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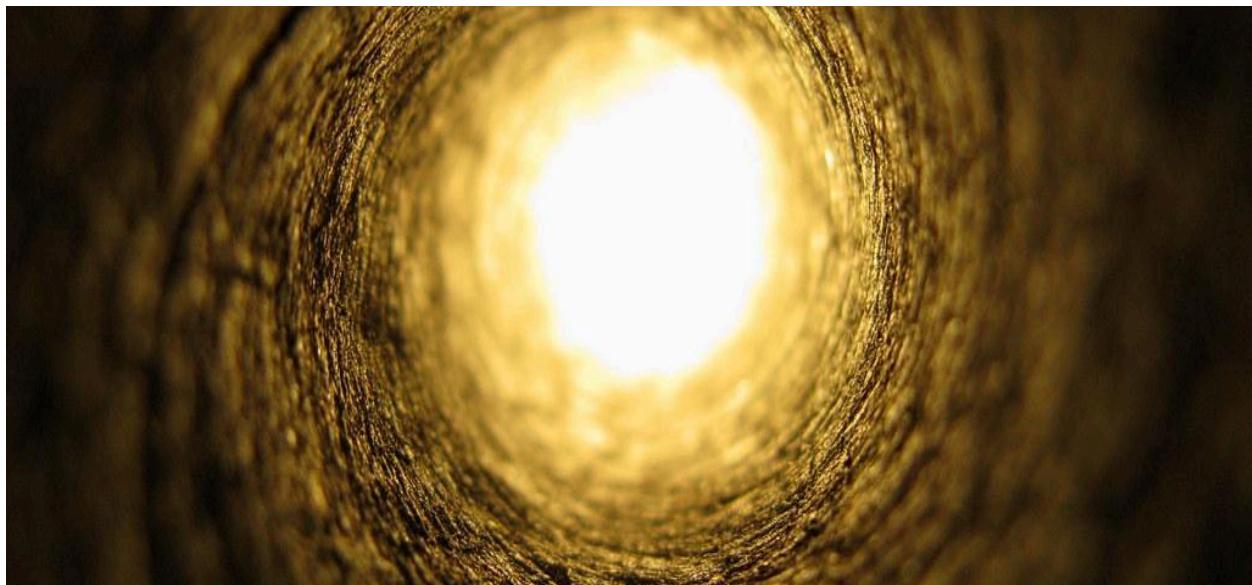
Preface

Lana is seventy-five and a very dear Facebook friend. I've never had the honor of meeting her face to face, but have enjoyed the pleasure of talking with her three times over this last year. She's studied A Course In Miracles for twenty years, I've been a student for fifteen. These beautiful truths are an accumulation of the writings she has sent me. We both know and believe God Is. Who is this God?

Let's discuss a Love that Is absolutely perfect. A Love that Is beyond purity, immeasurably magnificent and beautiful, immense total power, all knowing, all seeing, everywhere, outside of time, forever unchanging, cannot conceive of any loss, eternal. Source always gives unlimited joy and contentment and happiness. Totally complete in and of Itself, with a perfect light that extends

to all existence. *We are a part of this. Forever.* Bob

Chapter 1: Lana's Near Death Experience



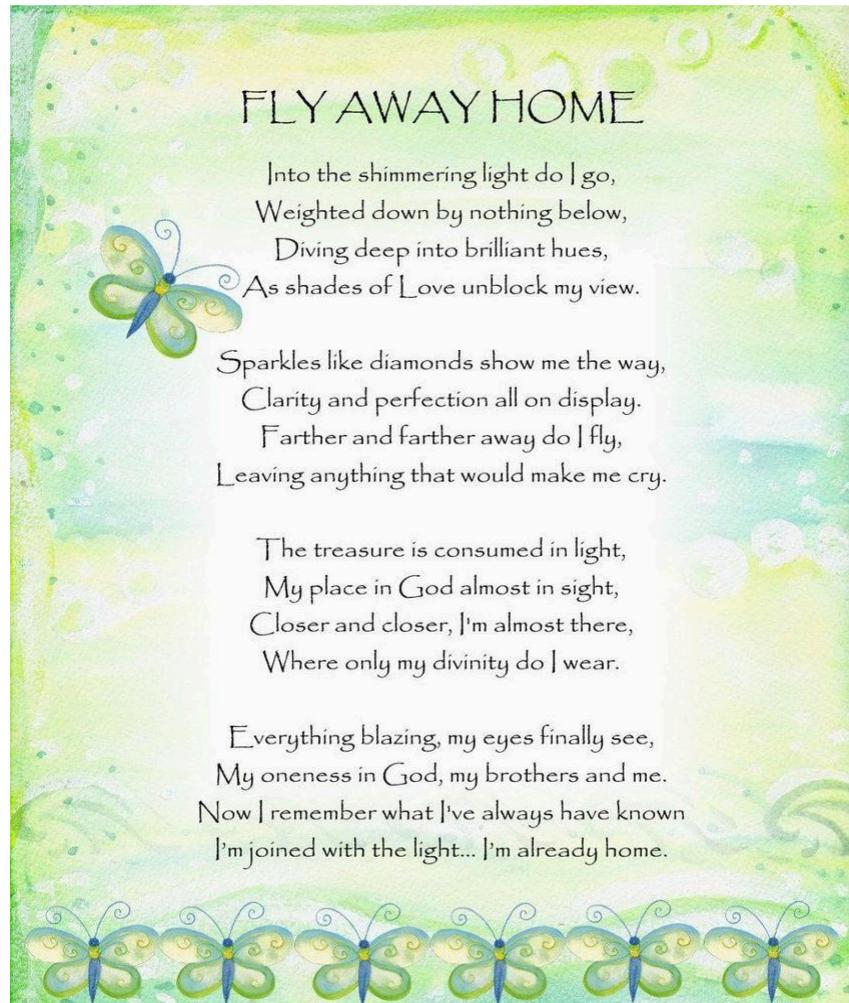
The following writings come from my Facebook friend, Lana.

She's seventy- five and is one of the most gifted writers I know. Eight years ago, she was diagnosed with a terminal illness and was only given months to live. The doctors were amazed at her healing. A miracle. She's had a vivid near-death experience, three years ago she had a severe heart attack. She was in the ambulance and left her body. Suddenly she was next to Jesus and gazing at the universe. He showed her astonishing vistas of great beauty. She saw the micro-verse as well as the macro-verse, and the beautiful Love that controls *all*. He asked her if she wanted to stay or return to her body, any decision was the correct one. She explained she had unfinished business on earth and woke up in the hospital. The next articles were written while she was recovering. *Her writings are true and astounding.*

Lana explained, "About eight years ago, I was diagnosed with a terminal illness, Pulmonary Fibrosis. There was no cure nor even treatment. The doctors told me that in an otherwise healthy person, which I was not, the outlook was that I had about a year to live. However, deep within my heart, it did not seem real to

me. I went into meditation and asked Jesus, "What is the truth of this?" His response was so comforting. Jesus told me, "Let the doctors take care of your body and I will take care of your mind." *Knowing that the mind was the only thing that could truly be sick*, I depended on Jesus to keep my mind healed and I had an *inner knowing* that as an effect of a healed mind, my body would also be healed. The next few months were a real adventure and a test of trusting that Truth was true. I did let the doctors, I had three, take care of my body but paid little attention to what transpired because I was focused with Jesus on keeping my mind healed and *open to receive miracles*. Over the next six months, my MRI's painted a picture of healing which left my doctors puzzled and confused. At first they thought I just had a slowly progressing type of Pulmonary Fibrosis. Then, the progression of my illness seemed to stop entirely. Finally, the scar tissue that had been growing in my lungs began to disappear. Again this left my doctors scratching their heads in bewilderment, wondering how this could be possible. I knew how it was possible and just watched my healing unfold, as my trust in God grew stronger and stronger.

This is just one of the many healing miracles I've experienced over the years. One so-called body adventure took me to death's door as I was given the last rites of the Church. I have written about my NDE and its miraculous nature that took me beyond my body into another spatial dimension where I was filled with the peace and joy of God. It was given me realize that it was perfectly OK to stay in my body or to leave it. It was my choice. I wrote a poem about my experience, as you can imagine, it was difficult to put into human language but I did my best in expressing it."



On another occasion, I experienced two heart attacks within a few hours and had to be flown to a hospital that was better equipped to handle my situation. During the trip, I was floating above my body and was able to watch the medical attendant try to keep me alive until we arrived at the hospital in Boston. During this time, I felt no pain and was in a state of perfect peace. Once again, I felt it was perfectly fine to return to my body or leave it behind. Both times, I felt perfectly safe and protected and had no fear at all. I no longer fear body adventures or even the demise of the body. Whenever they occur and for whatever reason they occur, I simply keep my heart and mind fixed on God and surrender myself to the Will of God. I just summit, "Let it be done unto me according to Thy Will." These are the same words spoken by the Blessed Mother

when she was told she would be the mother of Jesus.

There were other times as well, but the ones mentioned above brought the greatest lessons to me. What I learned was that there is *absolutely nothing to fear*. Just beyond the shadow of the valley of death, there is a *something else* that clicks in and takes over. I've only experienced this *something else* during the two NDE's mentioned above. This *something else* just took over my entire being, providing the assurance that everything was as it should be and that everything would be OK. I trusted it completely and just went along for the ride, it was a miraculous and beautiful spiritual ride.

Chapter 2: My Happiness And My Function Are One



Today is filled with so many goodies. I'm focusing on one in particular for it points to where all the goodies are found. We are One with God, end of story, end of search, and end of searching. One recognizes that what is Real can only be experienced, shared, strengthened, and extended. My happiness is my function. And, My function is my happiness. *They are one and the same.*

We need not go searching in time/space for *something* that is not there. Yet, the *something* we seem to always be searching for, that *something* that cannot be found outside ourselves *does* exist. *But it exists within our own holy mind, here and now, not in a there.* We are the Oneness that Is. Then, we recognize this statement can be reduced to merely Oneness Is. For to even say we, me, God and me or God with me all point to a gap that does not exist. *If I*

believe there is a gap between where I am and where God is, it will cause me to miss the actual experience of Oneness. Right here, right now, is the portal to eternal peace. In this Holy Instant does the Son experience His Oneness with the Father. In this Holy Instant, forgiveness is offered and received. In this Holy Instant is the Voice for God recognized and embraced. In this Holy Instant are both my function and my happiness found.

