coming through, but I wasn't interested. In the past, I probably would have taken it seriously. Some years ago, my daughter called to invite me for dinner. When I pulled up to her driveway, there was no place to park. I realised that the whole family was already there.

I was an afterthought! Somebody must have said, "Did anybody invite mom? We had better do that". I was so angry! I threw my car in reverse and was about to leave when sanity returned, and I decided to stay and enjoy myself. It was different for me in that, previously, it was a job for me to return to sanity, but that time, it was easier, and this time, I just laughed. Sometimes we get to see that we are moving forward.

Where is all this practice taking me? Well, I am happy and peaceful most of the time, and when I am less than that, I choose again. But more than that, I am beginning to remember what I am as I remember what my brother is.

"I am God's Son, complete and healed and whole, shining in the reflection of His Love. In me is His creation sanctified and guaranteed eternal life. In me is love perfected, fear impossible, and joy established without opposite. I am the holy home of God Himself. I am the Heaven where His Love resides. I am His holy Sinlessness Itself, for in my purity abides His Own."
(W-p11.14.1:1-6)

This is so different from what I used to believe about myself. I am the Mind that is God, regardless that I sometimes still think I am this small separate person. Nothing has changed since my creation. I am in God even now, and as I become open and receptive to that truth, I bring the light of Heaven with me even into this world.

It becomes confusing to me sometimes because I know this is true, yet my experience is so very different within this world. It seems that I am the Son of God and I am Myron, and the two identities are not always clearly defined in my mind. And yet they must be because there is no meeting place for them. So, it is just confusion of identity.

Believing that I am Myron makes the illusion of me as Myron very real in my mind, but it cannot make it true. As I let go of these confused thoughts, my mind clears. As I decided for light, darkness simply ceased to exist. It is no different nor any harder than turning on a light in my dark room. The light comes on, and the darkness is gone. It doesn't take time and almost no effort.

Each time I let my mind be illumined with the truth, my faith and trust grow stronger, my decision for Light comes more quickly, and the solution is more quickly accepted. So here is the whole thing in a nutshell. I am the Son of God. I am Love. I am peace. I am experiencing something unlike myself. I get confused as to my identity. I recognise the confusion and I decide to remember who I am. I ask for help. As I accept it and live it, I give it. I awaken.

Rev. Myron Jones O.M.C. is a Pathways of Light minister, and has been a student of *A Course in Miracles* since 1981. She facilitates Pathways of Light courses in groups and one-to-one. These courses help deepen the understanding and practice of *A Course in Miracles*.
www.forgivenessisthewayhome.org

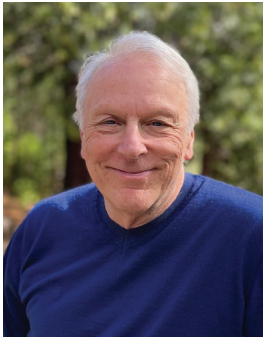
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If you'd like to take on this role, contact our administrator email: admin@miracles.org.uk or phone: 020 3538 6163.

The Miracle Worker Barbie

by Alan Cohen



The opening scene of the Barbie movie zooms in on a group of little girls sprawled around a wilderness encampment, sleeping like the primordial apes in 2001: A Space Odyssey. The girls are surrounded by their old-fashioned baby dolls. One by one, the children look up, wide-eyed and shocked. Looming before them stands a smiling, bathing-suited Barbie, in all her shapely splendour. Smitten, the girls realise that the new doll goes far, far beyond any doll they have known. They stare at their old dolls with disdain, and pound them on the ground, smashing them to oblivion. Why would you want to drag around a Raggedy Ann when you can worship and become a gorgeous, vibrant woman? One girl tosses her old doll high into the air, like the 2001 ape cast the bone that twirled in space and morphed into a future rotating space station. With equal flair, the mid-air baby doll morphs into the Barbie logo. Transformation occurs before our eyes, and we are off and running to the movie that no one expected.

In a sneaky way, Barbie's producers, like those of 2001, have educated the masses in the dynamics of a quantum leap—when an old, outdated paradigm gives way to something entirely different. The new thing has not evolved from the old. It is born of a new mind.

A Course in Miracles represents a way of thinking and being that far transcends the

life we have known.

“ . . . But you have let the belief in darkness enter your mind and so you need a new light. The Holy Spirit is the radiance that you must let banish the idea of darkness. His is the glory before which dissociation falls away, and the Kingdom of Heaven breaks through into its own.” (T-5.II.4:1-3)

None of us foresaw that ACIM would change our lives as it has. We were trudging along with the masses, identifying ourselves as bodies, social climbers, and spiritual seekers. But seeking is an activity of ego. Finding is of Spirit.

“To seek and not to find is hardly joyous. Is this the promise you would keep? The Holy Spirit offers you another promise, and one that will lead to joy. For His promise is always, Seek and you will find.” (T-12.IV.4:2-5)

A Course in Miracles has most changed my life by guiding me to transform my special relationships into holy relationships. I am an expert on special relationships because I have had so many of them. I used to find my one true soulmate once a month, more during the summer. I was constantly looking for a woman who would complete me. But my search for the perfect Barbie usually ran me into barbed wire. Through decades of trial and error, I discovered that nothing in the outer world can complete what is already whole. I have learned to shift my identity from someone who needs love to someone filled with love. Instead of seeing women—and men—as bodies and personalities only, I can relate to them as radiant spiritual souls.

I have also learned from watching others

apply the Course's tools. Many of my coaching clients have struggled with whether or not to stay in their marriage, for example. I tell them, “How you stay or part is more important than whether you stay or part. If you stay but feel angry and resentful, and you quarrel with your partner, your body remains but your soul is shredded. If you part with love, support, and mutual respect, you have a holy relationship. If you stay, stay with love. If you part, part with love. The energy is more important than the form.”

