



THERE IS NOTHING OUT THERE.

Contemplation on the dream
of life and the non-duality
of the MIND

**A Course in Miracles
solid practical**

with 74 questions and answers

By

Reinhard Lier

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The mind that brings illusion to the truth is really changed.

There is no change but this.

(ACIM: WB-140.7:4-5)

Impressum

There is nothing out there

by Reinhard Lier (2017)

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Thalerstrasse 49c, CH-9410 Heiden

E-Mail: info@lier.de

Translation:

Mia Schauer, Scottsdale, Arizona /USA

A note from the author:

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In Dialogue

Question: After your last book "HEALING THROUGH THE REALITY OF SPIRIT" you are publishing another work. Why and what for?

R.L.: The book about "Healing" deals with the basics of the Spiritual Mind Training of "A Course in Miracles" with the intention to make its content transparent for the reader. In addition to that it considers practice particularly concerning money and sexuality. Now, I am going to sink into the dicey topic of the illusion of the world – namely, that there is nothing out there and that we are only living in the images of a world that is actually not real. Since this is the point where ACIM seems to get us fiercely: We want to see a world. We want to see that the world is functioning and that it satisfies our needs; that it gives us an identity and accordingly makes us happy.

Question: Does this mean that the core question "Who am I" is not correctly answered by our imaginary existence in the world? Is that all a lie?

R.L.: Yes, it is nothing but subjective truth, in which we chose to believe but which has practically nothing to do with ETERNITY, the HIGHEST, the BEING of GOD. Since all things and stories of this world come to an end, nothing stays. Even the most beautiful pieces of art, which we try to preserve in museums and keep there for a seemingly long time, will finally dissolve. In the end it doesn't matter if we are talking about a few years or 5000 years or 5 Million years. In the end there is decay: the price that we pay for this world. As far as I am concerned, considering the world as an alternative to HEAVEN, "the actual REALITY", is out of the question. In the world, in this nightmare one can only lose, even if no one likes to hear that.

Question: The new book contains a lot of questions, which you are answering according to the Spiritual Mind Training. Where do these questions come from?

R.L.: These questions are mostly taken from e-mails, which show the problem of applying the Course in the realms of everyday life. Matters about understanding the difference between content and form keep coming up – this distinction seems to be one of the most important issues of ACIM.

Question: It seems that these are very personal questions that you make public?

R.L.: I changed all names and places and sometimes I omitted unnecessary details. I made sure that the content is anonymous.

Question: What is going on in your life now?

R.L.: I had to face the end of my second marriage in 2015. My wife unexpectedly left me and it was a very painful experience for me. It showed me: No one here is really free to love, even if we have the best intentions we are driven by an inner original pain. We are driven by its despair which makes us fail. At the age of 56 I can see that many things in my life have come to an end, but I also still see opportunities for my own growth and growth with other seekers.

Question: In this respect, you have no resentment towards her?

R.L.: There were some, during the first period of pain. But I always want to understand and today I can see that my wife had problems with herself. Naturally, she had tried to blame me for the cause and she succeeded, the old familiar game. Nobody likes taking responsibility for himself, projecting guilt is our favorite game.

Question: And now? How are you moving forward?

R.L.: I' m focusing on my work and the process of my personal healing, this is how this new reality makes sense for me. I am slowly finding a new approach towards life, which appears like a movie that has long been completed, one picture at a time. The main goal is to stay in the flow and to prevent unnecessary resistance against appearing incidents. Anything can be used for healing, particularly experiences which seem to be painful. In so far I am today grateful that my marriage failed, it was part of my own film, the movie that I am projecting for myself. Now I am thrown back to myself, a very good spiritual exercise. I am continuously and increasingly seeking within myself and less with the outside.

Question: What does happiness mean for you?

R.L.: When I am completely at peace with myself and when I allow myself to grow together with other people. I experience this particularly in my seminars and in one-on-one counseling. I am always telling the spiritual world that I am here to serve the healing process of all people, since their healing is also my healing, it is all the same. These are happy moments; this is when I experience meaning within the ineffable suffering of mankind. When a human being aligns with me and we focus on the HIGHEST, on the SELF, on that what we actually are then the world transcends and all is well. Then there is nothing left to do.

Chapter 1

Is man free?

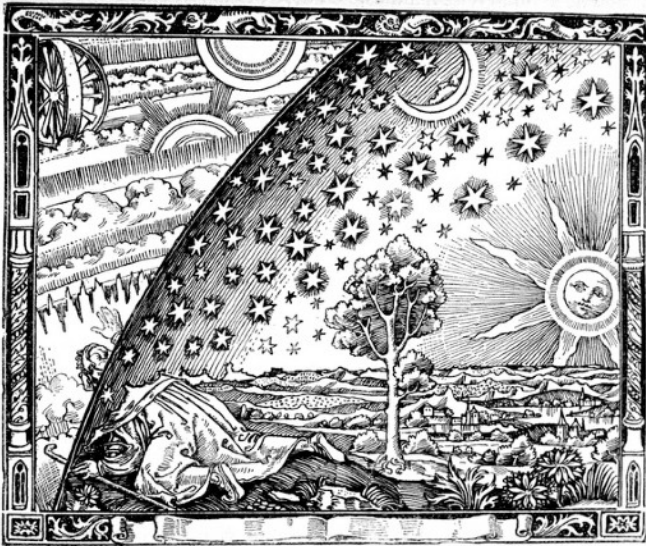
Of course, man is not free, although he believes to be. All of us are carrying the virus of separation in our operating system (separation from GOD and LOVE), which puts us into a permanent state of mental derangement and darkness. This mental state of darkness refers to denial and therefore absence of light. This is how we compensate: artificial, electrical light, as well as sunlight (which is limited according to natural-science) is often used as a substitution on this outer stage of the world. We are dreaming about being a person within a body with a history. This is the illusion that the ego, the principle of separation, uses to entangle with us and runs its program. This is our vulnerable point and our fear: to be a physical being in a world of battles and death.

This sounds sad but freedom is only granted in one particular aspect: We have the option to either reject the LIGHT of GOD (LOVE) or decide that we want to remember it. We can cover our inner eyes and explain that there is no love and consequently no peace. We can gaze into a direction far away from GOD and project our compensations for LOVE onto a screen. Since this is what we have done, we wanted to see a world with all its bodies and forms and ever since we made that decision we have been seeing it. Ever since we've been roaming mindlessly and hungry through our projected dream-world looking for fulfillment, there is no fulfillment to be found.

Before this decision there was only one thing: We, the one SON of GOD, clinched seriously to a delusional idea, which seems an impossibility in the MIND: the idea of separation. We wanted this idea to fill our minds and thus we gave it belief and a subjective reality. This delusional idea has called back to us and only enforced one thing in our mind: the split-up of the ONE into ever smaller and smaller fragments. This is the nuclear fission of the mind. We believe that our core in the oneness with GOD has split-up. This grossness, which is impossible within the reality of GOD, has driven us crazy.

This is why the *Course* meets the fundamental question: Can GOD create himself differently than HE is? In other words: Can the SON of GOD create himself differently than HE was created by the FATHER?

No, he can't! But he can believe, that he can and that he did it. In our world we have experienced the mirroring of this imaginary fall out of ONENESS when the first atomic bomb was fired. Robert Oppenheimer said when



watching the first explosion and the people around it:

We knew the world would not be the same. A few people laughed, a few people cried. Most people were silent. I remembered the line from the Hindu scripture, the Bhagavad-Gita; Vishnu is trying to persuade the Prince that he should do his duty, and to impress him, takes on his multi-armed form and says, 'Now I am

become Death, the destroyer of worlds.' I suppose we all thought that, one way or another. (note: Vishnu was also the creator of the Maya and the basic force and miracle power of Vedic deities, who are the creators of the world.)

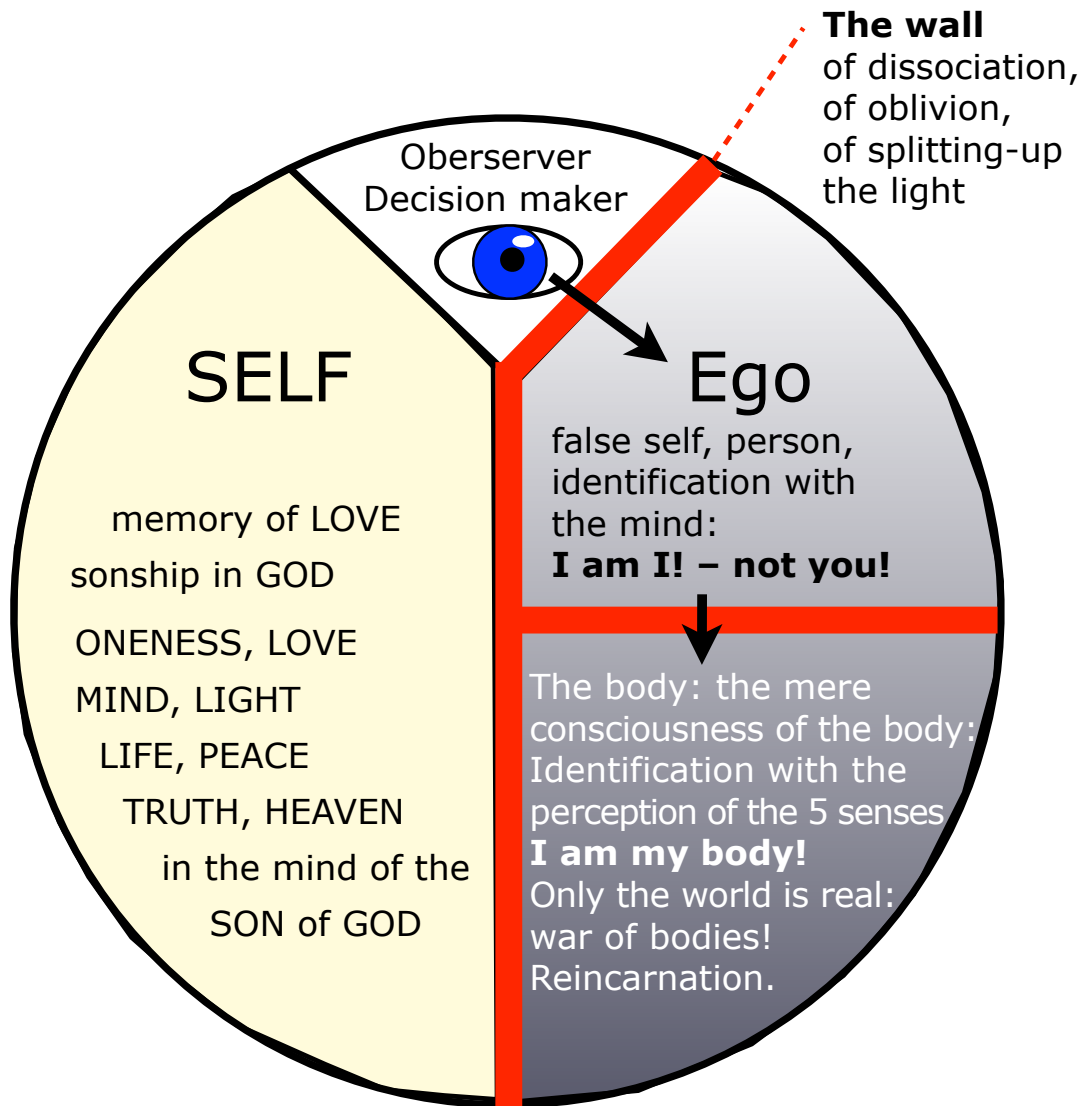
How can a lunatic be free? He can only make choices within the limited horizon of the illusionary world of his mental capacity. And then that is what he calls freedom. From a spiritual point of view, we can say: Anyone who has the option to choose darkness, which in reality does not exist, is insane and thus never free. We can only be free within the glory of GOD when fulfilling the WILL of the REALITY of LIGHT. Accordingly, the thought of being free, in the way we are familiar to it, consists of primarily one thing: the option to fall, attack, rob and kill.

On a childish level this is Pipi Longstocking's song: "I re-create my world, just the way it suits me." And on an adult level it is the Frank Sinatra song: "I did it my way". It always contains a feeling of triumph: I can do it better than... This differential mirrors the fight between man and God. This is the feeling of triumph with one weapon in one's hand: I could kill the other one. Or even myself. I do have the power to do it. From the angle of depth psychology this means: I could extinguish and destroy myself and make my separation from God real. Since death is the ego's final goal:

It is not will for life but wish for death that is the motivation for this world. Its only purpose is to prove guilt real. No worldly thought or act or feeling has a motivation other than this one. (T-27.I.6;3-5)

This by no means justifies cruel deeds. However, we do want to understand that at the bottom of his heart man is filled with fear and desperation and

The split-up dreaming mind



The ego is nothing more than a part of your belief about yourself. Your other life has continued without interruption, and has been and always will be totally unaffected by your attempts to dissociate it. (T-4.VI.1:6-7)

Only the things that we look at can be solved. When we are looking at it in a forgiving way and understand the dynamics of the ego thought system, we will experience healing and salvation in our mind. Jesus will look with us and through us at all the illusions and all that stays is truth, which we are.

The thought (of accusation, of attack) protects projection, tightening its chains, so that distortions are more veiled and more obscure; less easy accessible, no doubt, and further kept from reason. (WB.II.E.1.2:3,) (note in brackets is added for better understanding)

therefore acts evil in this world. The inner pressure will always find its way to unload itself to the outside and people will be attacked and murdered. Within the Matrix of separation of the ego, man can only achieve inner healing once he is ready to understand the original problem and consequently starts looking for a different path, the SPIRITUAL path.

There is HEALING, but it has to be asked for and invited: especially for myself. I can only start with myself. Actually it really isn't about myself. My healing will spread like a light through the night to the others, and it can remind them that they, too, are carrying this light within and that they can choose it.

Chapter 2

About the impossibility of projections: The ego's super-trick

The spiritual light

I am just like one who closes his eyes and thinks there is darkness all around.

I forgive myself for my closed eyes, for my "No" to the light.

I wanted to shut them so that I could see other things than the truth.

All I see are images, which don't mean anything and all I feel is the pain caused by my refusal to see the LIGHT.

I want to close my eyes and be still and wait until I see the spiritual LIGHT and the vision that I have been promised.

What if you recognized this world as a hallucination? What if you really understood you made it up? What if you realized that those who seem to walk about in it, to sin and die, attack and murder and destroy themselves, are wholly unreal? (T-20.VIII.7: 3-5)

In the end projection is only the mirroring of our guilt-ridden self in the state of dreaming. It is the logical consequence of our belief in separation, guilt and punishment and it creates a world that truly does not exist. The world with all its forms is like a white screen that we are using to project the original conflict in a meaningful way. All of this takes place within our dreaming mind because there is no out-there out there. We are not able to leave GOD and we are only dreaming of our banishment, just the same way we are never leaving our mind's ego-ideas that we have chosen. We have never attacked GOD because it is a sheer impossibility to attack HIM. The MIND, LOVE is inviolable. Our thoughts of attacking have turned against ourselves within our dreaming mind, that's all. This sentence from the Course tells us:

Noone asleep and dreaming in the world remembers his attack upon himself.
(T-27.VIII.5:4)

By taking the idea of separation seriously, we created the normal human insanity in our dreaming mind. We are experiencing the mirroring (projection) of this normal human insanity in our world day by day. Here is the good news: GOD has never been attacked and LOVE remains LOVE, since ideas cannot leave their source.

Ideas leave not their source, and their effects but seem to be apart from them. Ideas are of the mind. What is projected out, and seems to be external to the mind, is not outside at all, but an effect of what is in, and has not left its source. (T-26.VII.4:7-9)

Again: Projections are thoughts and images, the story of sin, guilt, fear and hatred, which the ego has been telling us in a billion fold drama variation (our culture is filled with it from Homer to Shakespeare to Stephen King): *You did it. You succeeded in attacking God! You killed him and that's how you created your kingdom on his blood. But he rose from his grave and has been haunting you ever since to find revenge and to kill you. Run for your life and I'll show you where you can hide and survive...*

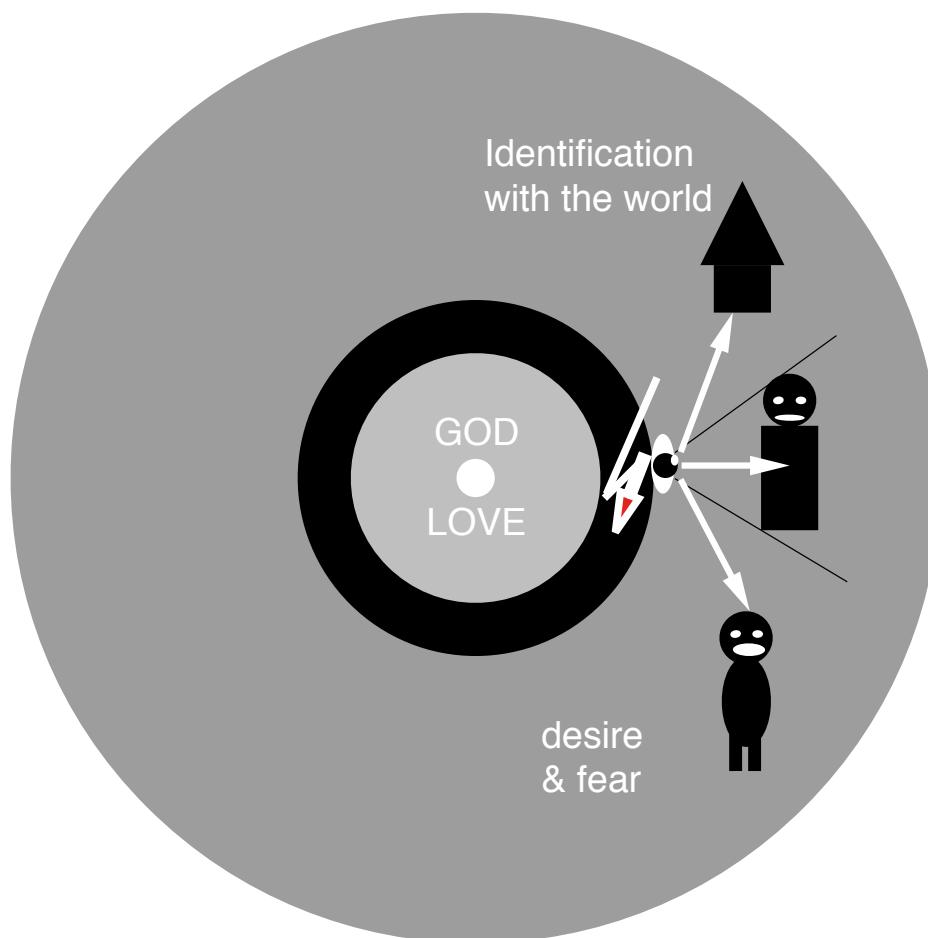
The projection is a hallucination, an illusionary perception. We, collectively, have projected all the images in the world and given meaning to them. This is a purely an act of the mind. Our mind does everything, since there wouldn't be the dream of this world without it. We are the dreamers but not the dream-figures!

Since we are here as an observer and decision-maker, and believe in guilt, we choose to flee into dreams in which we are experiencing a further split-up into a **perpetrator-self and a victim-self**. The world and all of our projected images are actually meaningless.