I often use the analogy of the puppy dog chasing after its own tail believing there is a gap between itself and its tail. It believes his tail is separate from itself. Eventually, the puppy dog catches his tail and truth bites him in the ass, surprise. Jesus tells us that the awakening process need not be painful, but it usually is. It is also the most liberating experience we ever have. Jesus knew this and told us “I and the Father are One.” All of us on some level instinctively realize it, but on a conscious level we just don't believe it. To not believe it is to not see it and to not see it is to not believe it. *That is just the nature of perception. I don't speak of our physical sight but our inner awareness of truth.* Most think of stillness as the absence of motion of the body or anything that shows up as objective reality. *But true stillness is a stillness of mind.* It is when all thinking stops. The thinking mind becomes quiet and still naturally as I bring all of my focus and attention to the present moment. I leave the desert of the ego thought system and come home to God, here and now. *This is not a doing process, but rather, it is a state of being.* At the level of mind, to be is all we ever need to do. But we must be it deliberately and consciously. It must be our choice.

Like birds and flowers, their existence happens, and unfolds before them and us. They demonstrate and share their wholeness and completeness with the world. We notice they are performing their function by the songs of the birds and by the beauty and fragrance of the flowers. And we bear witness to their truth as God created them to be, they are being *exactly* who and what they are. The sun warms us and the trees give shade and bear fruit. Everything in nature knows its function is giving and sharing its bounty. They are here *for* us, extending the Love

of God *to* us in their unique expression of His Love. They know they are whole and complete and sustained by the Love of God. They know their function and their happiness are one and the same. They know their function is accomplished in being who they are.

Within this sacred stillness and quiet does my Father greet me with His messages of hope, peace, and truth. As I accept God's Will for my perfect happiness I am also accepting my function. As I cease to be the architect of my life experience and join my will with God's Will, my happiness and function are realized as one. I am making the choice for God, for truth, and for peace and happiness. For I have made ready a space to receive the guidance of the Holy Spirit. It is a Divine meet and greet of the Creator with His Creation. In my acceptance of my One relationship In God, *all* relationships become holy and happy. I recognize and remember my true function as a Child of God. All becomes clear for my function and my happiness are one in a Holy Instant of acceptance and remembrance of my Father.

Our function and our happiness show up naturally as we come to recognize they are born of the same Source and reside in the same place. Our function is Love. Our happiness is of Love, We are Love. Everything that lives, and is True is contained within this singular Reality. It is all summed up in that beautiful line from Jesus in A Course In Miracles (ACIM), "Teach only love, for that is what you are." In this one sentence, both function and happiness are seen as One. Like the birds and flowers of the earth, we teach by demonstrating and being who we truly are, Love.

Chapter 3: It's About Time



I wrote this essay about time a few years ago but bring it back occasionally to remind myself that contrary to what seems to be, *the truth of me is eternally fixed in the here and now of Heaven. It's about time.* We said before that the miracle abolishes time. It does this by a process of *Collapsing it.* It thus abolishes certain intervals within it. It does this, however, within the larger temporal sequence. The word temporal seems to be a stumbling block to understanding. Temporal has many meanings yet they all point to our experience in time, of our relating to time as opposed to eternity, of our relating to earthly life. Of our relating to the sequence of time or to a particular time, of our relating to time as distinguished from space. And, the word symbol sequence also denotes the linear aspect of time. So once again, I see the Holy Spirit using our experience within the illusion of time/space to lead us back to Truth *through the process of undoing.*

Just like we will never really know the effects of the miracles we perform, we will never know, at least while we slumber, the effect of these intervals of time which are abolished on our behalf through miracles. Perhaps that car accident I might have had next week does not occur because I have forgiven and healed the recurring pattern of misperceptions that brought such things into my experience. Or the friend who was supposed to steal from me next week will also

not occur because I'd already forgiven a friend who stole in the past. *Once forgiveness has opened our eyes to the truth, we need never experience it again.* That lesson has been learned, so the time required now, that interval of time collapses, is undone, and is no longer needed, it is abolished by the Holy Spirit for us.

Through forgiveness, time is utilized by the Holy Spirit to teach us, and now that lesson need not be repeated in that specific time interval ever again. *That time interval has collapsed and disappeared into the nothingness from which it came.* That is the only reason for time and once it has served its purpose, *it will no longer exist in our experience.* Since the first years of my study of ACIM, the illusion of time has always fascinated me. Yes, so much more that can be said about time's illusion, especially how the Holy Spirit uses it on our behalf and also our experience of time and the limitations that time seems to present. It is helpful for me to remember that "I" always stands fixed in *now* as time passes before me. Here comes tomorrow, then I call it today, and then it becomes yesterday. But the truth is that all of it is experienced now. We need only take a peek at our mind to know if our awareness has traveled into yesterday's regrets or traveled to tomorrow's worries. Whenever I notice my awareness of time-traveling, I step out of time and rest my mind here and now with God. Jesus tells me that *Now* is the closest approximation we have to eternity. It is why so many spiritual teachers and teachings ask us to "Be Here Now." Only *Now* can we experience Heaven on earth. For now, and for me, I will continue to practice forgiveness until fear itself becomes an obsolete idea and no longer appears in my mind and all time collapses so what is left is merely the awareness of Heaven. That is my wish and hope for the entire Sonship, to awaken in Heaven. *It's about time.*

Chapter 4: The Language Of Love

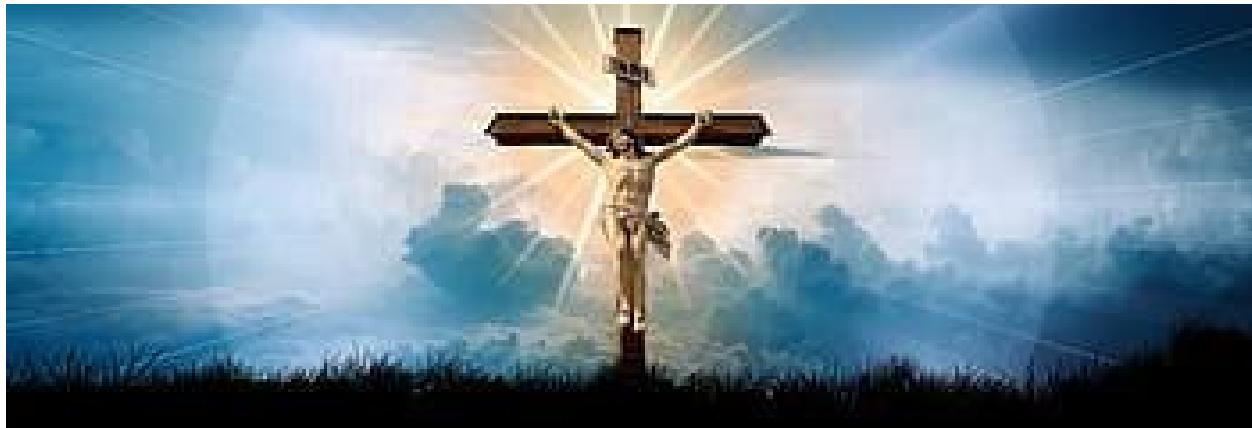


In my meditative writings, I identify the voice as Jesus. I could also call it the Language of Love or Truth. I could identify it as the Holy Spirit, which is my own Right-Mindedness or my Higher Self. Whatever I call it, it arrives effortlessly in my mind. *They are the thoughts I do not think.* They are the thoughts I think with God. Jesus *always* points my mind toward God, which I hold as the awareness of Pure and Eternal Love. His communications flow easily. Jesus once described our communications as a blending of form and content. Jesus provides the content, and it shows up in the form of Lana's essays. I'm always aware that in my joining with Jesus, or The Language of Love anything received comes with certainty, clarity, and peace. These are always the hallmarks of any Truth that is delivered to my mind.

As for me, Jesus is one aspect of the totality of Reality, just as I am and everyone is. The Whole does equal the sum of its parts. None are separate from the inclusion within the Oneness that is God and/or The Language of Love. I have no desire to understand the immensity of what is referred to as God. Yet I can feel and experience it within my heart which is my Home of Love. I've shared it with other brothers and we have experienced it together. What Quantum Physics calls The Entanglement Theory, we are all Entangled in/with/as God/Love. I often

think of the scripture verse that says it so simply and clearly, "God is love, whoever abides in love abides in God, and God in him." From the Bible, 1 John 4:16. I can only share that Jesus never seems separate from myself nor the mind we share in God.

Chapter 5: What Jesus Means For Us



What does this mean for you? It means that in remembering Jesus you are remembering God. The whole relationship of the Son to the Father lies in him. His part in the Sonship *is also yours*, and his completed learning guarantees your own success. Is he still available for help? What did he say about this? Remember his promises, and ask yourself honestly whether it is likely that he will fail to keep them. Can God fail His Son? And can one who is one with God be unlike Him? Who transcends the body has transcended limitation. Would the greatest teacher be unavailable to those who follow him?"

Just behind all of the imagined obstructions we have made to limit and block our awareness of the Truth, Truth stands eternal and shines Its Light. This Light of Truth is forever pristine, ever-present, and unaffected by our ignorance of it and Its God-Given powers which belong to us as Creations and Extensions of God. As such, we can truly say, "We are the Light of the World." In Truth, there are no blocks or obstructions that can dim our Eternal Light. They are only the "seems to be" of this life experience. "Seems to be's" are delusions and

distortions of the mind and have no basis in Reality. They are like cloud vapors that try to block out the sun. Yet the light of the sun is never diminished by the clouds.