My coaching client Barry, a dedicated ACIM student, told me, “After long deliberation, my wife and I decided to divorce, and we went to a mediator to help us settle our finances and legal details. When we came to an agreement during the session, the mediator was shocked. He told us, ‘In all my years of mediating divorces, I have never seen a couple reach a settlement so harmoniously and quickly.’” Barry credits his ACIM training as the source of their amicable resolution.

Studying the Course has also helped me loosen the screws that seem to hold the world together as a real and solid place.

“[That one error] was so vast and so completely incredible that from it a world of total unreality had to emerge.” (T-18.I.5:3)

I no longer take my cues from how most people live; instead I turn to my inner guidance.

“You are asked to trust the Holy Spirit only because He speaks for you.” (T-11.I.11:1)

Paramahansa Yogananda suggested, “Consider the world a big mental institution.” Everyone is crazy, and we each hang out with people who are crazy in the same way we are, and who agree that the same illusions are true. So I am no longer surprised when people make ridiculous decisions. What else would you expect in a

refuge for the mentally impaired?

When Barbie leaves the perfect Barbie World and visits the “real” world of Los Angeles, she discovers pervasive fear, selfishness, and loneliness. Astounded, she remarks, “Everything here is backwards”—a pure quote from ACIM.

“Do you really think it strange that a world in which everything is backwards and upside down arose from this projection of error?” (T-18.I.6:4)

A Course in Miracles tells us that the world that most people live in most of the time, is the polar opposite of the world God intended for us. Dissension, war, disease, and death have nothing to do with our divine nature and destiny. The Course goes so far as to say,

“Not one thing in this world is true.” (W-240.1:3)

Yet behind the appearance of chaos, I have gained faith that, in spite of ego's feverish attempts to dictate the world, God is present, and “*all things work together for good.*” (T-4.V.1:1) A woman living alone in the country grew hungry, and prayed to God for food. Some boys outside her house heard her praying, and they decided to play a trick on her. They found a chicken, climbed up to her roof, and tossed it down the chimney. Seeing the chicken fall from heaven, she began to praise God and shout “Hallelujah!” The boys, roaring with laughter, confessed that they had tricked her and sent her the fowl. She smiled, thanked them, and said, “The devil delivered it, but it was God who sent it”.

“You will no longer doubt that only good can come to you who are beloved of God. . . .” (W-151.10:3)

The Course has also inspired me to reframe as Jesus demonstrates. In the Text, he reinterprets many verses from the Bible that

people misuse to instil fear rather than faith. He replaces a vengeful God with one of compassion and forgiveness, and undoes the oppressive need for sacrifice. The Course generates a miraculous global perceptual shift from limitation to freedom, and the Workbook gives us daily tools to see life through corrected vision.

A Jewish congregation in my town had to vacate its meeting place and find a new site for their worship services. The only facility they could find was a church where the leaders rented them space for their Saturday meetings. After the first service, a congregant came to the rabbi and asked him, "Don't you think it inappropriate for us to pray beneath that cross on the wall?" The rabbi took the man aside, placed his forefinger to his lips, and replied, "Shhhh. . . It's a 'T' for Torah".

Daily I have endless opportunities to reinterpret all events in my favour. While relaxing at my favourite beach park, I was disturbed by two maintenance workers operating loud weedwhackers near me. When I started to grumble to myself, I reminded myself, "*I could see peace instead of this*" (W-34) and I reached to "*choose once again*". (T-31.VIII) I thought, "It's really nice that the crew is keeping the park trim and clean for all the visitors." While annoying thoughts still attempt to hijack my happiness, I am getting better at offsetting them more quickly.

The most practical gifts of ACIM show up in my relationship with my partner Dee, who has joined me over the years in my Course study. When we first got together, we argued far more than we do now. Yet as a result of practising the Course lessons, we hardly bicker at all. Both of us would rather enjoy harmony.

"Do you prefer that you be right or happy?"
(T-29.VII.1:9)

If a disagreement comes up, we handle it

kindly, and are quick to return to joy and mutual support.

Some people delineate their life as "B.C."—"Before the Course," and "A.D."—"Already Done".

"God has already done all things that need be done." (W-337.1:5)

"A.D." usually refers to "Anno Domini" — "the year of the Lord". Most of the world measures time according to when Jesus Christ was born. Since he walked the earth, life on the planet has been upgraded, at least for those who follow his teachings. We might say with equal authority and gratitude that our life is new since Jesus gave us *A Course in Miracles*, a reminder and clarification of his original message, and a welcome correction for the often fear-based misinterpretation of his gospel of love.

It's hard for me to imagine what my life would be like if Jesus had not walked the earth or bestowed us with *A Course in Miracles*. I consider the Course a spiritual "get out of jail free" card on the Monopoly board of an insane world. In the movie, Barbie struggles between living as a human or remaining in her perfect Barbie World, a metaphor for heaven. When Barbie meets her creator Ruth Handler, Ruth tells her, "Humans have only one ending. Ideas live forever." Could there be any more poignant statement of life before *A Course in Miracles*, and life afterwards?

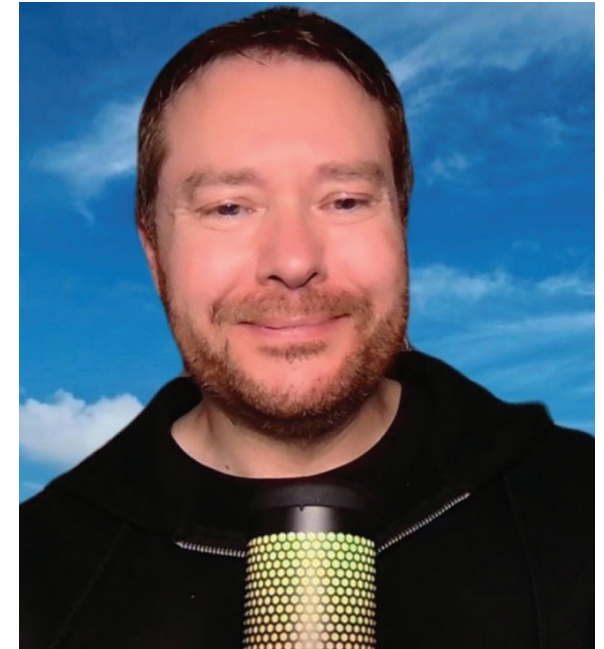
Alan Cohen is the author of many popular inspirational books, including A Course in Miracles Made Easy and his new metaphysical adventure novel Baby It's You. Join Alan for his Spiritual Writer's Training beginning on May 7, including an optional Hawaii retreat. To explore Alan's books, video courses, Holistic Life Coach Training, retreats, YouTube channel, and free daily inspirational quotes, visit www.alancohen.com.

