

RECEIVE THE MIRACLE
YEAR 2025

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THE HOLY INSTANT

What does the ego make of the present? The ego makes the present a living hell if we continue to choose to identify with despair, with sadness, anger, indignation, guilt... or any form of insanity it serves up on a platter for our own enjoyment.

The weight of the instant is so unbearable that we project ourselves into another time and then we're always left with two options... past or future. Thus, the ego keeps time as its greatest ally in the belief of separation.

The Holy Spirit, unlike the ego, puts that same instant to another use. He is able to enter like a flickering spark into that tiny, practically airless space, where contracted, we no longer see even the tip of our nose, and then transform that prison into an entire Universe of Light.

Fear is not of the present, but only of the past and future, which do not exist. There is no fear in the present when each instant stands clear and separated from the past, without its shadow reaching out into the future. Each instant is a clean, untarnished birth, in which the Son of God emerges from the past into the present. And the present extends forever. It is so beautiful and so clean and free of guilt that nothing but happiness is there. No darkness is remembered, and immortality and joy are now (T-15.I.8:2).

This is the Holy Instant. In that Instant is Heaven... not hell. This is the Holy Spirit's use of the time we choose to experience. Remember a moment of sheer insanity when, after much effort and dedication, you found yourself completely at a loss... where nothing made any sense anymore, where everything seemed lost... this is the Redemptive Moment. It's the Moment when we can bring Heaven to earth. It is the Instant of choosing the Present as a resource for Liberation, for Forgiveness, for the Miracle. It is the Holy Moment, the sweetest and most blessed Moment of pure Communion with our Father.

EXERCISE

I am the creator of everything I experience. And from now on,
I surrender my creations and my experiences to the Light of the Holy Spirit.

I recognise each moment as a Blessing
that encompasses the time I still choose to perceive.

May I contemplate the Will of God...



Give the eternal instant, that eternity may be remembered for you, in that shining instant of perfect release. Offer the miracle of the holy instant through the Holy Spirit, and leave His giving it to you to Him (T-15.I.15:10).



PRESENCE DETECTOR

A presence detector is a device that detects the presence or movement of people or objects in a specific area. Often used for energy saving, security and so on... when was the last time you activated 'your' presence sensor from a physical response? Imagine your mind as a room. What types of sensors and settings have you installed and programmed into your system? What have you wanted to detect? That's good exercise...

I remembered a time when my children were small. There were three children, and I had the feeling that I would never rest. I constantly felt exhausted... I woke up tired, always with an endless list of tasks to do every day. Of course, without fail, I could never expect less of myself. It was a time in my life when I shouted a lot. It went something like this... "I CAN'T TAKE IT ANYMORE", "I WASN'T BORN FOR THIS", "I CAN'T CARE ABOUT SO MUCH". I'd scream in the shower, in the car, while washing the dishes... these were moments of solitude, which I understood as moments of pure release. My mistake. If there is no Forgiveness... you can shout whatever, wherever, for however long... nothing will be released... except the sound of your voice at the intensity your vocal cords allow. From a soft whisper to louder, stronger speech, if there is no Forgiveness, there is no Surrender, there is no Communication, there is no Holy Spirit, there is no Liberation. And there is no Healing.

In any case, at that moment, shouting was my best tool. I exchanged tension for the shame and guilt of feeling all that in the face of such a blessed life.

When exactly did I detect my scream as an element capable of activating my presence sensor? I know... when I realised that I was exchanging one nothing for two nothings. When I truly felt that... 'there has to be another way'. And there is. There always has been.

"Apparently, the *Course* is the other way". It really is. And more and more, I find myself curious, sitting back and waiting to see "what way They're going to do it". It's curious and amusing to observe how the Holy Spirit employs every detail without fail... I like to imagine Him reading my to-do list, ticking off all the items in one go, and then, just with a sigh, ticking off with a very strong black stroke, "Done".

EXERCISE



Imagine your mind as a room and install as many presence sensors as you like... infrared, ultrasonic, microwave or the simplest light sensors. The important thing is that, at the slightest sign of insane movement, you breathe and communicate with the Holy Spirit. He will be your centre in the automation process. Whatever is not holy, give it to Him. Everything that can't be shared, give it to Him. Every tension, every anguish, every doubt, every fear, entrust it to Him. He knows "how to handle it".



WHO WANTS TO RECEIVE A MIRACLE?

The Holy Spirit offers Liberation for any problem we believe exists. Why don't we give Him all our problems, even though we know that it was God who sent Him with this specific Mission? Why don't we? We don't hand them over because we're afraid of what we'll get. Miracles can be inconvenient and even frightening for those who are still willing to believe in the different, very special forms that problems seem to take. And if the event, thing or person is so special, of course... why wouldn't we devote all our attention to it?

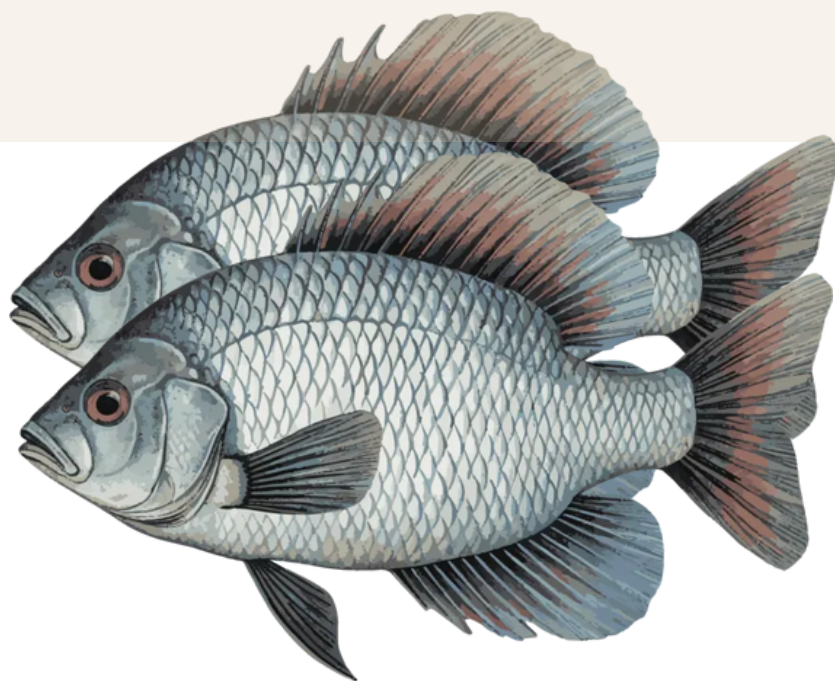
The Holy Spirit doesn't testify to this specialness. He doesn't recognise the significance we attach to everything that exists for us... greater or lesser, better or worse, more or less... there is no order of difficulty in Miracles because before God, They are equally possible. Every Miracle is Healing. And every Healing is Love. That's the whole Liberation. Give the Holy Spirit anything and you'll always receive Love in return. Doesn't that sound like a good exchange?

All illusions are but one. And in the recognition this is so lies the ability to give up all attempts to choose between them, and to make them different. How simple is the choice between two things so clearly unlike. There is no conflict here. No sacrifice is possible in the relinquishment of an illusion recognized as such. Where all reality has been withdrawn from what was never true, can it be hard to give it up, and choose what must be true? (T-26.III.7:2)

The idea here is not to give up or abandon the problems and let time heal everything. The idea is to receive the Miracle. The idea is to quieten the mind in the face of the problem, whatever it may look like. It's to recognise that this problem is the bearer of the illusions that, here and now, prevent us from remembering God. Receive the Miracle. Welcome the Holy Spirit and the Gifts of God.

EXERCISE

Practise your problems as an immediate necessity to correct your thought structure. Believe in this... it is in your own mind that the declaration of all Liberation lies. Consider every problem as an opportunity to communicate with the Holy Spirit. How many of these opportunities do you receive and how many do you refuse? Observe.



Blue Tilapia: described in the four Gospels as the fish used in Jesus' Miracle of the Multiplication of the Fish... here, as an invitation to practice Surrender to the Holy Spirit and to experience the Miracle as acceptance that there is no difficulty in choosing Plenty, when we realise that all scarcity is an illusion.



SALVATION CARICATURE

Who do you bring into the Holy Circle of Atonement? Jesus, for his inculpability, even brought the one who was going to crucify him. What about us? Are we more capable of condemning the guilty or granting innocence?

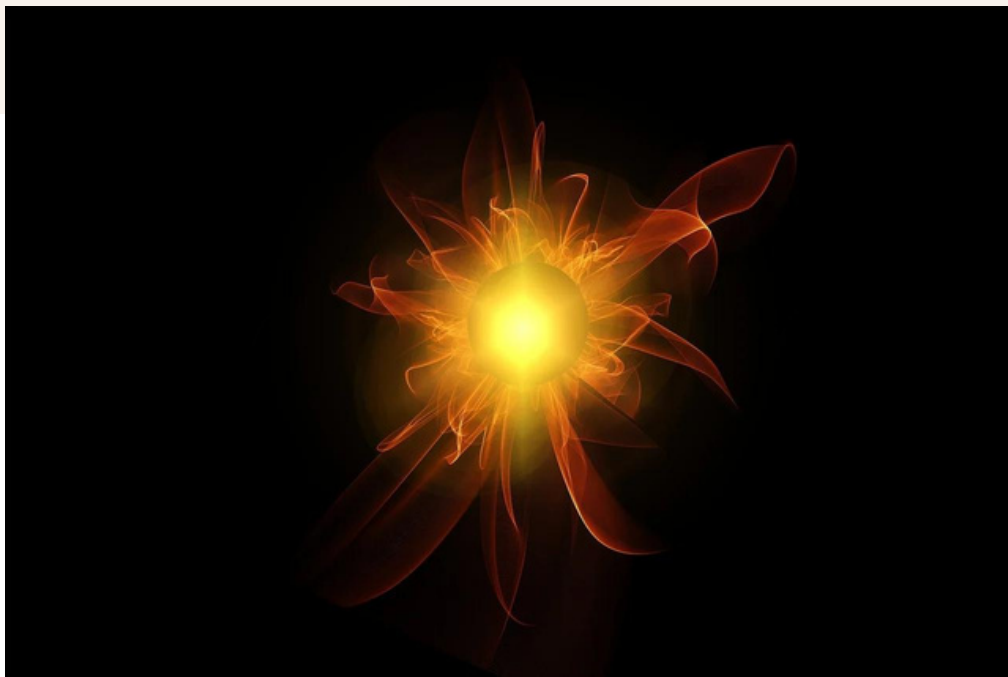
We exclude from this Holy Circle when we judge someone unworthy of the Blessing of Atonement. We include in this Holy Circle when we judge someone worthy of the Blessing of Atonement. We qualify one or the other as more or less deserving of God. If we judge, we inevitably separate and then follow on crucifying each other. God will never be a special Gift for just a few. The Resurrection is the symbol of Liberation... and that Liberation comes from choosing to recognise our true Identity. We are, in Christ, holy Children of God. All of us.

Blessed are you who teach with me. Our power comes not of us, but of our Father. In guiltlessness we know Him, as He knows us guiltless. I stand within the circle, calling you to peace. Teach peace with me, and stand with me on holy ground. Remember for everyone your Father's power that He has given him. Believe not that you cannot teach His perfect peace. Stand not outside, but join with me within. Fail not the only purpose to which my teaching calls you. Restore to God His Son as He created him, by teaching him his innocence (T-14.V.9).

By uniting ourselves to the Holy Spirit, there is no chance of failure. By practising Forgiveness, we will learn God's Peace and Joy. And so we will recognise Perfect Purity. As we learn, we will teach Restoration and, more and more, we will encompass the Circle of Holiness.

EXERCISE

Dissociation is a distorted thought process by which two belief systems that cannot coexist are maintained. Realise the obvious incompatibility in your day-to-day life... for example... I am able to say 'good morning' smilingly to some people, while completely ignoring others. For me, there is a select and special group with whom I make a point of interacting and another group that is completely separate. Notice your attitudes, feelings and behaviour... the ones you accept are the foundations of your beliefs. Observe.



YOUR BEING IS AT PEACE

Our beliefs dictate every decision we make. Whether I should go or stay... whether I should stay or leave, take it or leave it, speak or do... we are driven by all the memories already stored in our belief system. When a decision needs to be made, the system immediately sends out signals and chaos, in its perfect method and order, keeps our mind oblivious and completely without Forgiveness. We go from belief to belief, choosing to build on the signals emitted by the ego. The result is always the unfolding of fear, not recognised for what it is, but by codenames such as anger, disappointment, dissatisfaction, guilt, sadness... everything we perceive as the result of our lack of peace.

We watch over our own lack of peace when we do not forgive. When we decide 'on our own' to do what 'needs to be done,' we deny Communication with the Holy Spirit and start an exchange of who-knows-what with a-certain-someone.

Generally, we exchange things that need to be said for things that need to be heard, or things that need to be done for things that need to be destroyed... all absolutely resting on nothingness. This nothingness is specialism. It is the fuel for the machine, for the structure of this belief system that the ego so eagerly defends. *It is your specialism that is attacked by all the things that walk and breathe, crawl or creep or simply live (T-24.III.4:4).*

How can we have peace if we have to live on the defensive? We won't as long as we believe that we can find peace in our worst dreams. Living on the defensive, we will never have peace because we will always be attacking. And as long as there is attack, there is war and not Peace. Peace is God's and what is His is ours, because we are in His completeness. Peace doesn't live in a dream of attack.

