

Welcome to your self study program!

Are you ready to take the leap??

A Course in Miracles (the Course) is a self study spiritual pursuit, assisting you on a path to finding God through non duality or oneness, by way of 365 lessons (one per day), a workbook and manual for teachers.

According to the Course, our relationship with God is changeless. Nothing can affect our eternal peace. All we can do is fall asleep and not remember who we are. Yet even during our sleep, our "sins" have no real effect on our relationship with God, and so they don't even exist. The focus of the course is the practice of true forgiveness; of what we consider to be our sins, or the perceived sins of others, and eventually the removal of all barriers to peace.

Many find the book to be a difficult read, as it is a jump from the teachings of the world done through our ego, to a deeper understanding of oneness. When you are ready to learn, or start to remember who you truly are, it feels like an inner pull or little voice to remembering truth that helps you find the right teacher or teaching tools.

What is A Course in Miracles?

A Course in Miracles (ACM) is a thought system and path – an understanding of two choices in the world -Love & Fear

Ask yourself - Is your thought system working for you? If not, then keep reading!

How it Came to be...

Helen Schucman, the scribe, & William Thetford, were Professors of Medical Psychology at Columbia University in New York. They were not spiritual, and their relationships was often difficult and strained. They were concerned with personal and professional acceptance and status and very invested in the world. One day they asked the question - “How can we improve our relationship” and it was answered.

The Course came to Helen in symbolic dreams and then inner dictation of the voice of Jesus. Her process took seven years with only a few minor changes. The purpose of ACIM is to assist you in finding your own internal teacher

The Course is a 699 page text – workbook and manual for teachers that emphasizes application rather than theory, and experience rather than theology. There are many versions of the universal curriculum differing in form, yet they all lead to God in the end.

Getting Started

You are asked to do the workbook and even though some lessons may be hard to believe – you are asked to do them but not to judge. The only rule is to do only one workbook lesson per day, remembering that the Course is a beginning – not an end.

The Course uses terms yet with unique interpretations and meanings and definitions that differ from biblical interpretations. It is not only an intellectual pursuit but practical. The workbook is trying to remove the intellectual concepts to the heart. To “know” and “do” .

Introduction to Course Material - Helpful definitions

What is the Holy Trinity?

God

The First Person in the Trinity; the Creator, the Source of all being or life; the Father, Whose Fatherhood is established by the existence of His Son, Christ; the First Cause. God's essence is spirit, which is shared with all creation, whose unity is the state of Heaven.

Christ

The Second Person of the Trinity; the one Son of God or totality of the Sonship; the Self that God created by extension of His spirit; though Christ creates as does His Father, He is not the Father since God created Christ, but Christ did not create God.

Holy Spirit

The Third Person of the Trinity who is metaphorically described in the Course as God's Answer to the separation; the Communication Link between God and His separated Sons, bridging the gap between the Mind of Christ and our split mind; the memory of God and His Son we took with us into our dream; the One Who sees our illusions (perception), leading us through them to the truth (knowledge)

Jesus

The source of the Course, its first person or " I " ; the one who first completed his part in the Atonement, enabling him to be in charge of the whole plan; transcending his ego, Jesus has become identified with Christ and can now serve as our model for learning and an ever-present help when we call upon him in our desire to forgive.

The whole premise of the material can be summarized in one sentence.

**“Nothing real can be threatened Nothing unreal exists.
Herein lies the peace of God”**

But what is real?

Definition of Real

Real according to Websters dictionary re·al¹

'rē(ə)l/

adjective

adjective: **real**; comparative adjective: **realer**; superlative adjective: **realist 1. 1.**

actually existing as a thing or occurring in fact; not imagined or supposed. "Julius Caesar was a real person" synonyms: [actual](#), nonfictional, [factual](#), real-life

Real According to ACIM

Real is changeless and, therefore, eternal. Real is what is part of the Mind of God.

Unreal is anything that changes and, therefore, is not eternal. It is not part of the Mind of God.

Unconditional love flow or source is constant – it is not earned or would cause God to love us or not love us. It means that the giver flows love endlessly. Permanent, eternal, changeless, beyond time and space.

The Course is purposely a slow read, in a format that was written in a way to stand the test of time. Much like the writings of Shakespeare that requires focus, the Course will be understood hundreds of years from now. To help get started, reading Gary Renard's, *Disappearance of the Universe* can help with explaining the principles in an easy and fun way. If you are struggling with the course, try reading his book first.

To those who have labeled the Course as another cult or religion; the study of the principles within the reading does not encourage creating a community of like minded people (although it can happen and be beneficial) but by going inward you can find all answers. The Course, requires no one else to participate, and isn't the only way to finding God. As it states, "there are many paths to enlightenment", this is just one.

Relinquishing your ego, and the return to your original state of complete wholeness; not by embracing your ego, or making it real or your friend, or even trying to understand it, is what makes the Course a very different study from many new age theories. Understanding what the world is, how you created it, the illusion of it, and how to forgive everything and everyone in it takes practice and perseverance.

The Course is simple and often parts are repeated on purpose, as it is slowly unwinding your ego, and bringing you back to your original mind. The goal is not to eliminate problems in your life, but to reach a state where the problems no longer affect your peace, and your true function in life is uncovered.

Getting started is the hardest part! Read a few pages a day, and start with one lesson per day. If you feel guided to read the teachers section, then go for it! It's ok to get stuck on a lesson for a few days, but keep moving forward. If you would like help with the concepts, every week there is a zoom meeting to help you. See links below.

Helpful links:

To order a copy of A Course in Miracles, please visit <https://facimstore.org/> (There are a few versions of the course, however this is the edited version as dictated by Helen Schucman.)

To join our study group, please visit here:

<https://www.loranedkov.com/bookings-checkout/a-course-in-miracles-learning-centre-1/book>

If you are looking for additional help, and guided to a session, you can find more information here: <https://bit.ly/2Z97dms>

Many thanks to *A Course in Miracles for Dummies*

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