Only if someone wants to see something specific, he will see it, and react to it. Perception is always a choice that we are making in our mind first, it is an unconscious process that is split up within and from the mind. Only after this process are we reacting to certain things in the world. The world only mirrors our state of mind, our belief in our own guiltiness. It is a guilt-marshaling yard. All wagons are carrying the same: our guilt and its penalty and death. This is why people love whodunits because they deal with the question:

Who did it? Who is guilty? I am so glad it wasn't me, I am so glad I am not like everybody else...

The original pain about the separation from GOD is the cause for all projections. It roots within the dreaming mind outside of space and time. This is where we feel our deepest desperation and greatest guilt, our belief that we have murdered LOVE and GOD and that we cannot return to HEAVEN. The world of space and time with all its force of circumstances roots from this mind, which we truly are. It is the collective mind of the one SON of GOD that projects all the bodies and entanglements, which we, as separated beings in this world believe to experience.



R.Lier/2016

The pressure of this **original pain**, this incredible tension in the mind of the dreaming SON of GOD, heads to the outside in a kind of dream-bubble and allows us to see all forms and projections.

Only forgiving and the insight of the meaninglessness of projections can erase these projections and make healing in the mind possible. There is nothing out there!

Whatever it is that we committed and dedicated to in this world, we are doing because of this pressure of guilt in our mind. The one who hunts perpetrators with passion, hunts his own guiltiness through projection. When I want to be good to other people, I am trying to erase my guilt from prior incarnations. I, for example, am teaching the Spiritual Mind Training to correct my policy as a former clergyman. I feel a strong necessity and responsibility for spiritual enlightenment. In doing so I merely only heal my own mind – because: There is no one out there. In the end I am only healing my own “No” to the LOVE of GOD.

A former drug dealer or alcoholic, for example, may see a lot of potential alcoholics in his environment, and may feel the urge to help them. But we can only save ourselves, we can only make our own decision and choose healing. Out there this is also me, and at the same time there is no-one out there. The ego’s lie erases itself in the end.

The purpose for projections is to get rid of guilt. We want to free ourselves from guilt by separation, but guilt itself is based on the original thought of separation. Thus we are fighting the ego with the ego, with its own weapons and therefore get stuck in its illusion. Whatever it is that I am fighting within me, or seemingly outside of me, I am simultaneously empowering it to grow stronger within me. The world is our own invention, based on our unbearable guilt-delusion. This is why the world can never bring us peace and fulfillment.

This is why the only sensible way is to forgive the projection, which means to see its meaninglessness and thus to overlook it. We shouldn’t react to projections or to the whole world with defensiveness nor should we indulge ourselves in it. All dreams will end when the SON of GOD does not produce projections in his mind. Then HE is free within the FATHER. Only then will HE really see and experience the vision of CHRIST.

In **Lesson 15** we learn about the correlation between our thoughts and the images which we believe to see. Images are projected thoughts. It all starts with thinking within the ego’s thought system and it leads to images, which become power over our mind. Images have a magical effect. All illusions are suggestions of the ego to produce images within us. In this sense we are image-makers. The ego’s thoughts are always just a derivation of the delusional idea of separation. When we are taking this thought seriously, we are constantly repeating the moment of not-laughing (...at which the Son of God remembered not to laugh. T-27.VIII.6:2) when we gave power to the thought of separation in our mind and installed the virus on our hard-drive.

Lesson 15 in the workbook for students:

My thoughts are images that I have made.

It is because the thoughts you think you think appear as images that you do not recognize them as nothing. You think you think them, and so you think you see them. This is how your “seeing” was made. This is the function you have given your body’s eyes. **This is not seeing. This is image making.** It takes the place of seeing, replacing visions with illusions.

Our mind is swamped with the ego’s flood of images. This makes us live in a world of images. Projections, which create a seemingly outside world, make it appear real for us. The next essential step in our steps into the separation and extraction from the GOD’S MIND was the fixation of focusing on a body, the super-image! The dreaming mind locks itself into a body and then starts seeing other bodies different than himself. This is where the dream-world of war and death shows itself: bodies appear to be born and appear to die.

Are thoughts then dangerous? To bodies, yes! The thoughts that seem to kill are those that teach the thinker that he can be killed. (T-21.VIII.1:1-2)

The ego’s program of fear can be firmly installed in our mind through our identification with a body, which is actually a blank slate. Now the dreaming SON of GOD can experience his highest penalty: the death penalty. Now, he is fearing for his life and his anxiety draws him to attack his brother, who appears to be a threat to him. He experiences thoughts of revenge, and fears his brother’s revenge. This is how he sees the world of war, a world full of blood and revenge. He arrives in hell that he has created himself.

Lesson 22 in the workbook for students:

What I see is form of vengeance.

Today’s idea accurately describes the way anyone who holds attack thoughts in his mind must see the world. Having projected his anger onto the world, he sees vengeance about to strike at him. His own attack is thus perceived as self-defense. This become an increasingly vicious circle until he is willing to change how he sees. Otherwise, thoughts of attack and counterattack will preoccupy him and people his entire world. What peace of mind is possible to him, then?

I see only the perishable.

I see nothing that will last.

What I see is not real.

What I see is a form of vengeance.

(WB 22.1:1-6 and 3:3-6)

A split mind is endangered, and the recognition that it encompasses completely opposed thoughts within itself is intolerable. Therefore the mind projects the split, not the reality. (T-12.III.7:3-4)

All phenomena that appear in the world as we know it, are based on the concept of separation, splitting up and projection. This correlation has to be looked at over and over and understood in its full consequence if we want to identify the actual problem behind the events of circumstances. It is always about a dual process in our mind. On the one hand there are the unbearable diverse thoughts of TRUTH (our BEING in GOD) and Illusion (meaning sin equals delusion), which is guilt and fear of penalty. On the other hand, it is just this murderous tension that leads us to the egomaniacal emergency – strategy of projecting a world, which we are experiencing as good and evil but which we have to identify with as a consequence. Since all we see out there is the content of our separation, in the mind, at the core of our belief is the evil within us, which is our belief in sin, guilt and penalty.

Separation (dissociation) is the ego's trick, a kind of amnesia produced by the ego: I forgot about it and that's why I can't remember it. Secretly we do believe in the power of the separation from God (the evil within us) and in our autonomy and specialty. At the same time, our memory of GOD, (the TRUTH) is stored in our mind. It is there in our mind where the battle that makes us suffer is fought: diverse contents of thoughts are waiting for our (power of) decision:

SON of GOD, what is your choice? Truth or lie? Life or Nothing disguised as death?

The ego fights for us in our mind, wanting to make sure that we stay true to the ego. Anything that we do to stay connected with our body and the world makes us mindless which serves the ego and its life within us. The ego's greatest fear is that we will figure out its lies and that we won't choose it anymore, meaning we won't feed it anymore. Since the power is always on

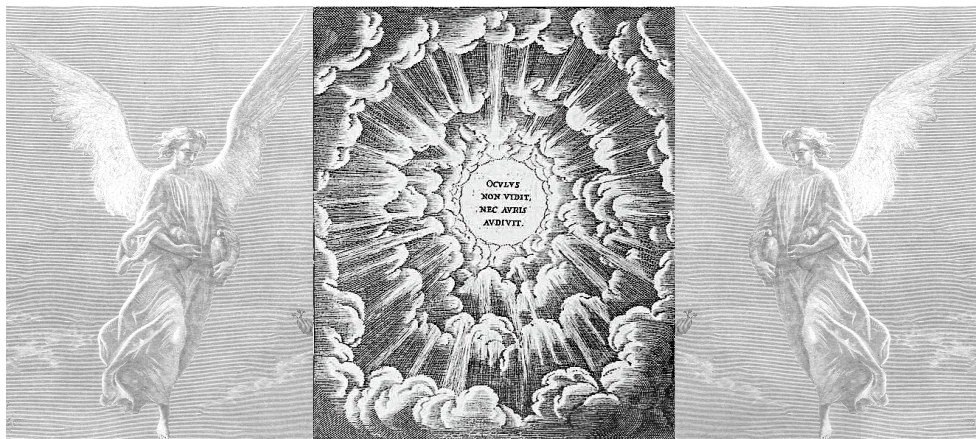
our side, the ego can only have the power that we give it. It can only grow in the mental breeding ground that we provide. If we take away its breeding ground, it will decompose to nothing.

The body's magic or the world's magic is a magic of images in our mind. We love images and therefore we love identifying ourselves with them. In this case "to love" means to connect with an object, with an image. This gives us an illusory identity, since we have forgotten who we truly are: the ONE SON of GOD.

In this context we are talking about ourselves in the observer decision maker position. Our subjective nightmare experience shows that we have not chosen our true SELF yet. But it gets even worse: most people identify themselves with their false self, with the person in a body and are desperately fighting for their earthly dream-existence. They don't know anything about their true SELF, which is resting within GOD free of fear and beyond time and space.

Level 1:

My unconscious problem with LOVE, with GOD. Unbearable feelings of guilt, self-condemnation and consequently the projection of guilt onto level 2.



LOVE doesn't judge. It doesn't sin - at the most it sees **mistakes**, which can be dissolved in my mind.

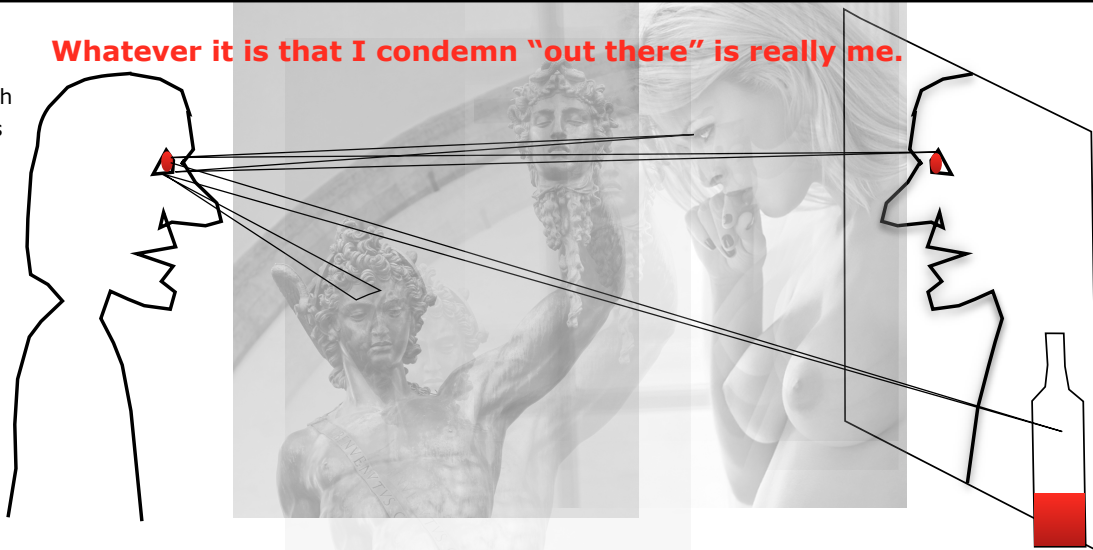
Level 2:

My problems with earthly things as a mirror of my problem with GOD.

Solution:

Silent looking without denial and without condemnation. Don't fight it nor wallow in it.

Whatever it is that I condemn "out there" is really me.



R.Lier/2017

With any thought of separation (fear, grief, lack, envy, hatred, guilt) we are choosing the ego and stay distant from our true BEING and thus from GOD.

The power that remains ours in this painful battle is always within the observer and decision-maker and not in the ego. Fear and nescience are our greatest enemies on our path to awakening.

The man who didn't know a mirror

Once upon a time there was a man who had grown up in the jungle. He had been the only survival of a plane crash at the age of five. The people of the jungle adopted him and cared for him. When four explorers came and discovered him, they took him with them to civilization. By that time the boy was 18. When he first entered a bathroom and saw a mirror hanging on the wall he looked into it with amazement. He wrinkled his forehead, put his hand to his head and started thinking. Suddenly he ran to the four explorers and told them eagerly: "There is a window in the bathroom that opens up to another room and in the other room I discovered a young man who is making very strange movements. Come with me, you have to see this young man!" They all went into the bathroom and looked into the mirror. The explorers laughed and the young man became even more irritated and screamed: "And now there are 5 crazy people! Have a look, please!"

And here is another projection story

A long time ago a shepherd lived in the Scottish Highlands, far away from civilization. One day he found a pocket mirror in the grass, that had been lost by a hiker from the city. He had never seen anything like that. He looked into the mirror with fascination, smiled and put the pocket mirror into his rucksack. His wife became suspicious seeing that once in a while he would secretly take something out of his bag and look at it with great interest. One day when the man was out of the house, she went to his rucksack and pulled out the pocket mirror. She looked into it and screamed: "So this is the old witch that he's been chasing. I knew it!"

Sometimes I get images and stories for the Spiritual Mind Training. Here are a few short texts illustrating the ping-pong game that we love so much when we are in the ego-mode. And sometimes it carries strange, surprising solutions.

The game

The world's game: Ping-Pong.

The emergency in the morning: Ping –
Silence.

The insight

Mr. Ping and Mr. Pong meet.

Mr. Ping says: Last night I had an insight about how to find peace.

Mr. Pong replies: I don't want to know.

Mr. Ping replies: Okay.

Ego - dialog

Ms. Ping and Ms. Pong meet.

Ms. Ping says: You are the fairest of them all.

Ms. Pong replies: That's right.

Ms. Ping says: There is only one woman more beautiful than you.

Ms. Pong: Who is that?

Ms. Ping: I won't tell.

Chapter 3

The fierce ego game

Our secretly hidden aggressive intentions block our unlimited trust into the spiritual world. The question is: Whose spiritual child do I want to be?

A riddle

A man received wealth with honest hard work and had a good loving wife and two wonderful children. His happiness seemed complete. But he couldn't stop thinking: "What's next. What else is there that I can conquer? I am happy, but still there is something missing". A very beautiful woman came into his life and he heard a voice within telling him: "Go hunting! Conquer her and then you'll have it made, then you'll be truly happy".

And he succeeded. The beautiful woman became his wife. He separated from his first wife and children and had to give half of his belongings to his first wife. He then lived happily with the beautiful new wife. But the new wife said to herself: "Now I have it all. A successful, wealthy husband, who takes care of me, but still there is something missing, my life is dull". A young, successful man, who was still looking for the perfect wife came into her life. She thought: "This is the one I want. This is the one I'll become truly happy with."

And so it happened: She left her husband, who became very mad about his fate. His life seemed meaningless and he kept hearing one sentence in his mind: Kill yourself and write a goodbye-letter to your wife telling her that she is guilty for your death. And he killed himself.

His wife suffered from feelings of guilt for many years, became depressive and her young husband finally left her for another, even younger woman. After that she lived by herself in grief and pain. One day she met her husband's first wife and the two of them founded a support group for disappointed women and started a revengeful campaign against cheating men.

And then they all met again in the after world and accused each other until they fell into a sleep and chose a new incarnation. Their feelings of revenge and guilt pushed them into another body...

The riddles question is: **Who whispered in their ears about what to do?**

The answer:

The ego, the idea of separation has successfully whispered the text for the ego-film to all its actors. The ego affects us like a virus and creates a false self which we are believing to be us: A personality with a history, with a body and with the need and urge of self- fulfillment (actually ego- fulfillment).

The ego is a delusional idea and is essentially the thought that we have stolen life from the source, from God and thus murdered God so that we can now enjoy life here on earth at his expense. This is the fall of man: We believe that we have committed the sin and we keep repeating the ego's concept of separation again and again: We are dissociating the original sin from ourselves and burying it in the unconscious. Then we are using projections to make the other people out there responsible for our misery: They are the ones who robbed us our peace.

It is important to know: All of that is just a dream that we are caught in. In reality, there is no separation, no original sin and no guilt. However, we believe in all of that and that is why we are suffering from it.

The ego's virus-program needs a host, a hard-drive and energy. Someone who provides his mind so that the program of separation can be run and "lived". This is the point where all participants find their part of the story: They are all participating and choosing the film of the human drama of greed, envy, jealousy, fear, revenge and death. We are the host for those parasites. A parasite is a being that needs a host to survive, but slowly kills him at the same time. It steers the host's functions towards suffering and death and because of that it survives in the host but the host will eventually die.

I'd like to give reference to an exciting radio show presented on the German radio station Bayern 2 on 07.16.2012 with the title: "Parasites – the secret rulers". Nature gives us a good model and example: There is one parasite that goes into the grass hoppers brain and re-programs them in a way so that they jump into the water (what they would normally not do). Once the grasshopper is in the water it becomes eaten by a duck and the parasite can reproduce within the duck.

No one in the riddle-story quits the killing game by forgiving and taking back the projection of guilt. That's why all of them are suffering and why they all see the reason for their pain in the other one. This is what makes the ego

live. It loves the tension of envy, fear, guilt and revenge. And it fears silence, observation, and the awareness of the entity within us which the Spiritual Mind Training in ACIM calls observer & decision maker.

Man's mind has one alternative that could be chosen: The true SELF, JESUS, or the awakening in GOD.

It is the ego's greatest fear that man will leave the drama and choose HEALING. Then this man's delusion would dissolve, which would mean healing and freeing of the mind.

The above mentioned story is a sole ego-film. This does not mean that we are not allowed to leave our spouse. Sometimes it may even make sense and is beneficial for all parties, if one person leaves the other person on the outer level of action.

The key is to realize whether the impulse for ending a relationship roots in the peace of the true SELF or in unrest, envy, fear and revenge of the false self. It is an essential part of the Spiritual Mind Training to examine this impulse again and again before making hasty decisions. We need help, if we want to lead a mindful life and use the classroom of the world.

We can ask for this help. ACIM will never give formal directions on how to act because form is part of the level of effect and not of the level of cause.

The Course is only interested in the level of cause, the mind, since this is where real change can happen. Formally a person can stay in a relationship or leave a relationship, it only matters where his impulse comes from. Which entity in his mind is responsible? Is it the ego, the false self or is it the HOLY SPIRIT, the true SELF?

It would be insane if we had to consult the spiritual world with every little matter of our everyday life. When we are centered and feel connected to the HOLY SPIRIT within us, then we will intuitively do whatever is suitable and sensible for all people involved on the level of form in this world. Then we'll be acting from the peaceful center of our mind. It is this center that matters. Then the world's issues become the smallest of all problems.

Then we'll be living in our earthly relationships, taking good care of ourselves and are able to give to others. I call this a healthy and necessary self-rotation, which is essential for successful relationships. The ego likes to shift all expectations to the outside, to the partner or it keeps demanding of us that we sacrifice all of our desires for our partner's happiness. This is not a

way to have a successful relationship. Anyone who has not found himself and is not able to take good care of himself, is hoping for peace by fusing with another person. At least the other person will acknowledge and appreciate his/her unlimited sacrifice and effort.