EXERCISE

Where could your peace arise but from forgiveness? The Christ in you looks only on the truth, and sees no condemnation that could need forgiveness. He is at peace because He sees no sin. Identify with Him, and what has He that you have not? (T-24.V.3:1)



THE MIRACLE DOESN'T DO ANYTHING. THE MIRACLE UNDOES

All the Miracle does is to undo. The Miracle dissolves any illusory remembrance, restoring the Remembrance of Truth. When we hand over the ego's objects of power to the Holy Spirit, we also offer all the meaning we have given to our 'doing'. When we surrender to the Holy Spirit, we recognise that there truly is a Purpose... we recognise God as the only Creator and immediately allow Healing to be employed by the Holy Spirit.

Perceiving the past is our most practised skill. When something happens to us, be it 'good' or 'bad', we turn to our frame of reference, looking for anything that can accurately embody the meaning we have chosen to give to that experience.

We select an event, a thing or a person that honours that choice. We go on projecting one perception onto another, with this frame always 'up to date', holding all our past, near or far, against the now.

The Holy Spirit can indeed make use of memory, for God Himself is there. Yet this is not a memory of past events, but only of a present state (T-28. I.4:1).

The Holy Spirit, unlike the ego, does not exploit the past. He allows the past to go, dispelling all illusion, to reveal only God's Remembrance.

EXERCISE

How long will we remain entangled in our memories? Recognise freedom as a state of presence of mind. Surrender all this ego entanglement to the Holy Spirit and remember the Truth, present and eternal, available in the now.



Popular saying, 'Time heals all things'. On the contrary, *'Time neither takes away nor can restore (T-28.I.6:3)'*. Observe what is frozen in your mind. Notice how many choices have been made based on these beliefs. Offer up each of your memories so that you can finally see only what is real.



STABILISE YOUR ATTENTION

A

n important lesson is not to divert your attention from what is shining in the field of consciousness. If perceptions are the structure of the ego, how can we still 'let it go'? The ego endeavours to make it so, always. As long as we 'let it go', we decide not to heal our perceptions.

And that only means one thing... we close the door to the Holy Spirit, remaining locked, with the ego, in nothingness.

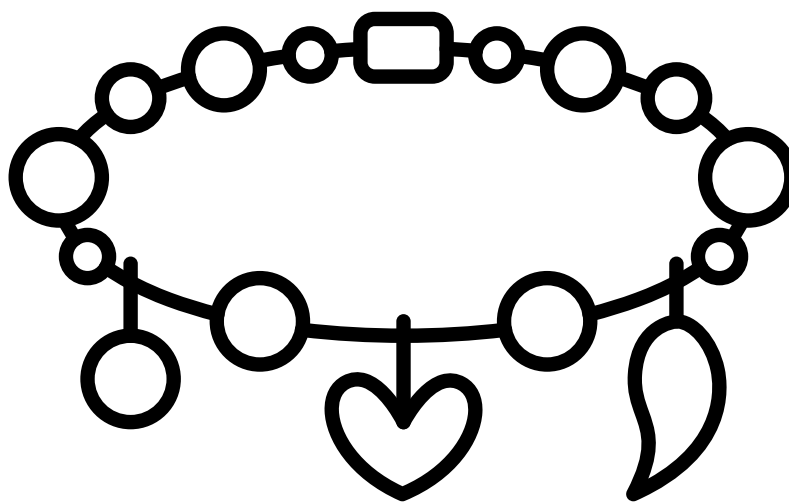
Stabilising our attention is a practice for Love. Looking at all perceptions and embracing everything that shines in the field of our consciousness is the only way to let the Holy Spirit in. To stabilise our attention is to decide what we will cultivate in our field, to choose what we will hand over to the Holy Spirit, to deliberately keep only what we desire in more and more moments of our existence.

To embrace is forgiving, it is not projecting, it is creating a clean field for safe planting. It means living innocently in Communion with God.

Watch your thoughts with discipline and honesty, because they will become your actions, your words and your life experiences. Surrender to the Holy Spirit everything that seems to lead you away from God. Allow Love to be the only answer to all the illusions and problems we imagine... only Light will dispel darkness. No matter how much darkness may seem to be somewhere, Light dispels it all. The Truth dispels all illusions and wherever the Light enters, the illusions disappear.

EXERCISE

Where is your attention? As soon as you find it, feel grateful for the gift. Choose an object that you can carry with you throughout the day. A coin in your pocket, a bracelet on your arm, or anything else you can feel. Wish to be in communion with this object. Stabilisation will happen when you shift your attention volitionally. *This is the shift that true perception brings: What was projected out is seen within, and there forgiveness lets it disappear (C-4.6:1).*



THE HOLY SPIRIT UNITES WITH THE WHOLESOME SPIRIT

The Holy Spirit is described throughout the course as giving us the answer to the separation and bringing the plan of the Atonement to us, establishing our particular part in it and showing us exactly what it is (C-6.2.1).

In that paragraph alone, we'd have enough material for as many lifetimes as we'd like... but how about, here and now, we look at two words? Separation and Atonement... the two ends. Separation is the belief that God and I are not one. It's the belief that there is only one son of God and his name is Jesus. Atonement is God's plan to remind us that we are One with Him, all of us, without exception, in Christ, just like Jesus, His Son.

Between separation and Atonement, whatever distance we believe there is between one and the other, the link is always the Holy Spirit. He is the One Who speaks for God and the One Who interprets for us. If there is any true desire to allow the Mind of God to flow through each one of us... the Holy Spirit is the One with Whom we must relate, just as we relate to the ego. Uninterruptedly.

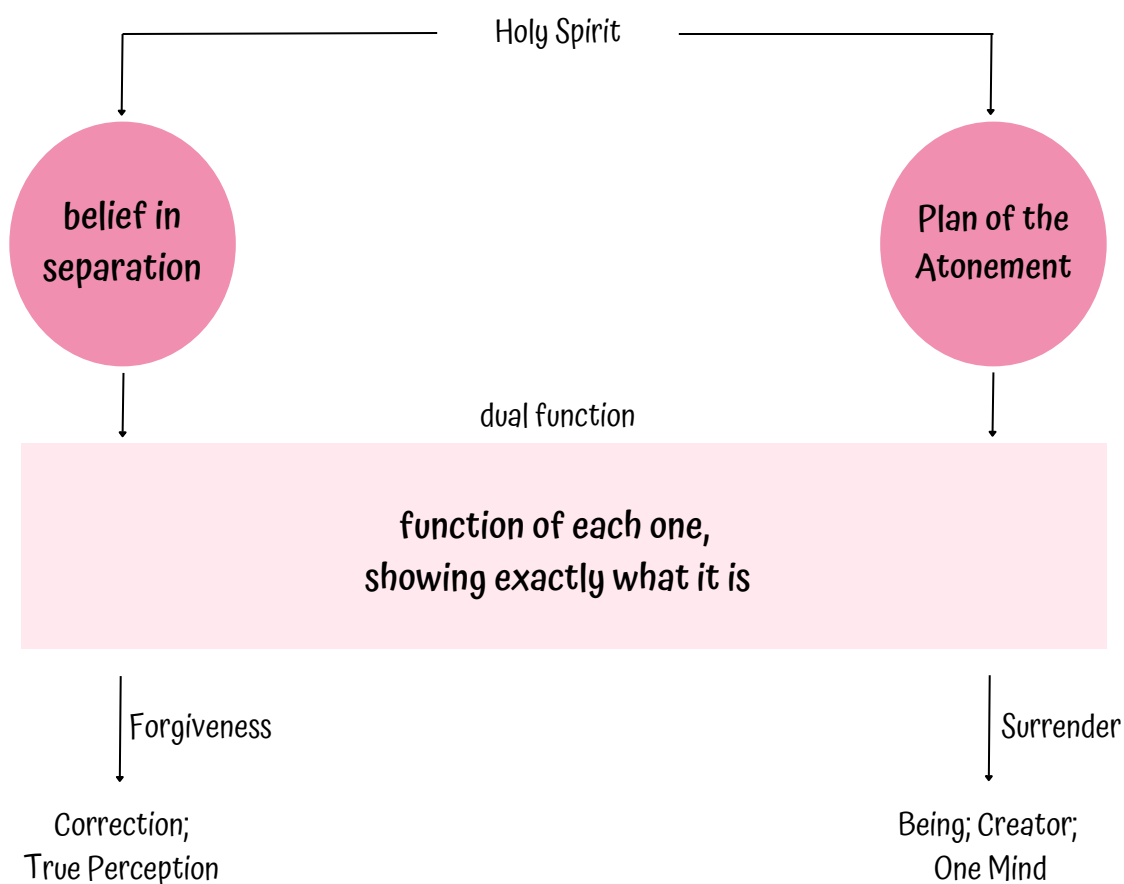
The Holy Spirit abides in the part of your mind that is part of the Christ Mind. He represents your Self and your Creator, Who are One. He speaks for God and also for you, being joined with Both. And therefore it is He Who proves Them One. He seems to be a Voice, for in that form He speaks God's Word to you. He seems to be a Guide through a far country, for you need that form of help (E-6.4.1).

This form of help... this is the Holy Spirit's Mission: to establish our role, regardless of where we are, and to show us exactly what it is in the Plan of the Atonement.

Uninterruptedly, we can choose God's Remembrance. Uninterruptedly, we can choose to observe our breathing and our attention. Uninterruptedly, we can choose to ask the Holy Spirit for help when we find ourselves trapped in whatever form of insanity fear seems to have us in. Uninterruptedly, we can choose to rest in our Father's arms and silently observe His Plan weaving itself through us. We can choose to no longer contract and definitely return to Eternal Wholeness.

EXERCISE

Whenever you realise a belief, observe your breathing. Wish now to be part of God's Plan. Allow that belief to be employed by the Holy Spirit in the Plan of Atonement. Surrender to Him every form of insanity that you perceive at that moment.



ABRE ALAS* PARA A PAZ (MAKE WAY FOR PEACE)

Who doesn't want peace? We all want peace, even if from different points of view... each in their own way, within their own particular universe. And why can't we have peace if we want it so much? The absence of peace means only one thing: I believe that in order to be at peace I need...'. This belief takes us a long, long way from recognising that our will for the Son of God is not the same as his Father's Will for Him. If God's Will doesn't seem to be aligned, direct and straight, with our own need, we don't have the peace we so desire. We abandon the Son of God on our private, private and extremely egoic path towards peace.

How do we make way for Peace? How do I replace the belief of a need? How do I accept my Father's Will without fear? By refusing to be your own Guide to Miracles. We fabricate our needs and desire our peace and for God... for Him there are only a few details left in this scenario of illusions, masks and fantasies.

Those who remember always that they know nothing, and who have become willing to learn everything, will learn it. But whenever they trust themselves, they will not learn. They have destroyed their motivation for learning by thinking they already know. Think not you understand anything until you pass the test of perfect peace, for peace and understanding go together and never can be found alone. Each brings the other with it, for it is the law of God they be not separate. They are cause and effect, each to the other, so where one is absent the other cannot be (T-14. XI.12).

Whenever we know the shape, colour and size of our peace, it will go away from us. If we realise that the Holy Spirit is the One who fully knows the whole process and what our true need is, we will recognise Peace in ourselves. And the only Answer to every need is Healing. The Healing of the illusion that we need something specific. The Healing of the belief that Miracles are different Answers to every prayer. Healing from the certainty that Peace does not belong to the Son of God.

* The original title of this text in Portuguese – “Abre Alas para a Paz” – has a special meaning that is difficult to directly translate into other languages without providing some additional context. “Abre-Alas”, literally meaning “open wings”, refers to the entrance of Samba Schools in Carnival parades, indicating the first float or the opening performance group. Figuratively, it signifies clearing the way, making way, or allowing entry. “Ó Abre-Alas” is also the title of what may have been the first song composed in Brazil specifically for Carnival, in 1899, long before the emergence of sambas-enredo.

EXERCISE

When perception indicates that your peace has been disturbed, observe how you respond to it. Do you feel threatened or blessed? Be honest... recognise that your response to the disturbance is an interpretation of the ego and that you can now choose the Holy Spirit as your Guide. “Ó abre alas!” - make way for Him to pass through and recognise that nothing will prevail against the Will of God.



Carnival - James Ensor (1887-1889) suggests a world of illusion protected by masks and costumes. With strong colours and distorted shapes, the scene seems more intense and chaotic, where we could easily confuse appearance with reality. An invitation to reflect on the masks we normally wear, the illusions we believe in, while imagining our needs.



FREEDOM?

Freedom is the possibility of looking at fear. Only in this way is the Remembrance of God is possible for us. Believing that we can love and hate, depending on the situation, the person or the thing, is one of the ego dynamics that seems most natural to us and therefore most freeing.

There is no Freedom in separation and even less in exclusion. Holding back some aspects of fear is an attempt to balance illusions... sometimes we move the plate of Love on the right, sometimes we move the plate of fear on the left, always hoping that the harmony of these movements will be perceived as a single movement of perfect balance. And it is a single movement, but one of rupture, not Unity. And it is a single movement, but one of rupture, not of Unity. This freedom belongs to the ego, not to the Being.

Fear must not be held back, nor balanced, and even less naturalised. It must be exposed. Brought to the Light. Brought to the Light of Freedom. The great illusion of fear will be reduced to a broken plate on the floor. Like the Greeks, we will celebrate Joy in an act of Liberation.

This is a course in how to know yourself. You have taught what you are, but have not let what you are teach you. You have been very careful to avoid the obvious, and not to see the real cause and effect relationship that is perfectly apparent. Yet within you is everything you taught. What can it be that has not learned it? It must be this part that is really outside yourself, not by your own projection, but in truth. And it is this part that you have taken in that is not you. What you accept into your mind does not really change it. Illusions are but beliefs in what is not there. And the seeming conflict between truth and illusion can only be resolved by separating yourself from the illusion and not from truth (T-16.III.4).