You Find Christ, and Invulnerability, in the Looking with Keith Kavanagh

"Let us give them all [sufferings] to Him Who knows the way to look upon them so that they will disappear." (W-193)

Jesus gives us a very specific forgiveness formula which is a way of looking at suffering so it disappears. This workshop focuses on understanding and eliminating the big mistake almost everyone makes that denies them the simplicity and power of the formula

Keith first heard of *A Course In Miracles* 30 years ago in a talk by Wayne Dyer and bought his first copy. Just over a decade ago, a crippling Generalised Anxiety Disorder took hold in his life for 8 years, effectively reducing it to a half life. It culminated in a rock bottom point of readiness to devote himself to the Course in earnest. The anxiety disappeared and he started having awakening and Oneness experiences.



Saturday 13th July 2024 Online Workshop 5:30 - 7:30 pm UK time

£20 full price £13.33 concessions Friends £16

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'Yes' to What Is: A New Life

by Lia Steinson



My new life emerged as a gentle continuation of the old; no trumpets or drums to mark the profound inner shift that was concluding. For all my early years, and well into middle age, I

joined in the general attitude to life I experienced around me - endlessly pointing out what was wrong with everything from politics to other people and cultivating a perspective that suggested that I knew best. I gobbled up the News and thought it told what was really happening, rather than a selection of the worst things that appeared to be going on in the world from the perspective of the media chief's personal illusion. Like everyone else, I joined in the gossip, slagged off people without regard to how that might make them feel and judged the world harshly. My outlook was negative though somewhat superior, which, of course made me feel separate, but I didn't understand that then. All this was underpinned by a deep belief that I could do anything I set my mind to, and indeed, I actually observed this to be true for many years. Such an ego!

The change began, at least, quite dramatically. No, not with the arrival into my life of *A Course in Miracles*, that came later and rather quietly, but the event I'm referring to paved the way because it was a massive undoing. It was the birth of my

son. I had a wonderful pregnancy and planned every detail of the perfect home birth with a purpose built birthing pool and a private midwife. I had no back-up plan as it was going to be as my ego had decreed. Hmm, well, it wasn't. It was the most awful nightmare and we both nearly died, entirely because of my arrogance. So, I learned I was not all powerful; a good start though there was a very long way to go.

The next step was the Course. Well, almost. I visited an ACIM stand at the *Mind Body Spirit Exhibition* in London. It drew me in but I didn't warm to the people as I was still in judgement mode. I got the book though. I hated it. All that mumbo jumbo about a Holy Spirit and the Son of God, which was supposedly me and all the rest of humanity. I ranted a lot about the language and let it turn me away from the teachings. By now, I had spent many years entirely enmeshed in the material world and had had a successful career as a Buyer for the John Lewis Partnership. But the nagging feeling that there was a better way to live was constantly with me.

I had studied Psychology before sinking into the blindness of materialism and, as I began to awaken, I gradually trained in every sort of Counselling, Pyschodrama, Psychosynthesis, and personal development modality going. Gradually, I was unknowingly getting ready for the Course, of which a friend gave me a copy quite casually one day. This was at least 35 years ago. I devoured it and learned as much as I could of what it was saying. The problem was I learnt the words but I didn't know anything about how to live them.

That took much longer and involved a weaving together of all that I had experienced and learned in my life until that moment.

I decided to run a weekend workshop in my front room focusing on what I was learning from the Course plus meditation, relaxation and healthy eating. It went brilliantly and I was off. What occupied my mind overwhelmingly, though, was one crucial dilemma. I wasn't happy. I had plenty of money, success in my business, a loving partner, good health, great friends and an enviable lifestyle in London. Back to the Course where I read Jesus's very pointed question about whether I wanted to be *"right or happy"*. Actually, I wanted to be right and happy.

I began to see that I resisted everything I didn't agree with, and that was a lot. My stance on the world was 'No' and I came to understand that it hadn't really changed despite the Course. Then one wonderful lesson, 243, began to speak to me insistently and powerfully... '

"Today I will judge nothing that occurs".

I realised that today is every day. What if I withheld judgement entirely, if I stopped all associated behaviour, as in no criticising, complaining, condemning, moaning, comparing or even having opinions. At first, I couldn't do it for more than five minutes before falling into unconsciousness. But I felt so profoundly directed by my very clear inner teacher - and I had been hearing this message for a very long time before allowing it to rest inside me and blossom into taking action.

I worked hard at it. It took many years because the urge was very strong. But the world gave me endless opportunities to test

my resolve, especially in the realm of politics, war, violence and abuse. But the lesson says that I will judge nothing that occurs, not most things or selected things. Oh how I resisted it until I suddenly realised that, of course, resistance itself is the core issue and judgement is the expression of resistance. What if I simply said 'Yes' to everything, a profound acceptance? Not yes, I like it or yes, this is good, but yes, this is. What if I...

"Let all things be exactly as they are"
(W-268)

With practice, I came to experience real peacefulness in my heart as I let go of judgement, especially as then I was able to ask the Holy Spirit for guidance; something quite impossible to do when in the grip of being right. I began to love the language of the Course and feel Jesus, my older brother, holding my hand and leading the way.

