



One Who Wakes Dialogue™

John Mark Stroud

www.OneWhoWakes.org

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A One Who Wakes™ Dialogue

Dialogue is one of the greatest forms of communication that we have. After all, it is through the spoken word that the Living Word passes down to us through the generations. Honest dialogue is personal, authentic, and sincere. It is a way to immediately enjoy the experience of one's vibrancy through the expressions of thought, word, and presence. In truth we are always speaking to ourself.

Always a dynamic speaker, John Mark naturally shares his path with others through the oral tradition of the dialogue. As John Mark speaks of his experiences and the topic of discussion, he is guided by the words of Jesus. In this way, he gives others the ability to see behind the veil of their own existence and to gently awaken the Christ Mind. The world is then experienced as it truly is: Unified, Perfect, Whole and Unconditionally Loving.

In his Dialogues, John Mark uses many other tools to convey his message of Spirit and Love. Attendees can expect the topic to be expressed not only by his words, but also highlighted by the use of songs, fun, and laughter. Most importantly the Dialogues are to be experienced. True to the Spirit of the Dialogue, John Mark gives the opportunity to answer any questions that have arisen in his friends after the message of Love has been offered.

The Dialogues convey these simple messages of Truth.

You are Loved, perfectly as you are, Now!

There is nothing to fear, ever!

You can't screw anything up, or get it wrong, ever!

It is always Now, you are Free Now!

These Dialogues are Created as an extension of Love thru me. If you find the them helpful or if they contribute to your healing will you please consider making a Love Offering - Donation? My family and I are totally sustained by Love, your Love! You can go to www.OneWhoWakes.org where you will find a give button in the upper right hand corner.

Or just click the one to the right and you can donate on PayPal now. ----->

No PayPal account is necessary, you can use a credit card, international donations are also welcome. If you would like to send a check please contact me at Love@OneWhoWakes.org.

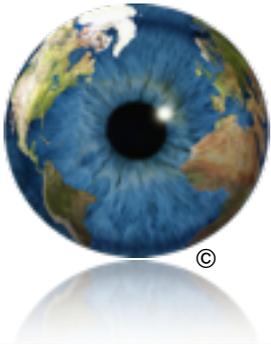
Gratefully, John Mark

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On any Spiritual path you have a choice. Will you be led by the ego or the Holy Spirit? The Voice for Love or the voice for fear. Join in as John Mark shares a simple example/symbol to help you remember to choose the Holy Spirit's perfect guidance. John Mark also reveals the true nature of prayer and where in your Being it happens. This Dialogue was given June 1, 2012.

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Coming to the experiential realization that you are not a body you, are Spirit, is the final destination of every spiritual path. John Mark shares the symbol he was given that helped lead him to that moment of liberation and freedom. It is a very simple and practical way to begin to think about the contrast between the world of form and the infinite Spirit. This Dialogue was given June 15, 2012.

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We're all familiar with that voice in our head, the inner critic, who consistently reminds us that we've done something wrong, we'll never get it right, or be perfect enough. Imagine the freedom of knowing that you can't screw it up! John Mark uses the beautiful symbol of a labyrinth to illustrate God's perfect plan and to remind us that the outcome is certain. There was a power outage during this dialogue, about 10 minutes of video was lost and the audio quality is a bit degraded in the latter half of the Dialogue. This Dialogue was given on June 29, 2012.

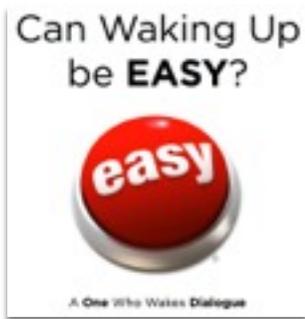
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Where is God & Who am I? Throughout life these are implicit questions for everyone. They represent questions about the very nature of existence itself. When those questions become explicit, the inward search for "Who Am I?", truly begins. When the question "Who Am I?" is followed innocently and earnestly beyond the mind, beyond thought, beyond the world of form and past all our misidentified assumptions of 'I'. One comes to the astounding Realization of the Truth of all Being. This dialogue was given July 13, 2012.