EXERCISE

PLATE OF FEAR

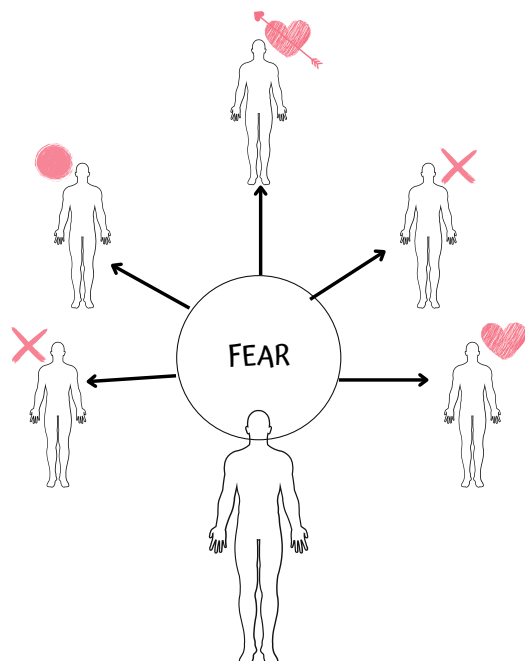
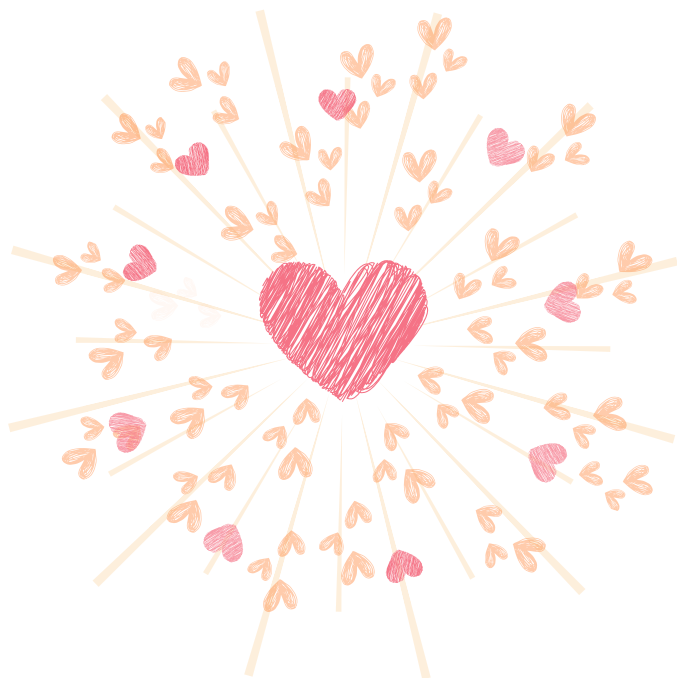


PLATE OF LOVE



'Know thyself' is allowing what we are to be the way to remember Who we really are.

If this still seems confusing to you, try reading it more than once. Breathe and become aware of what you are still balancing on two separate plates in your mind. On one is what you have been (mistakenly) teaching yourself, and on the other, what you truly are. Allow the Light of the Holy Spirit to illuminate both contents. Choose which plate will no longer have your strength and attention. Let it fall. Allow the Holy Spirit to tear down all the illusions in your mind. Allow the conflict to end.



HE WHO HAS EARS TO HEAR, LET HIM HEAR

Who has lungs to breathe, breathe. Who has a leg to walk on, walk. Whoever has ears to hear, hear. Simple, isn't it? If we have a body, what function do we give it? Something simple or something complex? If we are a mind, what function do we give it? Something simple or something complex? We complicate everything! And yet, we choose this complication as reality... the forgotten mind, in every instant of time, obeys a body with fragmented and diverse functions that only serve to feed either the past or the future.

The reason this course is simple is that the truth is simple. Complexity is of the ego and is nothing more than the ego's attempt to obscure the obvious (T-15.IV.6).

And what could be more obvious than a hearing ear? Perhaps... a lung breathing or perhaps... a mind thinking. Perhaps a body in function of a mind, communicating?

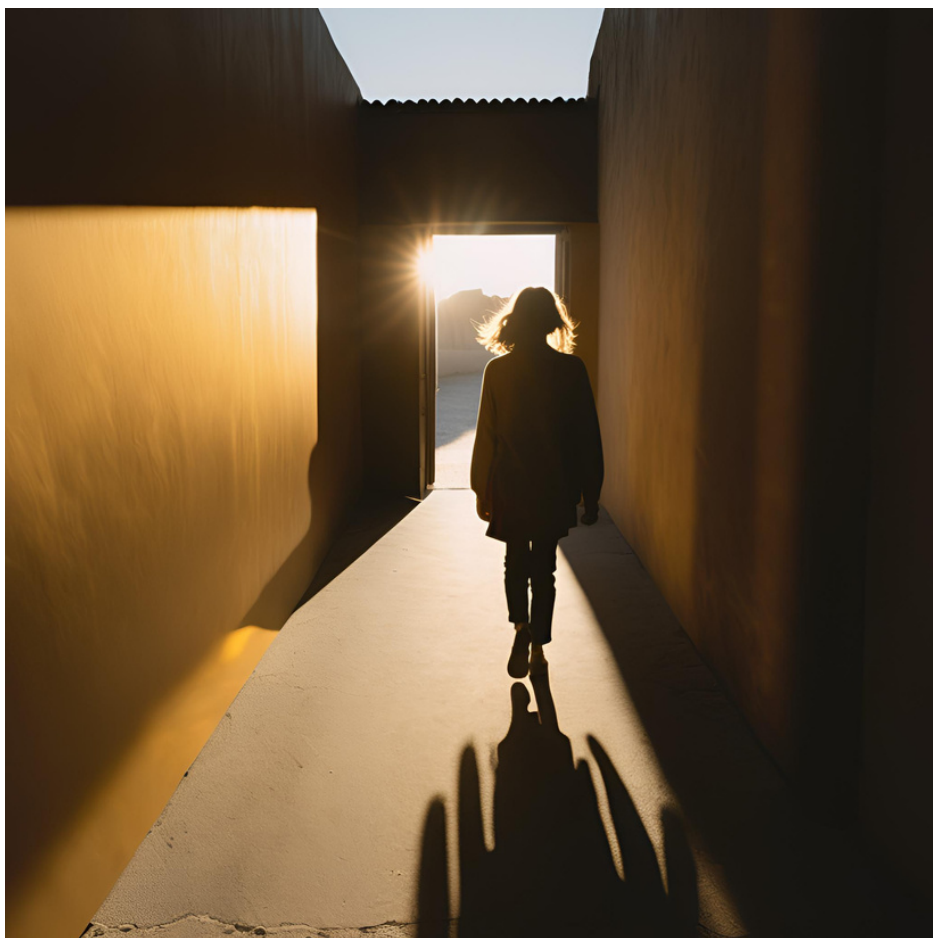
The obvious loses its obviousness when the mind does not recognize itself as prior to the body, and it becomes even less obvious when Communication is not understood as the only function of that same body. The simple becomes complex when we relate the Mind to the brain and Communication to an expression only between bodies. Ahhh... the temple of the ego...

If we opt for the ego, we opt for this mental confusion that acts as a great 'external' distraction so that we don't look, so that we don't pay attention to what really matters. And what really matters is the Mind. It's the Integrity of the Mind and the body as its Extension. No longer as a blockage and even less as a containment, a holding back of the Divine Flow. Like a radio, we would communicate through a process of transmitting, receiving and converting the 'Waves of God'. Ahhh... the Temple of the Holy Spirit...

The removal of blocks, then, is the only way to guarantee help and healing. Help and healing are the normal expressions of a mind that is working through the body, but not in it. If the mind believes the body is its goal it will distort its perception of the body, and by blocking its own extension beyond it, will induce illness by fostering separation. Perceiving the body as a separate entity cannot but foster illness, because it is not true. A medium of communication loses its usefulness if it is used for anything else. To use a medium of communication as a medium of attack is an obvious confusion in purpose(T-8.VII.11).

EXERCISE

What use will we make of our combo? Body-mind or Mind-body? Will we dedicate ourselves to the ego or to the Holy Spirit? Will we be a body loose in nothingness or take on the Temple of God where His Voice dwells?



Let our Mind-Body reveal our wings... let that be the obvious... as Caetano* says... 'preserved in the physical body, in every solid, in every gas and in every liquid. In atoms, words, soul, colour and gesture... in smell, in shadow, in light, in magnificent sound... at a point equidistant between the Atlantic and the Pacific. And the things I know he will say, do, I can't say in an explicit way... and what will be revealed to the people at that moment will surprise everyone, not because it is exotic, but because it may have always been hidden, when it would have been obvious'.

* Caetano Veloso is a renowned composer and singer of Brazilian music.



LEAVE A STAR BEHIND

What does sacrifice really mean? Perhaps something that, even without containing joy or love, we believe still needs to be done. Sacrifice, sin and hell - don't they seem to form a cohesive group, without any intruders? Concepts that share a common essence: pain, loss and separation. Now, how much effort would it take to include the word God in that same group? An effort that is not only immense, but absolutely impractical - the effort of trying to conceive of such ideas as Truth, while seeing Forgiveness as an illusion.

If God is only Love, how could Love ask for sacrifice? How would God ask His holy Son to sacrifice... to us? How could something that involves neither Joy nor Love be part of God's Plan? Self-deception.

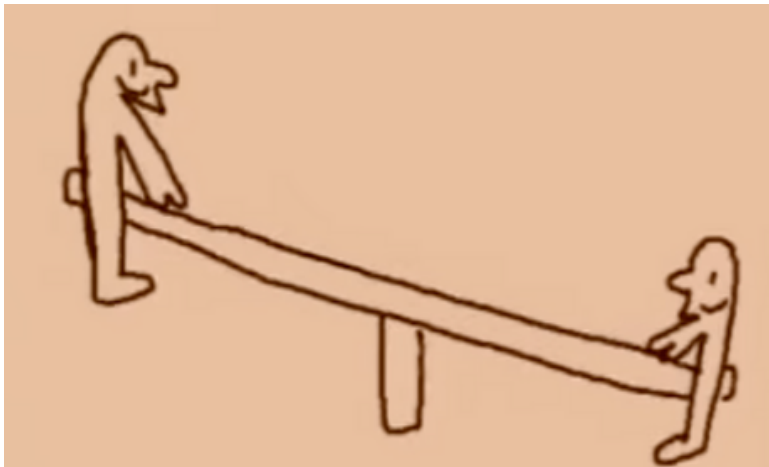
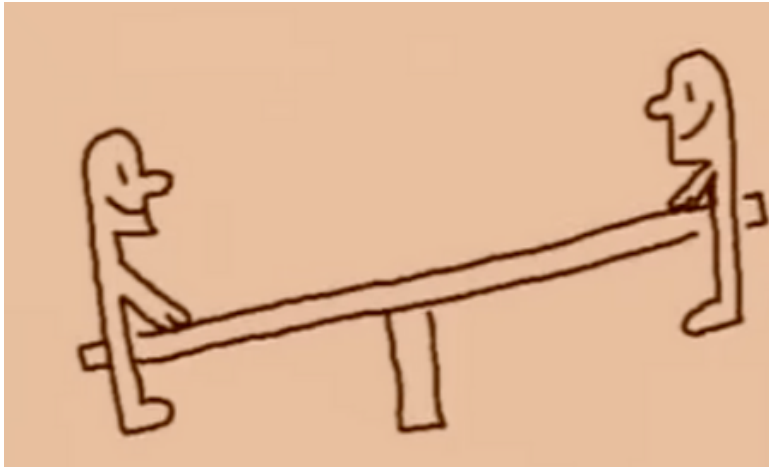
Let us review the meaning of "forgive," for it is apt to be distorted and to be perceived as something that entails an unfair sacrifice of righteous wrath, a gift unjustified and undeserved, and a complete denial of the truth. In such a view, forgiveness must be seen as mere eccentric folly, and this course appear to rest salvation on a whim. (W-pl.134.1:1).

Yes, we will become more and more eccentric in the eyes of the world. We will recognise the Holy Spirit as our only Guide. We won't need to endeavour to encase God's holy Son in a lie. We will feel the Peace that surrounds us and thus keep our mind free. Free, all free, we will continue in Union with our Father.

His step is light, and as he lifts his foot to stride ahead a star is left behind, to point the way to those who follow him (W-pl.134.12:5). Our step will be light and when we lift our foot to go one step further, we will leave a star behind to show the way to those who follow us.

EXERCISE

Today we practice true forgiveness, that the time of joining be no more delayed. For we would meet with our reality in freedom and in peace. Our practicing becomes the footsteps lighting up the way for all our brothers, who will follow us to the reality we share with them (W-pl.134.14:1).



STUBBORNLY DOUBT YOUR SENSES

The body's traditional senses allow us to perceive and detect light, sound, odours, flavours... As beautiful as their signs and fundamental functions are, we can't ignore the fact that this is the consciousness we understand and believe to be more real than it actually is. We stubbornly interact with absolutely everything, converted by sheer conviction. How often do we doubt this world as we perceive it? Or rather... how often do we doubt judgements based on such perceptions?