So, my new life dawned slowly over many years of practising non-judgement, non-resistance and deep acceptance. It keeps me generally calm and non-reactive whatever occurs, with a certain serenity and lightheartedness that opens my heart to being helpful and kind, to loving myself and others unconditionally as mighty companions on the way back home.

Lia Steinson
Life Counsellor, Psychologist, Course Teacher and Facilitator. Zoom Groups, Workshops, Courses and Retreats.
www.liachooeslove.co.uk

Tuesday 30th April 2024

Experiencing *A Course and Miracles* Through Regular Meditation Practices

With Ken Gorman



This session will cover how Ken has found in his own practice that the actual experience of each lesson and connecting with the Holy Spirit is where the essence lies. Developing a regular meditation discipline and practice based around the different Course lessons brings them alive and allows us an experience at a deeper level. Ken will share the method he uses, options and variations to practise. Ken has been an ACIM student for over 30 years, is a trustee and Minister of Pathways of Light and a former trustee of Miracle Network.

Tuesday 25th June 2024

Stepping Into Awakening

With Rev Myron Jones



What if I could be awakened now? How would I experience the present moment? And so was born the idea that I could step into that state right now. Could this be a more direct path?

Rev Myron Jones is a minister through Pathways of Light and has been an ACIM student for 40 years. She shares her insights through story-telling, as she draws from her life experiences to make the Course principles applicable to day-to-day life. Author of *Hey, Holy Spirit, It's Me Again*; ACIM course facilitator. <https://www.youtube.com/@RevMyron>, www.forgivenessisthewayhome.org

Tuesday 28th May 2024

We Are Never Upset for the Reason We Think

With Jane Tipping
and Paul Goudsmit



Lesson 5 is one of the biggest “mind-benders” of ACIM. “What do you mean I'm not upset for the reason I think? Something happened, it's not right, it's not fair and I'm upset.” It's time to look behind the curtain and heal what has been waiting for our attention. A little willingness means presence, patience and curiosity.

Jane Tipping and Paul Goudsmit have spent 30 years as students and teachers dedicated to the practical application of ACIM.

Tuesday 30th July 2024

Into His Presence Would I Enter Now

With Peter Parr



A Course in Miracles assures us that God's Voice speaks to us all through the day. To hear that Voice, we need to let our mind be quiet. We need to enter into His Presence. In this gently-paced evening grounded in stillness, we will explore ways we can become more open to the Holy Spirit's promptings of love and truth in our hearts.

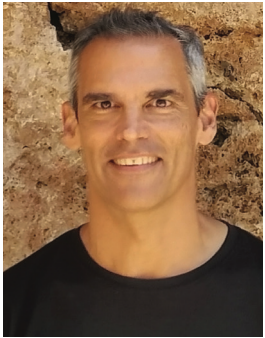
Peter Parr is a spiritual accompanier and author of books including *Encounters with A Course in Miracles* and the novel *Escape to Redemption*. His web-site is www.thingstoremember.org.uk

Time: 7 pm - 8:30 pm Online
Price £12 concessions £8 Friends £9.60

Booking: www.miracles.org.uk
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How I Experience My Life Because of the Course

by Nick Arandes



As a student of *A Course in Miracles*, in the early stages, I was under the impression that if I did the course "correctly", my life as an individual would change to accommodate my idea of how life should be. As time

went by, it seemed to me that things were getting worse; my whole world was turned upside down. This reminds me of an excerpt from the course: *"The ego will attack your motives as soon as they become clearly out of accord with its perception of you. This is when it will shift abruptly from suspiciousness to viciousness, since its uncertainty is increased."* (T-9.VI.4:6-7)

But the course is not about changing my life as an individual, although changes at the personal level can happen, they do not necessarily lead to liberation; to the experience of inner peace, which is the end of the course according to my understanding. This reminds me of the following excerpt from the course: *"To change illusions is to make no change."* (T-22.II.2:4)

So, looking at the two excerpts I just shared, the first one implies that the moment I want to experience the peace of God; my True sense of liberation, the false sense of identity has to be dissolved. That false sense of identity is the belief that I am a separate individual living in a separate world. And because there is so much identification with the false sense of identity, all the resistance to letting it go will rise to the surface. And even when the

cause of all suffering and fear is the identification with me as a body, unconsciously, I defend it for fear of experiencing my True Self. Like a caterpillar fearing letting go of its body, not realizing that the consequence is that it will fly.

The second one implies that even if changes occur in my "personal experience", it would not be a change at all because I still believe that this world is my reality and that who I am is the individual living in it. Like in a dream. I can dream that I have a problem, and I can also dream that the problem has been "solved". But no change has taken place because who I am has nothing to do with what is taking place in the dream. I am the dreamer of the dream, which has no problems. I am the real I that cannot be threatened by the content of the dream. As the course reminds me; *"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."* (T-In.2:2-4)

When I became conscious that what I wanted was the peace of God, I started withdrawing my attention from the world of illusion and placed it in my innermost being. As the course reminds me, *"To mean you want the peace of God is to renounce all dreams. For no one means these words who wants illusions, and who therefore seeks the means which bring illusions. He has looked on them, and found them wanting. Now he seeks to go beyond them, recognising that another dream would offer nothing more than all the others. Dreams are one to him. And he has learned their only difference is one of form, for one will bring the same despair and misery as do the rest."* (W-pl.185.5:1-6)

In other words, my new life rests in forgiveness as the course describes it; *"Forgiveness, on the other hand, is still, and*

quietly does nothing. It offends no aspect of reality, nor seeks to twist it to appearances it likes. It merely looks, and waits, and judges not," (W-Pil.1.4:1-3). Yes, I have had, and still have all sorts of challenges. But as I rest in the peace of God I can see them without fear. And if fear arises, it is an opportunity to forgive. That is how I live my new life.