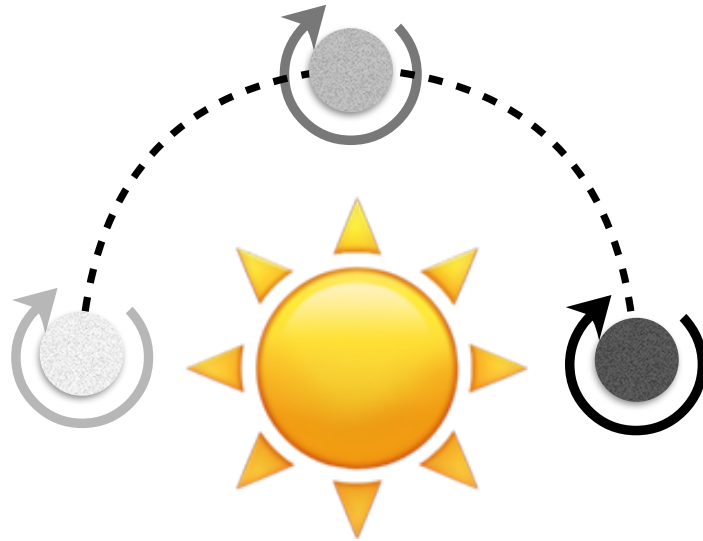
However, we are still existing within the realms of duality and have to pay tribute to specific structures like distance, boundaries, opening oneself and give and take. These are our egomaniacal structures that we feel bound to act on at this earthly stage. It would be insane to deny one's personality and pretend that we are already able to love unconditionally.

Since this can only lead to the strangest forms of hypocrisy, which are even harder to bear than honestly expressed (ego) needs. The main point in the Course remains that we can cope with these needs and don't judge ourselves for them, but instead we observe them with ease and an awakened mind as part of the big show. We should not try to skip upcoming steps of development. But when we become absolutely honest, relationships may enable fertile growth in the sense of healing on both ends.

If I can't feel my own needs and possible limits, then I won't be able to grasp my partner's needs in a healthy way. If one can't enjoy oneself one will become unenjoyable: one will denigrate whatever the partner enjoys and call it egotistic and make the partner feel guilty. The couple relationship seems to remain the greatest challenge within this world of illusion. It mirrors the full spectrum of our original conflict with GOD: The desire for oneness and the pain of being left alone, the desire to love and the incapability to love. Encountering the egomaniacal shadow of the other person, which mirrors our false self, demands all we have. Since hatred and self-hatred are the same. Without being connected to the spiritual world we won't be able to overcome these ego-obstacles.

The lesson that we have to learn here is not learning to love. Love doesn't have to be learned, like appropriately said in the Course. Here we are supposed (pedagogically sensible) to study the obstacle which keeps us apart from LOVE. Once we recognized it in our mind, the only thing left to do is to make the call to the spiritual world and to look at the obstacle in the stillness and without aggression. This is what Jesus calls forgiveness. It's always only one who needs forgiveness: me!

I forgive myself for everything that annoys me in this world. The world is the mirror in my mind: All I ever see is me and I am forgiving myself! If, in this



Top: The earth circles securely around the sun, because it stays within its own rotation. (one full rotation 24 hours around its own axis).

Below: If the earth quits its own rotation, it will fall into the sun and the sun will burn it up. That's just like in a couple relationship: each one is only rotating around the other one in a healthy way, if the person keeps its own rotation. The one who denies his needs collides and finally burns up when encountering the other. The helper syndrome steers into this direction.



manner, the obstacle is deemed in the process of dissolving, then the happy dream follows. It seems that we are still living normally in our relationships on earth, but inner calmness and ease are spreading. And the ego's attacks can be recognized with a calm smile and we can simply look at them. They rarely have power over us because we hardly give this virus power over us anymore! Then the happy dream floats into the last phase before we finally connect with GOD. In the Course this is called the real world:

The real world is a state in which the mind has learned how easily do idols go when they are still perceived but wanted not. How willingly the mind can let them go when it has understood that idols are nothing and nowhere, and are purposeless. For only then can guilt and sin be seen without a purpose, and as meaningless. (T-30.V.5:2-4)

Chapter 4

Heaven: How and What?

Ecstasy follows after walking through sobriety.

After the real world, which has been talked about in chapter 3, the final step, the step that can be performed only by GOD HIMSELF, follows:

The final step is GOD'S, because it is but GOD WHO could create a perfect Son and share HIS FATHERHOOD with him. No one outside of HEAVEN knows how this can be, for understanding this is HEAVEN itself. (T-30.V.4:1-2)

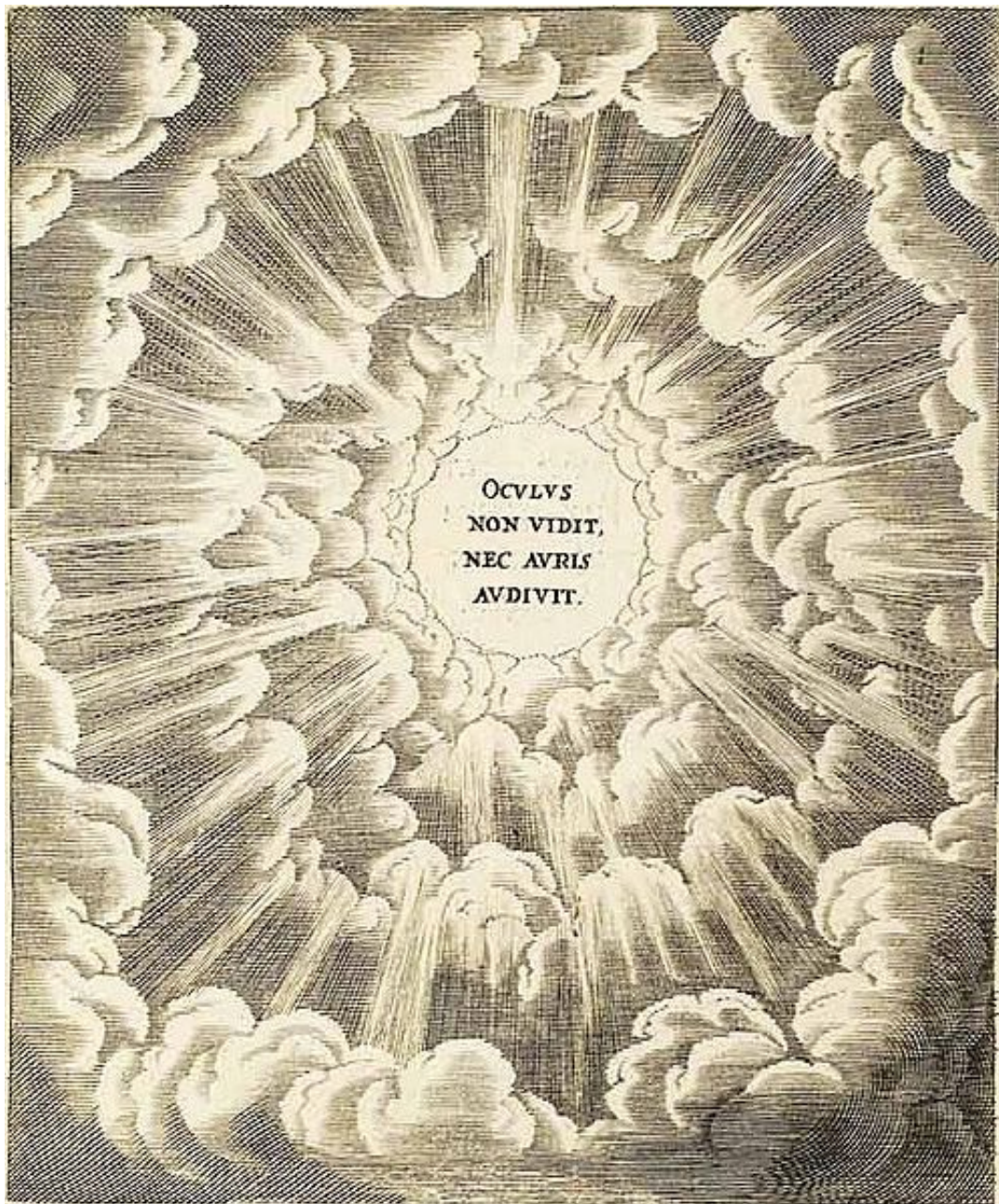
If there is nothing out there, meaning the whole world has to be seen as an illusion and a dream of our mind and ACIM refers to actual reality as HEAVEN, then what does the actual reality look like? Since we are "old image makers", we have to assume that unfortunately, we will transfer our familiar feelings and conditions to "heaven". A man of pleasure can already guess what he will miss "up there": Beer, wine and coffee, chocolate and all kinds of culinary pleasures, sex and adventures in beautiful sceneries. It seems that boredom looms where there is no fear. Here on earth we are experiencing both states as unbearable.

After the ego's convincing reckoning we fear HEAVEN (LOVE, PEACE), because we secretly are expecting God's punishment for our faults, and because we have to give up the beautiful things of life. To our surprise, however, we won't need any of the things that we considered valuable here on earth. This is a fact that the egomaniac mind cannot grasp. In the face of overwhelming blessedness (without side effects!) we won't lack anything. We will expose former pleasures as cheap and invaluable substitutes for PEACE in GOD.

The Course gives a few hints, here and there, that describe our BEING in GOD: God's peace is recognized at first by just one thing; in every way it is totally unlike all previous experiences. It calls to mind nothing that went before." (M-20.2:2-5)

Since we "think and feel in bodies", we are experiencing the idea of the PURE MIND as something threatening and it scares us. "I will cease to exist. I will disappear and be dissolved in God". These thoughts only show how far we are from the REALITY of the MIND. Our choice to dream and to enjoy and to

suffer through the idea of separation is based on the manifestation of bodies. So if there are no bodies in the actual REALITY, then we cease to exist in our mind. We have become mindless in any perspectives, and we only believe what our five senses tell us. However, in the Course Jesus tells us that our eyes cannot see and that our ears cannot hear. The only perception we have are hallucinations, which have nothing to do with GOD. Anything that we can see here, smell, feel and taste is actually without meaning. These are only dream images that are nonexistent in ETERNITY, in the PURE MIND.



The eye does not see it, the ear does not hear it.

Chapter 5

The Personal and the SELF

Beyond the Person

I don't know anything about you,
you don't know anything about me.
Whatever we heard about the other:
only projections
made for the attack,
to get rid of guilt.
Let us be still
And beyond the person
see the LIGHT within us,
which recognizes us as ONE.

In the world of normal insanity with all its painful experiences, like being dismissed, being left by a partner, experiencing the death of one's child, it is necessary to know the difference between the Personal and the SELF in order to be able to find inner peace again. This is human's normal state of mind: I believe to be a person with a history, with relationships, with desires and anxieties. I experience myself as a physical being with stomach aches and tooth aches, with longings and desires and with the fear of illness and death. I have gotten used to all of this. A serious Spiritual Mind Training like a *Course in Miracles* however, questions all of this: "Is that really me?"

This life span of some decades with good and bad times? What was before that? What will be there after that? And what am I beyond all of these fading phenomena?

The state of personality is based on one single idea: separation. Not only do we feel separated from each other and try to overcome this separation through relationships, but also are we experiencing ourselves separated from God, from the source, from the highest. In the history of religion, we find one core theme: The fall off from God and the penalty that we (seem to) receive from God. This is where we find the first "No" that we have uttered, but which we do not recall any more: It is the "no" that the son says to the father and thus the separation from the father. This is the field that we can only grasp with mystical images: like the father and the son, like

the expulsion from Paradise, Adam's fall into a sleep. The motion of this fall, turns into a dream and into the state that we here call "life" and "world". The fall has been repeated painfully in thousands of incarnations, as victim and perpetrator. Even though it is only an illusion, we want to experience it as real and are seeking happiness and fulfillment, even though in the end we can only find lingering suffering and death.

This is how we experience the painful reflections of this separation here on earth (and also in the so-called after life!). We have been roaming this world starving and desperate constantly seeking to find objects of fulfillment: gadgets like a car, a house, hobbies and relationships, culinary indulgence and sex, vacations and business success, all of this is supposed to bring us peace and happiness. However, the one who takes a closer look, will see that our seeking and fighting does not bring us fulfillment and that we are really desperate. Consequences can be depressions, burnout, neurosis, even psychosis and in the end we may even run amok. And all of this is based on sheer desperation, anger, and an extremely strong urge for revenge, because all of us here on this earth are bitterly disappointed.

Personality is the ego, the egomaniac impulse: greedy, eager, calculating and murderous. All of this is also our competitive society, which only strives for profit and exploits whatever it can. Anybody who meets another person while being in this state is ruled by a single question: what will I get out of it? Which advantage will I have from being with him? The personality knows only victory or defeat. It forms our alliances if they serve one's personal needs and breaks contracts if it is for one's own advantage. It constantly compares itself with others and always looks to win over its opponent.

Beyond the personal we find the true being in GOD, the SELF. The truth is: We, as the one SON of GOD, have never left the FATHER. We only dream that we attacked the father and took his life. This is the original conflict of all humans, our "little problem" with love. The SELF is me, it is all of us, because all of us are collectively the ONE SON of GOD who is within the FATHER, dreaming that he has left him and must not come back. We believe in guilt (in the attack of God) and in penalty (God's revenge). But none of this has anything to do with the reality of the pure MIND, of GOD. GOD does not know about our world of dreams. Illusions don't have any meaning for the HIGHEST, they are nonexistent.

Thus, we need help and healing in the mind and not in our body, not in the world. Since the body and the world are the consequences of the original conflict in our mind, which dreams about the separation from God and the creation of the world. The personality (the ego) however, wants to fix the world because our personality and the world are one and the same. When we said "No" to love we gave place to the virus of separation in our mind.

Now this virus lives within us and we serve it as a host and it steers our lives by giving us the craziest commands. The ego theater, featuring all kinds of dramas of fate, is the stage for this virus. The dualistic tension of being on top of the world and down in the dumps feeds the ego within us. And it seems that in the end we are enjoying this insanity with its euphoric feelings of winning the jackpot and fantasies of self-destruction. So tension and a permanent hot and cold psyche are the core of the original conflict, which makes the whole Ego-world go round. This has nothing to do with HEAVEN.

The Spiritual Mind Training is about canceling this murderous nonsense of the ego and to quit being part of the game. Suppose they called for war and nobody came? Not reacting to the ego's offer is the only sensible reaction. ACIM calls it forgiving:

Forgiveness, on the other hand, is still, and quietly does nothing. it offends no aspect of reality, nor seeks to twist it to appearances it likes. It merely looks, and waits, and judges not. (WB.II.E-1.4;1-3)

If we want to find peace the attitude of the mind needs to be practiced. The world serves exactly this purpose and becomes our classroom. With the help of the Course the world has become a different purpose. First it is about studying how the ego functions and to fully understand its strategies and arguments. Any form of complaining, resentment, pain, envy, anger and fear is an expression of the ego's program on our "hard drive". We are always the ones who provide the hard drive and the energy, and we decide whether the program of the SELF (the HOLY SPIRIT) or the ego's program is running. We are the observer and decision-maker, choosing a false (ego) or our true (SELF) identity. The only options are illusion or TRUTH.

When being entangled with the ego it is just normal that we are making unfortunate decisions, which may hurt others and ourselves. It is only tragic if we omit to realize this and continue the same way: day after day, one decade after the next, one incarnation after the next. When we look at our

unfortunate decisions with calmness and without judging ourselves, we may find healing and solutions. The one who looks at his egomaniacal entanglements together with Jesus, the greatest symbol of the FATHER'S LOVE, can't attack and judge anymore. He starts to understand that you are the prisoner of the ego and thus not free and not able to act differently. Since only the one who chooses forgiveness for himself and thus starts to experience his true SELF, is free to love. This is the mystical dimension of ACIM that opens up to us once we have overcome self-hatred.

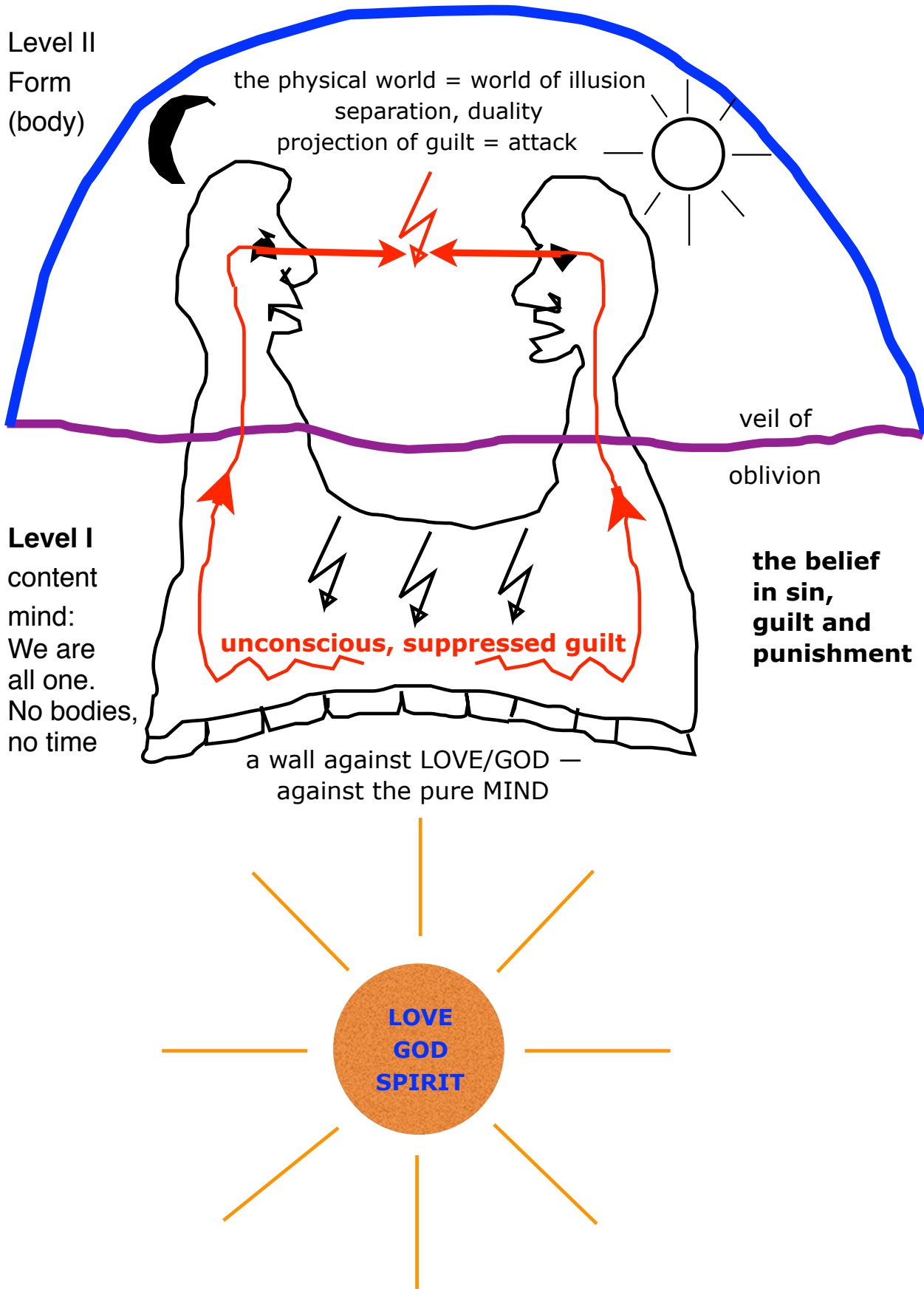
Deep down within us we are carrying only one single conflict: our "No" to the LOVE of the FATHER. We hate ourselves for that "No". However, this conflict is unconscious, since the ego puts the veil of oblivion around it and shifts the original conflict (level 1) to the level of human relationships (level 2). This is why we fell into the dimension of a physical world: We were supposed to stop looking at the original conflict consciously, since we might have stopped the thought of separation and returned into the pure MIND immediately even though we have actually never really left HIM.