Our imaginary obstructions show up as thoughts, perceptions, physical sights and sensations, and our beliefs about them. We give them so much meaning they can captivate us and divert our focus and attention away from the ever-present Light of our Being. They distort Reality until it becomes unrecognizable and even forgotten. *Yet, never be deceived for an instant, my friends.* The brilliant Light of our Self continues to shine out from us into all Creation. The eyes of God see through the eyes of His Creations and beholds Creation as He Created it. God expresses and experiences Himself through His Son. "God is in everything I see because God is in my mind." ACIM

Always remember that our imagined obstructions that seem to hide our Light have no power, other than the power we give them. We feed and nourish them when we focus our attention on them instead of on God, thereby affording them a false reality. *They are illusions.* They do not exist except within the ego thought system and that is an illusion as well. How can "nothing" have any power? As Jesus reminds us, "By giving power to nothing, we throw away the joyous opportunity to learn that nothing has no power." ACIM

What is the remedy for the mess we made up? What is there to do about nothing appearing as something? We have been conditioned since birth to believe we must do something, to fix things and all kinds of "doingness." The idea of doing nothing and accepting what is for the most part are alien concepts. They seem so counterintuitive and go against our human nature. Yet, where illusions are concerned, to do nothing is *exactly* what is called for. "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." ACIM

Over the years I have discovered that there is but *one* solution to any and all perceived problems and that is returning the mind to God. As we bring all of our focus and attention to this present moment, we are abandoning the imagined thought system of ego and choosing God instead. We bring whatever seems unlike Love to Love. There, all ego thoughts, feelings, and sensations naturally dissolve and disappear. And in this present moment, as we give them over to our Holy Spirit, they are starved by our lack of focus and attention on them. No longer are we giving power to nothing. Rather, we are reclaiming our power as the Son of God. There is but one power, "Emmanuel" which means "God with us."

In returning the mind to God, we literally swim within an ocean of Love. It is the atmosphere of our existence. How could anything exist outside of the All of All? In Unity and Wholeness, we were created and in Unity and Wholeness, we eternally remain. We affirm *God Is* and anything, unlike Love, disappears into the nothingness from which it came. We say *God Is and cease to speak*. Nothing else needs to be said because within God Is, everything is accomplished.

As a Holy Child of God, I've realized two functions given to me by God as a messenger of Truth. Over the years, these two functions have been the manner in which I have accepted the Atonement for myself. They are the way I have come to recognize, realize and remember that *I am as God created me*. The first function is forgiveness. By looking beyond all of what seems to be, I demonstrate my willingness to allow God to restore my Vision and perceive what is actually there rather than my interpretation of what I see. Forgiveness opens my mind to accept the Truth about my brothers, sisters, myself, and my Creator. Forgiveness takes me to the awareness that in Truth, *there is nothing to forgive*. My second function is sharing the Love of God through both my humanity and the Divine inspirations given to me. Sharing the Love of God has transformed over the years from a practice to a devotion. To share is to strengthen the Love within myself and in all my siblings in Christ who are a part of me. *It gives me an actual*

experience that giving and receiving are one in Truth. Sharing the Love of God reveals the Holiness of all my brothers/sisters and myself. We are All the Holy Child of God. We were All created Holy and Wholly Perfect and in the likeness of our Creator.

Outside of my two functions, I make the choice to abide in Love and be whatever Love calls me to be. I find there is really nothing else to do here. As St. Augustine once said, "Love, and do what you want." He knew that anything born of Love would facilitate inner peace and guide our behaviors in our seeming journey through the realm of time and space. The Love of God created me Holy. Recognizing our Holiness and the Holiness of all our brothers and sisters in Christ lights up our path and guides us to our awakening to the Truth of *who we are*. Our Holiness shines upon the world we see, reflecting back to us our own Divinity. As Jesus tells us, "There is nothing our Holiness cannot do." Like all of the Gifts of God, Holiness is a given. It comes as part of the heavenly gift package, known as Gifts of the Kingdom. I recognize it and experience it through the being of it and in the sharing of it. In God's Kingdom, there is no distinction between being and having. For it is known that to be holy is to have holiness. And, to share holiness strengthens it and acknowledges that I not only have it to share but I Am it. It is part of the heavenly package, just like the human package comes with a beating heart and lungs to breathe. Holiness is One with who we truly are as a Divine Creation. Holiness is not something to achieve or aspire to become. It is something to recognize as already accomplished. Holiness is my birthright and Inheritance as a Son of God. Whenever I think about, Who am I? My holiness comes to mind to answer. Holiness is a here and now fact and experience. It is not something I need to wait for or master. Holiness is not only what I Am but also the spiritual atmosphere of my existence. It is within and without and it saturates every aspect of awareness. My holiness makes me One with every brother/sister and with God because we all exist and are consumed within its

gentle and sacred embrace. My holiness blesses the world. Once holiness is recognized within, Vision is restored. What is seen within is seen without in everyone and everything. It shows up in my awareness as a reflection of the pure and perfect reality of Creation and the Creator.

Father, Let me remember my holiness was established at the instant of my creation. It is eternal and unaffected by any temptation of the ego or its effects. Help me to hold it gently, lovingly yet steady within my awareness. Help me to integrate and apply my holiness to everything I think and do. Help me to share it with all my brothers so it is strengthened within my brothers, myself, and the world we inhabit. Help me to remember the teachings of Jesus, "The Presence of Holiness creates the Holiness which surrounds it. The veil is lifted through its gentleness, and nothing hides the face of Christ from its beholders. All separation vanishes as holiness is shared. For holiness is power, and by sharing it, it gains strength. Your holiness reverses all the laws of the world. It is beyond every restriction of time, space, distance, and limits of any kind. Your holiness is totally unlimited in its power because it establishes you as a Son of God, at one with the Mind of Creator. Through your holiness, the power of God is made manifest. Through your holiness, the power of God is made available. Your holiness then, can remove all pain, can end all sorrow, and can solve all problems. It can do so in connection with yourself and with anyone else. It is equal in its power to help anyone because it is equal in its power to save anyone. If you are holy, so is everything God created. You are holy because all things He created are holy. And all things He created are holy because you are." ACIM

"My mind is part of God's. I am very holy."

"My holiness blesses the world."

"My holiness is my salvation."

Chapter 6: Lana's Prayer



"If desires are not uprooted, sorrows grow again in you." Buddha.

Fundamentally, desires come from a sense of lack. Think of it for a moment. Look at your desires and test that this is true. Perhaps your desire is for world peace, where could that desire originate except from a belief in lack of peace? There is nothing wrong with this desire. I think we all want world peace. Yet, as the quote attributed to Buddha reflects, until all ideas that we are incomplete or lacking are uprooted and healed, sorrow grows again within us. Truth is, "I am sustained by the Love of God." Knowing I am sustained by the Love of God, regardless of what this world or the powers in it show me, gives me a feeling of wholeness and total protection and peace. *It makes me aware of the fact that I am never alone.* It gives me an inner awareness that however the perceived lack shows up, God sustains me now and forever.

I'm always amazed at the wisdom of Nature. It knows it is sustained by God. Nature has so much wisdom to share with those who are open-minded and receptive. Unity, Sharing, Giving, and Extending its gifts and bounty without asking for anything in return are just a few that come to mind. And as scripture tells us, "Consider the lilies of the field, how they grow; they toil not, neither do they spin. Yet I say unto you, that even Solomon in all his glory was not arrayed

like one of these. But if God doth so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Be not therefore anxious, saying, What shall we eat? Or, What shall we drink? Or, "Where shall we be clothed?" Matthew 6:25-34. There is much more Matthew has to say about nature and how it is sustained by the Love of God. Nature knows and aligns itself with God's Will. It knows that giving/receiving are One in Truth. It knows that sharing its gifts is its purpose. It continually asks nothing for itself. This is because it knows no lack or incompleteness. The sun shares its light and warmth. The trees share their shade and bounty of fruit. Flowers share their beauty and fragrance. Nothing in nature asks for anything in return. In the animal kingdom, what I notice the most is their consistent present state of awareness. They have no past or future worries. Their experience is always now. Also, they function from intuition and instinct, and possess an inner knowing, not achieved through thinking. They live by their survival instincts not associated with an intellectual understanding. These are ideas that we humans are only beginning to trust, embrace, own, and honor. Nature has so many secrets to share. We should observe and listen closely to its wisdom. ACIM is teaching us that there is no lack, only wholeness. But, there is a belief in lack and incompleteness that needs to be healed and allowed to disappear from our mind. There is nothing to get but much to give and it is in the giving we recognize we have/are whole and complete.

What do I really desire that would bring me perfect happiness? I could make a laundry list of things or situations that I believe might fulfill my desire for perfect happiness. Yet, where is the certainty that my desires will bring me the lasting and consistent happiness I seek? I need only look to my past experiences to recognize my choices and desires have not always brought me what I desired. In fact, usually, they ended up in heartbreak and/or disappointment. So many times I thought I knew what was in my best interest and what was in the best

interest of those I loved and so many times I was wrong, wrong about everything. Yet, there is One who knows me better than I know myself. There is One whose Will for me is Perfect Happiness. Personally, I really don't care how Perfect Happiness shows up in my life, only that it does show up. As I let go of being the architect of my life and as I let go of the need to control and the seeming power associated with a will separate from the Will of God miracles happen. Perfect Happiness shows up in unimagined ways. *With my Creation, God also created a script for my life that assures my perfect happiness, and my awakening.* I need only to allow it to unfold before me and not interfere or make a replacement for God's Will for my Perfect Happiness. Unfortunately, when under the influence of the ego thought system, we become impatient waiting for God's Script to unfold and jump in with an ego script that will guarantee conflict, doubt, and unhappiness. Perhaps it is a job offer or a new relationship lit up like a Christmas Tree and difficult to pass by. We become drawn to it like a magnet and we are sucked in like we stepped into quicksand. Forgiveness will always heal us and lead us back into right-mindedness but only after needless suffering and a tragic waste of time.

Below is a prayer offered with love that I find helpful whenever I'm tempted to make up my own script that is separate and apart from God's Will for my perfect happiness. "Father, I hereby let go of everything and anything that is in variance to Your Will for my Perfect Happiness. I relinquish all my attempts to usurp Your Will for my peace and happiness. I have no desires that would obstruct Your perfect plan for my happiness. My only desire is the awareness of the Love I find in Unity with You and with my brothers/sisters. In Unity, I was created and in Unity, I remain your Child. I choose that Your Will and my will be One and the same Will. I choose Your Will for my perfect happiness. Thy Will be done in me, through me, and as me. Help me, dear Father, to remember that I am eternally sustained by Your Love. You are my Source, my Creator, and my Eternal

Companion. I Live in You as You Live in me. There is no gap or separation between us. I am forever your Child with whom you are well pleased. Thank You, Father, for Everything. Your Plan is Perfect and I will follow as You lead, certain of my destination and certain of Our One Love and Unity. Amen"

Chapter 7: Lana Abide



Abide in God, where he would have us be. In ACIM, we train the mind to say Yes to Love and bring to Love that which appears to be unlike Love. I place whatever concerns me on the Altar of Truth. There it disappears into the Light of Love. What is unreal has no power over the Light of Truth. What remains is the Love of God.