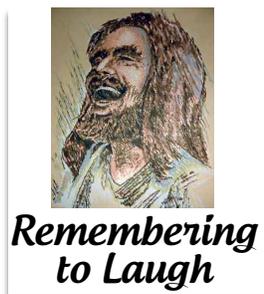
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Can waking up be Easy? Yes! It is only the ego that would ever dare say otherwise. The choice to awaken is Easy and ever present. It is in the simple moment to moment choice for Love that the power to awaken resides. When we master that Easy choice, God is known directly through Revelation. When tempted by the ego's voice to believe that awakening is hard or takes a long time, press the Easy button and relax...That was Easy! This dialogue was given July 27, 2012.

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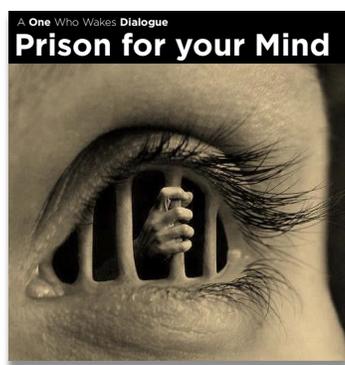
The Course in Miracles says the dream began when the Son of God remembered not to laugh at the tiny mad idea that we could be separate from God. It also tells us that the dream ends in laughter. Join John Mark as he shows us how laughter is the simplest and easiest way to undo the egos "life is serious" hold on our minds. He'll also introduce us to some really funny mighty companions. Let's "lighten up" the journey to awakening! This Dialogue was recorded August 10, 2012.

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Does it seem like your mind is full of thoughts that distract, confuse, or confound you? John Mark uses the image of a buffet to illustrate the origin and nature of thought. He demonstrates how our power of choice can bring greater stillness to our mind. Our ability to choose can never be taken away and is always available now. This dialogue was recorded August 24, 2012.

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Do you ever feel like you have no control over your mind? It can seem like we are a prisoner to the ego's minds constant chatter, judgements, feelings, emotions and fears. It is an exhausting experience to be identified with the ego mind. The ego's body/mind is a prison for God's Holy and Limitless Son. That mind you think you are is not who you are in Truth. You must first realize the prison the ego has created for your mind before you can escape it. This message has been in the world for centuries. John Mark uses the allegory of Socrates and The Cave to illustrate what we think is real is not the whole story. Are you ready to walk out of the prison cell for your mind and see the light? This Dialogue was recorded Sept. 7, 2012

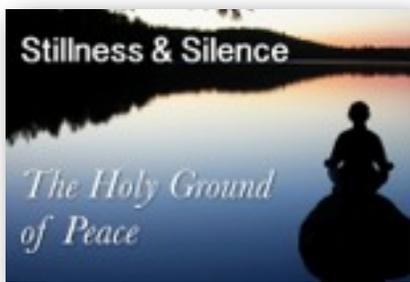
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What is Love? Do I really know? The world has taught us all about love. It taught us love is special. It taught us love is about approval, possession and that love has very specific rules that must be obeyed. John Mark uses the symbol of a light bulb to represent the ego's love and the Sun to represent God's Love. God's love has no object and no opposite, it simply is and is all that is. When we open ourselves, by being willing to question all our ideas, beliefs and concepts about love, the Holy Spirit or the voice for God's Love can then enter our awareness to awaken us to the ever-present radiance of God's one perfect Love. Heaven is within, now! This Dialogue was recorded Sept. 21, 2012.

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Everyone is looking for the deep peace that is beyond description. John Mark shares two very practical techniques to help us remember that we already know how to experience the stillness and silence that is the Peace of God. Come join the participants in the practice of these techniques. Consciousness moves through John Mark to gently quiet the mind and allow the memory of God to return. This Dialogue was recorded October 5, 2012.

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We all want more Joy in our lives. All spiritual paths promise Joy. So where is it? John Mark asks what does The Joy of Cooking, The Joy of Sex and The Course in Miracles have in common? All promise Joy, but the promise cannot be found in the text themselves. It is only when we move into direct experience that we can truly experience Joy. A true Joy that defies description. This Dialogue was Joy filled with much laughter from those attending. John Mark also guides us to an experience that moves us beyond concepts. This Dialogue was recorded October 19, 2012.