I do understand, however, that when someone is beginning to study the course, the intention tends to be to fix his or her personal life. What I found out is, that one has to be ready for the course's teachings. And Jesus, out of love, will never superimpose His will on anyone. As Jesus reminds us; *"If you want to be like me I will help you, knowing that we are alike. If you want to be different, I will wait until you change your mind."* (T-8.IV.6:3-4)

But when someone is ready to surrender, all the resistance will rise to the surface to be looked at, not judged. Looking means, seeing what happens in a complete state of acceptance, without labelling it, analyzing it, justifying it, without trying to understand it, as the course reminds me, *"When your peace is threatened or disturbed in any way, say to yourself: I do not know what anything, including this, means. And so I do not know how to respond to it. And I will not use my own past learning as the light to guide me now."* (T-14.XI.6:6-9) That is it!

"By this refusal to attempt to teach yourself what you do not know, the Guide Whom God has given you will speak to you. He will take His rightful place in your awareness the instant you abandon it, and offer it to Him," (T-14.XI.6:10-11) has the consequence that you experience inner peace, always! Also referred to as the peace that passes all understanding.

As you can see, it is an inner change, not an outer one. Even when changes in the outer world take place, as I said before, they mean nothing because the mind is resting in its natural and permanent peaceful state. You will continue living your life as you always have, but with a serene

look in your eyes, as the course reminds me, *"There is a way of living in the world that is not here, although it seems to be. You do not change appearance, though you smile more frequently. Your forehead is serene; your eyes are quiet."* (W-pl.155.1:1-3)

Now you may ask, "What if I am not ready to experience a new life as suggested in this article?" I will put it this way: if this article has found you, it is because at a much deeper level your life is beginning to change, even if you do not understand what is being said here, or even if you think you are not ready for it. Trust the process. Nothing happens by "accident". *"There are no accidents in salvation."* (M-3.1:6)

For now, remember this: *"Simply do this: Be still, and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, or good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God."* (W-pl.189.7:1-5)

As your mind changes, so will your life because *"The world you see is what you gave it, nothing more than that. But though it is no more than that, it is not less. Therefore, to you it is important. It is the witness to your state of mind, the outside picture of an inward condition."* (T-21.in.1:2-5)

Integrating the words shared in this article is how I am experiencing my new life!

Nick Arandes composes and records music; writes books as well as speaks on the subject of non-duality while his life is dedicated to practising the teachings of Jesus through A Course in Miracles. For more information about Nick's work visit: www.NickArandes.com

How My Life Was Transformed by *A Course in Miracles*

by Beth Geer



I have been a spiritual seeker from a very young age. In fact, I can tell you the incident that triggered my lifelong passion for finding the answer to my greatest question: What is my purpose in life?

One night, when I was about 5 years old, I was lying in bed saying my nightly prayers in my head, when I wondered if God could really hear and see me praying? Was I even being noticed by God? So, I decided to get out of bed and kneel right in front of my window to pray out loud to ensure God could both hear and see me. And as I rested my elbows on the windowsill, hands folded in prayer, there also just happened to be a cactus sitting there between them.

At the end of my prayers, I added that I hoped God could always hear and see me, no matter how I prayed. The next morning, I opened the shade of my window to let in the morning sun as I always did, and there sat my cactus, with 3 huge white flower blooms on it.

I was beyond excited, taking this as a direct sign from God that He could indeed see and hear me, no matter what. And with this small miracle of perfect synchronicity, I began my lifelong search for the answer to my deepest question: What does God want from me? What is my purpose here on earth?

As I approached my teen years, I often found myself in a state of what I can only describe as a form of melancholy or homesickness. I daydreamed often of a place of joy that I couldn't remember, but knew I'd left. My teachers would sometimes notice this behaviour and ask me what was wrong. They wanted to know if I was depressed.

I had no answer. Neither did I think I was depressed. How could I explain to them I was just homesick for a place I couldn't remember but knew was far better than where I was? My own feelings baffled me because I had no reason to feel this way. I had a wonderful childhood and could think of no outward reason why I felt the way I did.

This feeling was abated only slightly by burying myself into science fiction novels about mythical creatures and magic. I yearned to live in Tolkien's world, or in the land of Narnia.

Then sometime around the age of 16, I discovered a book about meditating with the angels called *Ask Your Angels*, by Alma Daniel and Timothy Wyllie. Using this as a guide, I kept a journal of the messages I received from each meditation, hoping to gain insight into what God wanted me to do for Him while I was here on earth. Yet, while my main question felt unanswered, I did receive much love and positive guidance from the angels.

During these years I also read the Bible cover to cover, twice. After completing the second readthrough, a voice within me I came to recognise as my Inner Guide, which was a result of all the angel

meditations I had been doing, instructed me to leave the Old Testament alone. Do not read it again. Simply focus on the New Testament and specifically the words of Jesus. I was relieved to hear this because I was confused about many discrepancies. Namely the issue between the "eye for an eye" mentality of the Testament versus the "love your enemies" instruction from Jesus in the New Testament.

I simply decided that Jesus must've come along to give us improved instruction on how to behave, and that His words superseded any information to the contrary in the Old Testament.

My collection of spiritual books continued to grow throughout my teen years, until it spanned a wide range of topics, including everything from astrology to near death experiences, ghosts, numerology, tarot cards, crystals, extraterrestrials, and psychic phenomena. I dabbled in all of these aspects of the unknown on and off throughout my twenties. I tried to learn all I could and practise only those things that felt aligned with love and light. I even prayed the rosary every single day for 6 years straight, from age 12 to 18.

I felt I was learning bits and pieces of what my purpose might be, but nothing felt clear and unmistakable. Until 2004, when I discovered *A Course In Miracles*. During this year, I had given birth to our first child, a baby girl. I also had suffered some mild postpartum depression, which sent me searching the local bookshop for yet another "self-help" or spiritual book to support me.