So many times when fear enters the mind in one of its many forms, we are tempted to try to fix or solve or figure out what is happening within our mind. These actions are the work of the ego thought system. It wants us to stay engaged in the effects of our thinking rather than the cause. The ego will attempt to convince us we have failed in some way and then add guilt and a feeling of being unworthy of the Love of God. None of this has any meaning or Truth. We *have not failed at anything*. The only failure that has occurred is a failure in memory and that is something that can only be remedied by returning the mind to God, to Love, and to Truth. They all mean the same thing. How can one fix or

figure out something that does not exist? As Jesus would counsel us, it is a tragic waste of time. That is all. Because all the time we spend trying to figure out and fix the pain we are experiencing could be time spent in peace. It helps me to keep just one idea in my back pocket for times like these and that is, "When I forget, I remember to forgive. In that one thought and in my choice to forgive, memory is restored, and peace returns.

For me, the process is about abandoning at the level of my mind all thoughts relating to any perceived problem or its effects and bringing all of my focus and attention to the present moment. I still my mind and sit quietly in communion with God. To still the mind means no thinking. *To sit quietly means not talking to myself.* I rest in communion with God as the Holy Spirit heals my misperceptions and returns my mind to its natural state of peace. Forgiveness does not engage or fix something that does *not* exist, Forgiveness, on the other hand, is still, and quietly does nothing. It merely looks, and waits, and judges not. We simply look beyond the "seems to be" and focus on "what is" right here and right now in the mind I share with God. When we stop feeding the ego nothingness with our focus and attention, we do not nourish it and it naturally fades and disappears. I will forgive, and this will disappear. Nothingness has no power, except the power we give to it with our engagement with it. By engaging it or resisting it, we give it a false reality, a reality that does not exist. We make it seem real.

In the here and now, in this present moment in communion with my Father, I give my full and undivided attention to Truth, to Love, and to God. Now that is a powerful engagement. It is where illusions disappear in the presence of Truth. This is where I bring all of my focus and attention. Here and Now, with God is what I nourish and where I abide in Peace and Love. It is indeed a joyous opportunity. *Abide in God, where he would have us be.*

Chapter 8: Lana Trust

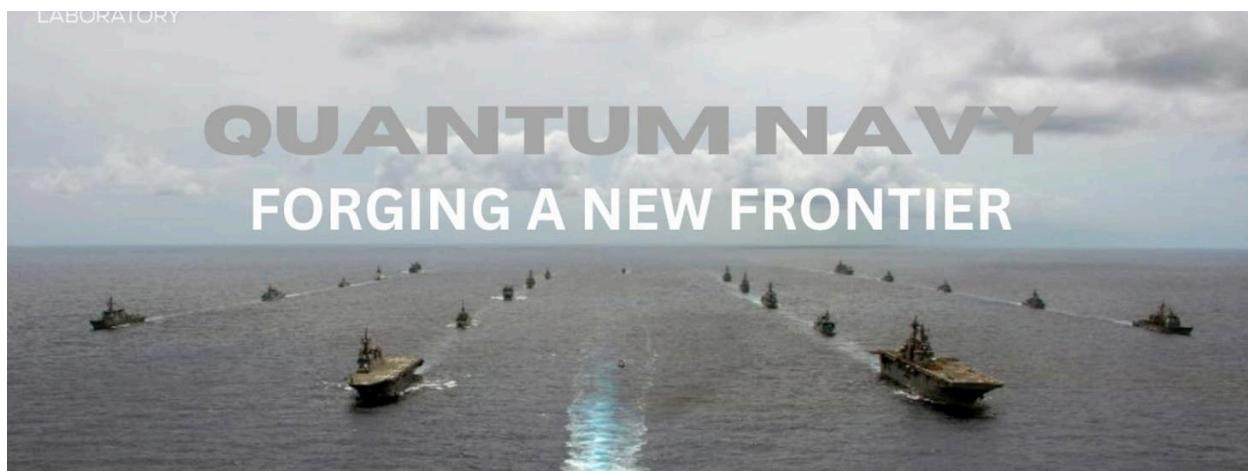


When all else fails, sometimes we can exhaust ourselves by looking at a problem from every conceivable angle for a solution before we recognize we may not know what anything is for. For me, it was through this seeking but not finding that it finally dawned upon my mind, *"There must be a better way, there just must be!"* For me, the willingness to trust came with the recognition, "Omg, my ego's grab-bag of ideas is empty. Perhaps there is no solution!" It was only then that I realized that when all else fails, try trusting God. Only then did the willingness to trust God became a viable option. Only when my stubborn ego saw there was no choice but to be willing to trust God did my mind become open to other possibilities. Perhaps I don't know what is in my best interest or the best interest of others. Perhaps I'm just not seeing the Truth about this perceived problem. Perhaps I'm not a victim of the world I see. Perhaps I'm not upset for the reason I think. Perhaps I may be wrong about it. Perhaps, I may be wrong about everything. When all else fails, trusting God becomes an acceptable idea. And the whole time the Holy Spirit was there with me, waiting patiently for my call. I've found that open-mindedness and the determination to see things differently are the preludes to trust. *I've learned that trust is an acquired skill.* The more I came to trust God, the more He validated my trust, and the easier it became to

trust God again, and then again. When all else fails, may have been my starting point in trusting God. Soon after, trusting God became my go-to practice for anything that showed up in my awareness that appeared unloving or problematic. Regardless of the perceived problem or situation, the Holy Spirit is always present with us, patiently waiting on our welcome. God only asks for our trust. *Jesus teaches us in ACIM that the ego is no match for the power and strength of Christ within us.* Perhaps it is just a simple question we need to ask ourselves. Do I want the higher energy of Love or do I want to function from the depths and darkness of fear? When I look within, I can see how every choice and every decision I make is between these two goals. One represents the power of God and the other, well it may validate a belief or a story that I hold as true and dear to me, but how does it make me feel? Regardless of how I perceive what is in front of me, I can recognize the only wise or sane decision is to *not* choose my weakness but to choose my strength of Christ.

I've noticed over the years that my peace comes with sane and wise decisions. Where do I look for wisdom and sanity in a world that demonstrates their opposites? *I remember Jesus' teaching that true wisdom has nothing to do with good judgment. Wisdom is the relinquishment of judgment.* And, as I relinquish my judgments of what I think is right and what is wrong, and when I still my thinking mind, my choice becomes obvious to me. *It shows up in my mind with clarity, certainty, and peace.* Real wisdom leads me to sane decisions. In fact, real wisdom comes from Love, which represents sanity while fear is delusional. Love always leads me home to God. Truth is sanity and it is very logical. At any moment or in any situation, I can pause for a Holy Instant, look within, and ask myself, "What will bring me peace?"

Chapter 9: Lana New



Unity in Love and in God. For me, A Course of Love reiterates and expands upon what Jesus in A Course in Miracles has been teaching me for decades. ACOL is a channeled sacred teaching from Jesus received by Mari Perron.

I immediately recognized Jesus as its true author. He is the same Jesus who has traveled with me since childhood and the same Jesus I met in A Course in Miracles. It is the same Jesus who communicates with me daily in the writings that I post and share with you here. A Course of Love expands on the simple truth that I am not a fragile and weak separated self but a whole and complete Creation of God, united with you and all of my brothers in His most holy Mind. Here are just a couple excerpts from ACOL which for me, demonstrate the familiar gentleness and direct communication from Jesus to us all. "The personal and individual is the "I" we are dispelling. Think a moment of how you tell a story or report on events that have taken place within your life, you personalize. You are likely to report on what a certain set of circumstances meant to you. This kind of thinking is thinking with the small "I." I saw, I felt, I thought, I did. The individual, personal, separated self is at the center of all such stories. One quite literally cannot conceive of the story without the "I." Yet this you must learn to do, and this task is given to you as an exercise."

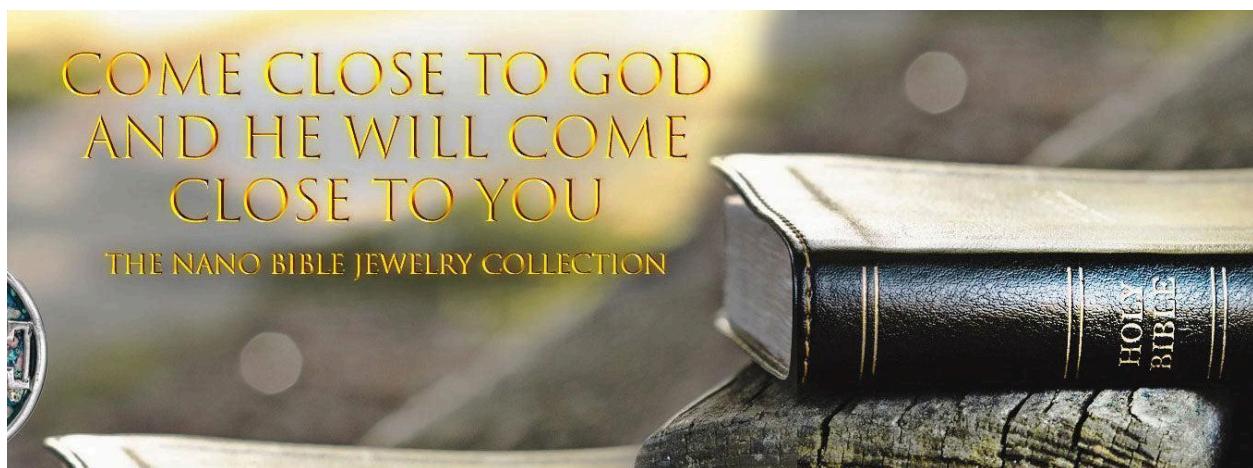
Jesus continues, "This removal of the personal "I" is but a first step to returning you to the consciousness of unity; a first step in going beyond meaning as definition to meaning as truth, by eliminating the personal, the universal becomes available. As the universal becomes available, you will have no desire for the personal. Even so, you will find that what you consider your individuality or uniqueness is very much intact, but that it is different than you have always imagined it to be. You will find that you fulfill a grand purpose, and have a wonderful part to play in a grand design. You will not feel cheated by losing your separated self. You will feel free."

