



Living
**A
COURSE
IN
MIRACLES**

Guidebook

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Living A Course In Miracles:

Applying the Course's Messages
of Wisdom, Courage, and Forgiveness

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Introduction

Welcome to **Living A Course In Miracles: Applying the Course's Messages of Wisdom, Courage, and Forgiveness**. This guidebook has been created to assist you in your own spiritual journey. As you listen to the program and explore the principles of *A Course In Miracles*, we welcome you to open your heart and mind to the guidance of your higher self, so that you can gain greater clarity about the nature of divinity and its relation to the world in which we live as taught by the Course.

Kenneth Wapnick, Ph.D., is an internationally renowned Course teacher. A clinical psychologist, he has been working with *A Course In Miracles* since 1973 and worked closely with Helen Schucman, scribe of the Course, in preparing its final manuscript. With his wife Gloria, he is president and co-founder of the Foundation for *A Course In Miracles*. Like the Course itself, Kenneth encourages you to follow your own path to spirituality, whatever that might be. The insights inherent in the Course are intended to enhance your existing spiritual practices, so we suggest that you listen to your heart and your own inner guidance as you travel on this journey.

Gaining a deeper understanding of the lessons of the Course, and applying its principles to your life, can be daunting at times. In conjunction with the program, this guidebook has been created to help you clarify the principles of the Course. Comprehending them and applying them to your life will aid you in making the decision between continuing to listen to the voice of your ego, or beginning to listen to the voice of the Holy Spirit. In its entirety, the Course is an opportunity for new perceptions that can be applied to all aspects of your life. Doing so will ultimately give you greater clarity, compassion, and peace of mind.

In order to gain the full benefits that this program has to offer, we suggest that you listen to each audio session at least twice, ideally three times, and then work on the corresponding segments of this guidebook. Listening to the audio session several times allows it to sink into your subconscious mind as you gain more and more insights each time you listen. Although there is some space provided for your responses within this guidebook, be sure to keep a notebook or journal on hand as you listen to the program and do the exercises, and write down your thoughts and feelings as you go along. Journaling is a very powerful tool for solidifying your new perceptions and gaining greater clarity.

As you focus on opening your heart and choosing to hear the voice of the Holy Spirit, you will be given guidance through your intuition as well as through signs, symbols, and messages that come to you through events and experiences that you have throughout your day. Be sure to write down these insights as they occur. You may find that the more you focus on them, the more intense they will become. Remember that the Course focuses on simply observing the workings of your ego with a compassionate and non-judgmental eye. Imposing the idea that “I need to take action and change my behaviors” will only set you on a path deeper into the ego’s illusions.

Session 1: Choose to Change Your Mind about the World

In this session Kenneth discusses the concept of reality versus illusion in relation to the principles outlined in A Course In Miracles. He reminds you that you have two teachers: the ego voice within your mind and the voice of the Holy Spirit (or love) within your mind. You can choose which voice to listen to. Awareness of the ego and the defense system that it has created can aid you in making the internal changes that provide you with a greater sense of peace. Trying to change the outer world around you simply becomes a lesson in futility and further perpetuates the illusions that your ego mind has created.

1. Kenneth reminds you that there is a misperception in taking the Course literally. He cites an example of the nurse who gave up her job and worldly possessions thinking that such action was dictated by the Course. What worldly possessions have you attempted to “give up” so that you could become more “spiritual”? What was the outcome of this venture?
2. In the world of ego, like the world of business, there are winners and losers. It’s an environment that is based on a belief in scarcity and lack. An analogy might be a pie. If you have a piece of pie, then there is one less available to me. There is only so much to go around, and your gain could mean my loss. List an example in your life when you perpetuated this belief.
3. Take a moment to image the above scenario with the perception that there is an infinite number of pies, and that there is more than enough for all to enjoy. How does your perception of the situation change? How do you feel emotionally about this situation once you have chosen an attitude of “love” and abundance over “fear” and scarcity?

4. A “special” relationship is one in which you seek your wholeness through another. In doing so you project your shame upon them, creating a relationship that is saturated with the voice of the ego. Make a list of any of the “special” relationships that you have.

