

A Course in Miracles

I have studied the Course in Miracles every day for the past thirty years, from the time I met the modest Helen Schucman in person in 1978. I feel qualified now to offer you an exposition of its major teachings that I will expand upon each month and that I hope might entice you to turn to the original text as a group sharing.

The Course In Miracles was channeled over a 7-year period beginning in 1970 by a New York, atheist, Jewish woman, Helen Schucman, and typeset by her collaborator William Thetford, Professor of Medical Psychology at Columbia University. Its author clearly identifies Himself as Jesus. Its intent is a universal experience of God, a message that will one day “be spread throughout all nations.” This means the dissolution of the ego and the restoration of sanity, which is the opposite of the reality that you now believe. This is not easy, because its message is processed by the ego, and thus much of the original text sounds meaningless without years of intensive study and interpretation.

*[Click here to read, “**The Ego is My Jailor**”, to see the difficulty that the original text has to overcome in order to reach your understanding.]*

Chapters I and 2:

God created by extending Himself into all of His creations. You have been created perfect. A note that vibrates at a perfect pitch is perfect. God glories in His creations and is present in every one of them. He also gave to humans all of His own powers to create. However, you do not feel, now, the joy of vibrating at a perfect pitch. You more likely feel defective, empty, or depressed. You cannot use the power of God because you are filled with doubt. Even worse, you are at war against yourself. And worst of all you have lost the ecstatic feeling of being totally loved and loveable and thus capable of extending this to others.

How did all of this happen? God gave man free will. To do this, He had to allow a portion of His mind to split from Him, and to go its own way if it chose to do so. This temporary, imagined separation has led to fear and the belief that man created himself. At first, creating things by oneself was fun, but man’s imagination began creating demons that come back to haunt him. (Much like Harold, the lonely little boy who painted pictures on his bedroom wall until he became lost and terrified.) Eventually, many souls became entrapped in matter and encased in a fleshly body that it identifies with and within which it struggles now to keep vital and attractive for 50 to 60 years before it becomes sickly, a burden and dies.

Depression is the expected result of a spirit trapped in matter, as well as feeling lack, helplessness, loneliness and fear. To this is added loss, guilt, anger, worthlessness and rejection. No wonder the idea of suicide, at one time or another crosses the

mind of many people. No wonder we seek distractions, bodily pleasures, and drugs. No wonder we seek selfish gain, power, wealth, and the brief adrenal rush of conquest. Natural are the feeling of pleasure, joy, gratitude, and the ecstasy of life itself. Instead we are burdened by comparison, competition, striving for specialness, and the earning of love. What a conundrum to a being born of pure love and with a birthright to all God has to offer! It is a tragic story but none of it, including your imagined guilt is more real than a dream.

God is not offended. He has all eternity to wait for his prodigal son to change his mind and return home. But why wait even another lifetime! Out Intellect takes us in the opposite direction. The more we learn, the less we think that a God is necessary. Thus, even the wises of our philosophers continue to believe that there is no personal God. What more incredible example can be given of the power of denial!

In Genesis 2:21: "God cast Adam into a deep sleep." There is no mention of his ever awakening. Thus all that we experience, now, is but a play of the split mind, having no permanence or reality of itself. In this dream, nothing that can be perceived with our five senses has any reality or meaning.

The return of all souls to the Sonship is called the "Atonement" or at-one-ment. This will inevitably occur despite free will because there is a limit to the pain a soul can tolerate by miscreation. God is lonely without his Sons, and they are lonely without Him.

Jesus is in charge of the Atonement. As a man, He showed the way by living a perfect life. What this means is that he listened to and heeded the voice of God in his head from birth to his death. For this, he was rewarded with all power over heaven and earth. This includes His total control over time and space as well.

Time is given to us as a teaching device. The body is innocent. It, too, is merely a learning device for mastery of the mind. If it suffers from pain and illness, this is due to unforgiveness and fear in the mind. Physical medications are forms of "spells," but if you are afraid to use the mind to heal, it is best you do not try to. Magical thinking does not work for long, but medications may reduce fear through a temporary placebo effect.