I'll never forget the moment I first laid eyes on ACIM. It was wrapped in clear plastic cellophane, and I couldn't open it. So, I read the cover and thought it must be some text book for a religion class at the local college or something. It looked like it

would take a lot of work to read, due to the thickness and "no nonsense" feel of the title. So, I just put it back on the shelf, though I felt very intrigued by it. A few weeks later I returned to the bookshop, just wanting to look at that book one more time, feeling like maybe I wanted to buy it, just so I could open it and see what was inside. But to my disappointment, there was no copy on the shelf that day. I didn't think much of it and bought something else.

A few more weeks or even months went by, and I found myself back in the spiritual self-help section again, and lo and behold, there was ACIM. I picked it up and held it again, wondering if I should buy it, just to satisfy my curiosity. I ended up putting it back on the shelf because we had a new baby, and forty dollars was a lot to spend on a book I wasn't sure I wanted. More time passed and as I came and went from the bookshop several more times, ACIM and I had this yo-yo dance back and forth. When I wanted to look at it again, it wouldn't be on the shelf. When I went in there for something else, there it would be.

Finally, after 3 or 4 attempts in total to make up my mind about this book, I stood in the shop with it in my hands and heard my Inner Guide clearly state in my mind, "*Read this book and do exactly what it says. Do not miss my message for the second time around*". This of course instantly convinced me to buy it on the spot, though I had never opened its cover due to the plastic wrap it was in. Once home, I was deeply excited to dive into it. However, before opening the cover, my Inner Guide spoke to me again saying, "*You are to read this cover to cover. Do not skip ahead, look at what's coming up or read other parts in advance. Simply proceed from the first page unto the last*".

And so, I did. Though I felt this book contained a powerful message, it took me

almost 9 years to get through the Text, largely because I would set the book aside for days, weeks and often months at a time. I did this because I had almost no comprehension of what I read within its pages and found I couldn't handle it except in small portions. But stubbornly, I kept going, hoping I'd understand it in time.

And indeed, I did! By the year 2012, as I was logging my way through yet another section of the Text, I read words that hit my mind like a wrecking ball: *"This world is an illusion"*. My heart leapt with joy, and I wanted to shout, "I knew it! I knew it!". From that point on I made reading ACIM a daily practice and my understanding grew and deepened exponentially as I went along.

At this time, it also became clear to me that I had at last found the answer to my lifelong question: What am I here to do? I was here to forgive the world, thus healing myself and all that my eyes behold in the physical world. I was here to help heal our error of separation. My life began to change gradually, though dramatically, after that. No more did I feel that homesick yearning for a Heaven I couldn't remember – I knew that it was within me, and I could experience it here in the present moment. Also, before ACIM I would often wake in the early hours of the morning, around 2:00 or 3:00am with a deep feeling of dread and sadness for no reason. That too, healed and completely disappeared.

In general, I no longer sought to escape from this world, but neither did I cling to it. I began to feel a sense of peace regardless of what was happening around me at any given moment.

My life today seems magical. I experience everything as my greatest good, or an opportunity to heal a part of the illusion that seems separate or hurting in some way. I

do this by seeing all things as part of myself – my One Self. And by using my inner eyes in this way, my path opens before me with ease, even in the face of experiences I don't prefer at the time. All things always work out for the greatest good for both me and all involved. I wake up almost every day, happy and excited for what may come to pass. And I am usually not disappointed.

In short, my life has become one living miracle after another, filled with joy and deep abiding peace. And when that peace is disturbed in any way, I simply remember my purpose of forgiveness and say, "Even this too, belongs. Even this too, deserves my love, for it is a part of me in need of healing. And so, I extend to this situation my greatest hope for the greatest good for all involved, that they too, may find lasting peace and happiness, for I would exclude no one from God's Love. Amen." Things seem to always work out on their own when I remember to give everything over to God and let go of my ego judgements.

And the rest, as they say, is history. In 2018 I published my first book based on ACIM, *Awakening To One Love*, a compilation of inner conversations I had with the Holy Spirit Whom I now know has been my Inner Guide all along. During the next few years, two more books would follow, each filled with not only insights from ACIM, but about what lies beyond our world and more. What exciting times we live in!

Beth Geer is the author of "Awakening To One Love," a compilation of inner conversations with the Holy Spirit, as well as "Awakening Humanity: Our Place Among Extraterrestrials and Angels," and "The Light Has Come! Divinely Guided Chapter Summaries from "A Course In Miracles."

<https://www.bethgeer.com>



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The Unfolding of a New Life

by Lana Carolan



I find that sometimes it is easier to appreciate our Spiritual progress by looking backward in time. Looking back, I don't even recognise myself as a young woman. She was

so filled with fear and self-loathing. I ask... Was that really me? One thing I know for sure: it was only after I began to practise and apply the teachings of Jesus, in *A Course in Miracles*, that feelings of unworthiness began to fade and leave my awareness. The whole idea of being a victim has melted away.

As I continued to do the lessons and apply them each day, my experiences validated the truth of Jesus's teachings. I learned to trust in the Truth more and more. A new me and a new life started to emerge from the shadows and come into the Light of awareness. My new life became a reflection of the Love I brought to it.

No longer was I a control freak. I remember one particular night being so frustrated because I did not understand a section of the text, that I threw my ACIM book across the room, shouting within my mind "I give up". Just then, I heard Jesus speak to my heart...*"Finally! Maybe now we can get somewhere"*. As Jesus puts it in ACIM, I resigned as my own teacher. I knew I had to give up control, get out of the way, and trust God for everything. Looking back, I recognise that my new life began to unfold on that evening with Jesus.

My new life came gradually. It has been revealed gently over time and continues to be revealed. As more and more blocks are healed through forgiveness, more Light and Love enter my awareness. In the process, I learned that the bravest thing I ever do is to respond to fear with Love.

It is difficult to imagine now, but the old me experienced lack in just about every area of life, especially money. I don't remember the exact date, but I do remember that glorious experience of recognising so clearly and with such certainty, that I was sustained by God and not by the numbers on my bank statements. I never again carried within me fear about money or was concerned with any seeming lack in my life. My motto became...**Things always work out.**

Also, the idea of people pushing my buttons has become an obsolete idea. I came to recognise that it is never the button pusher that needs healing. It is always the button pushed. Once healed, that button can never again be pushed by anyone.