Session 2: Through Darkness to the Light

This session focuses on your feelings of guilt and your subsequent projection of these feelings onto others. In order to grow, you must be willing to experience your own feelings of sin, guilt, and fear and be willing to look at the darkness that resides within you. The tendency is to project your own guilty feelings on the world around you so that you don't have to fully experience the horror of your own perceived guilt. When you begin to look at your life as a classroom in which your relationships are the curriculum and the wisdom of Jesus in the Course is the teacher, then you will experience your life from a much different perspective. Having the courage, then, to experience the darkness that resides within you is the only real way to remember the light from which you first existed.

1. Make a list of all of the individuals who you believe have wronged you in your life.
2. Beside each name, write down the wrongdoing you specifically believe that they were guilty of.
3. Reflect on each name and wrongdoing, and do a personal inventory. Look within yourself to see when you have felt a parallel guilt. What personal guilt might you have been avoiding while resenting someone or something outside of yourself?

4. Make a list of what is challenging you in your current relationship and career. Now, take a step away from the anxiety of these experiences and view them as life lessons in which the divine is teaching you a lesson about yourself. Reflect on each, then write down what your personal lesson might be in each case.

5. Seeing your life's challenges as lessons can give them a very different perspective. Choose one of the above challenges and make a concerted effort to view it as a lesson. Record any new insights that you gain as you practice this exercise.

6. Make a list of the areas of your life in which you expect perfection from yourself, and perhaps others. Can you choose differently? Are you willing to? How can you give yourself permission to let go of trying to be perfect?

Session 3: How *A Course in Miracles* Began

Kenneth opens this session by giving the details of the inception of the Course by Helen Schucman and William Thetford in 1965. He then goes on to explain the myth of separation in great detail, outlining the basic principles from which the Course evolved.

1. The principle message of the Course is forgiveness. First and foremost is self-forgiveness. To become more aware of your own lack of forgiveness, make a list of the things that you still need to forgive yourself for; anything in life that you thought, felt, did, or did not do, that you feel any guilt about.

2. Kenneth describes the time in which Helen and Bill made a commitment to find a more peaceful and loving way to relate to one another — in what the Course terms the “holy instant” (when two people set aside their separate interests, go to what the Course refers to as their “right minds,” and then choose to see the other’s interest as their own). Have you ever consciously experienced the “holy instant” in any of your relationships? If so, describe it and the outcome that resulted because of the choice that you made.

3. Is there any part of the myth of separation that Kenneth describes that confuses you? If so, write out your confused thoughts, then re-listen to that segment of the program again.

4. Unlike several Christian and Jewish belief systems in which “atonement” refers to suffering and sacrificing to gain forgiveness from a vengeful God, the Course defines “atonement” as the understanding and recognition that sin (the separation from God) never happened. Prior to studying the Course, what was your experience of “atonement” in relation to your beliefs?

5. If you change your belief so that you do not need to be forgiven by an angry God, how might this change your perspective on the role of forgiveness in your life?

Session 4: Dealing with the Ego

Kenneth opens this session by reminding you that the decision maker is the ego's greatest threat. You have the option at any time and in any situation to choose how you experience and perceive things. If you choose to follow the ego's story, you pay a price — the price of further projection and misery. To emphasize this further, Kenneth explains the underlying metaphysical framework of the Course. According to the Course, original sin never happened, but we believe it did. With the agony of self-contempt from this belief, we then began projecting our guilt, shame and fear, thus creating the material universe that exists. If we choose to continue to project, we will see an external world of great suffering and pain, and we will be miserable. However, at any time if we decide to make the correct choice, we will experience life from a much more aware and peaceful perspective.

1. Kenneth states that we secretly love to be unfairly treated. Our ego feeds on situations where we see ourselves as victims of injustice. Write down the situation in your life where you felt most unjustly treated.
2. If you viewed the injustice of the situation above as projected guilt, how could you perceive the situation differently?
3. When you experience violence in the outer world, the Course does not suggest that you condone it in any way, but that you see the potential for violence that exists within you. What is the most violent act that has ever been perpetrated upon you? Ask yourself if you have the potential for such anger, fear, or rage.

4. Note the behaviors of those around you that you judge as negative, toxic, cruel, or inappropriate. Start witnessing yourself as the judge. What thoughts or feelings arise?
5. Does your ego intend separation as you judge others? How can you perceive things differently to bridge the gap of separation that you created?

Session 5: One Problem, One Solution: Magic vs. Miracles

Kenneth gets to the heart of the Course by discussing how you can apply its principles to your life. He suggests that you remain open and attentive to the trigger points that stir you in your life, and learn which “magic” quick fixes serve you the most. He explains the ego’s laws of chaos, and he distinguishes the difference between pure joy and temporary happiness. One is an internal state of being; the other relies upon external “illusions” of the material world for its stimuli.