Bodies (forms) manifest separation and serve the ego's game by providing the advantage of guilt projections. The ego stages the perfidious drama of shifting guilt within all of us. Self-hatred becomes hate for other people. It is always the other one who does not fulfill my expectations and needs, it is always the other one who takes my peace away. "If I suffer he deserves punishment. Let the other one pay.", so goes the ego's logic.

This scapegoat strategy is the core to all the drama in our world. This makes children responsible for their parents' misery and parents for their children's misery depending on the point of view. We love this game because it seems that it can solve our conflict with God. One looks for the guilty and judges them, or lets them be judged by the revenge seeking God and it makes one feel righteous and free. The actual problem has not been understood nor looked at and definitely has not been solved. Our problem with LOVE, with GOD (level1).

The great value and blessing of ACIM is the disclosure of this hidden ego-dynamic. The one who understands this dynamic holds the key for salvation in his hands. The Spiritual Mind Training wants to guide us back to level 1. It wants to be conscious of the fact that we are mind and that we are having a mental problem, which mirrors itself in the world of forms and which can only be solved on the level of the mind. The ego loves to mix up

The ego's bubble



levels, and loves it when the level of cause (level 1 my mind) and the level of effect (level 2, my body in the world) are mistaken. Then other physical beings are responsible for my peace or lack of peace, then I am only a victim and I am not responsible for the causes I have made.

The ego is the thought of separation. And this is why this very program of separation keeps repeating itself and becomes stored on our inner hard drive as a split-up version of a victim and a perpetrator-self. Generally, we prefer the victim-self since we like to experience the feeling of innocence (and the projection of guilt onto the perpetrator!) Truly it is all about taking responsibility for one single decision, the decision that we have all made collectively: Our "No" to Love, to the Father. Once this has happened we may repent with the help of the HOLY SPIRIT. We need help desperately, but this help cannot be from this world, it can only be experienced in our mind. This is where we find the door to freedom.

Endless analyzes becomes useless when looking at the explained ego's dynamic. It would only be another diversionary maneuver of the ego, which wants us to be bound to the world of forms and to be mindless. Some people may ask what their painful situation, that they are experiencing as human beings, has to do with them. We like to refer to the mirror that we look at. On a personal level I can only say: I only see myself, that is also me. I, too, carry this egomaniacal potential within me and on this level I want to experience pain and tears, since on this level of confusion I do believe in guilt and separation and I don't know how I can find my way back to LOVE. Here I am experiencing another film of fate which apparently has to run.

But on another level, the level of the SELF I say: Nothing has anything to do with me and it doesn't concern me and therefore it is not concerning me. Here in the SELF I am free of pain, without rage, without anger, without fear. Here I feel compassion for the ones who are attacking me. Here I can see their need, their delusion, their insanity. They are not free to love, if they are acting "personally". Then they are only prisoners of the ego, desperate and full of fear.

This is how the Spiritual Mind Training looks at the level of action within this world: I am taking the other person and his egomaniacal delusion seriously and I may stand up for myself. I may call the police, if my life is threatened. I may go to court and ask for a worldly judgment. I may say "no" to another person, and I am even asked to do so for the other person's

sake, for helping his learning process. If I was in his shoes I would also like (from a higher perspective) somebody to show me my limits. The process of waking up from the dream of the world is usually connected with great heartaches and emotional pain.

What's a salutary approach?

I am taking the Spiritual Mind Training seriously and stay with it day by day. I go into the stillness and observe my mind and recognize the murderous impulses of the ego: vanity, hedonism, feelings of revenge. This is all part of the ego, it is the person, it is related to the body and the world. I have to let go of all of that, if I want to find inner peace. I forgive myself for all that.

Another word about the world of forms (level 2): We are always expecting a perfect world, perfect healthy bodies, perfect relationships with everybody cheering together under the Christmas tree. But that is not possible and it's not intended by the ego's program. The ego lives off of destructive tensions and not of heavenly harmony. The world of forms represents the ego, it is a symbol of separation and it is always an attack on LOVE, on GOD. It is a place of war, of misery and death. To wander through this world swiftly and peacefully in the name of forgiving wimpy criteria for the happy dream. It appears before waking up. It seems that we are still in the darkness, but we can see the LIGHT at the end of the tunnel: *if you want to learn to forgive, you have to go through human's abyss, or at least have*



seen and felt it. Drive to Auschwitz and feel the shade, connect with the dead and with the guilt mania and pain within you, to redeem it. Auschwitz can be a place for insight and healing. Anybody should have a quiet look at his/her personal Auschwitz, to be able to carry it to the alter and to let go.

The ego loves our naive way of hoping for world peace with the motto: seek but don't find. Anybody who gets stuck on the second level is bound to fail, even if sometimes sham successes may be celebrated. I don't trust the world, but I fully trust the SPIRIT within me. Only there can I find PEACE, this is where I want to see and strive for it in quiet hours. The spiritual world has heard my desire for healing and now may and should act within me.

Chapter 6

The Juice of Things

The greedy mind is blinded by the images of the world.

The world with all its things appears glittery and seductive to the hungry ones. We want the ultimate kick and are craving to suck the juice out of all our experiences. This juice contains the tension and the ego's triumph over God: I made it. I reinvented myself. I am my own God in my own world. At the same time this contains the original conflict which pushes us to conquer the world and to fulfill the work of taking ownership of everything and everyone: land, commodities, plants, animals, man-made things and finally all other people around us. It is insane to give GOD credit for this world which is based on duality, since then GOD would not be a GOD of ONENESS, but become a creature similar to ourselves who would direct our worldly ways in an avenging and greedy manner. If God had created the world and nature, he could not be a God who is loving only and we would have reason to fear him as a demon. Duality always implies splitting up and therefore "create war". This is also particularly true for nature. One example is the invasion of the Argentine ant in Europe in these last years. An interesting documentation can be found on YouTube. Here a short sum up:



"Tiny little ants from Argentina have migrated and settled along the European Mediterranean coast. They built a gigantic colony which stretches for over almost 6000 km from Northern Italy over France and Spain all the way to Portugal. Billions of workers are organizing the biggest organism of the world. They cooperate, fight aggressively, and extinguish all native types of ants. They also have the potential to change ecosystems all over the world. Scientists are desperately trying to decode the strategies of these Argentinian ants and understand their influence on Europe's nature..."

This shows that also nature mirrors our dreaming state of mind, since we have projected them collectively. GOD has nothing in common with it. The human like, revenging God, the one that we see described in the Old Testament makes the deal with the foeman and knows about Job's hardship. This insane God loves to test us and demands to prove our solidarity. Job's story is commonly one of the favorite ones of the Old Testament because all of us recognize ourselves in Job's desperation. We doubt God's love because in our hardship we are experiencing him like a sadist, who finds pleasure in man's misery.

But this God only exist in our nightmares and we are only projecting our sadistic abyss, the ego's program, on to him and thus he only mirrors our state of mind within this illusion. Who acts in this world? It is always man, who becomes the wolf of man and creates a place like Auschwitz with all its horror. This has nothing to do with the real GOD! This is the good news of ACIM.

A substitute for HEAVEN

We are seeking to find the juice of things as a substitute for HEAVEN, which we have (seemingly) left, although in reality we are in this eternal HEAVEN right now. Where else should we be? But we have not recognized this TRUTH, that only GOD is and that we are HIS ONE SON and thus we are eternally within HIM.

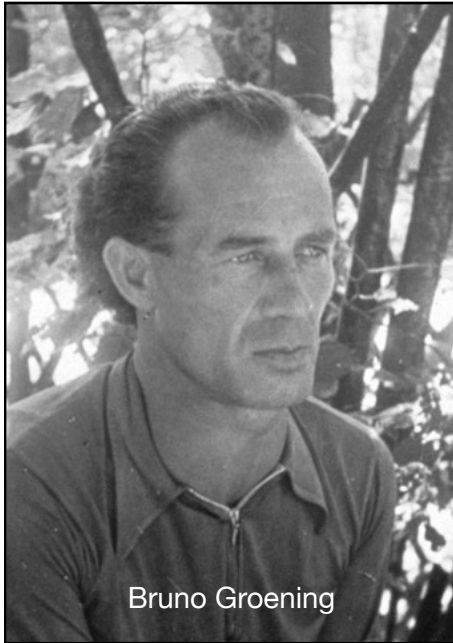
Everybody knows the juice of things and everybody has tasted it. Everybody is addicted to something, no matter whether it is alcohol, sex, chocolate, movies, outdoor adventures or trading cards. We are all hungry and it seems that we have all successfully experienced fulfillment from worldly things for



several seconds, minutes, hours or even days. But then suddenly cold turkey came upon us. Disillusion and frustration showed up and pushed us as if we were pirates, looking for the juice of these dream worlds. A miserable nightmare which we choose over and over again, and which helps us to realize that we are

in desperate need for the help of the spiritual world, in order to find real peace without any cost and without a shadow.

The new documentary film about the works of Bruno Groening ("The Phenomenon of Healing"), who can be considered one of the greatest spiritual healers of the 20th century and whose work still shows effects



today, 50 years after he physically passed, reports about addicts who have been healed by Groening. When watching this film, we can get an idea about how healing through the spiritual world is possible and that we may experience it. No matter whether it is an alcoholic or drug addict, they can be spontaneously healed without withdrawal symptoms by Groening's energy, the power of GOD. If we are seriously open for spiritual healing old ego programs can be erased instantly. This experience however needs a high level of openness and dedication to the spiritual world: to GOD.

We have recognized that the juice of all things has nothing valuable to offer. It rather serves the opposite and its kick makes us spiritual slaves and we're drowning in the destructive tension of the ego's world. There we find only one goal: our death. And even death will not help us, since we will have to live because in reality there is no death. Death, the ego's greatest invention. We will be chasing one dream world after the next conquering another new (virtual) box in the well-known box and travel seemingly without end from one incarnation to the next. Until we decide: I have had it! This is it! I want to quit. I want the suffering to end. I want to live within GOD!

To transcend the dream of a world

In his textbook ACIM, Jesus offers us to make the world transcendent and to lift ourselves over the battlefield together with him. He wants us to be united with him in the MIND so that we can be freed from painful idolatry and neurotic encounters in which we are full of hatred and are attacking ourselves and other people, because we believe in guilt. It's not about fixing the world, since illusions cannot be made better or be healed. It is the same way with the ego. You can't forgive or heal the ego since it is truly "nothing" only an illusion which has never really existed. Illusions can only be erased through "REALITY", so that we can finally experience liberating reality. Why should we stay in prison when Jesus has opened the door for us and wants to guide us into freedom? Well, we greatly fear this very freedom and LOVE

that we see shining towards our way. The ego suggests us to think that this step into the outside means destruction for us: God's punishment, the final judgment day.

Jesus on the other hand wants to convince us that we are the ones who have chosen this prison of separation and that we are the ones who can choose against it. Only we, and the power of decision in all of us, are able to do this. And this is exactly how I can lift myself up above the battlefield and find peace even though it seems that I am still with a body and still living in this world.

The process of redemption: make a new decision!

*When I am experiencing the world it is always only about me.
What does this do to me? What does it trigger?*

Since I am the one who gave meaning to worldly things and thus let them have power over my mind, it can only be me who takes away this meaning and with that also the illusionary authority of things. No God can pass by man's will. GOD respects our decision for dreaming, even if we are severely suffering from our dreams. As ACIM *firmly* tells us we are in HEAVEN and dreaming of exile. As long as we don't want to get rid of the world's toys and cling to them and don't want to see how worthless they are, we will stay prisoners of our delusion and slaves to ideas and things that in reality don't exist. Letting go and taking back meaning is a spiritual process and must not be misunderstood by taking it too literally, like some "good Christians" have. They gave away all their belongings until they ended up as beggars and dependent on others. In this case content and form has been misunderstood. The Course is always considering the spiritual process, for example when we buy a house and connect with it mentally. The house itself is not a problem. It is anyway just an illusion and a temporary home for our dream-body. But if this same house grows roots in our mind and we think that we can only be happy in this house, we are starting to have a severe problem. All that counts is that we submit our belongings, just like all other relationships to things, to the guidance of the HOLY SPIRIT.

Ownership is a dangerous concept if it is left to you. The ego wants to have things for salvation, for possession is its law. Possession for its own sake is the ego's fundamental

creed, a basic cornerstone in the churches it builds for itself. And at its altar it demands you lay all of the things it bids you get, leaving you no joy in them. (T-13.VII.10:10-13)

In this context the word "churches" is used as a metaphor. Even a villa or car can become our "church" and then be called the "holy walls" or a car the "sacred ride". It is always and only about substituting LOVE and in the end this substitute refers to our entire projected world. It is our prison that will never make us happy.

The world is nothing but a big insane asylum. In the best case we can understand it as a classroom for our healing. But to stay here and live forever is something that only a mentally ill person, who has not realized his misery yet, can wish for. This is why recognizing the egomaniacal mental illness, of which all of us here are suffering from, is the basis for liberation and healing. The one who has not fully sensed the problem will make himself comfortable in prison with cozy curtains, incense cones and coffee. We have all tried this, but it did not lead us to peace. It is surprising with how little man can be satisfied with, from the spiritual point of view.

The ego fears one thing: that I become aware of my power of decision-making and utilize it for the path of healing. This implies to refuse the ego's policy and to cooperate with the spiritual world. Let's always remember: The ego itself is powerless because it is and remains nothing, a crazy delusion and it can only become dangerous when I let it affect my mind and when I feed it with the power of my consciousness. Without us the ego is powerless and unable to act. The famous sentence applies: *Suppose they call for a war and no one shows up.*

On the other hand, if everybody takes the ego and its crazy beliefs seriously, we will have war in this world of illusion and at the same time God doesn't know about it, because HE doesn't know war, nor splitting up. I'm aware that it is very difficult for most people to allow this thinking process. It all sounds very provocative and questions our world as we know it. Just this questioning is one of the most important steps toward healing and peace. If I want everlasting peace, then I have to retrieve the meaning that I have given to the world. I can't live in this world, made by the ego and experience it and at the same time want to enjoy the freedom of God. Only once I recognize the meaninglessness of the world, the door to PEACE in GOD will open.

Brother, we are healed in CHRIST.

This is what I want to believe.

This is what I want to choose.

This is what I want to be.

I am at service for the healing and salvation of all people.

About the nonsense of suffering

In Christianity, the value of suffering represents achievement. If somebody appears to be "well suffered", we feel that he is closer to the crucified one. We magically wish to use suffering so that we can offer a sacrifice to God and pay for our sins and receive gratification. Some Catholics may feel that questioning suffering equals blasphemy. Didn't God make the greatest sacrifice by letting his son be crucified? It seems to be a big challenge for us Christians to be able to see the PURE MIND, LOVE beyond all suffering. Questions arise: Can GOD suffer? Can GOD make mistakes? Is HIS creation, the SON of GOD, incomplete?



ACIM gives a clear answer to this question: The PURE MIND, the FATHER can't suffer. Any kind of suffering is an invention of the ego, and based on the impossible concept of separation. Accordingly, GOD does not know suffering and need. How wonderful, we should be happy about that because we all are collectively the ONE SON of GOD. In reality HE cannot suffer. There is no pain in LOVE. LOVE does not ask for atonement. There is only the MIND, which is eternal.

Make use of fear

The one who has experienced the abyss of human's (nightmare) dream existence, knows fear and desperation. Every human being has to go through this experience on his/her long path of confusion. We should make use of fear and see it as a chance to realize that we need HELP from the

spiritual world. All of us are in need of help and guidance so that our mind can finally be healed. Fear is the ultimate expression of our belief in guilt. The belief that we have murdered God and stolen his life. This fear is



Homo aegrotus: suffering man (painting by Reinhard Lier, 1978)

primarily captured in the ego-matrix, but can become the drive for a serious search for the truth. We must have a concentrated mind in order to walk in silence through the depth of night into the LIGHT of the TRUTH. Maximal alertness and uttermost devotion to the HOLY SPIRIT will open up the door to the LIGHT for us. That's all that needs to be done from our end, nothing more can be done.

The counterpart of fear is boredom. It can torture the dreaming mind in a nagging way and nowadays has become a problem particularly for young people. In this case the person is completely cut off from the spiritual world and looks for the thrill of life, "the kick of life", which is truthfully not LIFE. Since at least some kinds of battles have to be won, to give sense to existence, people turn to all kinds of dangerous sports and become addicted to adrenaline. But it doesn't work out that way. Irrational egomaniac actions are leading us all to deeper and deeper insanity and pain, and that is the price that we have to pay for experiencing lust. Or: one dims himself down instantly and smokes cannabis or drinks alcohol to help stand the frustration and the feeling of meaninglessness. The parasite – the ego – dances in such a host. In this case one can only respond with Shakespeare's words:

(MacBeth, 5th act, scene 5)

Life's but a walking shadow; a poor player,
That struts and frets his hour upon the stage,

And then is heard no more: it is a tale
Told by idiot, full of sound and fury,
Signifying nothing.

Here is the good news: The REALITY of the PURE MIND does not mind this at all, IT cannot be threatened by illusions. At the core illusions are nothing but a crazy belief:

The father of illusion is the belief that they have purpose; that they serve a need or gratify a want. Perceived as purposeless, they are no longer seen.

(Manual for Teachers: 14.1:6-7)

All of us who believe we live here on earth, have denied LOVE, the SPIRIT and the eternal LIGHT and have tumbled into the darkness of separation.



That's all that happened. Now it is time to open our spiritual eyes. We are like the four-year-old who closes his eyes while standing in front of his playmates and who tells the others to go and look for him. This happened to me when playing in the backyard of our house. My playmates were only laughing because they were not in the dark. Only I had my eyes shut because I wanted to be undiscovered with my guilt.

I experienced this guilt very painfully a few years later when shoplifting.

After I had done it – and I really hadn't wanted to do it – I experienced the impossible: I had fallen, I had lost my peace and there was no return. The summer sun was shining and all I wished for was to die and that I had never

been born at all. I wrestled with God and ran from him: there was no way out. Stealing, the robbery, the forbidden deed all of this mirrors our belief in the original sin; our original sin against GOD. The mythological image of Lucifer's fall tells this core tale, the original story, to our dreaming mind. Even children have to get acquainted with the dark side of the illusionary world, no one will be spared. Since all of us believe that we are guilty and this is why we have to experience guilt and go through the feeling of guilt in order to be able to let this mistake heal within us. Only the one who takes a serious look at it can be freed and overcome all illusions.

Chapter 7

The Special Relationship

*Only once we experienced something intensively, it is learned.
Often we choose repetition.*

It takes the practical setting of human relationships to experience learning and healing. Two people are always reflecting each other to enable self-awareness. Learning cannot take place in void of air, in an abstract setting. This is why all our relationships, no matter how painful and destructive they may be, are equally valuable. We actually get the most benefit for our mind



when experiencing pain in a relationship. Yet, most people are lacking the mental tools that help to deeply understand and to make healing possible.

When illuminating the couple relationship, which is strived for by most people, the Course talks about this “special love-relationship”. It is when experiencing a strong attraction and the feeling of infatuation. After a few weeks or months this vibrant phase ends and painful disillusion takes its place.