No longer do I carry guilt around like a ball and chain. I learned that the source of guilt was not in my past, but rather, it was in my mind. It is there that healing occurs and guilt disappears. To me, one of Jesus's most profound and true statements in ACIM is *"I will forgive and this will disappear"*. I can't tell you the countless times this statement has been validated in my experience. Most, if not all, of my conscious guilt has been forgiven and has disappeared. Yet, unconscious guilt will still pop up from time to time, and when it does, I no longer belittle myself for being a failure. I just notice it and recall my tried and true remedy for healing it.....

"I will forgive and this will disappear".

In my new life, peace is the motivation for all healing. Recognising this has flipped my entire experience of life. What I mean is that the old me was fear-based and once in a while, and usually by accident, I stumbled upon fleeting moments of peace. In my new life, I experience consistent peace, and once in a while, I stumble upon fear. But, I no longer allow myself to stay there very long. Through practising forgiveness, my entire perspective, and experience of life have flipped and shifted back into alignment with my peaceful Self.

I've discovered that one of the most important questions I can ask is Am I at peace? This tells me everything I need to know. And, simply asking the question Am I at peace? also points my mind in the right direction. This is because to answer the question, I must look within myself. I can't answer it by looking outside myself. I've learned again and again, that nothing can be accomplished by looking outside of my own holy mind.

Long ago, Jesus gave me perhaps the greatest guidance of all. It remains the guidance I use and incorporate into my life every day. Do what brings you peace. Regardless of the situation, I can look within and discover what will bring me peace in that moment, or any moment. This is because I've also learned that this moment is the only time that matters. The past is over. It doesn't exist, and the future has not occurred and is not real. Only now can I abide in peace. The decision I make now will determine whether my mind embraces and joins with peace or chooses to be in a state of conflict and fear. The new me will always choose peace instead of conflict. I've discovered that a peaceful mind is also a powerful mind. It is fuelled by the Love of God. There is nothing more powerful or healing in God's Universe.

Now is truly a happening place to reside. Only here and now can I commune with God, via my Holy Spirit. It is where I seek and receive forgiveness. It is also where miracles are offered and received. In the stillness of the present moment, I become aware of the Thoughts I think with God and receive spiritual guidance. It is the time and place of Unity, Wholeness, and Peace.

I remember one day asking Jesus a question. It is a question we all ask at one time or another. My question to Jesus was What am I going to do? Jesus responded by telling me...You are asking the wrong question. Ask instead, What is God going to do? At that moment, I felt the weight of the world being lifted off my shoulders. I thought Of course! How could I have forgotten such a basic spiritual truth? But, as Jesus points out in ACIM, *"Simplicity is difficult for twisted minds"*. It was just another reminder that forgiveness is done for me, not by me. I just bring my willingness.

My new life is also guided by Lesson 268, *"Let all things be exactly as they are"*. It is about allowing, and accepting what is. Acceptance does not necessarily mean I like it. It just means I'm not going to do battle with it. I just accept the fact that I do not like it. It means I am not going to resist it or try to fix it. My mantra has become... *Let it be, Let it flow, Let it go*. Most often it lets go of me and flows out of my awareness. It becomes another demonstration of *"I will forgive and this will disappear"*.

My new life is also about accepting myself just the way I am and offering my brothers and sisters the same acceptance. I affirm that *"I am as God created me"* and sometimes I may add...and this is what it looks like now. As Jesus suggests in ACIM, if I must judge, to judge everyone and everything as innocent.

Sharing the Love of God has become a sacred devotion. Whenever I share God's Love with a brother or sister I feel the same Love rising up within me. God's Love is strengthened within me and the person I share it with. It has become my vocation of Love. I also share it through my meditative writings on Facebook and I share it through my phone conversations and even my paintings. It is how I discovered that giving and receiving are truly one. It is when Love recognises Love and remembers ItSelf.

Finally, for anything I find perplexing or confusing, I can simply ask Jesus...What is the Truth of this? Spirit will respond because this is a question the ego cannot answer. It knows nothing of Truth and,

even if it did, I doubt it would share it with me. I ask the question and then rest in God, in the certainty that an answer will be given. In prayer, I thank God in advance for what I'm about to receive...Thank you, Father, for these Thy Gifts, that I now receive from Thy Bounty, through Christ, our Lord, Amen. I've found this prayer to be appropriate for just about anything.

In general, my new life is consumed with gratitude and focused on giving rather than getting. It consists of two sacred functions...Forgiveness and Sharing the Love of God. And, when I, forGET, I remember to forGIVE.

Contact Lana Carolan via email at icarolan49@gmail.com or on Facebook

Readers Page

Thank you Earl Purdy for what I now understand following your compelling talk on 20 January:

A grievance is anything where I think to myself, 'If only this were different, I would be happy'. 'I would be happy if my partner changed/my boss changed/the economic crisis ended/the wars in the world were settled/global warming stopped/my health improved/I could get through on the phone to HMRC or my doctor or my energy supplier...'. The truth is that none of these things is going to change. So, with my current grievances, I am doomed to be unhappy. I am giving away to all these things and people power over my own happiness. I have the power to be happy by changing the way I see these things and people. How do I do that?

All I have to do is say, 'I am willing to see this differently' and Love will immediately step in to enable me to do so. ACIM tells me what new meaning to give to these people and things which make me angry/afraid/guilty. My response should now be, 'I see this as a call for Love' or 'I see this as a call for God' or 'This is a call for Peace', or all of these. My power is to have control over how I judge a person/thing.

It doesn't matter if I don't believe this new meaning which I am giving to the people/things which are my grievances. Belief in the new meaning is not required. Nor is acceptance. Analysing is completely unhelpful. Only repetition of the new meaning is required. And then I will see that the new meaning is valid because of the practical outcomes which I see. My relationship with the person/thing will be healed. It will change from a special relationship to a healed relationship in which I experience Love. And then I will be able to access my inner Guidance about what to do in the situation, and I will be able to feel good about everything all the time.