I often increase the degree of my glasses every year to 'see better' because I have so much faith... let's say... in this vision. I believe that without my glasses, I can't see anything clearly at all. Yes... to see clearly, I do need my glasses... but believing that this is the only vision I'm capable of contemplating... this is the gap we create between illusion and Truth. And it is here, only here, where we can observe our thoughts and hand them over one by one to the One Who ignores all the witnesses of the body and interacts only with the holy Face of Christ. Here in this gap, we can allow the Holy Spirit to evaluate all our thoughts and illuminate only the Self. We can allow, here and now, the Holy Spirit, Him alone, to judge everything that seems to happen in this world.

Give Him your thoughts, and He will give them back as miracles which joyously proclaim the wholeness and the happiness God wills His Son, as proof of His eternal Love. And as each thought is thus transformed, it takes on healing power from the Mind which saw the truth in it, and failed to be deceived by what was falsely added. All the threads of fantasy are gone. And what remains is unified into a perfect Thought that offers its perfection everywhere (W-pl.151.14:1).

EXERCISE

Notice your body. Allow your senses to locate you within that gap between illusions and Truth. The Holy Spirit will roll out a Carpet of Light so that your every step gives solidity and even more lustre to the Path.



Such is your resurrection, for your life is not a part of anything you see. It stands beyond the body and the world, past every witness for unholiness, within the Holy, holy as Itself. In everyone and everything His Voice would speak to you of nothing but your Self and your Creator, Who is One with Him. So will you see the holy face of Christ in everything, and hear in everything no sound except the echo of God's Voice (L-pl151.12).



PRONOUNS REVEAL THE ESSENCE OF SEPARATION

You are one within yourself, and one with Him (W-pl.95.1:2). To be one in ourselves... what does that mean? Brotherhood... and Sonship, since we are one with Him. God's holy Son is - singular - because he is One. In God, we are all One. I, you, he, we, you, they... only fit here, in this world, where we are many, where we conjugate in several persons.

You and I live apart from each other, strengthening a false identity based on what we dream of. Through the mind we share our dreams, our certainties, our versions of ourselves. The Mind keeps us as We Are, an Extension of God, but the dream convinces us of a fragmented reality in which it is impossible to live in Communion. We remain divided, insecure, incapable, dissatisfied, foolish and completely afraid. We don't recognise Unity because we ignore Brotherhood and, therefore, Sonship. If you still feel confused... one way is to distinguish the dream from the dreamer. You and I are the dream. And the dreamer is the divided mind.

Like you, your brother thinks he is a dream. Share not in his illusion of himself, for your Identity depends on his reality. Think, rather, of him as a mind in which illusions still persist, but as a mind which brother is to you. He is not brother made by what he dreams, nor is his body, "hero" of the dream, your brother. It is his reality that is your brother, as is yours to him. Your mind and his are joined in brotherhood. His body and his dreams but seem to make a little gap, where yours have joined with his (T-28.IV.3).

Between our minds there is no separation, we are in Communion. Separation happens in dreams. And if we try to integrate, to recognise ourselves as the Son of God within one of our dreams, and it doesn't matter if it's mine or yours, we will never fraternise. We'll still be interpreting our reflected images, wanting to achieve what we believe we don't have, inventing idealised universes, experiencing either a past phenomenon or a future ambition. The holy Son of God is in the Identity that is his. We perceive him temporarily fragmented, in our divided and dreamy minds, and the Holy Spirit's job is to put all these parts, one by one, in their proper place...

And the Father comes to join His Son the Holy Spirit joined (T-28.IV.7:7)..

EXERCISE

This holy picture, healed entirely, does He hold out to every separate piece that thinks it is a picture in itself. To each He offers his Identity, which the whole picture represents, instead of just a little, broken bit that he insisted was himself (T-28.IV.8:2).

Consider the Holy Spirit as the One Who knows 'our' whole portrait. Accept the Atonement for yourself. Let's do our part for Unification. How? Unite with your brother, not his dreams. Allow him to unite with you and not with your dreams. Let's relate to each other as equals. You and I are One.



THE ILLUSION OF A CHANGEABLE LOVE

Love is not an illusion, and Love is definitely not changeable. So, what does this title mean? What is changeable will always be an illusion, it will never be Love. Love is a fact. Here, we're talking about the meaning we give to the word love. Here, we're talking about special relationships. We're talking about the word we've chosen to represent one of our greatest illusions... the attempt to bring Truth to illusion, the attempt to bring Love to separation.

God is not in the world. God is with you. He extends Himself in His Creations just as we, the holy Son of God, extend ourselves in ours, and so God makes Himself in everything... in us, by us and through us. This is the Flow of Life of which we are a part, of which we are extensors. And as long as we block this Flow, deluded by fear, we make the impossible real... instead of extending, we contract. We don't love, we idolise. We seek Love from the 'outside', we relate to the world, to the external, to our own projection. We seek Existence in emptiness, in nothingness.

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false. Every illusion is one of fear, whatever form it takes (T-16.IV.6:1).

How do we seek and find all - all - the barriers? One by one. The first step is always to truly recognise your lack of Peace... stop giving it other names... it's not tiredness; it's not a phase; it's not 'part of life'. Everything that is not Love is not part of Life. Re-establish your Communication with the Holy Spirit through the Bridge offered to you over time (all the time). A Bridge that becomes visible to the eyes of the body through availability. And availability springs from this first step. Whatever the figure of your lack of Peace, it is received by the Holy Spirit. One by one, every moment, all the time.

Special relationships are a stairway to forgetting what Love is, to everything that we insist on fragmenting, on giving meanings and names and shapes... to this strange dynamic. We think everything that hinders God's Completeness is natural and acceptable. His Completeness is made in us, His Son, His Creation. How can we ignore this and still pretend that Love can be declined by gender, number, and degree?

EXERCISE

The special relationship is a strange and unnatural ego device for joining hell and Heaven, and making them indistinguishable (T-16.V.6:1).

This confusion represents the special relationship. And to undo it, we need to distinguish the chaff from the wheat. Remember that tares are weeds that are very similar to wheat and grow between crops, so as the two plants are similar it is difficult to tell them apart with the naked eye. Only at harvest time can they be separated so that only the wheat is kept. Then we will harvest. We will recognise our illusions, one by one, for exactly what they are. We will hand over the chaff to the Holy Spirit and share our bread, assuming our true Identity as Extending Creatures of God's Love.



SHAME

Are you ashamed? Of what? Of a thought? Of an attitude? Which one? Write it down and read it out loud. This can no longer be a secret you keep from yourself. To write, availability and to read, attention. And that's all the Holy Spirit needs to perform the Miracle... for you to reveal each of your secrets to Him, without fear of hearing yourself, without fear of being judged.

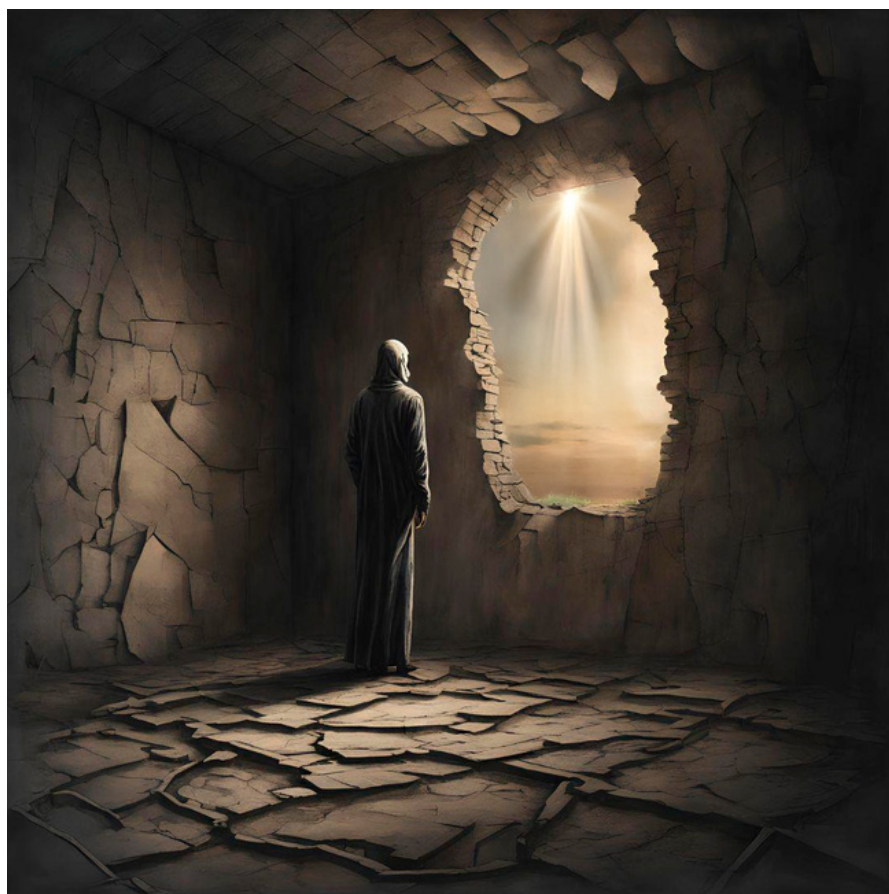
The enquiry can take the form of questions, such as... 'what am I ashamed of?' *The great Transformer of perception will undertake with you the careful searching of the mind that made this world and uncover to you the seeming reasons for your making it (T-17.II.5:2).* Only the desire to transform is necessary at that first moment... as an invitation for the mind to quieten down and for Communication with the Holy Spirit to be restored, just like the Remembrance of the holy Son. Sit down! Lie down! Turn upside down... it doesn't matter! Breathe lovingly, indicating to your body that it's finally okay because He has returned and is in our midst!

Embracing each event, person or thing that lines up during the investigation is an exercise of allowing. Allowing the closely guarded secrets to reveal themselves to you with every breath. Embracing is transferring the power of your availability, the power of your attention, from the ego to the Holy Spirit. Trusting in the process means practising... always, all the time. More and more, gaining the ability to no longer hide, in shame, under constant judgement. Gaining the ability to no longer hide in order to project, under the insane command of the ego.

Forgiveness is this practice. It's the practice of desiring, intending and trusting. Trusting that we don't need to feel fear. We can breathe and look at fear, completely unashamed, allowing the Holy Spirit to reveal Himself in the same instant, in the Holy Instant, dissolving each of our doubts, each of our answers, into Light. Our breath is our permission for Communication with God to be re-established, through the Holy Spirit, and for the Remembrance of His Son to be opened wide in our minds.

EXERCISE

Commit to your practice. Choose the place, date and time and send yourself the invitation to this Feast of Light. You just can't not confirm your attendance. It's a party you can't miss!



Seek and find His message in the holy instant, where all illusions are forgiven. From there the miracle extends to bless everyone and to resolve all problems, be they perceived as great or small, possible or impossible. There is nothing that will not give place to Him and to His Majesty (T-16.VII.11:1)



SELF-CONCEPT

Who are you? What image of yourself has suited you well so far? How have you, over the years, 'adjusted' to the world? Was it by observing this same world that you 'built' yourself? Is your maturity in unity with this world as seen through your eyes? Know that these answers bear no resemblance to your true Identity.

Concepts are learned and do not exist apart from the connections that produced them. We build them. We build each one of them, day by day, giving them all the meaning that is unique to them from the field of vision where we find ourselves... from what we capture at a given moment, to a very specific degree... these are all portraits, born, raised and created in the world, in our minds, and they will definitely never represent Unity.

A concept of the self is meaningless, for no one here can see what it is for, and therefore cannot picture what it is. Yet is all learning that the world directs begun and ended with the single aim of teaching you this concept of yourself, that you will choose to follow this world's laws, and never seek to go beyond its roads nor realize the way you see yourself. Now must the Holy Spirit find a way to help you see this concept of the self must be undone, if any peace of mind is to be given you. Nor can it be unlearned except by lessons aimed to teach that you are something else. For otherwise, you would be asked to make exchange of what you now believe for total loss of self, and greater terror would arise in you (T-31.V.8:1).

So... how do we undo what seems to be so much? The answer is always... the Holy Spirit. He has the Vision of the Kingdom of Heaven, which is nothing more than a world without angles, and He knows the impossibility of the impossible before God. Therefore, His Mission is already accomplished. Thus, God's Plan is fulfilled in every event, thing or person that the Holy Spirit offers us. To shift our angles of vision, opening the way for His Interpretation and, consequently, for our Being, is to allow everything, absolutely everything we believe we see, to be disidentified from the main source of observation... from the forgotten (or divided, or ego) part of the mind.

The world as we see it today will never be able to teach us about Who We Are. Never! Recognising that here, alone, that is, accompanied by the ego, our vision is limited, is to welcome true learning, is to welcome Salvation. Learning from everything we see is only possible through the right lens... and thus, Revelation is immediate, because nothingness does not exist under the Divine Light. Because what we truly are will speak of Itself.

EXERCISE

Hello Holy Spirit, how are you? I am here and now surrendered to Your Interpretation... *I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself* (T- 31.V.17:7).

Breathe and repeat until you truly feel it. Allow your perception of yourself to be changed by the Vision of the Holy Spirit. Be sure and confident in the process of surrender. This is the way for the 'learning of the world' to find Peace. Do not be afraid of God's Vision.



EXPERIENCE

What insanity led us to believe the most absurd thought we believe? What insanity mocked Creation and laughed at God? We know that by denying our true Identity, we maintain the belief in separation, but what signpost did we follow along this path of forgetfulness? And even more... what was the other signpost that we ignored?