Truth is truth and is unchangeable. What we perceive with our limited senses in a constantly changing dream is a play of the split mind, which is not real but can be used as a learning device to help us to perceive what is real. Life becomes a different experience for everyone, because it is only a projection of separated minds. Sin comes from the Latin "sine" without love. We were created as a vibration of pure love, while given free will that allows us to separate from God and to experience the opposite - however with no permanency and no harm done to anyone. The return comes through "forgiveness," which releases the dream from any meaning.

This is the echo dimension: what we project is played back upon us. We seek to enhance ourselves by special relationships, possessions, and approval by others. However, there is another way to see the world and yourself in it. Sin, sickness, injustice and attack become a reality made worse by memory, which fosters its repetition. All you ever wanted was love, to feel worthy of it, and to receive it gratefully and fully. This is the Truth, and what the Course teaches is how we can now return to Truth.

The work of the Atonement is not easy because of resistance, denial, and the power that the mind gives to the ego. Therefore miracles are required as a means for the atonement.

What are Miracles?

Miracles are not things, but thoughts that express love on a spiritual level. They bring healing to both the giver and the receiver. Through prayer, love is received and through miracles love is expressed. Miracles teach that it is as blessed to give as to receive. Miracles restore sanity to the mind, freeing it from all past errors. Miracles unite minds as one in God.

The body is a temple, within which is the altar of light that brings healing, when it sees the spiritual worth of another. Jesus acts as a bridge or mediator between God and man, answering prayers to raise the level of your perceptions to holiness.

**Prayer is the medium of miracles.
The Holy Spirit is the mechanism of miracles.**

In order to become a “Miracle maker” you must become “miracle minded”, which means accepting your birthright as a loving spirit that has all of the attributes of God. You, then, are able to perceive this in another soul with total forgiveness, becoming united as one in the Atonement. Miracle mindedness is an inner awareness of Christ and the acceptance of His role in the Atonement. Miracles require correct thinking and perception. No real healing can be done by physical means. Miracles do not occur at the body level, but join minds at the spiritual level. **A sense of separation from God is the only lack you need to correct.** Perfect love casts out all fear. And there is no greater joy than doing God’s will.

Jesus inspires miracles in those who trust in Him for the asking. They raise your perceptual level above that of the body and free your mind from its illusion of littleness. You hold a desire to heal and ask for a miracle. Trust that it will be given to you as an insight that looks beyond the error of your material reality to affirm the spiritual truth of another. It requires both trust and guidance. You must pray until you feel that a miracle has been given to you to heal someone you love. You will be healed in the process, feeling more and more a healing channel and a sense of

gratitude as the Holy Spirit moves through you. **Some good will always come even if you cannot immediately recognize it.**

The Course requires work in mind training with the full realization of the power of thoughts to miscreate. The more that you practice miracles the greater becomes your conviction to do so. Keep asking which miracles you should perform. The emptiness engendered by fear must be replaced by forgiveness.

“Except you become as little children” means that unless you recognize your full dependency upon God, you cannot know the real power of the Son in his true relationship with the Father. **Those who can create miracles have made the decision to let Christ run their life.**

The correction of fear is our own responsibility because it is the result of condoning your mind’s miscreations. Fear is always a sign of strain and conflicting purposes. An untethered mind produces fear instead of love. When anyone asks for help, ask Jesus for help in what to say. The words you choose will then be healing for you both.

Miracles are brief, spontaneous feelings of inner peace that foster acts of love toward others. Miracles come to the mind that asks for them and results in the extension of love to another that changes him in some way. It may bring a warm feeling of gratitude to both.

A Revelation is an instant of experiencing God’s presence and love. **Revelation is a very personal communication from God.** Jesus might indirectly inspire these for those who are ready to receive. These result in a brief Holy Instant of awe and “amazing grace.”

The “Last Judgment” refers to the return to right-mindedness that remembers only the good that you have created.