

## “A COURSE IN MIRACLES” – SUMMARIZED

Nothing real can be threatened,  
Nothing unreal exists.  
Herein lies the peace of God

This is how "A Course in Miracles" begins. It makes a fundamental distinction between the real and the unreal; between knowledge and perception. Knowledge is truth, under one law, the law of love or God. Truth is unalterable, eternal, and unambiguous. It can be unrecognized, but it cannot be changed. It applies to everything that God created, and only what He created is real. It is beyond learning because it is beyond time and process. It has no opposite; no beginning and no end. It merely is.

The world of perception, on the other hand, is the world of time, of change, of beginnings and endings. It is based on interpretation, not on facts. It is the world of birth and death, founded on belief in scarcity, loss, separation, and death. It is learned rather than given, selective in its perceptual emphases, unstable in its functioning, and inaccurate in its interpretations.

From knowledge and perception respectively, two distinct thought systems arise which are opposite in every respect. In the realm of knowledge no thoughts exist apart from God, because God and His Creation share one Will. The world of perception, however, is made by the belief in opposites and separate wills, in perpetual conflict with each other and with God. What perception sees and hears appears to be real because it permits into awareness only what conforms to the wishes of the perceiver. This leads to a world of illusions, a world which needs constant defense precisely because it is not real.

When you have been caught in the world of perception you are caught in a dream. You cannot escape without help, because everything your senses show merely witnesses to the reality of the dream. God has provided the Answer, the only Way out, the truth Helper. It is the function of His Voice, His Holy Spirit, to mediate between the two worlds. He can do this because, while on the one hand He knows the truth, on the other He also recognizes our illusions, but without believing in them. It is the Holy Spirit's goal to help us escape from the dream world by teaching us

how to reverse our thinking and unlearn our mistakes. Forgiveness is the Holy Spirit's great learning aid in bringing this thought reversal about. However, the Course has its own definition of what forgiveness really is just as it defines the world in its own way.

The world we see merely reflects our own internal frame of reference—the dominant ideas, wishes and emotions in our minds. "Projection makes perception" (Text, p.445). We look inside first, decide the kind of world we want to see and then project that world outside, making it the truth as we see it. We make it true by our interpretations of what it is we are seeing. If we are using perception to justify our own mistakes—our anger, our impulses to attack, our lack of love in whatever form it may take—we will see a world of evil, destruction, malice, envy and despair. All this we must learn to forgive, not because we are being "good" and "charitable," but because what we are seeing is not true. We have distorted the world by our twisted defenses, and therefore seeing what is not there. As we learn to recognize our perceptual errors, we also learn to look past them or "forgive." At the same time we are forgiving ourselves, looking past our distorted self-concepts to the Self That God created in us and as us.

Sin is defined as "lack of love" (Text, p.11). Since Love is all there is, sin in the sight of the Holy Spirit is a mistake to be corrected, rather than an evil to be punished. Our sense of inadequacy, weakness, and incompleteness comes from the strong investment in the "scarcity principle" that governs the whole world of illusions. From that point of view, we seek in others what we feel is wanting in ourselves. We "love" another in order to get something ourselves. That, in fact, is what passes for love in the dream world. There can be no greater mistake than that, for love is incapable of asking for anything.

Only minds can really join, and whom God has joined no man can put asunder (Text, p.356). It is, however, only at the level of Christ Mind that true union is possible, and has, in fact, never been lost. The "little i" seeks to enhance itself by external approval, external possessions, and external "love." The Self that God created needs nothing. It is forever complete, safe, loved, and loving. It seeks to share rather than to get; to extend rather than project. It has no needs and wants to join with others out of their mutual awareness of abundance.

The special relationships of the world are destructive, selfish, and childishy egocentric. Yet, if given to the Holy Spirit, these relationships can become the holiest things on earth—the miracles that point the way to the return to Heaven. The world uses its special relationships as a final weapon of exclusion and a demonstration of separateness. The Holy Spirit transforms them into perfect lessons in forgiveness and in awakening from the dream. Each one is an opportunity to let perceptions be healed and errors corrected. Each one is another chance to forgive oneself by forgiving the other. And each one becomes still another invitation to the Holy Spirit and to the remembrance of God.

Perception is a function of the body, and therefore represents a limit on awareness. Perception sees through the body's eyes and hears through the body's ears. It evokes the limited responses which the body makes. The body appears to be largely self-motivated and independent, yet it actually responds only to the misperceptions, and with nothing from the past to hold us back, we can remember God. Beyond this, learning cannot go. When we are ready, God Himself will take the final step in our return to Him.

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Conducted by the Northwest Foundation for ACIM