The awakening of my True Self seems to be an ongoing process in time. Living my life as a shared identity with you and all my brothers in Unity with God has been and continues to be a grand adventure. Living with an awareness of my True Self has been a function of extending the Love of God to anything and everything that comes into my awareness. *The idea of getting anything is slowly but surely becoming an obsolete idea.* The Truth of me is whole and complete and it is only through giving whatever I seem to lack does it become apparent that I already have it. As Jesus teaches us in ACIM, to have peace, I give peace. To experience the Love that I am, I extend Love to anyone that shows up in my awareness. ACOL reinforces and strengthens within my mind and heart that to teach is to demonstrate. And, to teach only Love for that is what I am. With my focus fixed on giving/receiving, seeming lack disappears along with a separated self who believed she was in need of anything other than the Love of God and the realization of her whole and True nature as a Creation of God. Also, when I stay focused on sharing the Love of God with my brothers, an experience of unity enters my awareness. *I am not alone.* The "I" of the separated self is first diminished and then completely leaves my awareness as my focus is on giving instead of getting. And, as I share the Love of God, the Love of God arises within me and intensifies as I share it. Healing occurs in the presence of God's Love for

both myself and my brothers. *Every thought, every word, and every deed is now a collaboration and all within the Unity of our shared identity in God.*

There is so much more to be said and I will continue to share my experiences, missteps, and progress on this magnificent journey. My awakening continues and whenever I forGet, I remember to forGive. At this moment, I extend my blessings and Love to you who are One with me in the Sonship of God. The only way to know oneSelf is to authentically *be oneSelf*, the good, the bad, and the ridiculous. Acceptance, expression, and sharing OneSelf is key. Always remember, *you are as God created you* and this is what it looks like now. In certain moments and situations, you may not like how you feel but never resist it. Embrace it with Love and welcome the miracles that occur.

Chapter 10: Journey



"It is a journey without distance to a goal that has never changed." ACIM I'm not sure when the importance of material things faded away. I'm not sure when it became OK to me that the weather and traffic be whatever they are. I'm not even sure when people in whatever manner they appeared became holy. Or, when the need to even have someone around left me. When I look back I just notice that things I once held as so important no longer are. Sure, there are still attachments and specialness in my experiences. Yet I've learned again and again

that the only path that makes any sense to me is the one that brings peace. To choose peace is to see God in everything and everyone. As Gandhi said, "Be the peace you want to see in the world." We choose it and bring it to our experience. It just seems to be the other way around. When I integrate the goal of peace into my everyday life, it soon becomes a beacon of light making the way clear. For me, this journey is a cleansing of the window to the Soul.

We are the Infinite Peace God. The Truth of us is like a pure and beautiful screen of Love. It is always innocent and peaceful and shines out from the mind embracing everything it sees. It brings me back to the home I've never really left. When I think of the many attractions of the world and all of its temptations, Peace is now the only one that draws me in. Nothing else makes any sense to me anymore. Peace brings with it the awareness of the Love of God. *I am* the perfect, loving, and unlimited extension of God. Only my thoughts and beliefs would convince me otherwise. I need only to stay in the peace and silence of this present moment. Everything else disappears from my awareness and only the Peace and Love of God remain. They were always there shining brightly as the background of my mind and no longer hidden by the meaningless thoughts and beliefs of a delusional mind. Don't let the clouds of delusion mask the Light of your Being. Just *be* the Light, for you *are* the Light that you seek.

"The journey to God is merely the reawakening of the knowledge of where you are always, and what you are forever. It is a journey without distance to a goal that has never changed. Truth can only be experienced. It cannot be described and it cannot be explained. I can make you aware of the conditions of truth, but the experience is of God. Together we can meet its conditions, but truth will dawn upon you of itself."

Chapter 11: When The Path To Hell Transforms Into The Path To Heaven



The following essay comes in three parts. *That's just how Jesus announced it to me in this morning's meditative writing.* The next part will come within the next day or two, it usually does. This part begins a little dark, but then becomes bright and shiny by the end. So here it goes, when the path to hell transforms into the path to Heaven.

Part One

By now at least for most of us we have tested out forgiveness and experienced its healing effects. No longer is it an abstract concept, but a living and known fact based on our actual experience. Most of us know the drill by now. It often plays out as a journey into hell and then back to Heaven again. First, we notice we are not at peace, or we notice the symptoms of losing our peace. We may think, "Oh no, here it comes." There are so many symptoms, and we can experience one or many of them. There is anxiety or worry present. Pain, either physical or emotional, shows up. Or, we notice we are stuck in what seems to be an unsolvable problem. In general, we feel lethargic, unmotivated, and maybe even depressed. Perhaps there is a grievance or anger present towards someone or something. For whatever reason, we feel we are lacking something that if found would solve everything and return us to wholeness, completion, and

to peace. There are other symptoms too numerous to mention. These “appearances” tell us that our mind seems to have been taken over by some alien power that Jesus in ACIM refers to as “ego.” It is a nothing, appearing as something, and it seems to have captured us as its prisoner. It feels so real and so much a part of us that we misidentify it as being us. It can feel like we are possessed or hypnotized by some unknown force. It makes us feel alone, separated and abandoned by God. The voice of the ego frightens us and keeps us in a state of fear. We may even come to believe the only way to survive is to bow to its will instead of the Will of God.

The voice of the ego always comes gift-wrapped in specific stories or situations that seem to validate its lies and convince us that they must be true. These stories and situations are but effects of the ego mentality and only serve to keep us under the ego's grip and control. There then comes an endless process of seek but do not find, for there are no answers in the ego's grab bag, which is based solely on the past. The past is the only point of reference the ego has as a source for any and all information. Yet, like the ego, there is no past and there is no time. Nothing the ego offers us has a thread of Truth within it. Yet, as unbelievable as it seems, while under the spell of the ego, there seems to be logic. Granted, it is a sick, distorted logic based on the ego's misperceptions and lies and only makes sense to a sick mind under its influence. Is any of this starting to sound familiar?

The voice of the ego takes us on a journey towards hell. We become time travelers. It keeps our mind fixed and focused on past regrets and future worries. It is the complete opposite of the Voice of God, which leads us on the path to Heaven. Its path is a peaceful one and can only be found here and now. The voice for God does not time-travel but, rather, keeps our focus on *Now* which Jesus teaches us is the closest approximation we have in our human experience to Eternity, and leads us to our true Home in God. I don't think a day goes by that I don't thank God for A Course in Miracles. It is an out-of-time communication

brought to us in time because that is where we believe we are, and God always meets us where we are, or we believe we are. Jesus, in ACIM, comes to remind us that spells can be broken and that there is a remedy for ego's spell as well. ACIM reminds me that everything that is true and real is also eternal. Its everlasting and unchanging nature is still present within the mind I share with God. It reminds me that every loving thought I've ever had is saved for me for all eternity. All I need to do is touch the hem of God's love, right here and right now, and the ego's spell is broken. Anything and everything touched by love's presence is healed, restored, and returned to peace. We remember and recognize that our God-given free will is still intact, and we can always *choose once again*.

The one solution for any and all perceived problems is simply in our decision to return the mind to God, right here and right now. It comes through our willingness to forgive what never was. It comes with the willingness to accept the Atonement for ourselves. *Willingness is the key*. The willingness to see things differently, willingness to be here now, willingness to allow forgiveness to heal, willingness to be healed, willingness to accept God's Will instead of an alien will separate from God's. The willingness to return to the path to Heaven, and to peace. Willingness to join in unity with God and all of our brothers. The rewards are infinite. Most cannot be expressed through the word symbols of any language, but I do know this. With the healing of the mind comes everything I could ever want or desire. It comes with clarity, certainty, and peace. I recognize, I realize, and I remember who I am, who my brothers are, and who God Is. For me, the entire process I feel is summed up in one sentence, "Love recognizes Love and remembers Itself." Also, there are two scripture verses that have miraculously come alive within me. No longer just flowery words, they live within me as absolute Truth. "God is Love, and he that abides in Love abides in God and God in him." The second one is, "My Father and I are One." Jesus tells us that ACIM is a beginning, not an end. Its goal was to Know Thyself. Now that we

are aware of who we truly are, and now that we are awake to the fact that we are dreaming, Jesus is still here to guide us in how to navigate through this human experience. He did this over 2,000 years ago. To be in the world but not of the world, and to practice forgiveness in every situation. Or, as Wayne Dyer always said, to function as Spirit having a human experience. Jesus has a lot to say about all of this.

Part Two

Let us continue in our transition from the path to hell to Heaven's way. Part two may begin as a little too metaphysical for some, but it is fundamental. It is fundamental in our understanding of how the path to Heaven is wide open and available to all of us to choose. Its password is Love. Being it, extending it, sharing it, demonstrating it, and living it. We are really not going anywhere that Love is not. It just appears that way through distorted perception. The means of healing these distortions is *forgiveness*, the motivation is inner peace, and the goal is, Know Thyself. The return to Heaven's path is the return to Love's awareness.

Since in Truth, Heaven is a state of mind, the path to Heaven begins in the mind. Heaven has never left our mind, and we have never left Heaven. Yet, perceiving via a split mind can make the path confusing. It is important to remember we are Spirit first and always. Yet, within our dream-like existence, we seem to be having a human experience. Just as the goal of ACIM is Know Thyself, so is it that we transform the path to hell into the path to Heaven by Knowing Thyself. It comes from the power of knowing our Real, True, and Eternal Self, as God created us. Jesus tells us. "The term mind is used to represent the activating agent of spirit, supplying its creative energy." I find this whole section so significant in our acceptance of *who we truly are*. How our perception of it being split between Spirit and ego can really mess up our discernment of what is real and what is not.