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No set topic or agenda for this Dialogue. John Mark simply takes questions from those in attendance and some who sent in questions over the internet. As always some great music was shared too. Have a question yourself? Feel free to email John Mark at Love@OneWhoWakes.org. This dialogue was recorded Nov. 2, 2012.

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Awakening is a process of becoming increasingly Aware of how the Ego mind plays its games of separation. Some of these games are overt, while most are very subtle. John Mark shares six primary ways in which the Ego works its desire for separation and specialness. It is only when we become Aware, that we are able to choose to let go of those fear-based ways of thinking and being. This Awareness leads to True Forgiveness. You can use the simple standard of "Do I want to be right or do I want to be happy?" Look deeply within at all the ways you prefer to be right instead of happy. And at the ways you believe you can only be happy if you are right. This dialogue was recorded November 17, 2012.

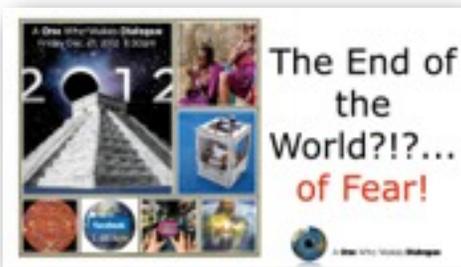
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Forgiveness, or letting go, of self identification with the fear-based Ego is the path to Awakening ever deeper into your/our true nature. The ego thought system is maintained by negative and limiting beliefs, with the primary belief being that you are not responsible for what you think, feel, say and do. In order to awaken, it is critical that one comes to take 100% responsibility for ALL of one's experience. It is when we realize that we have the limitless power to choose our thoughts, feelings and reactions that the path to awakening becomes fun and exciting. That ever expanding awareness leads to ever expanding choices, and those choices lead directly to peace and happiness. John Mark shares a simple chart as an aid in discerning how the ego attempts to keep you lost in the maze of the ego mind. Following the Holy Spirit's guidance is necessary to escape this tricky and often subtle maze and awaken yourself. This dialogue was recorded December 7, 2012.

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Welcome to the end of the world....of fear! This world of separation, born in a tiny mad idea, is quickly evolving into the new earth, the world where Love is all there is. John Mark invites us into the movement from fear to Love by viewing the world from the Holy Spirit's perspective. See form move to Spirit, fear to Love. Present day symbols are re-interpreted as a reflection of our rising consciousness. World-wide changes in form represent our one Mind's desire for connectedness and remembrance of our true nature. This dialogue was recorded December 21, 2012.

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Why the "myth" of the spiritual path? Because it is an error to think that we are traveling at all. The Course in Miracles calls it a journey without distance, to a place we never left. We already are where we wish to go. We have never left Heaven. We only dream of the impossible, the tiny mad idea of separation from the Father. John Mark shares beautiful passages from ACIM to underscore our true Being in the ever-present, ever-Now, Love of God. John Mark also uses a simple exercise to introduce the idea that your mind is limitless. This dialogue was recording January 4, 2013.

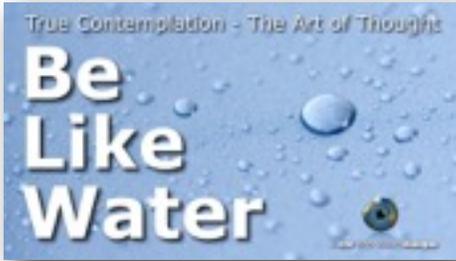
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Life is neutral...really? Really! John Mark explores some of the beginning lessons of ACIM to challenge our deeply held beliefs about this world. When we understand that all objects, events, thoughts, and emotions are inherently neutral, we can take total responsibility for the meaning we place on them and for how we experience this life. When we return our power of choice to conscious awareness and no longer leave in the hands of the ego (the sleeping sub-conscious mind) we truly begin to awaken. This dialogue was recorded January 18, 2013.