This reoccurring fact should make us think: infatuation does not equal a wholesome and holy relationship. It is just the opposite. Here we are experiencing a special deal between two people: one becomes a protective shield against the other one and shields off one’s own unconscious feeling of guilt. This strong attraction and the mutual feeling of desire for each other covers the original guilt conflict of both partners. Blind infatuation is celebrated by letting our awareness deny the guilt conflict. Therefore, there is no need for us to project onto the other one. When caressing and loving each other everything seems to be well. Only this illusiveness of peace can't be held up for a long time. At some point the guilt conflict will come back to the surface and painful attacks will follow.

Then this special love-relationship turns into a special hate-relationship. Both phases are of a sick nature but this is hardly ever recognized. We are wishing back the phase of infatuation and don't understand how it got to be

replaced with this painful disillusion. On a spiritual level we can look at the relationship as follows: In his dream the SON of GOD got caught in a house of mirrors. The many mirrors around him make him believe that he is seeing many people who are looking at him in a way that he really is: full of fear, grim and fierce, hungry and greedy, murderous against the others and simultaneously suffering from being attacked. The ego's program of lack has a lock on him. We are familiar with this and experience it as a feeling of hunger in all parts of life.



Now the ego's strategy is: find an attractive substitute for LOVE. Secretly it is all about solving the problem of guilt, the problem of being separated from God, without actually getting rid of guilt. The creation of bodies (forms) is the most impressive magical trick, it is the fall into the world's house of mirrors. This is apparently how projection became possible, even though it is not capable of solving our guilt problem. Actually it is not even intended to solve it. When fully concentrating on our physical being, we are leaving the mind. We become mindless and we start thinking and feeling as bodies. This physical experience makes us seek for the juice of life in all worldly phenomena, meaning in relationships to other people, to animals, to plants and all kinds of materialistic things.

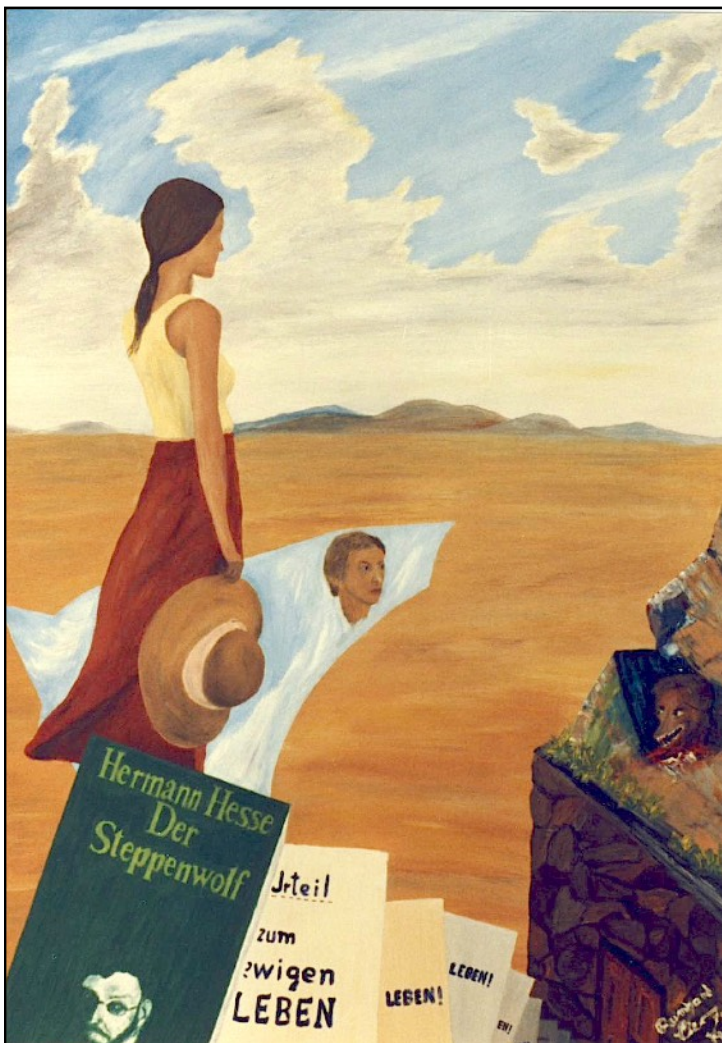
Enjoying the juice is our joy and victory. Our victory over God. Under the light of GOD'S REALITY this juice is made out of our belief in images, which does not contain anything REAL. We are the ones who give them meaning and glory. We are charging them with magic and our hunger urges us to project these appealing images more and more often, and consequently consume them. Since we are understanding ourselves to be physical beings, these images appear concrete and tangible with their own life in front of us. But all of this happens only and solely in our dreaming mind.

Here is a special story to illustrate this:

On the wall of the river Thames in London a beggar makes himself a bed to sleep in. He lays down on the wall with his back to the river and almost falls asleep, when a limousine stops in front of him and a very attractive lady gets out of the car. She asks him if he'd like to come with her to take a good bath, eat well and get a good night's sleep in a real bed. He agrees and gets into the car. The limousine takes them to a castle like palace in a London suburb. After taking a bath and enjoying dinner he lays down in his bed. The lady of the house sees that there is still some light in his room. She knocks at his door and asks if everything was to his approval. He gratefully replies with a "YES" and the scantily dressed lady sits down on the edge of his bed. She asks him whether she could lay down with him and if he could move over. The man agrees, moves to the side and falls into the Thames.

Joy wants the eternity of all things, wants deep, wants deep eternity!

(Friedrich W. Nietzsche)



The Juice of Things is a bloody one. It promises joyful lust and we pay with pain and disappointment. One doesn't come without the other. The complimentary side of joy is always pain. They are both one side of the same coin. We may scream desperately like Nietzsche: "Joy wants the eternity of all things!" and cling onto bodies, but we won't find real fulfillment this way. All of us have often enough experienced this bitter disappointment and are still choosing the drama again and again. We are wandering through the house of mirrors in this projected world like compulsive repeaters we could learn how to distinguish

the joy of images (form) from the joy of the SOURCE, the MIND. The joy of the mind does not know shadows. It rises from LOVE. Sober mindedness is a prerequisite for experiencing this.

Once we got a taste of the juice, we get into a gold digger mood and set out to an endless search: Now we are driven by the dynamic of addiction and ecstasy. A piece of chocolate that's supposed to make us happy, a chocolate bar, a pound of chocolate, a chocolate store and then the whole world... We are investing all of our passion into the object of desire: the vacation, the new house, culinary joy. This expresses intention and it expresses want: The object of desire is supposed to give me fulfillment and peace. The intensity of joy depends on the readiness to invest into the object of desire. The pain



and disappointment that follows is very strong. Once our path has brought us to this point we can finally realize that the ego has led us deeper and deeper into delusion, into its hell, and that we need help from the spiritual world.

The Call

He stood on the pinnacle of his roof and looked sorrowfully down onto the hard-won earth. He had wandered on a thousand paths, paths of joy and paths of misery, but now he saw the dignified empty husk of death and swore: Now I want to leave the halls of illusion which are rich of images, and all of the world's delusion, and be still. My mind shall recognize truth as truth, distinguish form from content and exceed space and time in stillness until the light of peace fully illuminates me.

He hears a quiet voice: "If you are ready then we are, too. Then the end of the night is near and your journey is over".

It was eternity that has always called for you in all dreams and that was within you on a thousand paths, but you didn't know then.

Chapter 8

Choose Healing

When we choose sober-mindedness the HOLY SPIRIT gives us PEACE. Sobering up is the core of disappointment: a healing process! This is where indulging in illusionary images ends and where we start walking through emptiness. This walk through the desert, this letting go of images, causes cleansing of the mind. But it takes our decision to do that. Then the spiritual world can grant us a positive outcome and accomplishment. The spiritual world cannot pass by man's will. We are always asked where we want to go: into joy and pain or into the peace of the MIND.

A healing exercise

Greed and sober-mindedness exclude each other just like fear and love.

When I start to reach out eagerly in an egomaniac way all I am doing is indulging in images of desire, whether formally or in my fantasy: I observe. My response to that is: I forgive myself for that and I let the ego's pretty gifts pass by. I don't need any of this. All I need is the LOVE of GOD, that's all that feeds me. Only in GOD'S MIND can I find peace.

We need to understand that the ego's way does not pay off. It leads us into slavery and makes us serve the ego tin gods and we have to experience more and more excessive lust and pain: with a carrot and a stick. It is part of our learning to go through this experience. Furthermore, we are in great need to inwardly experience the communication with the spiritual world. This may happen through symbols like Jesus, the Angels, Padre Pio, Bruno Groening or St. Francis, at first. All of them are serving as a bridge and it makes sense to use this bridge into the PURE MIND, which is a complete abstract nature. Once the spiritual world has been experienced as a virtual counterpart we have reached an important milestone heading toward the goal. Anybody who has made this experience can't deny it and can't go on acting like an uneducated child. He knows about the link between his will and the spiritual world.

We are always called to be alert since the ego tries to turn over all experiences, also the healing ones, and use them for its own purposes. Here's a story to illustrate that:

A man walks together with the confusion-maker ego (the false prompter) into a holy garden. They see another man who is in deep meditation. There

is some wonderful energy coming from the man who is meditating, apparently he has connected with the highest. The man says to the confusion-maker ego: "Oh, this is bad for you. He is slipping away from you." The confusion-maker ego replies: "Never mind. He will return into his normal state of consciousness and then I will advise him to reflect about his experience, to worship it and to repeat it."

Steps toward the miracle, steps toward healing

At its core the miracle is always one thing: it is the healing of my mind. ACIM deals with this one point and illuminates the obstacles that we are putting in our way and we keep separated from the PEACE of GOD. Once these obstacles cease to exist and we give up believing in them and to manifest them, HEALING will spread throughout us: We are experiencing peace.

Healing can also be reflected in bodies. The desire for a physical well-being is only human, but it is not the primary goal of the Course in Miracles. We may use worldly aids like therapy and remedies since we are convinced about the existence of our bodies. The HOLY SPIRIT can use all conditions of our dream world for our benefit. Generally, it is always about our attitude in the mind and that we are taking responsibility for our experiences. We should pay attention to a few basic principles and accept and apply them:

I am responsible for what I see.

I choose the feelings I experience, and I decide upon the goal I would achieve.

And everything that seems to happen to me I ask for, and receive as I have asked.

(T-21.II.2:3-5)

Five steps for the process of healing

I realize that I am unhappy.

It is about me and only about me. There is nobody out there.

I will not hurt myself today. For I am far beyond all pain. (Lesson 281)

I turn to the straining feeling and give it a name: anger, guilt, grief, envy, hatred, loneliness, shame, emotional numbness, betrayed, cheated on, lied to, disappointed and so on. Am I familiar with this feeling? Have I experienced this before? The insight from the Spiritual Mind Training:

I choose the feelings I experience, and I decide upon the goal I would achieve.

Question: Who is the "I"? Who chose this feeling? Our feelings are only taking us back to the "I" which has chosen them. And this "I" is nourished

by these illusionary feelings and painful experiences. I will defend this feeling and its rightfulness because I don't want to question my false self, this "I", but rather reassure it. My true SELF cannot experience these feelings because it is free in GOD and doesn't know illusions.

The feeling and the thought that my false-self builds up (*grief/My parents forgot about me when I had to stay at the hospital when I was four years old*) are mirroring the original moment of my belief in the separation from GOD. This is the experience that nourishes my identity as a separate being. Every painful and every victorious and triumphal moment in my life is a repetition of this one moment when I chose and experienced the thought and the feeling of separation for the first time. I am unconsciously arranging my whole life in the way so that my crazy beliefs and dogmas can be confirmed. Why the triumphal experience at all? Because it represents victory over another person and from the view of depth psychology it represents the victory over God, and it must always lead to separation in the mind.

I forgive myself for forgetting and denying my true SELF, my BEING in GOD. I give up the victim- and perpetrator identity.

No thought but has the power to release or kill. And none can leave the thinker's mind, or leave him unaffected. (T-21.VII.13:7-8)

Beliefs that make sick appear to relate to other people as far as the assignment of guilt is concerned, but they are always reactive and affecting me. Any statement that I make about somebody else is really a statement about myself: This is how I really see myself, this confirms my guilt towards God. Any feeling of hate for a person is also always self-hatred. Here are some of these beliefs.

I'm alone, no one helps me.

We always get cheated on.

The others are all incapable and stupid.

There is no love.

They all just want my money.

Men are evil.

In the end you can't make it, no matter how hard you try.

Ingratitude is the world's reward.

You can't rely on anybody.

At the end of the road there is always death.

*My efforts are not noticed and not appreciated.
I can't trust anybody.
There is not enough for everybody.
Something always goes wrong.
I'm not supported by other people.
The other people are all calculating.
All men/women cheat.
I am not important and my existence has no meaning.
I can't live healthy...*

The question is not what I am supposed to believe, but rather what I “want” to believe and experience. I could also decide differently and lay my sick-making beliefs down onto GOD’s altar and let them shine away through the process of forgiving in my mind (the HOLY SPIRIT). I forgive myself for my feigned attack on GOD, and thus the attack on myself. The attack on God has actually never happened. In my dream however, this attack is at the core of my false identity and therefore the core of all conflicts. My true worth is confirmed by GOD, and never by the world of illusions. Therefore, I do not have to prove anything to other people, or to GOD, I don't have to be right. I am already innocent and free because GOD is all of that within me.

Your worth is not established by teaching or learning. **Your worth is established by God.** As long as you dispute this, everything you do will be fearful, particularly any situation that lends itself to the belief in superiority and inferiority. Teachers must be patient and repeat their lessons until they are learned. I am willing to do this, because I have no right to set your learning limits for you. Again, – **nothing you do or think or wish or make is necessary to establish your worth. This point is not debatable except in delusions.** Your ego is never at stake because God did not create it. Your spirit is never at stake because He did. (T-4.I.7:1-9, bold by R. Lier)

The power and the freedom of decision-making comes down to one single point: Do I want to devote myself to the guidance of the HOLY SPIRIT, and trust completely that the LOVE of GOD carries my TRUE BEING safely within IT? The question is not if I can believe this already, the question is whether I want to believe it. Derived from this, several other questions arise:

1. Do I want to accept the curriculum that Jesus has created for me and do I want to implement it in my daily life, the best I can?
2. Do I want to stay true to myself in all belongings of life and to my inner path back to the MIND? This could mean, for example, that I

would only have an intimate relationship with another person when I actually love him/her. I am experiencing this love as helplessness: I can't do it any other way and I also don't really know why it is the way it is. I can't explain my love ("Because the other person is like this or like that...")

3. Do I want to serve the well-being of all mankind with all my actions and thoughts?
4. Do I want to recognize the people around me in their divine innocent BEING?
5. Do I want to understand that what people seem to do to me can be used as an ideal learning situation for myself and carry out the steps towards forgiving?

The understanding that you need comes not of you, but from a larger SELF, so great and holy that HE could not doubt HIS innocence. Your special function is a call to HIM, that HE may smile on you whose sinlessness HE shares. His understanding will be yours. And so the Holy Spirit's special function has been fulfilled. (T-25.VIII.12:4-7)

Chapter 9

I am attacked – What shall I do?

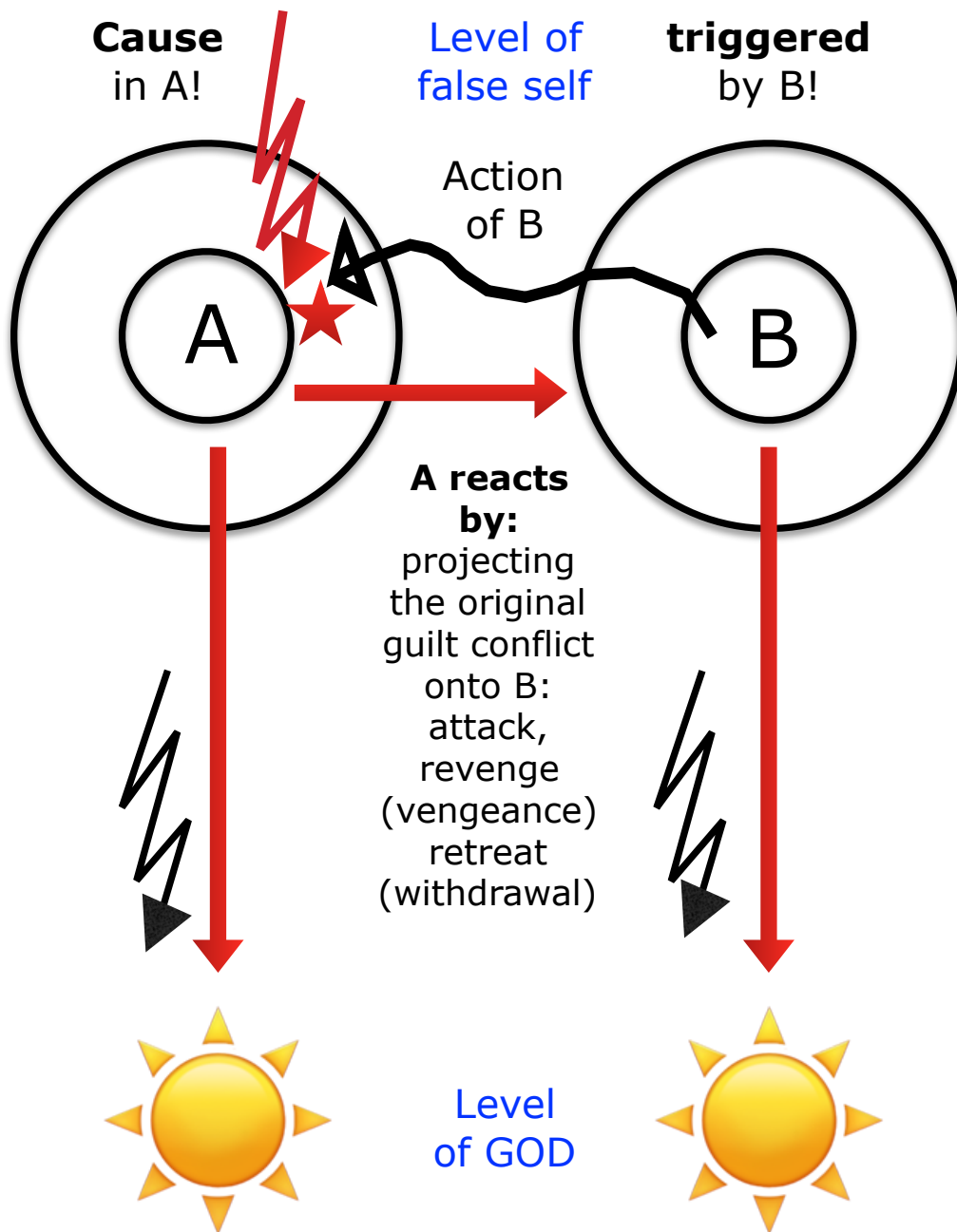
Anger/rage is always projected guilt. The angry one chooses the cheap fake solution. It isn't any good.

We are all afraid of being attacked. ACIM gives us instruction regarding the content of how to deal with attacks. It is not a formal instruction, since the Course is never going to tell us when and which formal rules we have to follow on the stage of our dream life. It is rather a spiritual attitude, which will also show in specific behavior and actions. The base is: I am seeking the connection to the HOLY SPIRIT in the need that the other one reflects on me with his attack (against me or against third ones). This is how I open myself up for the healing of this person and at the same time I am choosing my own healing. This is what it is all about.