The fact that the mind is the activating agent of the Spirit is key. Yet,

because of its split nature, the mind can be misused on behalf of the ego, *but only* if there is a belief in place that this so-called ego is a real thing. Our perceptions follow the beliefs that are embedded within the mind. Our beliefs are projected out and perceived as real. *Projection makes perception. We can never depend on our perceptions to tell us anything of Truth.* They distort and hide the truth about everything we see. So we see nothing as it actually is. Mind can only act as it is directed. It will either respond to Love and activate Spirit, or it will react to fear and seem to activate ego. The first is a *real* response and the latter is an imagined reaction, believed to be real. It all comes down to Who/what is in control of the mind at any given moment. Love or fear. We are called to look within and ask, "Am I functioning from my right mind (Holy Spirit) or my wrong mind (ego)?" and, "At this moment, is my mind aligned with Truth or illusion?" *The real question is, "Am I at peace?" That answer tells me everything I need to know.*

It is why keeping a present state of awareness is so critical to maintaining a peaceful experience of life. Am I at peace? Even asking this question will automatically bring your focus and attention back to now. This is because the answer can only be found within us, right here and right now. And, you will get an immediate answer, *for only you know if you are at peace.* You can't get the answer from anywhere outside yourself, only by looking directly within. The bottom line is that if I am not at peace, I am not in my right mind. If I am not in my right mind, then my mind must be aligned with fear. And if I go ahead and react while in this state of mind, it is by my decision the ego is activated instead of Spirit. We all know how the effects of that decision will play out in our experience. Here and now is where this decision is made because in truth there is no other place or time that exists. Yet, that fact is not helpful to us if our awareness is off traveling in time and engaging past regrets or future worries. It is our awareness that must be present, our conscious awareness, so we can make conscious choices. Otherwise, the choice is made for us and is seldom the right-minded

one because it is based on our established and habitual pattern of thinking. Usually, if not always, it is controlled by the thought system of the ego. It is an imaginary thought system, but one that is believed to be real. This moment of decision between responding with Love or reacting with fear is not a time to think. It is the time to *trust*. It is the means to rule the Kingdom of our mind and to direct the mind to activate the Spirit of God within, the mind we all share in Unity as One with our Beloved Creator.

This is what training the mind means, and how it relates to the quality and peace of our everyday life. To not maintain a present state of awareness, is like relinquishing our freedom and our power as the Son of God. You can never lose it, but if it is out of our awareness, what good can it do for us? *Here/now is the mission control center of the mind*. Our mind-training helps reprogram our thinking to stay alert to the condition of the mind. The more we check in, the more we begin to notice the first hints of discomfort. At that moment, we are present to make the choice for God, thereby activating the Spirit and Creative Power of God within us. At that moment of making the conscious and deliberate decision to choose God, the Spirit is activated, It steps in, and takes care of everything *for us*. *In that instant, all thinking stops*. The mind can relax and rest in God, knowing that whatever is in need of healing will be healed, and most likely the only thing in need of healing is itself, the mind.

If you noticed, there was nothing for you to understand. There was nothing for you to fix or figure out. There was nothing for you to even think about. There was nothing for you to do, *but trust in God and in Truth being True*. We act on it by making the right choice for God/Love. With this decision, the mind was healed, returned to right-minded perception, and you returned to peace. Always remember Divine Order. *First comes forgiveness and healing*. With the healing of the mind comes understanding, clarity, certainty, and the Peace of God. In the process, we are also learning not to confuse cause and effect. In truth, there is no gap between them, just as there is no gap in giving/receiving. But

perceptually, they do seem to play out linearly, a first this and then that experience. For the purpose of forgiveness, the cause of any misperception is the mind, and the effects of the misperception show up in our experience. Therefore, the mind is always the only aspect of self that is ever in need of healing. Heal the mind through forgiveness, and all seeming effects are healed with the healing of the mind.

I bring this up because we only waste time stumbling around trying to fix or understand the effects of our misperceptions. These effects show up as the stories that seem to validate and hold our fear in place, making it appear real. We can get stuck in the effects of our thinking, rather than addressing the cause. Jesus tells us that this is neither good nor bad, just a tragic waste of time. It is also not a call for judgment of ourselves or anyone else. *We just return to the path of forgiveness.* Why else would the *choose once again* option be included in The Plan of Atonement? It was put there because God, in His Infinite Wisdom, knew we would need it on our path to awakening to Heaven.

Jesus also reminds me often that the root cause of all of our perceived misery boils down to our misidentification of Self. However, Jesus also assures us that as we forgive (let go of) everything we are *not*, who we truly are naturally will rise up and into our awareness. *I find it so comforting to remember that Christ is in all of us.* Christ is ever-present and eternal, holding us all in Unity with God. What I've found helpful is to just say, I'm not that, to anything that does not reflect the purity, innocence, peace, and perfection of God. Just forgive it. Remember that forgiveness is not a doing on our part. It is the willingness to have it done *for* us. As Jesus teaches us, "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." Whatever shows up and seems to distress us, we simply let it be, let it flow, and let it pass out of our mind. Any appearance not of God and Truth will pass through and disappear, but only *if* we do not latch onto it and make it seem real in our experience. We just remind

ourselves, I'm not that. We wave goodbye as it passes out of our awareness. All the while we stay fixed, here and now, in the loving arms and Mind of God. Love has returned to love and feels safe and secure in Its Embrace.

There is so much more to share on our path back to Heaven and Love's awareness. There is so much more to come. From the moment of our decision to choose Love over fear, which aligns our mind with Spirit and activates its power to serve us, comes healing. This brings back our memory of not only who we are but who our brothers and sisters are and most importantly who/what God Is. *We discover this human adventure is a shared one. No longer is this sojourn in life a separate and lonely path, me transforms into we.* We walk together, we love together and extend God's Love out onto the world we perceive before us. We seek no longer to solve or fix or even try to figure out what shows up before us. We *trust* the Spirit of God within us, our Holy Spirit, to take control of us. *Let all things be exactly as they are.* We do not interfere with God's *loving remedy*. Just as we do not touch a wound and expect it to stay clean and heal. We do not engage a seeming problem after we have given it to God to heal *for* us. At the level of mind, we simply let it be, let it flow, and let it go. This means think no more about it. It was but a misperception of the mind. To engage it is to engage nothingness. It is merely appearing to be something it is not. How do we access this realm of no thought? Very often, right after I have made the choice to activate the Spirit of God within me to handle whatever perceived problem is showing up before me. I leave the battleground that is the path to hell and simply do this. I'm still, and lay aside all thoughts of what I am and what God is, all concepts I have learned about the world, all images I hold about myself. I empty my mind of everything it thinks is either true or false, good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. *I hold onto nothing.* I do not bring one thought the past has taught, nor one belief I ever learned before from anything. I forget this world, forget this course, and come with wholly empty hands unto my God.

I often visualize sitting at the feet of Jesus, my head laying in his lap, and he's comforting me, patting me on the head as a parent may do with its child. We are *all* the Children of God, and His will is *always* to Love and Comfort His creations. *His Will is for our perfect happiness.* We need only to accept His gift of the Atonement and own it as our own. We need only to always make the choice for love, truth, and trust in it with every fiber of our *being*. If we check in right here and right now in the mind of the one reading this essay, ask only, "Am I at Peace?" This will tell you *everything* you need to know.

Finally, always remember that. This Course is a beginning, not an end. Your Friend goes with you, you are not alone. No one who calls on Him can call in vain. Whatever troubles you, make the conscious choice to join in unity with creation and leave behind the habitual mentality of separation. In that instant, the soul begins to awaken from Its slumber. *It begins to become aware of Itself.* Be certain that He has the answer, and will gladly give it to you, if you simply turn to Him and ask it of Him. He will not withhold all answers that you need for anything that seems to trouble you. He knows the way to solve all problems, and resolve all doubts. His certainty is yours. You need but ask it of Him, and it will be given you.

Part Three A few of these writings you've read but need repeating.

Within that Holy Instant of choice, we direct the mind to walk out of its separated state of isolation and rejoin our brothers/sisters in the Mind of God. In Truth, we have never left. *The only thing that actually left was our awareness of being there.* We simply forgot that our wholeness and completion always dwell with us in Unity with our Creator and all Creation. Within this Holy Instant (the here and now of us), the shift in perception occurs. But it can only come to my awareness by and through my decision to choose it. The Miracle happens in our decision to rejoin our Wholeness in God, with our brothers and sisters in Christ. Our perception shifts back into alignment and the mind returns to sanity and peace.

This is why Jesus teaches us that Miracles are shared between brothers. The ever-present Love that we *are* inspires our choice to join, inspires our desire to *decide once again* and rejoin our family in God, and in Truth. This Love that inspires Miracles is the same Love that activates and expresses Miracles. You are not only a Miracle Worker, you *are* the Miracle because you *are* Love. Once again, we see the effects of choosing Love over fear and choosing Unity over separation. We remember that we are Spirit, seeming to be having a human experience, but now that experience is one of Love and Peace instead of worry and regret.

This begs the question, *Who is the One that is making this choice? Who is the One that is directing the mind to decide Love instead of fear?* It is the One that is now aware that there is a choice to be made. *It is the Pure Awareness of Being.* It is the One that is aware of being aware of the words of this essay and reading them *now*. The One that is aware of everything that seems to appear before it. The Pure and Perfect Awareness of Being, with nothing added to obscure or defile its Perfect State of Peace.

In short, it is the Soul awakening from its slumber and beginning to remember Itself. It is the One that at first just recognizes and notices I exist, that there is an experience of existence within this awareness. It notices that It is the One who is aware of being aware. When and if, It looks at Its Nature, all that it is aware of is a still, quiet, and peaceful presence. At that moment all it recognizes is that it is aware that It exists, and Its existence is aware of only Pure and Perfect Peace. Yes, Soul is awakening to the awareness of Self. It is just beginning to remember. If, and this is a big if, it goes deeper within, Its awareness seems to expand, and it recognizes that it is a part of something that is far more vast. As yet, it is not aware of what this vastness is, *aware that there is more to become aware of in its experience of being aware.* For now, all that It is certain of is that It exists as the Awareness of Perfect Peace, and stillness of Being. Little does It realize that It has stumbled upon Its Home in Love and Its

Reality as Love. However, if at any instant It chooses to look without instead of continuing on Its journey within Its own Nature, it begins to become aware of other seeming appearances. They seem to be outside the pure and peaceful sanctity of Its Beingness. It now becomes aware of something that appears separate from Itself. At that instant, when Its focus is pointed without and away from its within, Its awareness seems to expand again but brings a completely different experience. These appearances seem to disturb its Pure and Perfect awareness of existence. It becomes aware of darkness being laid upon the Light of Its Being. This Being of Pure awareness becomes confused and frightened by Its new awareness of something other than Pure and Perfect Peace. For the first time, this Being of Pure and Perfect Peace asks, What Am I? Who Am I? Am I the within, or the without?

Its journey of Awakening and Remembering Truth has begun. In that instant, Its awareness becomes so limited, and It seems blocked by a new awareness. It is awareness of a darkness It does not understand. Little does It know of Its Divine Power, the Power of Love that Is Its Truth. Little does it know that there is *nothing* that is not a part of Its Wholeness and Oneness in God. It is not even aware that such a something as God exists. All that it is aware of is that it is frightened and alone, *yet*, it feels an inner urge to call for Help. Little does it know that Its call for Help was heard and answered. Little does it know that in that very instant, the Holy Instant, It made the choice for the opposite of the darkness that It was experiencing. It made the choice for Love. And in that Holy Instant, the awareness of a Light Within grew brighter and stronger and made a path back to Heaven, where only the awareness of Pure and Perfect Peace resided.