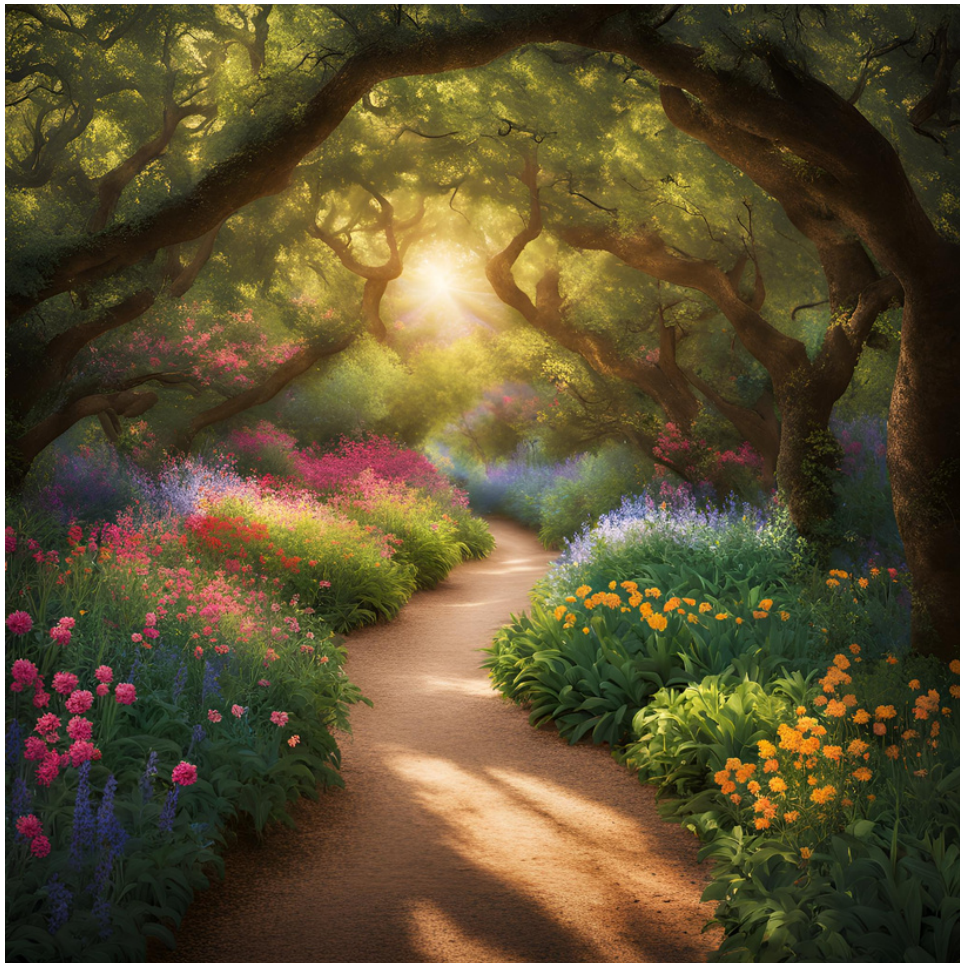
The world began in error and will end in the reflection of its own holiness (L-pl.191.10:2).

The world began with the belief in separation and will end in the holy reflection of that same belief. And we, the sleeping Son, are the Saviour of this world. How? How can the sleeping one save the world? By waking up. How can such a deeply insane belief be holy? By disidentifying. Awake, we will disidentify, and thus everything will be blessed by the Eyes of Christ.

We have lived for years practising separation in each of our actions through a mind that does not witness our true Identity. Among so many invented thoughts, the Son of God is a faint memory, erased, forgotten, identified and trapped in the many perceptions of this world we invented just to experience apart from God. There is nothing apart from God, and that is why we fall asleep in our individualities. Only the dream, the illusion, would bring us the experience of being apart from Him.

In Unity with God, there is the Son and the Holy Spirit. They are here, they have always been here, because there is no possibility of them not being here, once (and really only once) the Son is eternal. They are all within us, Who Are One. The Wholeness of the Son is in the Remembrance of God... and only through His Testimonies will we recognise ourselves for Who We Truly Are. How then will we hear the only Word that truly speaks of Itself? By following the sign with letters written in bold: **TRUTH**. The Holy Spirit is the One who shows us the way. Allow Him to unite with the Son, and Divine Completeness will be immediately achieved. Believe that every experience is holy because there is nothing but Holiness. Believe that through what we experience, our true face will be revealed. Allow the awakening.

EXERCISE



May every experience be holy.
May each one be seen only through the Eyes of the holy Son, through the Eyes of Christ.
May each experience be experienced along the path offered by the Holy Spirit,
by the One Who knows our only Identity.



THE GOLDEN RULE

“So always treat others as you would like them to treat you; that is the Law and the Prophets”(Matthew 7:12).

We have free will because God does not want slaves. He does not control us, but guides us through the Holy Spirit who, through Forgiveness, directs us to Atonement. We are always free to decide where we will establish our kingdom. We are free to respond to God or to the ego. We are free to perceive through the ego or to follow the Guidance of the Holy Spirit.

If there is still some perception that is not loving, this indicates that there are distortions that need to be recognised, surrendered and healed. The other is our mirror, our reflection, our projection. What we see ‘on the other side’ reveals what we hide ‘on this side’. The other is the reality of the Miracle, carrying within themselves what we can still experience so that Love may be fully restored... nothing but Love should remain in our minds. Following the Guidance of the Holy Spirit, we practise Forgiveness, freeing the projection from the ego's control. Thus, we begin to perceive correctly, allowing the Remembrance of the only Truth to be revealed.

What a blessing it is to have a brother so that all may remain in a state of Grace!

You respond to what you perceive, and as you perceive so shall you behave. The Golden Rule asks you to do unto others as you would have them do unto you. This means that the perception of both must be accurate. The Golden Rule is the rule for appropriate behavior. You cannot behave appropriately unless you perceive correctly. Since you and your neighbor are equal members of one family, as you perceive both so you will do to both. You should look out from the perception of your own holiness to the holiness of others (T-1.III.6).

Miracles arise from a healthy mind and therefore reach everyone. To welcome those who are ‘on the other side’ is to welcome a brother and therefore to welcome oneself. It is to recognise and honour the holy Son of God.

EXERCISE

The miracle sets reality where it belongs. Reality belongs only to spirit, and the miracle acknowledges only truth (T-1.IV.2:3).

Recognise and surrender to the Holy Spirit each of the illusions present in your mind right now. Use JOY as your guide in this process. Does this thought bring you joy? If the answer is no, then it is a thought that does not belong to you. Surrender it! Make this a constant practice, like a scan of the ego system. Forgiveness is a continuous practice that will only end when ALL your thoughts are in perfect Communion with the Joy and Peace of God.



THE ACCUSING FINGER AND THE ORBIT OF INNOCENCE

The other and I... two completely separate beings. Separation guaranteed by judgement and the shrouded condition of preserving condemnation. Do we think that as long as there is an accused there will be an accuser? Do we think of a condition of existence based on the other? Never. That is why we 'die separated'.

The other only needs to continue being accused so that I am not. He sinned, I did not. And while he sins, I continue to condemn from a dense fog of certainties that always promote my liberation in this insane world, completely apart from who I truly am.

What gain do we think we have? The gain will always be personal and will never involve those we do not consider to be 'ours'... these relationships represent our deprivation and also everything, absolutely everything, that we value as separated beings.

The accusing finger points at the other something that we do not correct in ourselves. Something we do not consider ours. We point at the world absolutely all insane and distorted forms of our fear, in a movement of preservation without realising, day after day, that we only relate to our own image and likeness and that this is our Gift. It is here that the Holy Spirit works His Miracles. The finger points to the accuser. The finger points to Forgiveness. Now, what I believe becomes my Healing. The dense fog dissipates... it is the end of darkness. The Light of a new world, completely illuminated by the Vision of Oneself, is all that exists.

The veil across the face of Christ, the fear of God and of salvation, and the love of guilt and death, they all are different names for just one error; that there is a space between you and your brother, kept apart by an illusion of yourself that holds him off from you, and you away from him. The sword of judgment is the weapon that you give to the illusion of yourself, that it may fight to keep the space that holds your brother off unoccupied by love. Yet while you hold this sword, you must perceive the body as yourself, for you are bound to separation from the sight of him who holds the mirror to another view of what he is, and thus what you must be (T-31.VII.9:1).

EXERCISE

Close your eyes. Cover them with the palms of your hands. Rest your eyes. Relax. Observe the lights around your eye sockets. Integrate yourself with them. Practise expanding this light throughout your body.



THE HOLIEST LAND

***T**he holiest of all the spots on earth is where an ancient hatred has become a present love (T-26.IX.6:1).*

The earth as a living temple?

Yes... every experience on earth becomes an answer to a Prayer as we recognise each being as a Messenger of God. From each one of us, the Voice of God lovingly calls the Son so that Christ may respond. As if the Face of God were calling and the Memory of God were responding...

This is the gentleness we believe no longer exists in this world... we remain suspicious, believing that the other will never be a faithful reflection of what we believe our sins to be. This is the basis of belief number one: the belief that we are separate from our Father. Since we are not One with Him, how could I be one with anyone else?

Is it too much to ask a little trust for him who carries Christ to you, that you may be forgiven all your sins, and left without a single one you cherish still? (T-26.IX.2:1)

How does the other carry 'my' sin and also carry 'my' Christ? Therein lies the moment of choice... is the other your projection or your Extension. There is no separation. There is no you, number two, and the other, number three. There is only God. There is only One. There is only Love, and if that is not your vision, you dream of being apart. The other, being your projection or your Extension, because the Son will always be One with his Father, will mirror your reality. The reflection is the choice we make, sometimes through the ego, sometimes through the Holy Spirit. If our vision is clouded and not loving, we are choosing illusion, but if we recognise Christ, we are awake and in Communion with our true Reality.

For the illness you see in others... take the Cure. Forgive sins... yours or theirs... it doesn't matter... only then will you stop valuing what does not exist and be able to accept everything that is yours and that, inevitably, the other still carries. Forgive. Forgive in order to restore God's Vision in all eyes that may still exist. Now you are able to bring all Holiness to the land you choose to tread. It will always be so. Have no doubt... be the earth for your brother's Heaven, and immediately your brother will reflect your Heaven... have I answered your question?

Yes... more and more.

They came to God, Father and Son finally return as One, and the Holy Spirit fulfils His Mission.

EXERCISE

May a gentle breeze bring what still remains to be forgiven.

May Forgiveness undo what we insist on keeping.

May we, each time more, recognise His Presence.

All the angels say Amen.



THE SHAPE OF A CLOUD

If we lay on the ground like children, what shapes would we see in the clouds above? Would they speak only in names? Names we've given throughout our existence to identify reality? Or would they tell stories we've never heard before?

What has no shape can also be described as fluid and enveloping, with no defined limits or contours. Something that dissolves and expands... like clouds in the sky... in constant motion, sometimes grouping together, sometimes dispersing, perceived by a 'light and ethereal' vision, fleeting and totally aligned with the movement of immateriality. Does this seem amorphous or disconnected to you?

Forms have no purpose in themselves; they only outline our memories and our hopes... our past and our future. They are merely witnesses to the ego. Doesn't it seem insane to think that we identify the essence of a moment with a common name? This seems like a condemnation to me... whatever name we give it will always be separate, detached from our own mind, with the sole function of making forms real.

To renounce forms is to lie down on the ground in a contemplative state of mind. It is to live disconnected from the protective advantage that control seems to give us. It is to exalt our capacity for wonder and gratitude in the face of that which is not meant to have form. Lie down on the ground and look to see nothing. This is the prerequisite for Vision.

EXERCISE

Practice training your mind to recognise when you are not really thinking about anything. Practice surrendering to the Holy Spirit all ideas made of the past or made of the future. Recognise the Present as a clear, cloudless sky with no defined shapes. Contemplate the immensity and feel part of the Indefinite.



WHO HAS THE HOLY SPIRIT ENTRUSTED TO YOU?

Who are the people entrusted to you by the Holy Spirit? Who are the holy people especially entrusted to your care?

They are all the people you have ever had a relationship with, in any way, at any time in your life. All of them. Without exception.

And why would the Holy Spirit entrust a holy person to me? What is my importance?

You...? You are the Saviour of this world that surrounds you. And each one is entrusted to you, without sin, so that you may remember your Holiness and your true function.

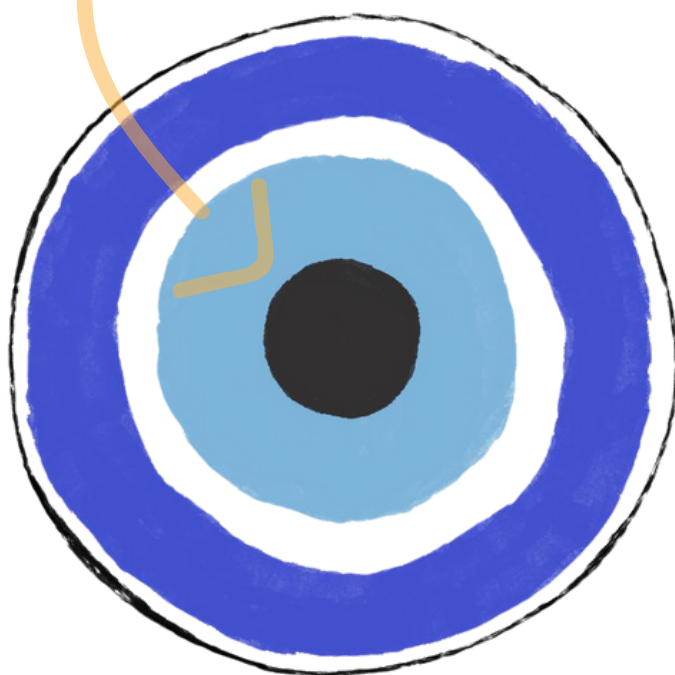
What still seems to prevent you from seeing Holiness in every part of the world, as far as your eyes can reach, is the self-concept upheld and guarded by the mind that believes it exists apart from its own Salvation. But every person carries the Light within. And when you choose to recognize it, you also illuminate the world that, in each moment, you still choose to uphold.