Jill Kelly

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★★★★★ "Encouraging always! Thank you for your podcasts. They are very inspiring. I'm learning how to apply the teachings of ACIM in my life step by step. And your gentle voice and words have been a huge inspiration."

- Grace Goldberger



★★★★★ "Must listen! Jennifer is a fantastic healer. These podcasts have helped me through so much in my life. After listening to this podcast I always feel more at peace and ready to face challenges with love instead of fear."

- Cortnie B.



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Forgiving - Letting Go of the Past

by Ruth White



Attachment is the only reason that there is misery in the world.

Luke, our grandson, is preparing to go on a walkabout around the world. Six years ago, having won a 1st degree at Bristol.

He was then lured into Goldman Sachs, with the idea of paying off his student loan and acquiring a mortgage.

"Do not lay up for yourselves treasures on earth... but lay up for yourselves treasures in heaven. For where your treasure is, there your heart will be also." (Matthew 6:19-21)

All did not go too well! After four years of pressurised work for long hours he had a breakdown, or rather, breakup. Goldman Sachs looked after him well; six weeks off, free access to a posh London gym. His gym kit was washed for him after each visit and popped back into his locker - pretty good! And even more impressive, he had help with meditation. No tranquilisers.

Then back to work but not happy, at a family gathering I commented "Oh Luke, you're biting your nails again", and we had a conflag about "bitter aloes". I confessed that as a child when my mother put it on my fingernails, I bit my toenails instead.

Luke came to two *Course in Miracles* weekends and was most attentive, sitting on the edge of his seat, absorbing the concept that he did not have to live in this slave driven material world. There was a happier, more loving way and he could choose who is the physician.

A miracle happened. Goldman Sachs was cutting back and Luke was given a golden handshake and three months' pay. That was four years ago. Since then, he has

been training employees in managing the finances at a pension scheme brokers. They have given him a sabbatical for a year. He was free to go on a walkabout.

On the phone last week, he was remembering about his unhappy and challenging time at Goldman Sachs. "It's over now, that chapter is closed, gone, it does not exist Now" I said. There was a long pause and a sob. He said, "I don't know why I am crying". This is a 29 year old man.

He had let it go. What a relief, what a freedom. As he hugged me goodbye, I reminded him to help people wherever he was in the world. There would be plenty of opportunities in youth hostels. Whatever you give will come back to you as whatever you give away, you give but to yourself. *"Never forget you give but to yourself"* (W-pl.187.6)

He had the courage to look at this uncomfortable period of his life. He allowed himself to feel the emotion it evoked. And was brave enough to keep continuously looking at it through the power of now and realising it had gone.

How often do we stuff some bad memory down and say, I don't want to think about that? Be brave and face the so-called problem; experience it again to release it. Bring this memory into the light of the present where it does not exist. See it for what it is, just a thought. *"This instant is the only time there is."* (W-308)

I am relating this story as we all have experiences we would like to forget. But we cannot let this dark thought go, unless you bring it into the light of consciousness, where it does not exist. To realise this, you may need help; I did. It's really quite straightforward, it's always about making the choice between love (Holy Spirit) or fear (Ego). Your ego can never ask for help - override it.

Online Study Groups

ZOOM STUDY GROUPS

- Miracle Network Sunday 9-10am
<https://us02web.zoom.us/j/5071748173>
- Monday
Gabriela Lerner +351 910 503 187
gabriela@gabrielalerner.com
Joe & Sarah McIntyre 01382 223158
Anna Harris ACOL anna@shsh.co.uk
- Tuesday 10 - 11:30am
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kirstyrandle@googlemail.com
- Wednesday
Michelle Murphy 07769334687
Evie Karen Gibbens 07876 402062
- Thursday
Rahila Ahmed 01279-813142
- Saturday
Joanne Menon
<https://us06web.zoom.us/j/4562720534>
- Sunday 9 - 10.30am
Robbie Pointer 0207 6026713
- Maria James www.mariajames.co.uk
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- Gabriela Lerner 07545 501124
- kironJ Gardner
kiron9@outlook.com
- Pauline Bradbury 07876 353745
pauline.bradbury@icloud.com
- Friday 7pm
Garry Hasler 07738 280689
experiencingacourseinmiracles@gmail.com
- Miracle Network Meditation
Wednesday 10-10:45 am
<https://us02web.zoom.us/j/5071748173>
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FACEBOOK

- John.Guyon@btinternet.com

PENPALS

- Susan Gibson
sugibdevon@gmail.com

Places with people seeking to form or join a group. Email: admin@miracles.org.uk

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BUCKS: High Wycombe
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SUSSEX W: Chichester, Petersfield, Burgess Hill
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For full study group details go to: miracles.org.uk

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Daytime group – a mixture of study, meditation,
interactive discussion and inspired music.
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Evening group – study, discussion and short
meditations. Both groups run by Terry Butler and
Angela Hoskins
Contact Angela – 07974 811638 or
ahoski@hotmail.co.uk
Paul Bradley jointwill44@gmail.com

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that happiness comes from letting go of what one wants to happen and just allowing guidance from the Holy Spirit.

Gary Renard and Cindy Lora-Renard are authors and international speakers on A Course in Miracles. Gary is the best-selling author of *The Disappearance of the Universe*, *Your Immortal Reality*, *Love Has Forgotten No One*, and *The Lifetimes When Jesus and Buddha Knew Each Other*. Cindy is a Spiritual Life Coach with a Master's Degree in Spiritual Psychology; best-selling author of *A Course in Health and Well-Being*, *The Business of Forgiveness*, *Heaven is Now* and *Spiritual Coupling*. They have been teaching online classes on A Course in Miracles together and travelling worldwide, introducing the Course.

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