The call for Love was made, and the Father always responds to every call of His Son with the Self-Same Love contained within the call. The Son recognized the Love within as Its Father. Love recognized Love and remembered Itself. The choice was made to join in Unity as One. The choice was made to

return to Love. Now, the awareness of the Perfect State of Oneness has awakened and exists within the Son ship with Its Creator. It is/will be/has been accomplished. Time rolls up into Eternity, here and now. Within the Holy Instant, miracles occur, and the mind shifts back into alignment with Truth and Reality. For a Holy Instant, time/space, the body, and the ego are forgotten long enough that one can catch glimpses of Reality, and they become points of reference for our access. These access points are never forgotten because they are Real. They are like building blocks that create a mental bridge that leads us back to the path of Heaven and to the Peace of God. Your Real and Present Memory is being restored to your awareness. It was never lost, only forgotten. *Always keep in mind that Real Memory is of a present state of awareness, and has nothing to do with an imagined past.*

Every occasion we choose to join in a Holy Instant in the present moment, our remembrance and awareness of Reality and of our True Self is strengthened. We begin by bringing our awareness to the present moment. We fix our focus and attention right here and right now. It may seem strange in the beginning, but soon we discover all the spiritual goodies associated with Truth are found and realized here and now; not the least of which is our *peace of mind*. Soon being present becomes a treasured habit. Once this habit is formed and stabilized, it is a place in which we desire to visit and stay within as much as possible. Every instant then becomes a Holy Instant in which we join and share Love and Peace with all of our brothers/sisters because they are there with us in the Mind of God.

The Holy Instant is the Instant God is remembered. The ego thought system, time, space, the body, and everything we have come to believe in as real, fades away in this present state of Being. It is in our joining and sharing of what Is Real (here and now) that Real Memory is restored and everything unreal disappears. Soon we learn to join with our brothers in this sacred space for healing and in sharing the Love of God.

Here and Now is a state of present consciousness that serves *two primary*

functions. One function is that of experience, and the other function is choice. You could say consciousness is a state of being where we experience the effects of our choices. Consciousness of itself has no other powers or purpose. It responds based on the choices made through either the ego thought system or through the guidance of our Holy Spirit. Once a conscious choice is made, a conscious experience is had that is reflective of our choice.

Never forget God's safety net built into the plan of Atonement. We can always *choose once again.* Undo what never was and continue on the path to Heaven. *Our end is really our beginning.* When the choice for the ego thought system is made, we can count on all of our experiences to be fear-based. Because it is a dualistic thought system, our experiences may show up a good/bad, right/wrong, hot/cold, and up/down. However, what will be lacking *always* are certainty, clarity, and a peaceful state of mind. Even an experience that feels exhilarating and exciting can also be terrifying. Because duality is made up of only opposites, certainty is never possible. The mind bounces back and forth from one to the other, or often becomes stuck in the middle. Being a thought system based on confusion, it can never provide certainty. It is a thought system that thrives on conflict, confusion, and indecision. Clarity of mind is never an attribute. Obviously, without clarity or certainty, the idea of peace of mind must also be absent. How can one possibly compare the ego thought system to what is discovered within the Holy Instant of here and now? How does one describe a new primary color that has never been seen before? When one joins with another for the singular purpose of healing, something miraculous happens. One has to pay close attention to catch a glimpse of what is *not* present. There is no little self anymore. Something happens when two join in union with God. All sense of self disappears. One's awareness of anything outside that united holy moment vanishes. Now is all there is, and place becomes no more. Information comes from a new Source, a Source not of the thinking mind but outside of it. It is so huge and expansive, one can get lost in just the thought of it. What appears in

the mind is not of our making, it just arrives without any effort, and you have a knowingness and a certainty that it is true and real.

Here and now, this Holy Instant, is the place of miracles. It is where forgiveness occurs and healing appears. It is where we commune with God in Christ and there is no sense of any gap or separation existing. It is whole, it is peaceful, still, and wonderful. It is Love. One wants to abide there forever, the path to sanity and happiness. The Holy Spirit is nothing more than your own right mind. The Holy Spirit is not separate from my own Divine Mind, I share with God. I have access to it whenever I choose it. Its healing power can only be released by my decision to join it.

When I think of right-mindedness, I think of clear thinking and clear perception or vision where everything makes sense again and its nature becomes obvious as if a light bulb has been turned on in the mind. I experience it as a link, not only a communication link but a link to a Source of high energy healing energy that I can ride along with for as long as I stay focused and fixed on its attributes and not be distracted and pulled back into an ego perception or mentality. It is like riding the *God wave of Divine Energy*, which should be our natural manner of existence. This is what is defined as the Happy Dream. A realm where, although still dreaming, we experience the dream as a reflection of God's Love and its Truth. To stay in the Happy Dream, I need to stay fixed and focused on it by aligning the mind with its attributes. These attributes are also the attributes of God and Truth. I'm not always successful, but when I am able to maintain my focus and attention on Truth, the following reminders have proven helpful to me and I hope you find them helpful as well. Affirming that I am One with this Source of Divine Energy that is God. I am not separate, nor have I ever been separate from my Source. And this magnificent Divine Energy of God provides for everything I could ever need. *It is what the birds and flowers naturally accept and never question.*

Watching my thoughts and feelings, they are my barometer for knowing if I

am obstructing my access to my divine Source. They tell me if I am aligned with the Mind of God or in conflict with it. I practice forgiveness whenever the slightest hint of discomfort or disharmony shows up in my mind through either thoughts or feelings. When in doubt, forgive. Forgiveness heals whatever requires healing and returns my mind to peace. Expressing gratitude to God for who and what I Am. Gratitude acknowledges what I have, and to have it is to know I Am it. Sharing the gifts of the Kingdom. Our divine Source of everything is a continuous flow of Creation. It is *always* sharing itself and in this way ensures the process of Creation continues. Any hoarding or attachments to what has been given us only impedes its flow to and through us. *Extending what I am to be what I am. This is similar to sharing in that to have Peace, I extend Peace. To know Love, I extend Love.* God created us through the extension of His Love for us and to know we are a creation vehicle for God, we practice it in our daily life. Allowing and not resisting what shows up in our lives. Resist not evil is wise advice. For everything that shows up in our daily experience, we either Love it or heal it, but we never resist it. To resist is to give that which is not real a false reality. It is what ACIM calls, making it real. That is an obstruction to everything that *Is real*.

Listening and following the guidance of the Holy Spirit. I do this through meditation and prayer. Prayer to me is communion with God. I sit in silence and listen for thoughts that show up in my mind that are not of my making. While meditating or communing with the Father, I feel our Oneness and shared Love for all Creation. Grab hold of your divine Source and live there. Be alert to anything that suggests we are being drawn away from it by the ego. Pay the ego no mind, except for healing the idea that it is real and can affect our experience of God's Love as His perfect Child. Always remember, the ego is not a real thought and actually does not exist. When we are in our right mind, we realize this and pay it no mind.

Just behind all the imagined obstructions we have made to limit and block

our awareness of the Truth, Truth stands eternal and shines Its Light. This Light of Truth is forever pristine, ever-present, and unaffected by our ignorance of it and Its God-given powers, which belong to us as creations and extensions of God. As such, we can truly say, We are the Light of the World. In Truth, there are no blocks or obstructions that can dim our Eternal Light. They are only the “seems to be” of this life experience. “Seems to be” are delusions and distortions of the mind and have no basis in Reality. They are like cloud vapors that try to block out the sun. Yet the light of the sun is never diminished by the clouds. Our imaginary obstructions show up as thoughts, perceptions, physical sights and sensations, and our beliefs about them. We give them so much meaning, they can captivate us and divert our focus and attention away from the ever-present Light of our Being. They distort Reality until it becomes unrecognizable and even forgotten. Yet, be never deceived for an instant, my friends. The brilliant Light of our Self continues to shine out from us into all Creation. The eyes of God see through the eyes of His Creations and beholds Creation as He Created it. God expresses and experiences Himself through His Son. *God is in everything I see because God is in my mind.*

Always remember that our imagined obstructions that seem to hide our Light have no power, other than the power we give them. We feed and nourish them when we focus our attention on them instead of on God, thereby affording them a false reality. They are illusions. They do not exist except within the ego thought system, and that is an illusion as well. How can nothing have any power? As Jesus reminds us, “By giving power to nothing, he throws away the joyous opportunity to learn that nothing has no power.”

What is the remedy for the mess we made up? What is there to do about nothing appearing as something? We have been conditioned since birth to believe we must do something, to fix things and all kinds of “doingness”. The idea of doing nothing and accepting what is for the most part are alien concepts. They seem so counter-intuitive, and go against our human nature. Yet, *where illusions*

are concerned, to do nothing is exactly what is called for. 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. *Over the years, I have discovered that there is but one solution to any and all perceived problems, and that is returning the mind to God.* As we bring all of our focus and attention to this present moment, we are abandoning the imagined thought system of ego and choosing God instead. We bring whatever seems unlike Love to Love. There, all ego thoughts, feelings, and sensations naturally dissolve and disappear. And in this present moment, as we give them over to our Holy Spirit, they are starved by our lack of focus and attention on them. No longer are we giving power to nothing? Rather, we are reclaiming our Power as the Son of God. There is but One Power, Emmanuel, which means God with us.