I cancel all egomaniacal impulses of anger or fear within me. And if I did get angry, then I forgive myself. In any kind of worldly dream-situation I stay focused on the higher goal: healing of the mind for everyone involved (not necessarily of the body!).

This attitude may trigger outside action or not. I may set verbal limits or even physical limits, or I may quietly practice forgiving. ("All I see is me and I forgive myself!"). However, my reason in this case is not to accomplish my interests against another person, but to implement the one interest that everybody involved in the conflict shares: healing and peace in GOD. The formal expression of this attitude will show itself through the inspiration of the HOLY SPIRIT, if I have connected with the HOLY SPIRIT beforehand. Besides everything that I think I am experiencing here on earth, this is where I find my sole task: to seek my connection with GOD over and over again in all my experiences no matter how superficial and meaningless or how terrible the incidents may be. They are just illusions and they serve only one purpose: for me to achieve healing in my mind. And once I am healed, then I am not the only one healed. But I can only start with myself.

Any kind of "formal juridical" psychology advice booklets are well meant, but are not practical as long as I don't connect to the healing force (the SELF, the HOLY SPIRIT) inside of me when facing a conflictual situation. Common psychology will fail, if the necessary relation to the transcendent is not



The actual cause of pain and aggression is hidden in the unconscious:
our problem with LOVE, with GOD.
Conclusion: It is always about me and about healing my relationship to GOD.

considered. Then the other one will counter attack after listening to the well-meant advice and the bloodbath is ready to start. Any kind of self-opinionated impulse will only provoke and has to be put aside when facing conflict. The attacker is in a state of pain and actually afraid of us and of love. Once I come to the point where I can see the LIGHT at the end of the ego-tunnel within me and once I am able to express it silently or put it into the right words, then the memory of the LIGHT of the SPIRIT can also illuminate within the attacker.

Say goodbye to guilt – say goodbye to karma and to reincarnation

The truth of the SON of GOD, who I am in the MIND of GOD, is: I am completely innocent, no matter what I believe I had thought or said or done. I am really not the person who I thought I was or who I still think I am. I am not the phantom with or without a body (after the illusionary physical death) who suffers. I am not my history, all the experiences that are only based on a delusion of my dreaming mind: on the idea of being separated from GOD.

ACIM conveys this core message very clearly, but we are still fighting to believe it. In our dream the suggestion of guilt and its pretended benefit has a strong hypnotic effect on us. The process of healing is about realizing that I am not what I believe to be: a guilt-ridden desperate being in a human body in a world of war. My whole life and all my sufferings in this illusion are based on my chosen thoughts that I believe to be a being separated from the other humans and separated from GOD.

The law of reflection: the other one's blessing

No matter what the other one triggers within me, it is always only my story, my thoughts, my feelings. It has nothing to do with you. The cause for everything that I experience and how I experience it, is within me.

Whatever it is that another person triggers within me, by the way he behaves, talks or acts, it is really only about me and never about the (seemingly) other person. The cause for my pain roots within my mind and can only be healed there by inviting the HOLY SPIRIT and applying its healing way of forgiving.

A person at an impasse of this world takes his last breath within this unhappy incarnation. Suddenly he sees the light at the end of the ego-tunnel and says to the person sitting on his death bed: *I am glad, that I am not the person I always thought I was! It is all well.*

The one Question:

The Course asks the seemingly impossible question whether we can experience peace no matter what happens within this collectively projected world. When we dedicate ourselves to awakening through the process of forgiving. That is all that we can do, a door to the MIND (who we are) opens. It is mental defenseless passivity against all illusions. Then we become like Daniel in the lion's den. The goal is more than just not to be eaten because: I am not a body! In reality there is no lion den.

This is a letter to a descendent of a survivor of the Holocaust, written after attending a session of Family Constellations:

Yes, stay with the feelings and arising images for a while! Open up your mind so that all souls find their place within it. You are all that and at the same time you are far beyond that. But first you have to go through all of it: through all empires the ones of the living ones and the ones of the dead until everything within you comes to peace. This will then reflect on the souls; this is our service for them. You don't have to be afraid. Let everything be the way it seems to be, but in any way choose the LIGHT within you that illuminates everything and blazes away everything in the mind, even Auschwitz.



Chapter 10

How to face "tough, mad blockades"?

*The observer is the door leading to the mind.
He pauses in non-action.*

To observe means that I am not building up resistance against a feeling or a thought. Non-action is the strongest and only solving reaction against illusion. Phenomena can only be investigated and understood if we *go into* them with a clear mind. We have to figure out "Rumpelstiltskin" without aggression, anger or fear. We have to first look at "the Emperor in his new clothes", to understand that he is naked and that even the Emperor himself does not exist.

We have to overcome the fear of encountering this shadow of the ego in order to achieve our spiritual POWER. However, there is nothing that has to be fought because in reality there is nothing there. The one who fights against illusion lets it become real in his mind, he practically feeds it. The ego enjoys it when it is fought. It lives off being fought or off our devotion to its impulses.

When our attitude of non-reaction is real and consistent then we are suddenly experiencing a state of inward openness and serenity, a state of peace. This is how we can recognize the healing path: drama and tension suddenly collapses. Ignorance, however leads to dissociation: I don't want to know this. I don't want to look at it.

The other extreme, next to battling is wallowing in the phenomenon of observation. Then we are indulging in the drama and are enjoying it, it becomes our feigned identity. One may be a "poor bastard", but that's at least something. The ego loves the extreme, it lives off of tension. If I am the world's victim, then I can't remember that I am initially part of this event. If I realize that I have projected my history and the world itself, then I have to give up the status of the victim. Then I know that I am the dreamer and not the phantom.

Sick thoughts should only be recognized and not changed. They are only handed over to the HOLY SPIRIT: So, let go! There is no solution within the problem. Observe! But do not identify yourself with the observed. Only say:

None of this has meaning, it is all untrue. The liberating question is the key to the door of answers that we are looking for. But the one who loves illusions more than the truth will not find the healing questions.

Now it becomes really interesting:

Who is this observer, who observes everything, even me as a person? The entity of the pure observer is the outermost point that we can experience in this illusionary world. The observer cannot observe the observer.

I created the following chart on the next page with reference to Advaita/ vendanta and ACIM. The consciousness and it's splitting up into the subject and object builds the world of illusion and its respective levels. The observer beyond space and time either projects the dream of the world or turns away from the world and towards the PURE MIND. Once fully absorbed by the MIND it disappears completely. Oneness with GOD is indescribable and then the auxiliary structure of the observer and the decision maker becomes redundant. All of these models are only a humble attempt to approach the spiritual connections and understand them as far as possible.

The power within the mind is mine:

- the power to believe
- the power to identify myself with something (to dream)
- the power of attention (since where I put my attention to is where I am. But the motion of attention can be recognized by the quiet observer).
- the power to make a decision

Be quieter than quiet!

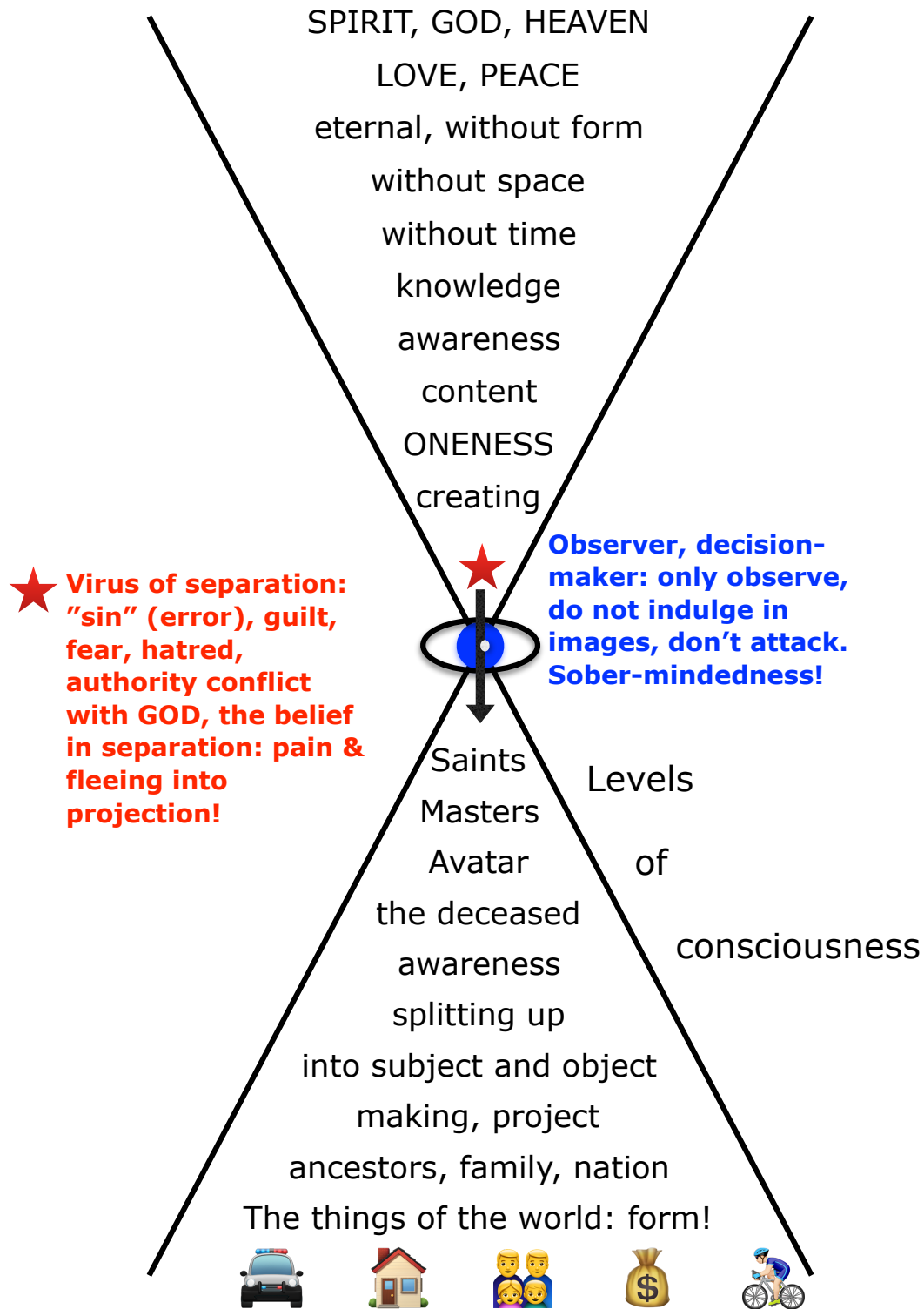
If I was not convinced about the world, I would be free of it. The one who integrates the shadow and makes peace with his illusionary phenomenon, doesn't have to split it up anymore. Consequently, he doesn't have to project it onto others anymore and doesn't have to attack them anymore.

Whenever you are tempted to undertake a useless journey that would lead away from the light, remember what you really want and say:

The HOLY SPIRIT leads me to CHRIST and where else would I go? What need have I but to awaken HIM?

Then follow him in joy, with faith that he will lead you safely through all dangers to your peace of mind this world may set before you. Kneel not before the altars to sacrifice, and

seek not what you will surely lose. Content yourself with what you will as surely keep, and be not restless, for you undertake a quiet journey to the peace of God, where HE would have you be in quietness. (T-13.VII.14-15)



R. Lier /2017

Chapter 11

Transpersonal Constellations

In 2007 I started to add the Spiritual Mind Training *A Course in Miracles* (ACIM) to my work with Family Constellations Therapy that I've been doing since 1996. The spiritual teachings of ACIM have given me access to the *original conflict* of all human conflicts. We are dealing with the Meta-level, the source for the original impulse of suffering and painful experiences in this world. This is very well described by the American author William Faulkner: *The problems of the human heart in conflict with itself which alone can make good writing because only that is worth writing about, worth the agony and the sweat"* (speech at the Nobel Banquet at the City Hall in Stockholm).

Here I'm going to explain Transpersonal Constellation Work with **a specific example** and point out the spiritual aspects.

A client attends a group session because she suffers from anxieties. Whenever she sees a knife she experiences overwhelming anxiety because she fears that she could do evil with the knife. This impulse appears to her as something that's not part of her, something that overcomes her. She's been suffering from these anxieties, that she could do evil and end up killing someone, whenever she sees a knife for many years. When I asked her who was killed in her family, she told me about rumors that there was one man, perhaps two generations ago, who might have been killed. But she does not know any details about that.

We start working with the constellation: she puts up herself, the (unknown) man and the offender. The representative of the client does not show any particular reaction. I put the client herself into the position of the representative, and she does not react strongly to this image, either. I am adding another representative to the constellation. She is representing the knife and I am positioning her in front of the victim and the offender. Now the client experiences anxiety and panic. She runs away from the representatives into a corner of the room and says that she would like to leave this room because she cannot stand it.

I approach her and take her hand. I make her look directly at my face to interrupt the panic attack. She calms down and I ask her to look at what happened between the victim and the offender and the knife, together with

me. She agrees after experiencing some resistance. I tell her that she can feel safe with me. A little later I put an angel (a symbol that has meaning for her and represents help, healing and peace) into my spot. Now it is possible for her to look at the constellation of "victim and perpetrator" more calmly from a distance.

Then she starts reasoning, saying that none of this is part of her, and that the "murderous letter came to the wrong address". This is how the process of working with Transpersonal Constellations starts. Her strong resistance against what is happening ("I have nothing to do with that!") tells us that she does believe that she is connected with the murderous forces and that is exactly the imagination that creates fear because she thinks it is real. And subjectively speaking, everything is real for us that we experience on an emotional level. But this does not indicate metaphysical absolute (other) truth, because the human is not automatically connected with it.

The Spiritual Mind Training ACIM is based on the thought that there is only one SON of GOD, who we are all together. But as this ONE, we are dreaming of the separation from GOD (the SOURCE, the true LIFE in the MIND) and this program of separation and splitting up constitutes our life as separated beings in bodies on earth. Truly we are all absolutely connected on a spiritual level. In Family Constellations Therapy Bert Hellinger states that we have "unconscious connections with the fates of family". This may be expanded and applied to the fate of all people. It seems that we are many on the level of form but in the mind we are one. We all carry Adam's fall within us and in the end we are all this Adam (man).

The pressure of guilt (sin), the fall out of the ONENESS in the MIND (with GOD) causes the dynamics of splitting up and projecting: we want to forget that we said "no" to ONENESS and that we wanted to be "individual and special". But it is just this individuality that causes the experience of guilt, that makes us become guilty against the others. I enter a room and I say: "I" (that's my war declaration to the you). I am experiencing the "you" in front of me as separate: That's not me, I have nothing to do with it. The other one has to be the guilty one. The other one (whom I am reacting to) becomes my projection screen for guilt. I like to add here: Guilt is fictitious. It is a belief like separation and the fall out of the oneness in GOD. (It is a neurotic and maybe even psychotic compulsive imagination)

Back to the constellation: I invite the client to take a calm look at the event. She is now asking the angel to look together with her and with love at the perpetrator and victim, as well as at the knife (the symbol for the murder). Then the client should say a sentence of resolution that should eliminate the client's distance to perpetrator and victim. She looks at the perpetrator and victim and says: "This could have also happened to me"!



I'm consciously using the wording of the conditional "could" so that the client can still keep a certain distance to protect herself. Because on a human level it is just natural that she condemns the deed that she believes to see out there. All of this is only happening in the mind, but she wants to keep up the projection to the outside so that she can feel innocent: her mind is dominated by the desire to stay separated from the other one who is evil. But the paradox is that it is exactly this desire that enforces the "evil" (guilt) within her.

The next step is that I let her say the following sentence: "This has also happened to me. I have experienced that, too". With this sentence we are breaking through the distance and can release the tension and anxiety of the client. And she can finally agree to the sentence because to her surprise she feels the relief. The dualistic field of tension between "good and evil" and "guilt and innocence" collapses within itself.

Another sentence that can be very helpful when looking at perpetrator and victim is: "I am giving both of you a place in my heart. In the MIND of LOVE (GOD) we are all wholesome".

This is the core of healing. ACIM talks about forgiveness – which only looks quietly and does not react to the phenomena of this illusory world: (Workbook for Students II.E-1.4:1-3/ p 401)

Forgiveness, on the other hand, is still, and quietly does nothing. It offends no aspect of reality, nor seeks to twist it to appearances its likes. It merely looks, and waits, and judges not.

The session can be concluded with the final sentence and a look at the event: *This all has no meaning and I choose TRUTH and nothing but TRUTH for me and for all others.*

The client relaxes, the anxiety disappears and she can turn away from the event of the perpetrator and victim with ease and freely look into the open field. The perpetrator and victim and also the knife have lost their meaning because the original conflict of guilt has been healed in this aspect of the client's experience of the world by letting go of the projection ("This has happened to me, too").

The training group meets again after a couple of weeks. The client tells us that the conflict is completely gone. She does not panic anymore when looking at a knife and she is amazed about that.

The key to healing is to look at the conflict (fear of knives) and to let go of the projection of guilt ("That does not concern me – this has nothing to do with me! It's the others"). This is how the shadow that was projected once becomes integrated and can dissolve.

Chapter 12

74 questions and 74 answers

The questions that concern ourselves, or make us concerned, are the ones that let us grow. The one who raises a question is ready for an answer. The question will come to the asker, it will unfold within him and change him. That's why the honest question and the openness for an unexpected answer is what will bring us further. At the same time these questions lead us to the everyday world that we know, which should be used in a very practical manner as a classroom for the Spiritual Mind Training. Here are some questions from people who have either listened to my lectures or read my books or read the Course (ACIM). Names, places and personal details are either omitted or changed to protect the asker.

Question 1

I've been experiencing the following problem recently: when I go into a state of meditation and consciously connect to the HOLY SPIRIT, I realize a strong feeling of resistance. It shows as a strong feeling of unrest in the solar plexus, comparable to a strong feeling of nervousness and fear and even a stomach ache. Then I try to look at this feeling with the help of Jesus, but recently I can't break through anymore. I would very much appreciate your advice, because I want to choose and experience the peace of God.

Answer 1

The fear that you are experiencing is the ego's fear of its dissolving. Since we generally believe that we are the ego, meaning a person with the body (and identify ourselves with it), we are experiencing this fear as our own fear. I'm familiar with these emotions and they are really a challenge. See if you can approach it with a little more serenity. No matter whether you consciously connect with the HOLY SPIRIT, or not, you are already in GOD and you have always been in GOD. This is a spiritual certainty that we may accept. There is nothing missing. There is no reason to worry. You will, no matter when, completely wake up from your dream of separation.

The sneaky resistance of the ego, which wants to trap us in the world of illusion, will cross our way again and again on our path to the MIND. Since it is "nothing" it lives off of our attention and can only exist if we take it seriously. When you are in the process of observing with Jesus, it is important that you stay as calm and serene as possible and that you don't

judge when looking at this unrest. Usually this feels a little odd for us because we have the tendency to see the ego as something dangerous and have the impulse to fight it.