1. Kenneth suggests that you become attentive to the trigger points that may upset you throughout your day. For a day, take the time to note individuals or circumstances that upset you. Make a list of them.
2. Go through the list and write down the reason that you believe you were triggered. Then ask for guidance from the Holy Spirit to review each and observe what you are projecting onto the situation; what beliefs or feelings you have about yourself that you do not wish to see.

3. Once you have had a chance to see those aspects of yourself that you have been avoiding, simply observe what you see with compassion and non-judgment. Go into your feelings, do not avoid them. Write down any insights that you had while doing this exercise.
4. Kenneth refers to the “magic” that exists in our whole; things that may give you a temporary “high.” Which “magic” elements are you most drawn to? Observe each of them, with the realization that they are an illusion. Make note of any insights that arise.

Session 6: Looking at Your Fear without Judgment

In this session Kenneth describes how you can become an advanced teacher of God. He discusses how you can perceive the world with a heightened awareness, with a sense of forgiveness for yourself and others, to gain a greater sense of peace in your life. To judge your ego-based actions and those of others is to continue to follow its trappings. You can try to split your mind so that you can become the observer of your ego's actions as you experience them. The next step is to observe your ego's behaviors without judgment, guilt, or fear. If you can do so, you are open to experience the miracles that the Course refers to.

1. Kenneth discusses how all that exists in the material world is a dream — a desk, the dog, a thunderstorm, other individuals, the food you eat, etc. As you encounter things throughout your day, remind yourself that all is a dream. So, when you wake up in the morning, say to yourself, “this cereal is a dream,” etc. Try this exercise for at least a day, and make note of any insights that you have.

2. The Course states that you are never upset for the reasons that you think you are. For the next week, whenever you find yourself getting frustrated or angry, make a mental note to yourself that you are not angry for the reason that you think you are. Make note of any insights or ideas that you get in response to this exercise.

3. A useful exercise that you may wish to try — that is not related to the Course, but could aid you in practicing being the witness to your ego — is meditation. While you meditate, focus on your breathing. If your mind wanders, simply observe that it is wandering without judgment, then bring your focus back to your breath. As you continue this exercise you will work the “silent witness” muscle of your mind.

4. Your attempts to define yourself as a “specialist” in various areas of your life is your ego’s way of perpetuating the idea of your individuality and separateness. In what areas of your life would you label yourself as “special” or “the specialist”?

5. In the Course Jesus states, “Teach not that I died in vain. Teach, rather, that I did not die, by demonstrating that I live in you.” How are you currently demonstrating the ideologies of the Course in your life?

6. Kenneth reminds you that denying yourself in any way will not rectify your feelings of fear and guilt. The trick is to continue your life normally, but with mindfulness of the ego’s workings. What “magic” of this world do you deny yourself in hopes of becoming more spiritually enlightened?

Session 7: The Ego, the Holy Spirit, and the Decision Maker

Kenneth opens this session with an exercise to remind you that you are united with your creator and that there is no duality in heaven. With the use of a ladder as the metaphor he takes you through the Course's theories on separation and how the ego's illusion is strengthened through our biblical stories of the crucifixion and resurrection of Jesus. Ultimately, we often see ourselves as victims in our world from our births until our deaths.

1. Repeat part of the exercise that Kenneth opens this session with, offer to your mind with all the certainty that you can give, "I am oneself, united with my creator, at one with every aspect of creation and limitless in power and in peace." Then close your eyes and tell yourself again, slowly and thoughtfully, attempting to allow the meaning of the words to sink into your mind. Meditate on these words at least twice daily for a week. Write about any insights that you discover as you continue this exercise.
2. What issues do you have with authority figures? Noting that this perpetuates separateness — someone is wrong and someone is right — how might you change your mind about this power struggle that you have created?
3. Kenneth stipulates that any experiences of guilt or self-hatred that you have are a fragmentary reflection of the original guilt. Make a list of the areas in which you judge yourself most harshly. What do you hate about yourself?

4. Now that you've listed the areas in which you carry self-hatred, look at each as a reflection of the original guilt that you would have felt at the point in which you chose to separate from the oneness. How does your perspective on your hatred change in light of this comparison?