Between your eyes and the Vision of God there is no space, no difference, no separation. Your eyes are holy because His Vision is. Let only this Vision, the Vision of the Saviour, behold everything. Holiness is in 'everyone.' Nothing will remain apart from God.

Let not the world's light, given unto you, be hidden from the world. It needs the light, for it is dark indeed, and men despair because the savior's vision is withheld and what they see is death. Their savior stands, unknowing and unknown, beholding them with eyes unopened. And they cannot see until he looks on them with seeing eyes, and offers them forgiveness with his own. Can you to whom God says, "Release My Son!" be tempted not to listen, when you learn that it is you for whom He asks release? And what but this is what this course would teach? And what but this is there for you to learn? (T-31.VII.15:1)

EXERCISE

You believe you are here. Right at the centre of your universe. Trust that everything is given to you for your release, for the healing of absolutely all beliefs within the circles of creation: sight, Vision, and the inner Guide. Everything leads you to God, together with those with whom you have related throughout time. Practise extending yourself in Love, expanding the rays of Creation more and more. Trust in your Holiness!



HOW DOES EACH OF US CONTAIN ALL OF US?

(PART I)

Every human being is unique. I am unique... there are no two identical Paulas. However, there are my children: Pedro, João and Antônio, who are also unique... but they are 'mine,' in that they partly follow my genetic pattern. They thus follow what I project to be 'my image and likeness.' My children are my creations and, consequently, my grandchildren and great-grandchildren will also be mine one day. When I design the decoration of a room or compose a setting for a food photograph, I am also creating unique things that generate perceptions in me and in so many other people. These people, in turn, also create beings, things and events in their image and likeness. We are creation, from creation, from creation... we are all unique effects of the first ... the prototype... Adam.

Adam's world is completely different from Paula's world, which, in turn, is completely different from Pedro's world. Although Pedro is my creation, he is not like me and does not live in my world. He is part of my world, choosing to experience other things... Pedro has free will to choose, just as I did, just as my mother and father did, just as my grandparents and great-grandparents did, and just as Adam did to create his world — always from his own set of beliefs.

I recognise much of my own set of beliefs in Pedro's universe, because we relate to each other as creator and creature, as mother and son. And he, like me, like each one of the other 8 billion unique beings, he also creates, unquestionably, uninterruptedly, from what he believes to be in his own image and likeness. He creates from the set of beliefs he chooses to experience day after day, learning and teaching throughout his mind.

We are creators. The entire effect of this creation is all around us: every child, every photograph, every memory and every expectation... each of the perceptions that generates each of our thoughts and, consequently, produces beings, things and events in a time that seems endless to us.

Thus, we create this whole world, which is nothing more than a great universe filled with particular worlds... like the actions of a company. Each action fully reproduces, in a 'small' part, the whole of a 'larger' structure — just as each individual is a fundamental unit of humanity.

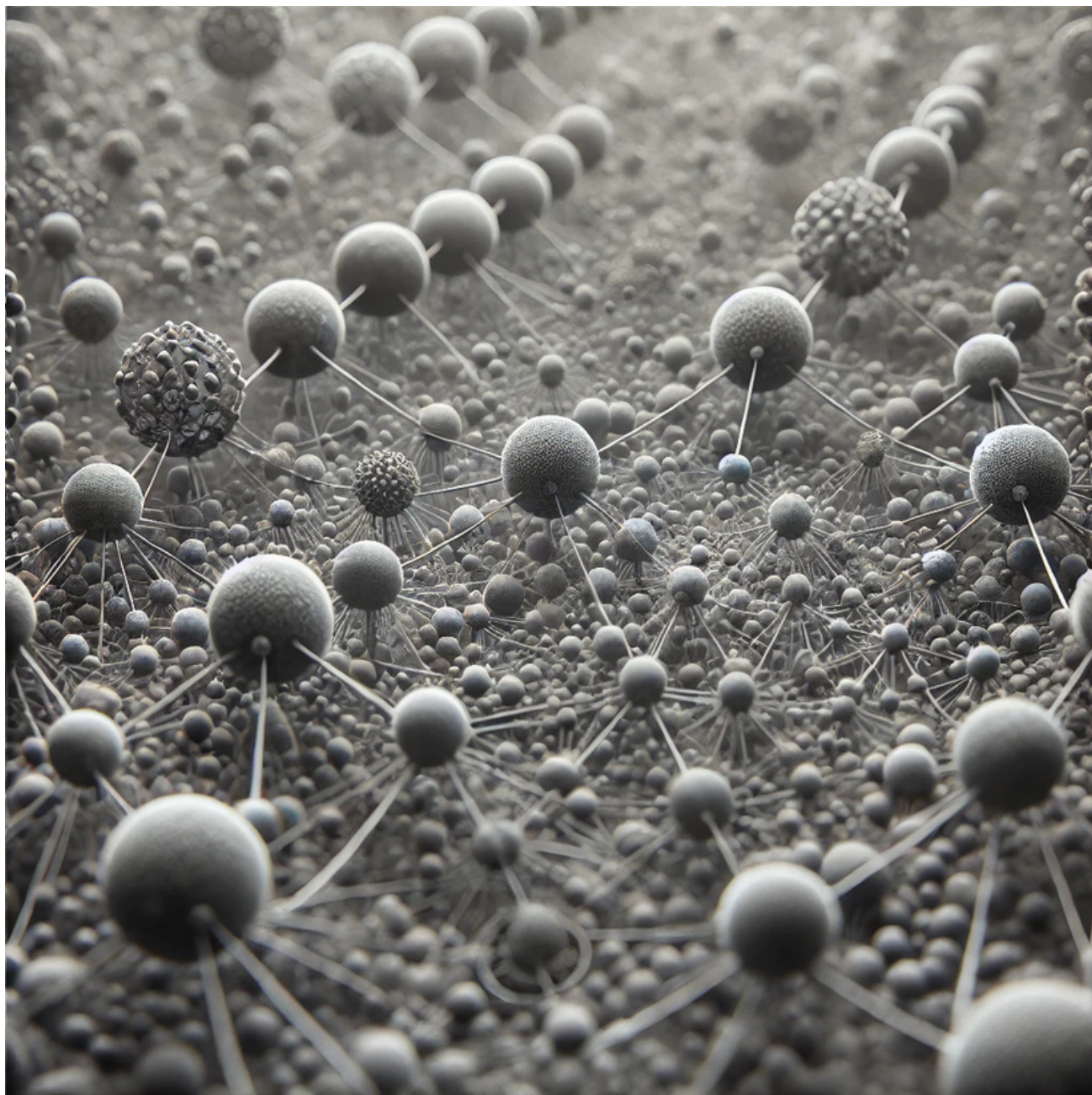
Does each of us contain all of us? Yes. How? Fatherhood and Sonship. That is all we are talking about: Creator and creature. Fatherhood is creation, and God is the Source of all Creation. He is the Creator extended into the creature, which is therefore also capable of creating: He is the Father, and we are the Son, with the eternal Gift of extending Him. There is no possibility of it being any other way, since Love — which is the Source, the Essence of Creation — cannot be subtracted or fragmented... It can only be extended. And so it is, was, and always will be... God.

And this is where things get complicated for us. Why? Because, for us, God is still a belief. And a belief is a projection. As long as God is limited to the effects of our perceptions, imprisoned in our particular universes, everything will 'work' exactly as it 'works': with limits, constraints... with separation.

Pedro and I are not One; we only recognise ourselves as actions of the same company, of this dysfunctional structure that absolutely does not reflect or extend true Creation.

I create. He creates. We create our own universes, believing that we are totally separate, apart from each other and therefore apart from God. We continue to ignore our true Identity as Extensions of the one Creative Energy; we continue to ignore what truly unites us: the Innate Essence of God within each of us, the Divine Spark... Love.

EXERCISE



Assume your true Identity to dissolve everything that prevents you from illuminating the path between you (your world) and all other parts of creation (the world of others).
Practise listening to the CALL of your Father present in every Moment.

HOW DOES EACH OF US CONTAIN ALL OF US? (PART II)

If I truly wish to recognise God as the only Creator, as the only Father of all parts of Creation, as a consequence of this choice of mine. Pedro would be my brother. And since the Mind of God is One, that is, His Thoughts only reflect Love, there is no duality, so Pedro and I will be One in God. And if I truly wish to recognise myself as a Creature of God, as His Son, as a consequence of my choice, of my thought, my individuality will no longer represent my set of beliefs. My individuality will be an Extension of the Mind of God... which is... only Love. And so, my body will be a holy Channel of Communication, a holy Channel of Integration. And as Pedro and I are now One, all of Creation, without exception, will be in Unity. The fundamental unity of humanity will still be composed of eight billion individuals, but we will be connected through the choice and will of each one... let's say... by a single Purpose, which will inevitably be the Purpose of the Creator, of the one Father.

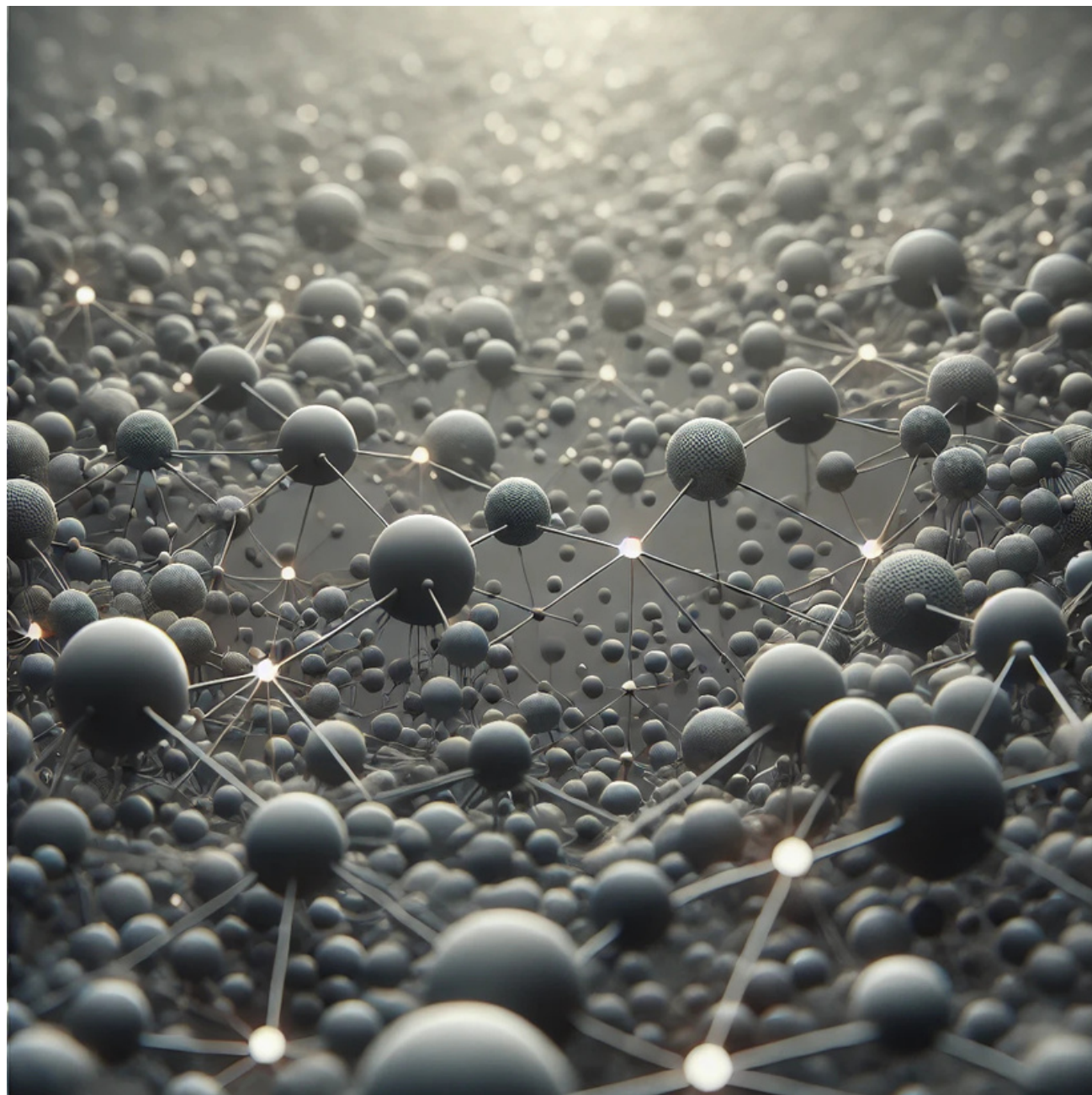
This Idea, this Purpose, the Atonement, the Integration dissolves all barriers created between my universe, where I am the centre of my own creation, and Pedro's universe, where he is the centre of his own creation. It reflects only the Will of God, present in us, His Extension, His Son. The vision of what differentiates us and what brings us together immediately disappears. I cease to be the centre of my creation, but I do not cease to create. And when a world has no centre (a contraction), it reflects only the Flow, it reflects the one Creating Purpose.