This is why it is important to bring to mind: JESUS looks upon the lie with the LIGHT of LOVE. All we have to do is to unite with him (with Jesus) to experience this process of HEALING. That's all. Even if fear is still present, stay with it in stillness and keep observing. If you get a chance you could invest one or two hours into this process of open observations without judging. It could open the door to PEACE.

Question 2

This is a very personal question. I've been in conflict with myself for the last couple of months. I've been a member of the Bruno-Groening Circle of Friends for 9 years. I do some volunteer work and I have all my contacts there. Last summer I happened to come across a Course in Miracles, without looking for it, and I have spent some days at the ACIM workgroup at Moelmeshof (Germany). It is becoming harder and harder for me to practice the teachings of Bruno-Groening because of the contradictions between the Course and his teachings. My question is: How do you combine these two teachings, since apparently you came across Bruno Groening's teachings based on duality, after you had gotten acquainted with the Course?

Answer 2

Bruno Groening is a great SYMBOL for HEALING to me. The essential is far beyond the person Groening. He stresses that it is GOD within him who heals. I value Groening very much: his integrity, clarity and connection to God was and still is vast. He was a teacher for Spiritual Mind Training and he knew about the meaning of the clarified, reformed mind. It was easy for him to initiate healing, but to make it last was the person's individual task. In this perspective I may even consider Groening to be a TEACHER of teachers' (Manual for Teachers, 26 Question: Can GOD be reached directly? – 2nd paragraph), because his connection to GOD was so very strong and showed in all his gifts that he had (the ability to heal, clairvoyance, high perception in the mind worldwide etc.) . Since we are caught in the thought systems of form we need images and symbols for the MIND that we can call upon. Jesus is definitely the greatest SYMBOL for GOD, for CHRIST within him. But this CHRIST was and is also realized in Bruno Groening and Bruno is actually referring a lot more to Jesus than the official Circle of Friends

teach. The Austrian Circle of Friends (www.groening.at) features 3 books by Alfred Hosp, who had many encounters with Bruno.

Therefore: It is not about Bruno the "little Groening", but about the realized SPIRIT of CHRIST within him. You could also work with Padre Pio, it all leads to the same outcome. Bruno works like all Ascended Masters. Let us follow their example. In the end we shall experience the formless, the PURE MIND. ACIM is a way of mysticism. If form can lead us to the innermost, then it may be. The HOLY SPIRIT is creative and picks everyone up from where he stands. Bruno is one of many formal ways. It is all good.

Sometimes Course discussions may have a tendency to get stuck in a doctrinaire cramp. I don't get excited about that. The important part is the metaphysics and the knowledge about our egomaniac guilt-conflict. Go ahead and read the books by Mr. Hosp, they are very touching! Bruno knew a lot and much more than he could say. Of course, he did talk about nature and used it as a symbol for the divine. I would not overestimate this. Could he have conveyed the message of the Course at his time? No! He would have been called crazy. There is the right time for everything. Non-duality is a tough cookie, it is the core of the spiritual medicine that will bring us healing. But at his time this was not essential. I think that Groening knew all of that. He realized that every human is only projecting and only perceiving delusions.

Question 3

Did you experience doubt once you had been following the path of ACIM for some time and question yourself whether it was the right path? I have been working with the Course for about 3 to 4 years now, sometimes even daily. I do one lesson every day and sometimes one lesson can take me up to several days. I only continue once I feel comfortable with the lesson and the content. I listen to your lectures frequently, I read your books and other secondary literature. My worldview has strongly changed according to the Course. I felt that I experienced positive effects here and there. So far I didn't let myself be stopped by "downs" and kept on staying true to the path. Momentarily, I feel that the parameters in my surrounding are constantly leaning towards the negative. My boss assigned future tasks for me that I never wanted and that will put stress on me. I can see a lot of change in my surroundings and I get the feeling that I'm running out of time and air. As a consequence, I start having strong doubts about the Course. What if the parameters become worse and worse?

Answer 3

If I remember correctly my phase of doubt lasted for about 40 minutes. I was right in the middle of the Workbook for Students. But I realized quickly: This is the way! This is my way! Non-duality is the answer to all my questions. This is how this ungodly nonsense of this world dissolves completely. This is something that you can't grasp rationally. It has to sink into the soul, this LIGHT from GOD in the form of the Course's knowledge.

Forgive your boss and all people who feel like an aggressor to you. In our mind we can sense the other side: That's what I've done to him some time ago. And now I forgive myself for that. And actually nobody has ever done anything, it was all just stupid dreams... Surrender all worries to Jesus (the angles, the HOLY SPIRIT) and let the spiritual world act. We always want to achieve everything on our own and rely too little on the power for HELP within our mind. Our devotion to the spiritual world is demanded!

Question 4

How do you feel about TTIP and CETA and co? Do you think that we as normal citizens get so distracted with the problems of our daily life that we are not (cannot be) interested anymore in the bigger things that just get forced onto us? In the sense of the Course: we are living here on this earth – even if we are just dreaming it – but isn't it also important that we are taking part in creating what's happening here on earth? I can't completely withdraw from the things happening on earth. That wouldn't have anything to do with being alive nor with God anymore. So what can we do to stay sane?

Answer 4:

This is how I experience it: from a spiritual point of view, it doesn't matter in the end how things here will end. I am at peace with all of that. The world cannot be saved, the (dreaming) mind however can. I get less and less worried about the world, since there is nothing to gain there. When I look at all the nonsense out there with forgiveness and continuously experience that there is actually nothing really relevant happening, then a deep feeling of peace spreads throughout me.

Nevertheless, all of us here are still acting as "normal people". The point is my inner mind set. If I am obsessed with ideals that I have to fulfill here, then I'm having a severe problem. Compulsiveness always roots in fear. And fear is always my greatest enemy. It always leads to either repressing a

conflict or it makes me mad and I start attacking other people (politicians, major corporations, the mafia). But actually I am only encouraging the original conflict within my mind: my belief in guilt and in being separated from GOD. My desperate actions in this world will not bring me peace nor will they heal anything. Man wants to save the world because he experiences it and wants to see it as the basis of his existence. But really in the end we all have to die and nobody can take anything with him. Even in case that we may return in a new body, the basic problem stays the same: our little problem with LOVE, with GOD.

We believe that we are separated from LOVE and this very original problem leads to deep desperation and tension within us. We only need healing in our mind. A wholesome world without the spiritual attitude within us, wouldn't make sense. The world is a consequence of our spiritual conflict and not the cause for desperation. The conflict on the level 1, our relationship to GOD, reflects on level 2, our relationship with other people (which from a spiritual point of view we are ourselves) and with the world.

So if you become active on the level of form you have to ask yourself one question: Can you do this without an enemy-image, without warrior impulse, with only the feeling of devoted love for all mankind? Do you see all people as part of yourself and do you feel how you are truly deeply connected with all of them (and like to be deeply connected with)?

If you are able to do this and if you are carried by this motivation, then you can do whatever you think makes sense on the level of form. But then you do it truly for all men because we all have the same goal: peace of mind! I continuously practice to look at the world together with Jesus and I stop judging and condemning. It is all a process for learning, and deep experience that is inevitable because otherwise it wouldn't (seem) to happen in this dream of the world.

Therefore: "Don't worry! Everything out there will pass – that's for sure! And everybody will wake up from all illusions and find back to a peace that makes truly happy. You don't have to, nor can you control this process of healing, but the spiritual world places everything for our best. To entrust yourself to IT would be a wise decision.

Question 5

I have a problem with "wanting". You said that my will is weak. Isn't it all God's will anyway? Wouldn't it be rather hindering to have your own will? In reality my own will is actually also the will of God, at least one could come far enough to realize that this is the way it is. I am capable of wanting a lot of things and in any case (at least right now) far from a state where I could assume that there is any kind of consensus (my will/ God's will). Right now I'm completely demotivated. I watch a lot of TV and I feel like I don't want anything, because I can't even see what would make sense. But that is hell and that can't be it, can it? Do you know a way out of my current misery?

Answer 5

Once again you are stuck in the ego's trap of lack of will. This world here is not GOD's will, but the projection of our dreaming mind. It is diametrically opposed to GOD's will. It actually represents an attack on LOVE, as we learn from the Course. You will have to make use of your willpower if you want to escape from your torturing dreams. However, you are afraid to use your willpower because you are tortured by the guilt-conflict. That's because the ego does not want you to use your willpower to liberate yourself and break free from the ego.

Yes, your true WILL is GOD's WILL, but unfortunately you are not at this state, yet, since if you were you'd be clear and completely at peace. If you watch TV, then you want to watch TV! Please, don't deny your decisions. You keep making yourself weak-willed and you ought to stop that. Align your willpower to the PEACE of GOD and then ask whether your actions can bring you peace. You are intelligent enough to find clear answers. Playing along with the ego's smoke and mirrors game won't bring you liberty. Well, you watched four hours of TV and then realized that it didn't do anything. Maybe next time you can turn off the TV even after five minutes, once you realize that you don't get anything out of it. And then you can open up the Course book and read a little or go for a walk. Be active, reflect your decisions in a critical manner, choose and act. This is the only way how you can get out of this nonsense of illusion. The first step is to embrace willpower in a new way. This is the beginning of a healing change.

Question 6

I wanted to ask you: Could you employ me as a Family Constellations therapist, with benefits and regular pay? Or do you happen to have an idea

that could help me? I've been fired because of a hand operation (for health reasons). I would like to help healing the mind, the soul, the consciousness. You know I've had a lot of training and attended many workshops and I'd like to make use of my knowledge and gain experiences.

Answer 6

Unfortunately, I can't offer employment. I had to take exams here in the canton of Appenzell (Switzerland) and proof my certificate as a German Natural Health Practitioner. This is all regulated. Working as a therapist is a long process of growing. It is similar to priesthood: you feel that you are called. I felt this call quite young at the age of 22 and I have now studied and gained experiences for over 30 years and now finally my business runs well.

There are many different ways to make money. I'd encourage you to make two lists: 1. What are your skills and abilities that you are trained in and that you are good at? 2. What would you like to do the most? Write down anything you can think of, even unusual ideas. This is a brainstorming exercise that should take at least 1 to 2 hours or you could even go over the list for 2-3 days. Then compare the lists and find the similarities. It can be amazing to see the outcome.

You know, dealing with people's problems day after day is something that one has to like. I've met a few people who started out wanting to do this kind of work, but then realized that it is not as easy as it seems in the first place. You really have to love people and be able to stand their difficulties and deal with them in a positive way. I see this again and again: an alcoholic gets sober and healed and then he himself wants to treat alcoholics. This impulse comes mostly from the helper-syndrome and that has to be overcome first.

I enjoy my work but I could just as well farm horses, paint oil paintings, open up a coffee place, be a janitor or English tutor, make movies or be a travel guide. And when I'm all still and look at all the options, then in the end I always come back to being a therapist. It is what it is, and then I just stay there because it makes sense and I am satisfied with my work. It also feels that this is what I have to do, it is my fate, but I'm very okay with it. We can use the gifts that we have in different forms. And this is where we may look closely: which form suits me best, what is realistic, what is viable?

Question 7

What is the difference between the fact of taking Bruno Groening as a symbol instead of connecting with the HOLY SPIRIT or with Jesus?

Answer 7

There is no difference, if you can accept the one or the other symbol for your own HEALING. The HOLY SPIRIT translates our spiritual openness through a certain symbol to the process of healing. The important point is that we can accept HEALING for ourselves (or can't yet). It is only about this decision in our mind.

Question 8

I separated from my husband last year, but I went back to live with him after the insight that running away would not solve the problem and that anything that I don't face and any problems that I don't solve (my problems) by forgiving the other one and myself will reappear in one way or another. Aware of that, I am now back to living with my husband and I am meeting my limits again and again. My husband drinks regularly and quite a bit. Ugly situations happen increasingly frequently. I talked to him about it and that I'm having a problem with it. He answered: "Right, *you* have a problem..."

I tried to make him aware that he still has residual alcohol in his blood when he is driving the morning. But this doesn't seem to interest him. Here is my question for you: According to ACIM this is all just an illusion, anyway. Everything that bothers me about the other one (in my case his alcoholism and his indifference about how other family members feel about it) are only attributes that can also (or only) be found within me, and the other-one sacrifices himself out of love to reflect these mechanisms for me. Still, I can't handle it. It annoys me and I get mad just by seeing the glass of wine and I'm taking one or several steps back. I'm taking myself back. I simply don't know how to deal with it. I know that neither pleading, talking nor accusing helps. I don't manage to ignore it. Praying: maybe – but so far the situation did not change. I had the insight that this might be the lesson that I chose to learn in this life on earth: life with an alcoholic. I should finally accept that, even if I don't want to, at all. THY WILL be done...

I can't deal with it. What can I do? On my end, for him, where and how? My children (18 and 20 years old) are aware of the drinking problem but they simply withdraw from it. I have to live with him since running away isn't a

solution, either. Would you please write me some advice? It is hard to see clearly when you are stuck in the middle.

Answer 8:

The one thing that your husband is reflecting for you on top of everything else is the "No" to LOVE, that he and you and all of us have spoken. Like we read in the Course: "Yet the attraction of guilt has value to you only because you have not looked at what it is, and have judged it completely in the dark." (T-15,VII.3:4) We don't want to see the "no" that we have said to love. When we see other people saying this "no" we get mad, but actually it is about ourselves.

I'm recommending the following exercise for you: address your husband quietly in his mind (this means no external speaking since this would only provoke the ego's resistance) and say: I respect your decision to drink and to destroy your life. You are allowed to do that. But I would be happy, if you could choose HEALING in your mind and go on the path of HEALING together with me.

Primarily the first part is the most important because by respecting his decision you are allowing him to find his own space. Then he and his sense of responsibility is confronted with his actions and any possible consequences. Only once you let go and respect his decision, he can find new insight. He may choose to have painful experiences. You could choose PEACE and just look at him calmly and with compassion. Believe me, it is possible and it is the only way to help the other one.

The first part shows the ALTERNATIVE, which you have hopefully already chosen in your mind (because only then is your speech convincing). Refrain from external speaking and acting because this would only cause resistance.

Whether you are going to live or be with him is not that important, because it is only a matter of form. It is about the attitude in your mind (the content!) that you take towards him and how you look at him. It is always about the mind! See the power of decision in your husband's mind. This is how you can help him the most because this is how he can remember that he has started this drama. He hates himself because (subconsciously) he believes in his guilt. This self-hatred leads to self-punishment: Destruction of one's life through alcohol. But he could make a different choice.

Question 9

I am concerned about terms like "get rid-of and let go" . For example, if one would say: "I want to get rid of my debts, or let go of my debts". Which one makes more sense? Since "get rid of" doesn't really work, does it? And what about the term "let go"? In this context I'm asking myself: to let go of something is the opposite of "keep". "Let go" seems more resonating to me.

Answer 9

"Get rid of" implements resistance, while "let go" is a spiritual process based on the insight that from the view of the HIGHEST, of LOVE, debts have no meaning. They are part of the illusionary story that we all believe in – they are not absolute (eternal) truth. Strictly speaking, I'm letting mostly go of the pain within me that is attached with the debt. On the bottom of my heart this is fear. When letting go I choose peace. Of course we may wish to get rid of old debt and be free of it – wishing that debt will actually vanish from the illusionary world. But the spiritual process comes first: I let go of the debt and with that also of the world and all the expectations for happiness that I have within this world. Everything that we try to hold on to here, and everything that we thought would make us happy has not brought us peace in the end. Credit and debt are both meaningless in a spiritual sense. Since in the MIND it is only about PEACE in GOD and the LIGHT of HIS LOVE.

Question 10

My girlfriend keeps attacking me verbally. She's always criticizing me and wants to change me. Then again we have times when we get along really well and are really close to each other. But her constant attacks annoy me very much. How am I supposed to deal with them?

Answer 10

The stress that you are feeling as a reaction to your girlfriend's attacks reflects your own unsolved conflict with GOD. Since unconsciously you hold yourself responsible for this attack and expect punishment for it. Now you are experiencing this punishment through your girlfriend's accusations. But all of this is just a nightmare. Both of you are actually within GOD and nothing happens within this nightmare. It is not meaningful or "real". It is all just like a dream at night. When you wake up in the morning you know that nothing really happened. You may have killed somebody in your dream but you won't find any corpse in the room. Only you are responsible for what you are experiencing and how you see things. It is your perspective that

decides how you are experiencing your girlfriend's attacks. You wouldn't have to be afraid since the fear in your mind is only based on your (unconscious) decision that you want to believe in guilt.

This one insight shows the solution of ACIM: Give up your belief in separation, your belief in guilt and punishment and you will be in the PEACE of GOD. JESUS /the HOLY SPIRIT wants to help you since you, all by yourself, are too entangled within your dream and can't drag yourself out of the swamps. We desperately need JESUS because HE is free and in PEACE and he wants to show us how we can experience this PEACE, too. Forgiveness is the answer, but in the sense that you know that your girlfriend is having a bad dream (like you) and that she is desperate and looking for love. In truth she (like you) has the HIGHEST, THE HOLY SPIRIT, within her and could choose HIM. You should see this power of decision *within her* and *believe in her*. Then you will see her as a strong person (and not as your victim!) and at the same time you will strengthen this power within you. And this is the start for the healing process! On a higher spiritual point of view, you are also your girlfriend and she reflects your original conflict, the one conflict that all of us (being the ONE SON of GOD) have with the FATHER. I see always only myself and then I can develop compassion with this seemingly other person and with me. The sentence from ACIM applies: The HOLY SPIRIT teaches that you always meet yourself, and the encounter is holy because you are. (T-13.IV.6:9)

Question 11

I wanted to ask you for help in interpreting one of the parts of the Course: The "Hero" of the Dream, Text, Chapter 27, VIII.7.7

You have no power to stop the body make its evil deeds because you did not make it, and cannot control its actions nor its purpose nor its fate.

The way I understand it is that the body basically does its own thing on the stage of life and I just have to go along. The only sensible thing would be if I stopped following my impulses, because then they would not affect me anymore and I could be at peace. But what about sexual arousal? A sex addict cannot get rid of his desire. I'm worried about that because it seems that I am other-directed.

Answer 11

That's not quite right. This gives a good example of how dangerous it can be to take a single sentence out of the context. Here is the same thing again more precisely. I put the thoughts that we erroneously believe to be true into italic. This is how we come up with false conclusions:

(T-27.VIII.7:2-7):

The world you see depicts exactly what you thought you did. Except that now you think that what you did was done by you. The guilt for what you thought is being placed outside of yourself, and placed also on a guilty world that dreams your dreams and thinks your thoughts instead of you. *It brings its vengeance, not your own. It keeps you narrowly confined within a body, which it punishes because of all the sinful things the body does within its dream. You have no power to stop the body make its evil deeds because you did not make it, and cannot control its actions nor its purpose nor its fate.*

From this follows: of course we have projected the body and we decide how it is running. In the text above the feeling of powerlessness that we experience when accepting the view of the ego is described. It is insane and makes us to helpless victims. It makes us deny our spiritual power and who we really are: mind within GOD'S MIND.