5. In the creation of the world, we find ourselves in a body, ruled by our brain. Viewing the world from the perspective of your mind also makes the Holy Spirit a player in the formula. Make note of how often you make choices and perceive your life from the perspective of your brain, and not your mind.

6. Imagine that you came into this world consciously, that you chose your parents and the events that play out in your life as lessons on how to return home. Viewing yourself as an active, conscious participant in your life, how does this change your victim consciousness?

Session 8: Getting to the True Top of the Ladder

In this session Kenneth begins his instruction at the bottom of the ladder of awareness. He reminds us that all pain is an accusatory finger that we point at someone else. He recaps the journey of descent down the ladder, then he follows by describing how to begin to climb up that ladder to a place in which you can choose to say "no" to the ego. In doing so you are then able to remove any barriers and restore to your mind its power to be the causative agent to the perceptions that you currently enforce in your life.

1. The kind of love that the ego seeks is termed “special love” in the Course. In the ego’s world we search for love that is rooted in a person, a relationship, money, fame, an object, a substance, a craving, or a pleasure. Make a list of the “special loves” that you have been seeking in your life. Do not judge yourself for these choices, but simply study and observe them.

2. The Course states that your task is not to seek for love, but to seek and find all the barriers that you have placed between yourself and love. Make a list of the barriers that you have put up between yourself and love in your life. What do you find yourself most preoccupied with? What disturbs you most and keeps you from looking within?

3. Kenneth suggests that you will recognize love if you let go of specialness, loss, abandonment, betrayal, momentary ecstasy and satisfaction. Have you had moments in your life where you have experienced even a moment of love through relinquishing any of the above?

4. Denial and repression flourish in the ego’s world. Take some time to ask the Holy Spirit to guide you to areas in which you might be in denial. What are you unwilling to take responsibility for in your life? Pay attention to any signs that may arise and record any insights that you get on this matter.

Session 9: The Only Real Choice – The Real Alternative

Kenneth discusses how our identification with guilt is the root of our suffering. Consequently, the world's purpose is to keep the problem of our pain and unhappiness in existence by continuing the cycle of perception of sin, guilt, fear, and projection. The only real choice is to ask for help from the Holy Spirit, thus choosing love over guilt as our teacher. With the aid of the Holy Spirit we can look at our hatred with open eyes and honesty. As we journey through this painful awakening, having the compassion and sense of purpose that a loving presence provides makes the task much more bearable.

1. Kenneth discusses how we often struggle with a belief system that anyone of authority is out to steal from us. What is your judgment or projection upon authority figures in your life? If you were to take an honest look at your beliefs, what do you believe they are stealing from you?
2. Make a list of the “other ladders” that you have attempted to climb in order to avoid looking at the pain of your own feelings of guilt and self-hatred.
3. As you face struggles throughout the day, ask yourself the following question: “Do I prefer to be right or happy in this situation?” If the choice is to be right, do not judge yourself; just observe your choice of separation over love. If you choose happiness, note any sense of peace that comes from making that choice. How does it feel in your heart, mind, and body?

4. Think of a situation that you are struggling with. Note how you feel when you focus on it. Ask the Holy Spirit for assistance, then focus again on the situation. Again, note how you feel after asking for help. Write about any insights that you gain while doing this exercise.

Session 10: What Really Works

In this session Kenneth discusses what really works as far as climbing the ladder home. He cautions you to avoid trying to skip rungs of the ladder, and he reminds you that forgiveness and undoing the ego is a gradual process. He suggests that you choose one of the many spiritual paths and diligently follow it; trying to choose several will only create conflict in your mind and further fuel the ego's patterns. Ultimately, to see the face of Christ in your brother is a powerful step along the journey of forgiveness and remembering.

1. There is a temptation to try to skip rungs of the ladder home. We often expect that we can jump from the bottom rung to the top without going through the intermediate steps. Do you do this? If so, what steps are you avoiding taking? Are you open and willing to look at the guilt and hatred that exists within yourself?
2. Kenneth discusses how many of us come from other spiritual paths before studying the Course. Are you currently following several spiritual paths? If so, ask yourself whether this might cause conflict in your mind and be another one of your ego's ingenious ploys.

3. Take a look at the principles of the Course thus far. Is there any element of it that you struggle with? Does it feel right for you? If not, you might ask the Holy Spirit for some guidance and take note as to whether your resistance is your ego's defense or something else. Either way, just observe your thoughts and feelings without condemnation or judgment.
4. Think of someone in your life who pushes your buttons the most. Imagine that this is all a dream. Look at the individual from this perspective. If this is a classroom and this individual is part of the curriculum, can you begin to see the face of Christ in them? If not, what is blocking you and why?