The bridges between these many universes, once guarded, protected and exclusive to those you recognised as part of my creation, as 'mine', light up, transforming the entire universe into a single Light. Here is the Action of the Holy Spirit. My desire to be "Daughter" and no longer 'mother' will establish other perceptions, now guided by the Light of God's Purpose.

Now, Communication happens through these Bridges of Light. All Creation will share the Creating Flow, the Path, which in fact has always been there... but before, it was simply not illuminated, because it was not yet my desire, nor was it yet Pedro's desire. Perhaps Pedro does not yet desire it, but the reflection of my desire illuminates the Divine Spark within him. This is a fact... without doubt, Pedro will one day recognise this Gift that I gave him when I created him and that I received when I was created. And so many other private worlds of which Pedro is also a part will be likewise illuminated and will feel, at some Moment, at some Instant, irresistibly called.

Through these Bridges of Light we will share our worlds, our creations. Through Holy Communication we will become One. Recognising that only Love extends and is shareable, we will perceive any creation as part of our own world. There is no possibility of truly relating to each other if it is not through Love. We are all, without exception, the Effect of Love. The Effect of the Love of our Creator. Offering your own creation so that all the bridges between these universes may be illuminated and that everyone around you may experience this Vision of Love and Light... isn't that a good Purpose?

EXERCISE



Do you believe it is still worth waiting?
You are not lost... you are already the One who has found himself.
Empty your mind, surrendering all perceptions to the Holy Spirit,
so that the Universe may extend through you.

HOW DOES EACH OF US CONTAIN ALL OF US?

(PART III)

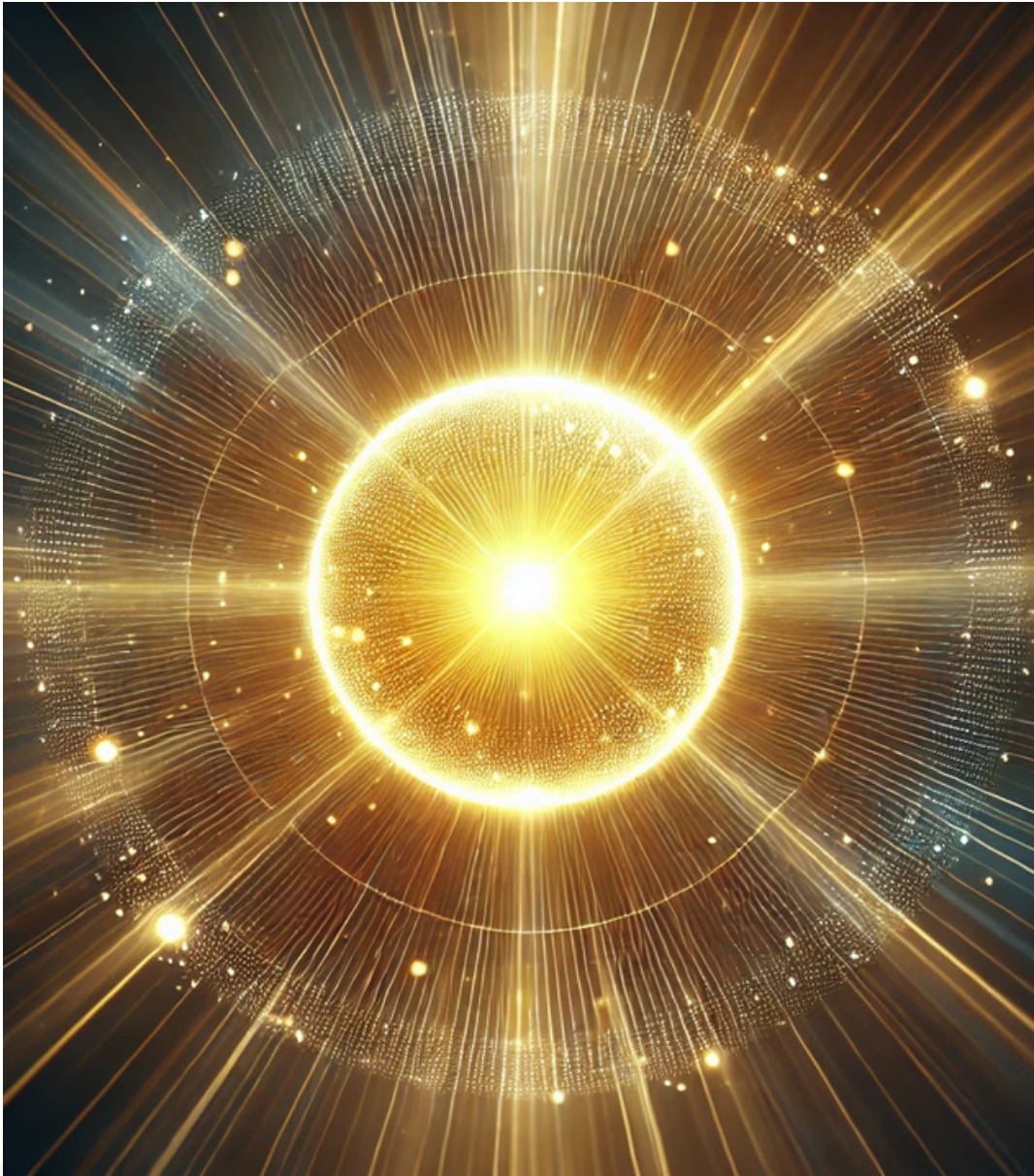
This is God's Vision. We are One with Him, extended in the Holy Moment of Creation. This is what we are part of. Love created us and through Him we exist. What could be real apart from Love? Nothing. No thought that is not wholly loving can be real. Apart from God, we perceive ourselves as separate, owners and centres of worlds where we believe in gaps, barriers and limitations. In this state, the bridge between my world and yours only serves to keep these universes separate. We close off access and point to the other as something that may or may not be part of this construction. Here, we experience fear and all its ramifications (we call fear everything that is not Love). We are afraid of the only Word that exists in Existence... we are afraid to Share (Extend) and, therefore, we become the centre of our private, unique and special worlds, without any permission for the Love of our Source to flow through our creations.

Allow! Allow God to flow freely through His own Creation. Allow Love to flow through this world that we still wish to experience. May His Will guide our desire and may Love be the only Purpose for all parts of Creation. Sit beside your Father and look out upon an entire illuminated Kingdom, infinitely extended and shared.

Be Who you are. Allow Creation to contain everything! May only Love be real and may cause and effect never be separated again. May the Bridges perform their only Purpose: to illuminate and connect all of Creation so that God may freely circulate among us.

“Without a cause there can be no effects, and yet without effects there is no cause. The cause a cause is made by its effects; the Father is a Father by His Son. Effects do not create their cause, but they establish its causation. Thus, the Son gives Fatherhood to his Creator, and receives the gift that he has given Him. It is because he is God’s Son that he must also be a father, who creates as God created him. The circle of creation has no end. Its starting and its ending are the same. But in itself it holds the universe of all creation, without beginning and without an end (T- 28.II.1:1)”.

EXERCISE



LET THERE BE LIGHT WHERE THERE IS STILL DARKNESS



THE HOUSE WHERE GOD DWELLS

The House of God is not 'way up there' in Heaven... He dwells within us. So... where is God at this very moment?

I have offered Him a spacious home, but it is constantly under renovation... and I know that as long as there is demolition work, sanding dust or floor protection for plaster and paint, He will be restricted to one room or another, usually the one I have forgotten about. He will be restricted to the room that I don't 'believe' enough to want to be in it, to want to have it renovated. He will not have my attention.

In the Holy Instant, when I find myself surrounded by so much mess, noise and dirt, recognising it all for exactly what it is, in that room I join Him... there, I find Peace, in a silent Communion, where Father and Son are truly united.

Well... then why don't I put an end to all this insane activity inside Our House? Because I still believe in the illusion that by breaking, sanding, plastering and painting, I will have the house of my dreams and, as a result, I will be happy. And where there is still some illusion, He will seem apart from us, contained in nothingness.

That room, which once seemed meant only for the forgetting of God, is my Heaven, created and blessed by Him for me to Be and to Extend myself in perfect Divinity with my holy Father. And from that recognition, we will be together circulating throughout this large house. We will open windows and doors, allowing the Light of Creation to enter and make its Mansion there. All are welcome and loved in Our Joy. He Who is already present will no longer be contained within me.

EXERCISE

But whenever you pray, go to your private room, shut yourself in, and pray to your Father who is in that secret place, and your Father who sees in secret will reward you. (Matthew 6:6).



YOUR STRENGTH IS NOT YOUR WEAKNESS

Where and when will we find freedom? According to the *Course*, we are already free. There is no space or time, not even the slightest thing, that could exist anywhere except within the continuum of our minds.

What we still relentlessly practise is keeping 'one part' away from 'other part' and, to do so, we create a space, a time... just so that something exists between us and God. Would we call this sin? Would we call sin this illusion of condemning the Son ('one part') to live far from His Father ('other part')?

In this definitive condemnation, there is no longer any possibility of appealing the decision, making our sentence irreversible and unchangeable... and so, as sinners, we live without hope, without freedom. We believe in the gap, in discontinuity, and we deny Unity to the Son of God. How could this sentence, given by me to myself, be my liberation?

My frequent questions... 'Am I really the Son of God?' 'Do I truly desire to take responsibility for my liberation?' My answer is always yes... of course. Of course yes! Really yes? To what extent? Is there anything that still seems like a sacrifice to me? Is meditation suffering? Is practising forgiveness difficult? Is it impossible to look at the other and recognize my projections? So how have I been answering 'yes' without batting an eyelid and then making a mess of things in exact proportion to my guilt?

These are the moments when we confuse strength with weakness. Every moment serves only to bring complete Correction. And the Practice of Correction is not, and never will be, an effort of the ego. In each of these questions lies Salvation. And Salvation lies in the Integrity of the Mind, not in its tearing apart. If I continue to focus on sacrifice, difficulty, impossibility, the questions will only serve to fragment, further strengthening the belief that separation, the gap, is real... sin, a fact and not an illusion. The instant I allow myself to be healed, the Holy Spirit will be there.

The power you have over the Son of God is not a threat to his reality. It but attests to it. Where could his freedom lie but in himself, if he be free already? And who could bind him but himself, if he deny his freedom? God is not mocked; no more His Son can be imprisoned save by his own desire. And it is by his own desire that he is freed. Such is his strength, and not his weakness. He is at his own mercy. And where he chooses to be merciful, there is he free. But where he chooses to condemn instead, there is he held a prisoner, waiting in chains his pardon on himself to set him free (T-21.VI.II).

EXERCISE

No question will represent your powerlessness anymore. Powerlessness is the condition of sin, and the Son of God is not a sinner. The strength of God is yours now and forever. Ask all the questions that scatter your mind. Ask them only of the Holy Spirit. He is the Answer to every belief in powerlessness still present in each of the attractive questions you insist on shouting in front of the mirror, only to attack yourself. The Answer is like a gentle whisper in your ear... it calls upon the Force, present in your Remembrance, present in your Being.



THE ATTRACTION OF THE EGO

[Scene 1] I get into my car and drive more than 700 km at an average speed of 100 km/h, extremely attentive to everything around me: trucks changing lanes without signalling, speed cameras, and the clouds in the sky, faithful indicators of rain in the mountains. I stop in Paraná, always at the same petrol station, where I fill up the car, walk the dog and have a coffee. I feel the discomfort of the long hours of driving, but never, at any moment, do I feel tempted to abandon the car in the middle of the road or simply take a nap on the winding road.

[Scene 2] I sit down to meditate for fifteen minutes on my bed, with the intention of feeling my breath, relaxing my body, observing myself, surrendering my thoughts to the Holy Spirit. If I don't fall asleep, I mentally make several stops in places I didn't even remember existed; I create shopping lists, set alarms for tasks that miraculously come to mind at that moment. I feel the discomfort of my resistance and abandon the practice long before the fifteen minutes are up.

Why am I able to drive a car for hours and not able to sit for a few minutes meditating in silence? Why? What is the difference between the Paula in scene 1 and the Paula in scene 2?

There is no difference... they are the same person. And the answer to the other two questions is simple: the limits of reality. I believe, without a doubt, in the route between my two homes, in the car I drive, in the dog I love, in the quality and safety of the petrol station where I make my only stop, and in the life-saving effect of that sip of coffee.

Scene 1 is real. I have never doubted the existence of any of its elements. So why does sitting before the Holy Spirit sometimes seem improbable, fanciful, and somewhat delusional? Now what?

That is the attraction of the ego: an illusory appeal, a mental seduction, an automatic attachment... a constant deviation from the present moment. The ego acts as the 'force of habit.' We follow, as dedicated disciples, the master with whom we have chosen to truly relate. We follow, as dedicated disciples, the master who keeps us 'alive' in the world as we perceive it. Now what?

There must be doubt before there can be conflict. And every doubt must be about yourself. Christ has no doubt, and from His certainty His quiet comes. He will exchange His certainty for all your doubts, if you agree that He is One with you, and that this Oneness is endless, timeless, and within your grasp because your hands are His (T-24.V.9:1).

Without doubt... it is about me.

Without doubt... it is about the Way and about the Master.

Without doubt... it is about what I believe.

Without doubt... it is about choice. Now what?

EXERCISE

The car, the dog, and the coffee (let's take just three elements from the whole scene) make up the belief that there is something apart from you. But nothing is apart from you. Everything is part of you. Each of these elements is not happening (externally) outside your mind... everything happens in you, through you.

The car, the dog and the coffee are your creations and therefore they are sacred. There is no dream of specialism here. God is in every drop of petrol you put in your car. This is not unlikely, it is a fact. It is not fanciful to laugh with the Holy Spirit. And it is definitely not delusional to talk to Jesus.