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We don't know what a single thing is or is for! Every artist starts with an empty canvas. Then follows an interpretation. John Mark shares how Jesus guided him into being the empty canvas by questioning the meaning of every image, emotion, thought, and form. Then Jesus re-interpreted their meaning in the light of True Being. He gave John Mark the symbol of water to illustrate the unchanging nature of Self. Now John Mark shares his contemplation of the qualities of water to demonstrate who we really are. Are you ready to be more listener than thinker? This Dialogue was recorded February 1, 2013.

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The Course in Miracles asks us to come to God with wholly empty hands, free of any concepts we have of who we are or what God is. No thoughts of right or wrong, good or bad, what is worthy and what is not. We are even to drop any concept of the spiritual path, being told that God needs no help in finding us. But we may not know how to empty ourself. John Mark shares a technique given him by Jesus to create a clean slate. It's simple and only requires our willingness. The Course identifies intellect as the pride of the Ego. Forget what you think you know, and only the Truth, which is always True, will remain. This Dialogue was recorded February 16, 2013.

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We can't experience this world without moments of feeling completely lost in our mind. That's because we had to create deep, deep confusion before we could believe the tiny mad idea of our separation from God. John Mark shares a map, revealed to him by Jesus, that illustrates the steps we took to make the illusion appear real. We can follow the map back, reversing our steps and thereby piercing the defenses we created to hide Heaven. This process of forgiveness offers us everything we want. This Dialogue was recorded March 1, 2013.

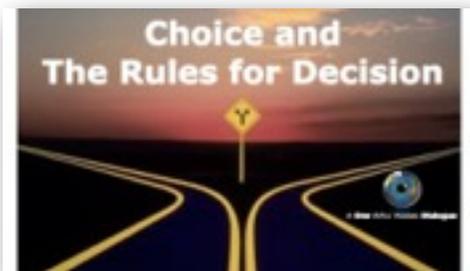
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Since John Mark's awakening, many people have asked, "What's it been like? How has your life changed?" John Mark and Cindy share their story of the before and after experience. They identify some of the pitfalls of the Special Relationship, whereby we seek fulfillment in another, and the freedom found when one remembers the Holy Relationship which is union with God. Join them for a candid Question and Answer session, filled with laughter, a few teary moments, and ending in joyous dancing. This dialogue was recorded March 15, 2013.

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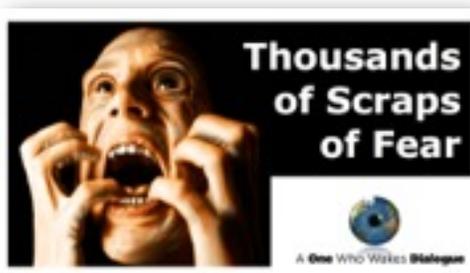
So many choices...in fact, we are continuously making decisions, on both a conscious and subconscious level. In Chapter 30 of ACIM, Jesus outlines the Rules for Decision, a simple outline for maintaining happiness. Begin with a choice each day for the type of day you'd like to have, then make no decisions by yourself, and that exact day will be given you. If your day goes off-track, Jesus offers six more ways of recognizing that you have made an alternate decision and how to return to your original choice. John Mark leads us through a light-hearted review of these rules and encourages us to Choose Love! This dialogue was recorded March 29, 2013.

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One Who Wakes gratefully extends itself into the awakening of another being. Marion Behnke shares her story of walking the spiritual path, and the recognition of the experience her soul desired to have in this present expression of the dream. Follow Marion through song, poetry, and written memoir to the instant of awareness of Truth. The seeker disappears and the One is remembered. This dialogue was recorded on April 12, 2013.