Session 11: The Six Stages of Development of Trust

Kenneth and Gloria spend a great deal of this session discussing how we can relate to others in our lives according to the Course. The session opens with a powerful poem that Helen wrote as she dealt with actually facing Jesus as real and letting go of the ego's illusions. Central to choosing the voice of the Holy Spirit is finding forgiveness first for yourself, then for others. Key in this process is the development of trust. There are six stages to this that are outlined in this program. The first three stages can be very difficult. Stage 1: a period of undoing in which you begin to question your values and how they have perpetuated the illusions of your ego.

1. Take some time to close your eyes and listen again to the poem. You may wish to listen to it several times. What images, messages, or insights does the poem conjure up in your mind?

2. Who in your life do you most need to forgive and why?

3. Acceptance is key to awakening from the ego's dream. Make a list of those things that you do not accept in your life. Observe each item and make a mental note of how this lack of acceptance is fueling your ego.

4. Make a list of your current value system. Now, given the new insights of the Course, how does your value system tie into the voice of your ego and how it dictates your life?

5. Once you have listed and noted your current value system and studied it as an element of your ego's voice, what is your response to your realization? Were you judgmental and self-critical? Was your first initiative that you need to "change" or "make better" your value system? If so, wasn't this response also empowering the critical voice of your ego? Try to simply observe your responses, avoiding judgment and condemnation. List any insights that you might gain in doing this exercise.

Session 12: The Six Stages of Development of Trust (cont'd)

Kenneth and Gloria continue their journey through explaining the six stages to the development of trust. They describe Stage 2 as a period of sorting out; Stage 3 as a period of relinquishment in which you sacrifice your perceived best interest on behalf of the truth; Stage 4 as a period of resting; Stage 5 as a period of unsettling; and Stage 6 as a period of achievement, the stage of real peace. These stages are a guideline from which you can focus on your journey, understanding that it is a gradual process.

1. Kenneth and Gloria state that the Holy Spirit's guidance is gentle and that we make it difficult with our resistance. Do an inventory of your life. How are you currently resisting the guidance of the Holy Spirit? What actions are you taking (or not taking) that are contrary to hearing the voice of the Holy Spirit?
2. What thoughts are you thinking that are contrary to the Holy Spirit's guidance?
3. What beliefs do you currently have that perpetuate the ego's belief system?
4. How does your competitive spirit manifest in your life? What are the ramifications of following this spirit? Remember, do not judge or create an "action plan." Simply observe this behavior with compassion.

Session 13: Projection Makes Perception

Gloria opens this session with selections from the Course along with a short meditation on the journey of separation and back again. She then illuminates the Course's theory of original creation by describing a journey that she took over an 18-month period. In this experience she re-lived the oneness, separation, and subsequent struggles. She describes meeting with three groups of beings: light, middle, and dark. These groups are representations of two states of our mind: the Holy Spirit that is equated with the light, and the middle and dark groups that are equated with the ego. She describes her fear and panic in the face of the dark beings, and she explains how she continually attempts to compel the light beings to join her and rise against the darkness. This experience is a vivid and pungent reenactment of the struggles that we each face with our egos and the projection that we make in our lives and throughout the world as it exists today.

1. Describe what you experienced in the meditation that Gloria did. Did you have any instances where you were joined with the oneness?
2. As you listened to Gloria's story, what thoughts arose for you?
3. Once you've listed your thoughts, analyze each to distinguish which might have been generated from the voice of the ego and which from the voice of the Holy Spirit.
4. Describe how your ego's projection system is reflected in your life today. Then, using your personal life as a microcosm, describe how it is reflected in the present-day world at large.

Session 14: A Course In Miracles and Money

In this session Kenneth describes money in relation to the Course. He introduces you to the scarcity principle in which you believe that there is something lacking in you. This is perpetuated with your physical body and many aspects of your ego's illusions. World power and the belief in deprivation all play a key role in the ego's relationship to money. The ego's system is set up to perpetuate the belief that your gain is another's loss. My acquisition of money is your loss. This belief system then created a sense of inequality and victim consciousness where other's interests are very separate from yours. Change lies in leading a life of shared interests, where you give away the thought system that you have made your possessions a symbol of. How do you do this? Find those that you have projected guilt upon and find forgiveness both for them as well as yourself for your mistaken thoughts.