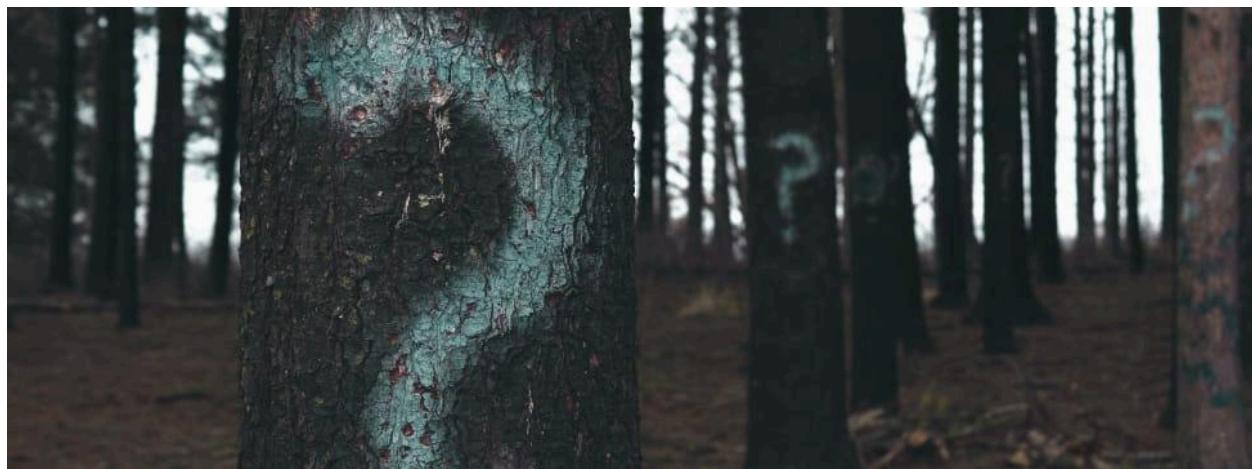
In returning the mind to God, we literally swim within an ocean of Love. It is the atmosphere of our existence. *How could anything exist outside All?* In Unity and Wholeness, we were created and in Unity and Wholeness, we eternally remain. We affirm God Is and anything, unlike Love, disappears into the nothingness from which it came. *We say God Is and cease to speak.* Nothing else needs to be said because within God Is, *everything is accomplished. You are the One you are searching for.* Truth is only found within, and even then I ask What is the Truth of this? Whatever this may be at any moment. *All* perceptions are distorted, even those of great spiritual teachers. Only within can Truth be recognized, remembered, and experienced; all else is interpretation. We *all* carry the Truth within our own holy minds. As Jesus reminds us in ACIM, "Delay does not matter in eternity, but it is tragic in time."

Everything is a pointer to God and Truth. Even A Course in Miracles is but a pointer to Truth. I have found it to be a very effective one. Either through gratitude or desperation, we all find our way home. Let us not spend all of our time trying to understand the words of ACIM but rather seek the inner peace it offers and Truth is effortlessly revealed from that point of peace. The Peace of

God is always right here and right now as your Holy and Divine Self. It is an accomplished fact. Yet, it is always our choice to take a long way home or a more direct route. Many times we are like the puppy dog chasing after its own tail, believing it is separate from Itself. Eventually, the puppy catches its tail and Truth bites him in the ass, surprise. Jesus tells us that awakening need not be painful, but it usually is. Putting false gods before our own, I Am, is merely an ego tactic to delay the inevitable,

Do you really believe the finite mind is capable of understanding Infinite Truth? You, right here and right now, are the Holy Son of God. Be that. God's Presence and God's Voice go with us wherever we go. They are the Reality of Self. His Voice and His Love define me. It is not the other way around. They are the truest Truth to me. They are the gifts I share with everyone and everything I see. It is the loving exchange and sharing of Love with Love, that giving and receiving merge into One complete, whole, and seamless experience. It is there that I discover my Holy Relationship with All of God's Creation. Practice makes progress. Yet, that which is Real and True is already accomplished. We are an accomplished fact of God. Might as well enjoy all the Gifts of the Kingdom. Now. Our ego wants us to be either regretting our past or, best yet, worrying about the future. When we live in the moment, what can hurt us? Nothing. The Course refers to this as living in The Holy Instant.

Chapter 12: My Question For Lana



Hi Lana,

I have another question for you. I enjoy “pondering the imponderable”. My understanding from The Course is we’re all dreaming in Heaven. All the circumstances and people I’ve known since birth are stored in my subconscious. My mother, father, beloved wife, sister, brother, children, all family, friends, co-workers, customers and everyone I’ve ever met or communicated with are my dream figures. I understand some Course students feel when we wake up in Heaven we’ll no longer think of these folks as we’ve realized our Oneness with Christ and God. As you may remember my wife Mary Jo died suddenly in front of me at the age of 43 while we were on a 2nd honeymoon. This occurred 21 years ago. I *really* want to see her in Heaven. Here’s my “Imponderable” question. Is it possible All my dream figures will wake up with me, and we’ll all meet again in Heaven? God Bless, Bob

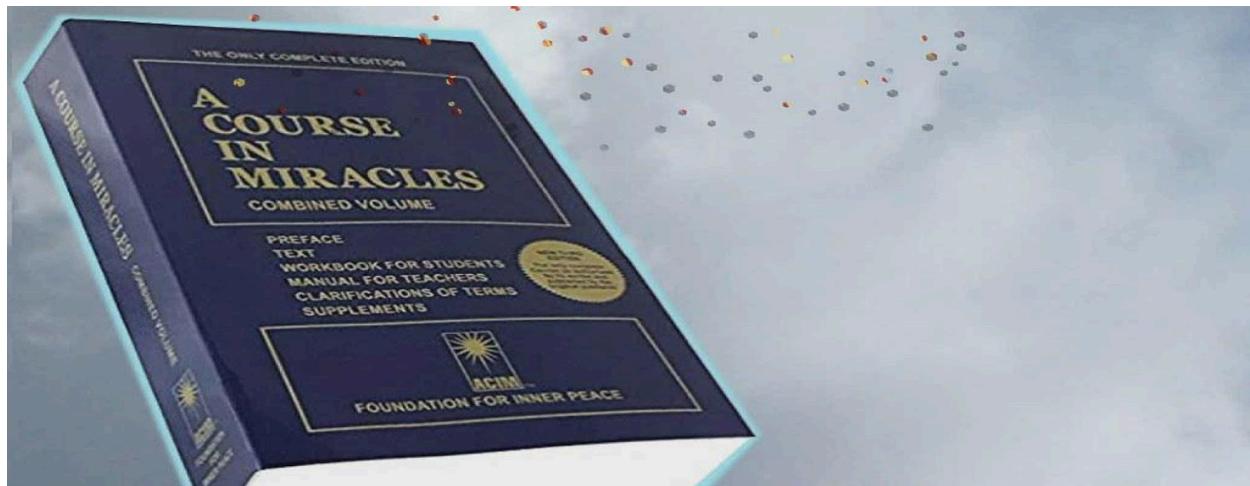
Dearest Bob,

Jesus, in ACIM, assures us that every loving thought we have ever had about anyone or anything is saved for us for all eternity. Love is eternal. Love is the only Reality. We are One with Love and every aspect of Love we have ever experienced. Does it make any sense that upon our transition out of form, we are deprived and separated from that all-encompassing Love? I can’t tell you

how it will all unfold or be experienced. But, I can tell you that the Love you experienced and the Love you shared with your Mary Jo is eternal, and it is impossible that you could ever be separated from the Love you shared.

Once, shortly after my husband Tom transitioned I was given to know that all of our loving relationships have the eternal reality of the Truth of who and what we are, i.e., the perfect Love of God. I have no fear that the Love Tom and I shared will always exist and in a much more intense and miraculous way. *Love never dies for Life Is the Love of God in all of its magnificent manifestations.* I have this inner knowing that you and I both will be surprised by the joy of reuniting with all of our loving relationships, especially the loving relationships we shared with Tom and Mary Jo. We may just show up as brilliant balls of Light, but we will recognize the Light because we will recognize the Love given and received. Love recognizes Love and remembers Itself. Have no fear, dear friend. Mary Jo is with you now, and she will be with you and you with her for all eternity. Love never dies. Blessings and Love, Lana

Chapter 13: ACIM Core Beliefs



1. This world is not real. God did not create this world nor even know of its existence. The entire universe is an illusion dreamt by the Son of God.
2. Pure non-duality: Anything that comes from God must be exactly like Him. God could not create anything that is not perfect, or else He wouldn't be perfect.

3. Consciousness is the domain of the ego. Consciousness was conceived after we dreamt of separation.
4. Spirit is unchanging, perfect, and eternal. This is the state of Heaven.
5. Truth is not different for everyone. Truth is truth.
6. There are no levels in Heaven. All conflict arises from the concept of levels. We are either enlightened and back in reality with God, or still dreaming of separation. Only life in Heaven is real.
7. Life in all its myriad forms or possibilities is already scripted at the instant of separation. The only choice is in our mind, where we decide to identify with the Holy Spirit or with the ego, when interpreting each moment.
8. Life in this world is mad/insane. Nothing makes sense in this world. The world was made as an attack on God.
9. There is only one higher self, the Holy Spirit. Also known as the voice for God, our memory of God, or the reflection of God's love in our dream.
10. Collectively, we are the Son of God. God created only One Son of God. Technically speaking, there is no "we" since the separation into fragments did not occur.
11. There is no evil or devil, only illusory madness projected by our ego mind and thankfully, they are not real.
12. Every attack is an attack upon ourselves. We project our unconscious guilt onto (dream) figures or situations that seemingly attack us. So now they are guilty, not us. The cause of our guilt arises from our imagined separation from God.
13. Life is a lesson. *Every opportunity is used by the Holy Spirit to teach forgiveness to undo the ego mind.*
14. Time and space are illusions, and Spirit has nothing to do with them.

Epilogue

Everything that Lana wrote about is true. I don't know this, but I have a feeling she's left time. I sent her copies of two manuscripts I've recently finished. Flip Sides Of the Same Coin We Call Life and Christ Is Our Natural State Of Being. She's always responded, but this time has not. I researched and found the writings she had shared with me over the past year and prayerfully decided to publish them for all to consider.

We are truly our own worst enemy. All God asks of us, is to forgive. One of Jesus's last words on the cross were, "Father forgive them, for they know not what they do." He said this for our benefit for he knows Source sees nothing to forgive. He placed the supreme importance of forgiveness into the collective human psyche. We're dreaming in the Heaven we've never left and once we have achieved perfection in forgiveness God will awaken us.

Lana's teachings about the illusion of time are very, very true. I know this because I've experienced being outside of time. I've written about this in the first manuscript mentioned. As she wrote about living in the *now*, what ACIM refers to as the Holy Instant, is also perfectly true. I know this also because I'm living it. Our ego wants us to be concerned with past mistakes and more importantly wants us worrying about the future. In doing so we're not talking to God *now*. When we live in the moment, absolutely *nothing* can harm us.

I'm 71, and it's taken a lot of complicated thought processes to figure out things are quite simple. God Is. Bob



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