You are part of Creation, of Divine Completeness, of the sacred Kingdom of our beloved Father. In every mile of your walk, all of Us will be with you... and why wouldn't We be? Your only exercise is to accept that you are never alone. There is no road you travel without Him. And where is the doubt *'now what?'* when His Stillness becomes your certainty?



THE PARADOX OF CONTRACTION

Projection is a movement of contraction. Contraction is the reverse of Extension. If projection constructs perception, what do we fail to do when we contract? The answer is... we promote chaos and, therefore, the inversion of Atonement.

The world we see is a portrait of our internal condition – it is a projection of our mental state. What we see around us is an ‘eyewitness’ to how much joy we allow ourselves to recognise in ourselves and, above all, how much joy we accept as our own. And wouldn't that be a good function to assign to everything around us? Are we now adjusting, contracting, to the world we perceive? Or are we recognising our expansion, our joy, as part of the Plan of Atonement?

We have repeated how little is asked of you to learn this course. It is the same small willingness you need to have your whole relationship transformed to joy; the little gift you offer to the Holy Spirit for which He gives you everything; the very little on which salvation rests; the tiny change of mind by which the crucifixion is changed to resurrection (T-21.II.1:1).

How can a contraction be expansive? How can a projection become a Miracle? The contraction of childbirth, for example... what appears to be a closing movement is part of a cycle of opening. The uterus contracts so that the cervix can expand, the uterus retracts so that the baby can move forward, the muscle shortens and life expands. Contraction is a mechanism for life to be born, just as our creation (our world, our body, our beliefs and our perception) is a mechanism for the interpretation of the Holy Spirit to remind us of who we truly are. And it is through what we give birth to that God is infinitely the Infinite Creator of Infinity.

EXERCISE

Now, imagine yourself as a sacred womb. What are you gestating in your mind? Your thoughts will give life to something real... so how will you nurture this gestation? What gestational responsibility will you take on as a Divine Being? What responsibility will you take on to extend the Mind of God?



CAN WE ILLUMINATE THE WORLD?

We are capable of illuminating the world if we perceive it as something that can be transcended by each one of us; if we recognise that the Son of Infinity could never truly be confined, limited and imprisoned to a finite, mortal time and space.

How do we reconnect with the Infinite? How do we restore something that was never lost? The answer lies in Dreams of Forgiveness. Dreams of Forgiveness bring Liberation to the dreamer, as if we were opening a rupture of pure Light in the restrictions of this gap that we believe exists between the Son of the Infinite and the Creator of Infinity.

This is Forgiveness: the opposite and reverse of the dream of fear. The dreamer will not judge, nor will he seek to free himself through self-imposed judgement. He surrenders to the Holy Spirit his entire willingness for another interpretation.

He allows Reparation, Timelessness. He breaks the bonds of slavery so suited to the world of pain and fear. This is the Dream that unites the Mind with his Thoughts.

Life, which goes on unceasingly even after its apparent end, is a paradoxical path of inner truth. Each Instant is an Eternal Moment where the universe can transcend itself in each one of us. Dreams become a sign of Eternity and, as long as there is a need for them to last, they will reveal the Truth.

EXERCISE

What in this world seems to limit you? At the end of the day, make a list of these limitations. The next morning, read each one aloud with the freshness of a new day beginning, and follow this approach: nothing limits the Infinite. I am the Infinite, and here, before each of my thoughts, I will recognise my Infinity. May my world from now on no longer be a place, but rather a reflection of my Truth.

Outside you there is no eternal sky, no changeless star and no reality. The mind of Heaven's Son in Heaven is, for there the Mind of Father and of Son joined in creation which can have no end (T-30.III.11:3).



LONG LIVE THE FRAMEWORK

Framework of references. This is a name for everything already stored in the mind that believes in the existence of something apart from God. The framework of references is a repository of experiences validated by the ego, considered appropriate to its system of thought. That is where we direct our attention whenever we do not recognise what we can truly experience as Children of Who we are... as Children of God.

Why don't we allow only the Flow of God's Mind to guide our attention? Why do we still allow this misguided part of ourselves to always direct us to the same place?

Because we believe there is something to fear. We are afraid of what we imagine to exist beyond ourselves. We are afraid of nothingness, because only nothingness exists beyond God's Creation. Only nothingness can exist outside of God's Own Thoughts.

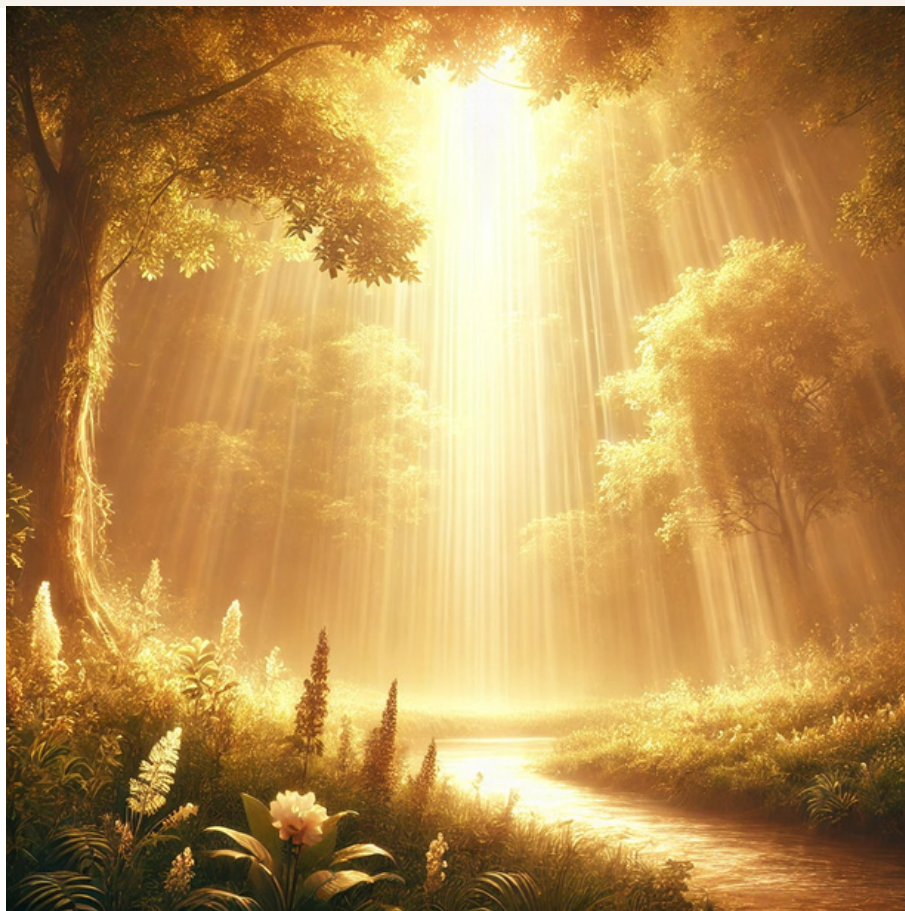
Only a dream, an illusion, could be a separate thought... a thought that does not belong to the sacred Flow of Creation. That is where this idea finds its safe haven: in a storehouse of illusions, incessantly feeding the mind that still insists on believing that God is not present in each of our creations.

When we perceive the presence of fear and trust that there is nothing to fear, somewhere in our mind, we recognise God as the only Creating Thought, the only Extending Force, and we recognise ourselves as part of this Universe of Light and Love. We recognise that nothing but illusions can exist separate from the Divine Flow.

EXERCISE

A practice committed to abolishing the frame of reference begins with the realisation that we constantly associate the present with the past out of fear. How could we look at what we see without the characteristics we so often attribute to our flow of creation?

With curiosity. The curious person is one who tirelessly asks questions and is not satisfied with superficial answers. Take your frame of reference as that which only gives you superficialities, and the Holy Spirit as the One capable of offering you the only truly true answer.



A NUISANCE: THE MASTER KEY

Just one nuisance is enough to remind us of Who we are. From a single discomfort, we can immediately direct ourselves towards Peace. Isn't it incredible and somewhat wonderful to think that what usually causes us pain, anguish or anger is a key to the Door of the Kingdom of God?

We identify any discomfort... some noise, a shoe, someone's attitude or some sort of concern... it doesn't matter. At that moment, we always have two options: to remain identified or to claim the Kingdom.

The value of deciding in advance what you want to happen is simply that you will perceive the situation as a means to make it happen (T-17.VI.4:1).

To remain identified means to go through the experience accompanied by the ego as your only guide. It means denying Faith, losing the understanding of the situation that the Light of Truth would bring.

Claiming the Kingdom means recognising that any discomfort is still perceived because you believe that your thoughts are in conflict. It means recognising that every experience is a means of fulfilling the Purpose of Atonement. It is recognising that, in you, the Goal of the Holy Spirit has been established. Claiming the Kingdom is having Faith. It is allowing any situation to be used by the Light of Truth, by the Light of the Holy Spirit, the true Guide of Peace.

The holy instant is nothing more than a special case, or an extreme example, of what every situation is meant to be. The meaning that the Holy Spirit's purpose has given it is also given to every situation. It calls forth just the same suspension of faithlessness, withheld and left unused, that faith might answer to the call of truth. The holy instant is the shining example, the clear and unequivocal demonstration of the meaning of every relationship and every situation, seen as a whole. Faith has accepted every aspect of the situation, and faithlessness has not forced any exclusion on it. It is a situation of perfect peace, simply because you have let it be what it is (T- 17.VIII.1).

EXERCISE



Notice when something causes you discomfort. It may be a word, a situation, a memory, an expectation... just observe. Breathe, quiet yourself for a moment and repeat: **This discomfort shows me where I still choose illusion over Truth.** The 'master key' is the recognition of discomfort as an invitation to Correction. The 'Gateway to Mastery' is the Practice of Forgiveness; it is the decision to surrender any perception to the Holy Spirit, allowing Him to transform what seemed like an obstacle into a Path to Peace.



IT IS NOT THE END OF TIME

A single illusion is enough. Just one. If we make a single illusion real, we cannot escape the others. There is no possibility of choosing some illusions with which we can live ‘in peace’ and illusions that we need to ‘get rid of.’ This is a dynamic that leads us to believe that not all illusions are the same. That not all of them have the same source: the belief in separation.

And what is this belief? It is the conviction that what seems real to us is true. It is the perception of a whole world around us, structured by time, so that we experience things, people and events in a fragmented, random and ephemeral way. The belief in separation is the total forgetfulness that everything around us, including you and me, is not apart from God. In short... the belief in separation is not the “end of time...”; on the contrary, it is the beginning of what we call life itself.

We can always question parts of this life, but... when will we realise that what we believe we see is a wish fulfilled? When will we recognise that what we think we keep apart from God only seems to have meaning and be real because we want it to?

An apple can be turned into a pie... even if it is crushed, chopped or simply divided into pieces, an apple will never cease to be an apple. So, just as a thought never leaves your mind, even though its effects seem to be apart from it. What is projected outward—the pie—seems to be external to the apple, but it is nothing more than an effect of what is inside, and it will never lose its true identity. Cause and effect are never separate. And that is an excellent first step toward any Correction, toward Healing.

Cause and effect are one, not separate. God wills you learn what always has been true: that He created you as part of Him, and this must still be true because ideas leave not their source. Such is creation’s law; that each idea the mind conceives but adds to its abundance, never takes away. This is as true of what is idly wished as what is truly willed, because the mind can wish to be deceived, but cannot make it be what it is not (T-26.VII.13:1).

EXERCISE

Observe a ray of light coming through the window on a sunny day. Now follow that ray to its source, the sun. Think of all existence, the entire universe, as the effect of the flow of a single Thought. Imagine that Thought in its place of conception. A place where there is only the One.



AN ACTIVE CHOICE

When is a choice not active? When you make it, but don't follow through. When it is still just one of the options that the world offers you. When the choice follows the trail of our perception, without going beyond the paths of this world and, consequently, beyond the way you see yourself.

Ask yourself a small question as you contemplate the world around you: Do I want to face my choices passively or actively? Passively, the world dictates your choices. Your options will always be associated with the laws of this world. In active choice, there is the understanding that is present in the interaction. There is recognition that all perceived meaning is given by me. What I see reflects only the state of my mind. And what mind would perceive a sick and guilty world, reacting to evil things? Would it be the one that thinks and can choose – or the one that survives shaped by the lessons of this world?

When is my choice active? When I truly choose to interact with myself. When I contemplate the world around me outside the perception of fear. When I recognise that nothing exists beyond the Mind. When I observe the world without a shadow of doubt about my power – to create and recreate infinitely as the cause of my Existence. When I use the world as I use a mirror. When it serves to redirect me, always, to myself. I do not exist beyond the Mind, and nothing I create will exist outside of It.

Me and everyone else are One. And then... when the world finally mirrors only Light – a Light as clean and beautiful as my own – the confusion of who I am and what the world is will cease to exist. Everything is One. And nothing beyond that carries us forward.

Contemplate yourself.

When you are ready,

you will find yourself inside your mind,

waiting to be found.

Then you will remember that

you are One with Him

and with gratitude,

you will also remember the world

created by the desire of the one

who waited to be found.

EXERCISE

Choose actively. Mirror the Mind. Make yourself available to remember the One Who thinks with you: What choice am I making right now? Is it passive (guided by fear, by reaction)? Or is it active (coming from the desire to remember Who I Am)? What does the world seem to be showing me today? What thought is it mirroring? Do not try to correct, just see: Today, I choose to use the world as a mirror of the Light that dwells within me.





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