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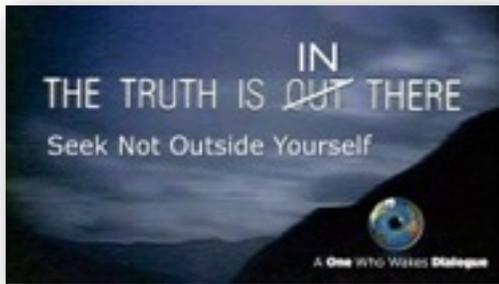
John Mark draws an insightful comparison between the phenomenon of hoarding and the thousand scraps of fear we hide in our mind. Some thoughts, beliefs, and emotions are so old or so deeply buried that we no longer remember our egoic attempt to keep them hidden, and thereby keep our self prisoner to the illusion. John Mark outlines a three-step process whereby we can bring them into the light of our awareness and experience their release through true forgiveness. With clear imagery, and specific examples from his own practice of purification, John Mark demonstrates the principle of coming empty-handed unto our God. This dialogue was recorded on April 26, 2013.

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The past and the future do not exist. Time is merely a construct of the dreaming mind that thinks it is separate from the Mind of God. While we believe in Time, the Holy Spirit can use Time to undo our false perceptions. And so Time becomes a teaching device. While the ego would use Time to compound guilt, the Holy Spirit would use miracles to collapse time so that we understand that the only moment is the present Now. The Truth is True always, and Love is ever-present, here and now. John Mark shares other revelations about the illusion of time, and invites us to recognize the light within us Now. Why wait for Heaven? This dialogue was recorded May 10, 2013.

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This illusion lingers because we think we are less than everything. We would not be in the experience of the dream unless we believed we were lacking, and the world held something that could make us whole. And so we search for idols, seeking what must fail, in complete denial of Truth. God dwells within, and our completion lies with Him. Our holy minds are alters unto Him, and where He dwells no idols can abide. John Mark shares examples of his own search for idols and the inward journey that brought him home to Heaven, the only place where peace and happiness abides. This dialogue was recorded May 31, 2013.

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Have you truly considered what God sees when he looks at you? The mind may first offer the "correct" answer by saying He sees perfection, or innocence, but then it will remind you of some flaw or failing, and thus is revealed how you see yourself. In this dialogue about Christ Vision, John Mark provides the symbol of a blank sheet of paper to remind us of the pure, and fully allowing Consciousness that is our True Being. We write our story - any version we choose - on this blank sheet of paper. All is accepted, all is allowed, and the Love that we are remains unchanged forever. To see with Christ Vision is to see through our stories of separation to the Holiness of Oneness beneath. To see smallness, illness, depression, or limitation of any kind is blasphemy and the denial of Truth. When we see only holiness in our brother, we will know that we have accepted our own identity as the incarnate Christ, and the world now reflects the Love I Am. This dialogue was recorded June 14, 2013.

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John Mark was invited to join Awakened One Francis Bennett for an interview with Ric Archer for his Buddha at the Gap Pump show. John Mark shares a revelation given him by Jeshua/Jesus: the moment of humanity's collective Awakening. The interview brought world-wide attention to the work of One Who Wakes. Come see how Truth speaks to you! This interview was recorded April 20, 2013. More info at www.BatGap.com. Please consider supporting Ric's work with a donation.

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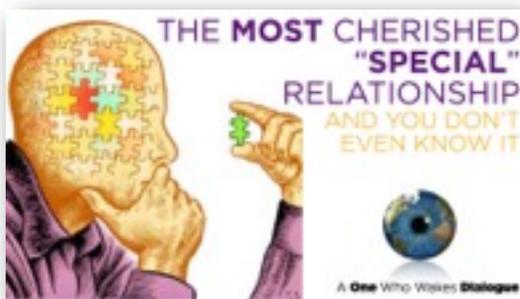


In this Joyful Dialogue John Mark plays a Channeling of Jesus/Jeshua thru Paul Tuttle. In that Channeling Jesus likens our ego's to "halloween costumes" we have chosen to wear. No problem at all in that except we have become identified with them and forgot who we really are. He encourages us to look within to access Christ Consciousness and look past the ego costumes all others appear to be wearing. In doing so we awaken to the Truth of all Being which is True Now. Jesus Joyfully asks us to "Come Out" of the closet where we have dreamed our dream of separation. Great music and dancing accompanied this Dialogue. Are you ready to come out as Christ? This Dialogue was recorded July 12, 2013.

