

What is A Course in Miracles- transcript from the short video(7min)

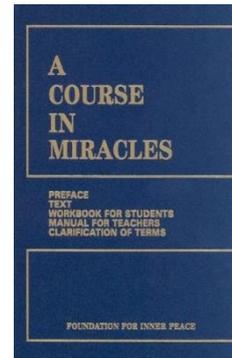
Excerpt from the movie documentary- A Course in Miracles: Enlightenment or Bust!

www.acimdocumentary.com

What is A Course in Miracles?

It is a blue book of over 1,000 pages, which is a course in mind training. It is a teaching device and aims at imparting experiential knowledge consisting of 3 parts: text, workbook and manual for teachers.

For 690 pages, the text is largely theoretical and sets out the concepts on which it's thought the system is based such as "teach only love for that is what you are". Its ideas are the foundation for the workbook.



The workbook consists of 365 meditative lessons, one for each day. Those practical applications for the course's principles are the cornerstone of the mind training, without which its theoretical ideas would remain abstracts. Each lesson is necessary for bringing about the thought reversal which is the aim of the Course.

The manual for teachers is in a Q&A form. It provides answers to likely questions that the students might ask.

The Course uses Christian terms, however, it is not a church or a religious or central organisation. Words like "God, Holy Spirit, and Jesus" serves as symbols. The word "God" is synonymous with Love or Source, the word "Holy Spirit" represents higher inner guidance or intuition. The word "Jesus" symbolises an older brother with greater experience and wisdom much like Krishna or Buddha. The Course says that although Christian in a statement, the Course deal with universal spiritual aims. It emphasises that it is but one version of the universal spiritual curriculum and there are many other valid ways to become spiritually enlightened. This one is different from the others only in form. The Course's principles like all other valid spiritual curriculum emphasise Love, All that is, Non-duality, Joy, and Peace. The Course can be summed up from the first few lines in its introduction:

*Nothing Real can be threatened
Nothing unreal exists
Herein lies the peace of God*

The Course makes a fundamental distinction between Real and Unreal, between Knowledge and perception. The Course teaches that only love is real. And although fear appears has its opposite, it is not truly since Love which is all-encompassing can have no opposite.

Truth belongs to what is Real (God and Heaven) and by definition is unalterable, eternal and unambiguous. Perception, on the other hand is an illusion and unreal, part of the ego-world and it is learned, selective, unstable, based on interpretation and not facts.

Love and fear are two seemingly opposite thought systems that give rise to two opposite worlds: Heaven and hell or ego world.

Out of the Love thought system, Heaven is reflected in our experience. Heaven is reflected in everything love values and nothing else. Innocence and peace is a reality regardless of circumstance. True inspiration from the Holy Spirit is the guiding force. Self-identity with Love and God is experienced as full, complete and eternal which causes joy, happiness and is unalterable. Balance and freedom is our natural state when we identify with Love as a Child of God. When we turn our mind to hear the Voice of God, the Holy Spirit we experience the though the system of Love, which is the understanding of where Heaven. The aim of the mind training with the higher Guidance of the Holly Spirit is atonement or enlightenment to go Home to Heaven, One in God.

Out of our fear thought system, a veil is cast over the present reality of heaven. The illusive world (ego world) of perception gives rise to an everchanging world of time and space, beginnings and

ends. Here we self-identify with bodies which are born into a world where we grow old and become diseased and die. Hope for Heaven is reserved for after death. In the meantime life is filled with sacrifices, struggles, attacks and limitations. Hate and anger are justified, while war is accepted as a necessary means to peace. This insane “ego” world is hell. The course teaches that each thought and decision we make is for either for heaven or hell and brings us to the awareness of what we decided for. It calls for our willingness to engage with the Holy Spirit, our Highest Guidance, who always knows what is in our best interest.

A Course in Miracle is a non-dualistic teaching stating that “Only God is Real” and “God is Love”. He is eternal, omnipotent, invulnerable, and all-powerful. And being Children of God, we too share the same attributes as our Creator, eternal omnipotent, invulnerable and all-powerful. We share in His same world the will to create. However, we seemingly use this ability to entertain a mad idea that we separated from God. This tiny mad idea is a dream of separation, the dream of the ego which is a dream of death. The world of perception and the separated self-concept of the ego is born out of that wish to be separated. The Course in Miracles says “it bears no likeness to your real Self at all”.

The separated self-concept(ego) is an idol made to replace the reality of yourself as the Son of God. This world of duality serves as a place to hide and forget our Reality in Heaven. Believing that we left the safety of our home, we take the responsibility of authoring our lives, thinking we did the impossible separating from God, we carry the burden of unconscious guilt. In an attempt to defend and suppress against this guilt we embark on a worldly pursuit. We forget our Reality as Children of God, so we seek for happiness and satisfaction where it cannot be found. We seek money and surround ourselves with nice things like a car and a nice home, we look for experiences like food and exotic vacation or like social status and career. Still desperate and longing for the wholeness, we try to find happiness in special relationships and the institution of marriage. But nothing in the world will ever satisfy the deep-seated desire to return to our true Home which is Heaven. Happiness remains just around the corner and although we perfected the ability to mask and keep these feelings completely hidden, we can't avoid the effect of which this insane thought system operates.

The Course says that the world we see merely reflects our own term of reference. The dominant ideas, the wishes and emotions in our mind. What seems to be an outer world is but a projection of the thought that we hold true. Our thoughts of guilt are mirrored back in our experience. We perceive a world of blame, fear and death. When we are caught in a world of perception we are caught in a world of dream. So, everything our senses show us is witness to the reality of that dream. Our Reality, however, is love and although the Course does not aim at teaching the meaning of love for that is beyond what can be taught, it does aim at removing the block of the awareness of love's presence.

The Course is a teaching device for spiritual awakening and enlightenment. It offers forgiveness as a tool. The Course says we must learn to forgive not because we are being good and charitable but because what we have seen is not true. We have distorted the world by our twisted defences and projection, we are therefore seeing what is not there. As we learn to recognize our perceptual errors, we also learn to see past them or forgive. At the same time, we are forgiving ourselves. Looking past our distorted self-concept for the true Self that God created. In another word, through the practice of forgiveness with the help of the Holy Spirit, we learn to shift our perception of fear to love, to move from the illusion to what is True and Real. This perception shift is a miracle. Through the practice of forgiveness, we exercise the mind to break free from all the patterns of thinking that serve to imprison it to a world of searching, victimisation and suffering. Through the miracle, we build a conviction of our true identity as the Son of God. Our small self-concept ego dissolves and we awaken to the reality that we are perfect and innocent Children of God in Heaven.