1. Take a look at your childhood. What was your belief system and relation to money in conjunction with your parents or any others who had a powerful role in your upbringing? Do you harbor any anger towards them in relation to money?

2. Your salvation lies in choosing to experience your life as a classroom and in finding forgiveness. Asking the Holy Spirit for guidance, put out the intention to find forgiveness. Observe your thoughts and feelings and make note of any insights that you gain.

3. The Course states that change lies in giving away the thought system that you have made your possessions a symbol of. Review your thoughts and feelings about money. What is money — the possessions or status that money can buy you — symbolic of for you?

4. With the guidance of the Holy Spirit, take some time to look at how you have abused power in your life. List anything you have done that you believe has been abusive. Then try to look at this behavior without guilt or judgment, realizing that you are an insane part of an insane ego system.

5. What kind of pain have your decisions about power created for you?

6. Review the lists that you have created above. Go through each note and choose forgiveness, both for yourself and for anyone else that you projected your guilt upon.

Session 15: The Gift of God: Love

In this session Kenneth outlines how we can choose the gift of God, love, over fear. Having traveled through a great many journeys in interpreting the essence of the Course, we are given a glimpse of the relationship that we are capable of having with the divine. Of course, this relationship already exists. We can fully experience it only when we are willing to let go of our ego's illusions. Kenneth clearly articulates the errors that we make in our world of the ego and tells us how we can correct these errors simply by perceiving things differently.

1. Begin to practice this exercise whenever you find someone causing you apparent anxiety or frustration. As early as you can in the experience, repeat to yourself, "You are not my problem. I am my problem." Continue repeating this phrase. If you do not become aware until after the situation has passed, think of the other individual and continue to repeat this phrase, allowing it to fully sink into your heart and mind. Write about any insights that you gain while doing this exercise.
2. If you find yourself dependent upon something to be a certain way in order to make you peaceful, Kenneth states that this is a red flag you should look at. The next time you note that a preference you have becomes a demand, or an obligation that you impose upon another, ask for the Holy Spirit's help. Be aware that the "ego" voice within you is hoping that the Holy Spirit will not answer, because it would rather remain a guilty victim of a cruel and unjust world. Don't feel guilty, just simply become aware of this and write about any insights that you might gain in doing so.

3. Try to meditate or pray upon how you are furthest from joining with the mind of Jesus in your life. Listen to any responses that arise in your mind, and write them down.

4. Next time you find yourself judging your behavior or thoughts harshly, stop. Envision yourself as a young child behaving in this manner or thinking these thoughts. If you were the parent of this child, and coming from a place of love from within your heart, how would you respond to this frightened and ashamed child? Imagine God responding to you in this way. Write about any insights that you might gain in doing this exercise.

Session 16: The Gift of God: Love (cont'd)

In the final session of this program Kenneth continues to read from the final words that Helen scribed. He starts by informing us that God sent the Holy Spirit as our comforter. Calling the Holy Spirit to guide us brings comfort to our minds because the problems exist within our minds. He reminds us that the return home is simple. It is our guilt that makes it difficult. As we open our hearts and mind, we allow ourselves to become pure channels of divine love. We open the door to a world where there is no past or future; a world where love and compassion reign supreme.

1. Kenneth asserts that the Holy Spirit is our comforter and that comfort can only come to our minds. Next time your mind is uneasy, call upon the Holy Spirit to enter it and provide you with solace. Write about any insights that you gain while doing this exercise.

2. We are told that the return home is simple. Guilt is our problem. We buried the light under our guilt, but it still shines radiantly. Make a list of anything that you are holding onto in your life that you feel guilty about. Review the list frequently and make a choice as to whether or not you wish to release your guilt. Do not judge yourself in this process, but make note of your resistances and responses.

3. This is described as a Course in changing our thinking, not our behavior. Trying to change your behavior is yet another trapping of your ego's voice. Make a list of the behaviors that you have promised yourself you will change in order to become a "better" person. Choose whether or not attempting to make these behavior modifications is in your ego's or your heart's best interest.

4. Call the Holy Spirit in for guidance and do this visualization exercise. Imagine that you have just opened the door to Heaven. You are experiencing the "holy instant" where there is no past or future, only pure love. Take some time to bask in the beauty and oneness of this place. When you are through, list any insights, resistances, thoughts, or feelings that you had.

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