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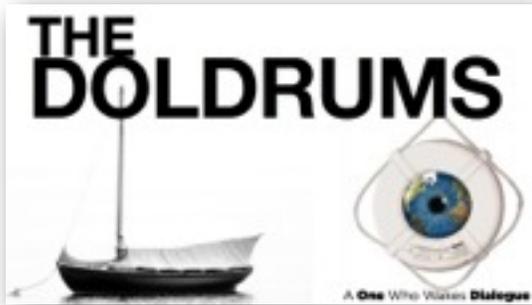


We look in an infant's face and feel awe. A baby smiles at us and we instantly smile back. A toddler laughs and we delight. The baby even cries in perfect innocence. We are deeply moved by the presence of innocence. What if we knew that the innocence we attribute to a child was merely the reflection of the original innocence in which God created us? What if we knew, in the depth of our soul, that we remain in that original innocence NOW? It is our nature, our identity, our Being. In this dialogue, John Mark reminds us of the many sources that proclaim this message. The choice is ours. We can engage the separated mind, with all it's complexity and denial, we can waste time and energy playing the egoic game, or we can claim the Truth that is True Always. There is no judgement, for there has been no sin. The Father looks on us and sees perfect innocence. Game over, welcome home. This dialogue was recorded July 26, 2013 [Click Here for the Dialogues Video channel](#)



If there were a special relationship that was prohibiting your awakening and you didn't even know what it was, would you want to know? In this dialogue, John Mark reminds us of the nature of special relationships and the Holy Spirit's role of restoring them to the function God gave them. Then through the use of an audio clip from Raj/Jesus and a movie clip from "Revolver", he brings us face to face with our most cherished special relationship. On the night it was first recorded, the answer brought the room to a stunned silence as those present felt their minds stop and Truth revealed Itself. Then beliefs and concepts began to fall away. This dialogue was recorded on August 9, 2013 and it's well worth watching more than once.

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Using the symbol of a sailboat, John Mark uses references from ACIM and other sources, to outline some stages of the spiritual path. The process of “undoing” can bring disorientation as we recognize the valuelessness of what we once held dear. Attempts to direct our awakening under the efforts of our own mind will soon leave us adrift, and will increase the disorientation. It can feel like a ship caught in a windless doldrum. Rather than becoming depressed, or abandoning the path, we can see this as an indication that we have neared our final act of willfulness, which is simply to surrender all that we think ourselves to be to the Will of God. It’s as if we’ve discovered what our sails are for! We cannot “understand” our way into the Kingdom of Heaven. We can only yield to it. This dialogue was recorded September 27, 2013.

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In this wonderful Dialogue, John Mark speaks to us about our true identity as Awareness itself. Using the symbol of a computer running programs, he compares the computer’s neutrality in accepting and running all programs, without judgement, and remaining unaffected in any way by the type of program that is run, to the field of Awareness which also allows all creations to arise within it. Focus on our individual experience is the effect of mis-identifying ourselves as the programs being run, rather than the computer. All that we experience is occurring in the infinite Mind of God. Awakening is simply being re-Mind-ed that we are not the thinker, not the body, and not the lives we seem to live. We are the God consciousness in which it all appears. God’s great gift to us is the ability to choose how we experience ourselves within consciousness. The choice is freely given and all responses to the gift are accepted. This is how Heaven is found on Earth. This dialogue was recorded November 1, 2013.

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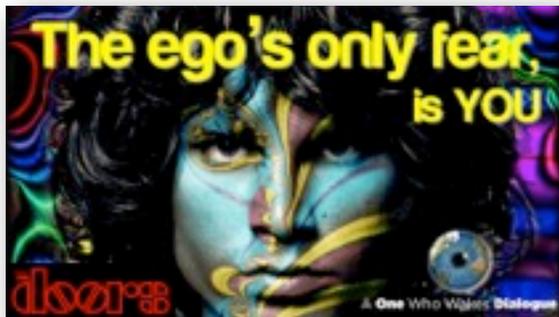
This dialogue is so rich and so deep that a short description hardly does it justice, but here goes: You've often heard the directive, "Know Thyself", but what is true knowing? Our minds are full of, and very actively maintaining, all our ideas and concepts about ourselves, others, the world we see, and God. The ACIM calls these perceptions. They are subject to change, unstable and often uncertain, fluctuating through the times of our life. The mind is constantly evaluating them, throwing out what no longer suits and replacing them with the newest "truth." With the aid of the Holy Spirit, True Perception can be attained, but this is still short of Knowledge. Knowledge precedes perception and time. It is complete, eternal, and certain and all of it resides within you, because you are in the Mind of God. You cannot think your way into Knowledge, you must yield to it. Jeshua tells us to be still and lay aside all thoughts and concepts. Hold onto nothing. The gift of Knowledge will come into our quiet hearts and open minds because it is the Father's good pleasure to give us the Kingdom. Leap into this certainty where all questions have ceased. John Mark beautifully delivers this message through the use of personal examples, excerpts from ACIM and the Way of Mastery, and audio recordings from Raj/Jesus channelled through Paul Tuttle. Watch it once, digest it, and then go back for another helping! This dialogue was recorded November 25, 2013. [Click Here for the Dialogues Video channel](#)



This Dialogue goes straight to the dismantling of the egoic self and its meaningless thought system. We begin to suspect that beliefs and concepts are inherently flawed, when we remember how readily we trade old versions of "truth" for new more spiritual versions. How can we be sure that what we hold as truth today is any more valid than what we held as truth five, ten, or even one year ago? Creating a belief requires the creation of a believer. This ceaseless belief exchange serves as a distraction from the essential question: who is the believer? If you identify with your thoughts and concepts, you will miss the real Truth. You are the Christ pretending to not be Christ. How can a meaningless thought system appear so convincing? You have invested your Power in the conscious decision to ignore that you are pretending. And herein lies your salvation. Choose again! Decide to use the Power of your Christhood to loose your mind from the illusion of separation. See only Christ, only innocence and you negate both the belief and the believer, returning to the Mind of God, you're very Source of Being. This Dialogue was recorded December 13, 2013. [Click Here for the Dialogues Video channel](#)



In this Dialogue, offered at the beginning of the year when many ACIM students are starting the workbook lessons, John Mark reviews the Course's introduction as its entire message contained in the "short course." Starting with a great video clip from the Bob Newhart show, he speaks to the dissolution of fear through the abandonment of beliefs and concepts. Are your thoughts troubling you? Just stop it! ACIM is an accelerated, but not exclusive, pathway to enlightenment. Waking up to Truth is the requirement made of every separated mind. The truth of your union with God is the curriculum; your free will lies only in the when and how you choose to recognize it. The Holy Spirit's function is to show you everything that you have established as a block to the awareness of Truth. You may use time to forgive individual incidents, or all similar energies, and go straight at the small "i" mis-identification. You choose the method and the pace. Eventually, you will recognize that the process of "unlearning" is part of the unreal that does not exist, and know yourself as the I AM that is the Reality that cannot be threatened. And then you will know Peace. This short description cannot contain all the gems scattered throughout the Dialogue or the pertinent Q&A session. So come take a look at the entire video which was recorded January 3, 2014. [Click Here for the Dialogues Video channel](#)



In this dialogue we take a look at the songs of Jim Morrison and the Doors and reveal how their lyrics echo important themes from A Course in Miracles. We begin at the beginning. Why the dream? A tiny mad idea born in curiosity and freedom. Then we forgot we are dreaming and fell into specialness. It is through our recognition of our brother as our equal that salvation dawns. Our choice remains to open the unlocked prison door and return to the freedom that birthed us, if we will recognize the Ego's greatest fear. Will we remember that we gave the ego all the power it has, our very own power and take it back? Morrison's words speaks to these themes and leaves us to marvel at his insight. This dialogue was recorded February 7, 2014. [Click Here for the Dialogues Video channel](#)

Want to Quicken in your journey of Remembrance?

John Mark welcomes joining in Private Clarity Sessions
or Joint Listening Sessions.

You can join with him in person, on the phone, Skype or FaceTime.



**Would you like John Mark & One Who Wakes
to host a Retreat or "Plorkshop" in your area?**

Contact John Mark: Love@OneWhoWakes.org

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