You can liberate yourself through the JESUS within you! HE is your true POWER and GLORY. You are healed within HIM and then all your old dreams will fade. Bruno Groening may be a symbol for this HELP and HEALING if you can accept him for yourself. Please give it a try and work with him. He helped a lot of addicts and we are all addicts in one way or another. The important part is always that you take your impulses of addiction to Jesus and that you take a look at them together with HIM. HE may know about it. HE may work with you. Your willingness is the key for HEALING. Here is a beautiful quote from the Course that explains our cooperation with the HOLY SPIRIT, when we want to free ourselves from beloved tin gods like for example sex, alcohol or other passions:

The HOLY SPIRIT can use all that you give HIM for your salvation. But HE cannot use what you withhold, for HE cannot take from you without your willingness. For if HE did, you would believe He wrested it from you against your will. And so you would not learn it is your will to be without it. You need to give to him wholly willingly, for if you could you had no need of HIM.

(T-25. VIII.1:1-5)

Healing always leads to spiritual serenity and soberness. This does not mean that you are not allowed to have a glass of wine with your friends anymore, or sex with your partner. It is always a matter of how, of the content in your mind. It is about what spiritual meaning (content) it is that you express in your formal action – love or greed (fear).

Question 12

I have pressing thoughts that I'd like to write to you, since they are moving me a lot. I am very inspired by the Course and your interpretations, but I still have some questions and some personal insights:

I understand that neither good food, nor a beautiful home, nor the dream car, or sex or a vacation on a tropical island can bring the peace of God. It all passes: the orgasm goes by quickly, the food is digested and the vacation is over after 14 days. The more so that according to the Course it is a dream. I agree. Totally.

BUT: If it is a dream anyway, why not increase its quality? What argument is there against caring for a nice home, trying to find a job that encourages the personality, have a good glass of red wine, enjoy sex and the sunrise in the mountains? Why not, as long as one doesn't cling to these forms (in the sense of Tao)? Isn't it important to realize that all of this cannot bring enduring peace but only moments of "short" joy? But why not live these moments?

Answer 12

There is nothing to say against that. It is mainly about realizing (understanding) the nothingness of these formal movements within the dream and that we are clinging to this dream because, generally speaking, we are lacking the connection to the spiritual world. We are hypnotized by the form and we believe to be a body. But this has to be understood first. The Course examines our mindset again and again: What is it that we really believe in? How do we want to find peace and with which formal aids are we trying to achieve that? True PEACE has nothing to do with form, and neither has true abundance. GOD doesn't know form! GOD'S HAPPINESS is constant, like Jesus assures us in the Course:

(T-21.VIII.2:1-4)

The constancy of joy is a condition quite alien to your understanding. Yet if you could even imagine what it must be, you would desire it although you understand it not. The

constancy of happiness has no exceptions; no change of any kind. It is unshakable as is the Love of God for HIS creation.

Our search for happiness in the world where it cannot be found, makes us desperate and craving for fulfillment in the worldly things, hoping that the right thing will appear at some point: the perfect place to live, the perfect partner, the dream job, the finest meals.

The true power of decision concerns only one choice: illusion or REALITY. It can't be about choosing between different forms of illusion, even though this is just normal human nature. The Course always discusses our eternal BEING in GOD and not a better incarnation as a successful Brad Pitt. Of course, we have to experience all of that in order to realize that none of this helps. Since every disappointment is always the liberation from an illusion!

No one can skip this process. The world is really completely worth-less and meaning-less, but we deny this truth. The meaningless world is scary and the ego rebels against that immediately, because then we are actually making a different choice and then we could agree to the guidance of the HOLY SPIRIT.

Here is the problem: You are experiencing this existence as "hard". You actually believe that you are here in a body and that you have to live. And this is exactly our mental illness: being cut-off from the PEACE of GOD. We don't know true spiritual FREEDOM in GOD, yet. Your argumentation reveals that. You want to secure life's amenities to be able to avoid inner pain. But there, in your mind, lies the problem and the solution. We really have to understand the problem to find the solution. *Understanding is all*, says Nisargadatta Maharaj.

Question 13

Looking at this world I feel that everything here is doomed to fail. How will the world end? Is there going to be a final bang – and then the end and then we will all be awakened?

Answer 13

Let me answer this with a quote from the Course from the Teacher's Manual, question 14, 1. paragraph, sentence 1-7 /**bold** setting by R. Lier:

Can what has no beginning really end? The world will end in an illusion, as it began. Yet will its ending be an illusion of mercy. The illusion of forgiveness, complete, excluding no one, limitless in gentleness, will cover it, hiding all evil, concealing all sin and ending guilt forever. So ends the world that guilt had made, for now it has no purpose and is gone. **The father of illusions is the belief that they have a purpose; that they serve a need or gratify a want.** Perceived as purposeless, they are gone.

This gives us a good description about our situation here on earth and how it is hopeless, but not serious! It is all just hot air and actually not even hot since in the end we are running out of air and we are realizing that it was all ungodly nonsense. All of it: the whole world, the whole cosmos. All just crazy dreams that have never touched our true BEING in GOD. Since dreams are only illusions that cannot affect you.

Question 14

I've had this idea now for a longer period of time: I am thinking I could support the collective consciousness by changing aggression, for example in traffic, into a different energy by using stickers (like a general sign for fairness and consciousness). This idea should be used as a worldwide platform, like Facebook, and interconnect this awareness. This means that the good should be encouraged, supported and challenged and the right people should connect because they are becoming more and more anyway. This Internet platform could have a cool and worldwide accepted name and logo and the whole thing could rock. I think that this could very well connect to your concept. How do you feel about that?

Answer 14

Here are my immediate thoughts: we should all watch out that we don't want to change the world and do this with a formal movement. However, there is nothing more effective than the process of inner healing, which every individual human being processes in stillness. This creates a spiritual LIGHT and this touches all human beings without being dependent on form.

Often formal efforts to find a solution root in inner desperation about the sad situation of the world. This is only mirroring our inner spiritual state –that's all! This is why I would rather waive setting formal actions when I feel this inner pressure of desperation surging up within me, and renew my choice for PEACE in the mind, since it can only be found in the mind. And once we are at PEACE, then we can also set actions. Then our actions will make sense.

Fear and desperation usually don't create anything that makes sense. First we need spiritual refinement – *purification*.

Question 15

I have a question concerning chapter 5 in ACIM "Healing and Wholeness" (T. 5-IV.3:5)

"...You can share only the thoughts that are of GOD and that HE keeps for you. ...The rest remains with you until the HOLY SPIRIT has reinterpreted them in the light of the kingdom..."

This confuses me a little. Could you please explain this to me in a different way, so that I can understand?

Answer 15

Every one of us (if we see ourselves, or rather dream ourselves, as separated beings) lives in his own world of illusion and is his own prisoner within it. The illusionary impulses cannot harm another person because they always stay retroactive to the dreamer (ideas cannot leave their source). As the dreamer I only see the dream image of the other person according to my mental dream state. Precisely speaking, in my dream, I only see my own projection and never the other one like God created him: like the one Son of GOD, CHRIST. Therefore, we are only starting to connect with others once we have refused the idea of separation and identified it as a lie and connected with the (imaginary) others in CHRIST. Then the TRUTH, that we are, lights up in our mind.

Our dream-thoughts always stay in the mind and cannot really harm nor hurt the (imaginary) other brother or even GOD. The SON of GOD is never threatened or endangered. But these untrue thoughts await salvation or dissolution until we allow the HOLY SPIRIT to erase them within our mind (until they may be reframed).

Question 16

I've been working with the Course for three years and I simply love this book. Still, I can't really get it into my mind why the world that I see is supposed to be only an illusion. I do understand the Course in a way that whatever I see is interpreted by me. Anyone who is aware of his perception does this by reverting to past learning. "I don't see anything the way it is

now!" or like it is said in the Course: "I have given everything the meaning that it has for me."

This insight is also confirmed by modern brain research. But still, there are the facts, what I perceive as concrete in this world for example: A cup becomes a cup through my perception (name = cup, experience with cups, feelings etc.), through things that have been saved in the neuronal net of the brain because of experiences. However, there is still the something that I call "cup".

In your lectures you are referring to the Course and you say that there is nothing "out there", and that it is just a projection of the mind that believes in separation. The projection of the world would be the reaction to the imaginary separation from the original source (God). I'm having troubles with this statement because as mentioned above, I am still experiencing the factual appearance. Is the factual appearance a dream? How is this possible?

Answer 16

The so-called *factual appearance* that you are describing lasts only for a few moments, and is thus per definition not real, since "the REAL" doesn't come nor go. IT is: eternal, constant, without duality, simply pure MIND and doesn't know form.

Any cup, every museum, the entire cosmos, all that will dissolve at some point. It does not have the CONTENT of REALITY and is only a dream image within our split-up mind. This is the fact that we don't like because we have created the world as an alternative to the FATHER'S HEAVEN. But who wants to hear that, or admit it?

Perception is tied to the five senses and has nothing in common with the insight in the MIND. Perception can only process or rather project illusion, since all of it are only images of our dreaming mind. But the trick is that we are taking the world for real, it feels very real and it is just the same as when we dream at night: the mind dreams and creates images and stories and within the dream you believe in them and insist that they are "real".

Let the messages of the Course have its effects on you and observe your resistance against certain insights. This is how the ego's grip will be loosened and the fear of the SPIRIT of GOD, will slowly diminish. Here is a wonderful sentence from the workbook lesson 129: Beyond this world there is a world I want.

In exchange for letting go of the worthless world that we are perceiving with our five senses, we will get another world, one that will contain the LIGHT of GOD, eternally and consistently. There is no pain, no disappointment, no fear. There are no bodies but all is ONE in the mind. This is not easy to imagine, but we may trust the promise that Jesus gives us here. And let us be guided step by step.

Question 17

I am 58 years old and I'd like to come to you together with my girlfriend, who I've had for three years. But she doesn't want to, at least not yet. Our biggest problem is handling or pain-body. In the beginning of our relationship we spent hours and sometimes whole nights with wearing, grueling discussions. I'm getting better at realizing it and from time to time I'm also able to quit the discussions and I'm really grateful for that. My girlfriend is not really capable of doing this and I'm not quite sure how I can react to that? First, I criticized her and tried to get her onto the issue through books (Tolle etc.) and then through THE WORK by Byron Katie. But it really doesn't get us anywhere and I am desperate. Can you give me some advice?

Answer 17

I'm sure that your situation in the relationship is the greatest imaginable challenge. The only thing that helps is being present in the mind, this means to turn to the spiritual world and ask for HELP in your relationship. The endless discussions are a sign of desperation and a cry for love. And at the same time they question LOVE because the seeking-one feels unworthy to receive IT.

It helps if you can see this background. Don't take the attacks personally, even if that is not always easy to do. Avoid discussions because they are mostly only an attempt to be right and thus pure egomania. Be only at service for the HOLY SPIRIT. And talk to your girlfriend in the mind (meaning not outwardly!) in her position as the observer-decision-maker:

I respect your decision that you want to experience pain and rage. It would make me happy if you would choose the path of HEALING and if we could walk this path together.

On an inner level she knows what she is doing. There she wants to suffer and insists on her belief in guilt. This has to be respected. Please, be the first to choose HEALING. Go into PEACE. Don't look at what your partner is lacking. She has it all, she has the HIGHEST within her. We should be grateful for that.

Question 18

Is there a special prayer that you would suggest if a place, or apartment, or space is occupied by deceased souls? And then I have another question. I've been realizing lately that I become very tired when working in my studio, like I have no energy. Any idea what that could be? I do have a lot of people coming in and out, with different health problems. And when I'm giving massages and talk to them they are releasing quite a lot of energy through the conversation. Do you have some advice for me?

Answer 18

You could pray in the following way as a role model for the souls around you: *I have decided for HEALING within CHRIST. I choose HIS PEACE. I respect the decision of all people, no matter what they may choose. There is only one sensible, healing decision namely the decision for GOD, for LOVE. Because I am mind in GOD'S MIND and so are all other souls. We are all innocent and free. GOD'S LIGHT is now shining within me – I choose PEACE within CHRIST.*

I'm sure that your feeling of tiredness in the field of your profession has to do with the people, respectively with their weakness which resonates with your belief in guilt. You can also use the above-mentioned prayer for this purpose since it is always about the attitude and decision in the mind.

Question 19

Can I understand the issue with the projected world like that: The divine reality can be compared to the white screen and I am projecting my dream movies onto it and then I believe that I live within them, but I forget about the profound, the deep? If that's the way it is, then I can understand the Course when it says: "God is in everything I see." The superficial is the concrete world which distracts me from the real, divine world. And my projected body-eyes can then only see the concrete world. The vision would then be to realize the profound without judging. God would then be in every cup.

Answer 19

The DIVINE REALITY is pure MIND without form and thus not imaginable. GOD has nothing to do with the things of (our) world because they are not real, they are non-existent. They only exist as images in our dreaming mind, which needs HEALING. We need to be attentive with the Course. Sometimes

sentences are to be taken literally like for example: "There is no life outside of HEAVEN", but sometimes they are metaphors.

Question 20

Anything that man has ever formulated is only a thesis, a theory or utopia, or however you want to define it. There can always be some truth in it. The question is only – "which". Of course, this is also true for the content of this e-mail. And as far as I'm concerned this also includes all contents of ACIM. I have to believe in these contents. If I don't believe that it is this way (like said), then it won't be that way. Or how do you see that?

Answer 20

Regarding ACIM the question is if there is an ABSOLUTE HIGHEST and if this HIGHEST (GOD) can (wants to) communicate to us. I could experience that ACIM communicates the one overall TRUTH. This is of course a very personal process that I've been through by studying the Course (365 lessons). It leads you to a kind of mystical experience that gives peace. Then the meaning of the world shrinks to nothing.

The Course itself says that this is only one of a thousand ways to TRUTH. We have to see the different teachings that either lead to TRUTH or lead away from IT, as something that talks to us within our dream next to the REALITY of the SPIRIT.

Accordingly, the process of believing can be of a twofold nature: my beliefs are either true or illusionary. If they are illusionary, I personally may believe them to be true (this is also what we are doing referring to the material world, even though it will pass), but nevertheless I live in an illusion, in a dream.

A belief system can be logical but still untrue, meaning insane or sick. The belief system of the ego is insane and murderous and sick and we are attacking ourselves with it in our livelihoods (within our illusionary world). We may believe in whatever we want, but we are not free of the consequences of our belief system. The last question is not: *What am I supposed to believe in?* but *What do I want to believe in?* We are challenged to make a decision in our mind. Since this is where we have our power of creation.

Question 21

I came across an awarded DVD with the title "AWAKE". It is a collection of spiritual teachers who talk about wonderful things like love, oneness and forgiving. There are also quotes from the Course, like "that we are not the body". In the end I still get an uneasy feeling: the law of attraction. We are creating our own reality and if we want to live in love and peace then we have to send out love and that's how it will come back. Inhale love and send out love to the earth and it will get back to you. God is the cosmos and this wonderful universe is God. Eckhart Tolle and Gary Renard are also quoted.

Is there something that I didn't get in the Course? Eventually the film meets the level of form and uses the spirit to make the level of form (meaning our lives here) beautiful. I used to understand the Course differently: that the mind is essential and not the level of form. The level of form is the dream, this universe and definitely not God's creation.

Answer 21

Yes, the level of form is the dream in any perspective because SPIRIT (GOD) does not know form, since any kind of form is based on the idea of separation (duality) and this is an impossibility for GOD! Every teacher talks about the matter in the way he understands it and that's all he can give. He can only give what he has asked for and received. We have to take a close look at it. The level of form, on which we cling to is supposed to be "healed", but not the mind that dreams of forms. That's the catch.

Question 22

I don't know if you remember my last appointment with you. It was a few weeks ago? I had a personal problem because I flunked my English test. I didn't want to accept the result and asked for a recheck. I got the final results back today and... I passed!

Of course, I'm aware that from the perspective of the Spiritual Mind Training this doesn't mean anything and it's just like moving deck furniture on the Titanic. Still, I feel very happy about it and I know that it was only through your support that I managed to let go of this urge "to pass". Earlier, I concentrated intensively that I wanted to look at the problem from a different perspective according to ACIM. And then the next step was "to let go".

When I got the news today, I was a little shocked first and thought: "Oops, did I do something?" – Goosebumps! The strangest thing is the fact that the responsible official at the company in St. Gallen, told me that she's been working for this institute for many years, and even though there have been many reclamations, it had not happened ever before that a result had been revised and changed for the better.

Whatever the reason for this revision may have been, I was quite stunned first and did not know how to deal with it. Usually when you read about things like that, you think that this only happens in a book or to other people. Being the protagonist for a change changes my attitude (for the better) and shows me that "miracles" are actually possible. I also enjoy the fact that it is crystal clear for me that this won't make me a better person, nor will it bring me peace.

Answer 22

Well, I'm glad to hear that! And technically speaking the positive feedback is also a confirmation of your skills. Letting go is always an important factor and your general perception of things is calm and clear. Of course, you are allowed to be happy and we give our gratitude to "the above". It doesn't have to make you a better human, because in your true BEING you are already perfect within GOD. It was never about the outward (dream) person who is only part on the stage on which you need the miracle so that you can find the path back to TRUTH in your mind. Don't be afraid, it is all well!

Question 23

Ken Wapnick suggests that the Course would not have been possible without Sigmund Freud. That's all he says without any further explanations. When I started with the Course I never realized any connection between Freud and the Course. Well, of course we may give thanks to Freud that people are more open-minded and honest nowadays and this is definitely a prerequisite for any kind of spiritual path. I had chosen psychology as a class in school and was quasi required to study Freud's opinions. I could not imagine my life without the Course anymore because the Course uses very accessible language to illuminate the truth and reminds us what we really are. And for that we have to let go of our self-concept.

According to the statement of Kenneth Wapnick, I have been thinking that it is inevitable that I have to deal with Freud, now. I am impressed by Freud's

form of expressions but I'm lacking any kind of connection to God and sometimes he slides into materialistic ideas of his time. That is why I don't feel that he is a prerequisite for the Course. I also feel that the Course is more plausible. How do you think about that?

Answer 23

Freud's insights have a lot of meaning for understanding the whole content of the Course (dissociation, projection, compulsiveness, slips, the unconscious dream interpretation etc.) Freud himself was not really religious and nowadays we would probably call him "neurobiologically oriented" – since at the end of his life he was hoping that at some point we would be able to explain all our mental processes in the brain on a chemical basis. However, this does not reduce his big insights.

The Course is full of these connections and to roughly understand them would mean a lot. Freud's theory of sexuality has definitely been overestimated, and the Course looks at everything referring to our guilt complex, which makes a lot more sense, since guilt is the motor for all actions in this world. Stay with the Course and you can't go wrong! Yet we should appreciate Freud's insights.

Question 24

A few months ago something weird was looming in my relationship. I sensed dislike and distance and it was quite painful. I have to mention that I've been happy in this relationship for three years. I found out that my boyfriend has strong anxieties when it comes to commitment and that he has been looking for something "new". He cheated on me. It hurt me so badly that instead of turning to the Holy Spirit I turned to an old boyfriend. I did what I had done before. I had cheated on my first boyfriend with this other boyfriend and now I was cheating again.

Since I really care about my current relationship, I decided that I won't put the burden on my boyfriend and that I will keep what I have done to myself. Now it all feels like a brand-new start with my boyfriend and he has decided to be with me. According to the Course there is no such thing as "cheating on someone". But how can I understand it for myself and how can I live with my feelings of guilt? It only happened on the level of form because my soul still feels at home with my current boyfriend.

Answer 24

According to the Course there is no such thing as guilt, but we do believe in guilt. And thus we are compulsive repeaters of our putative attack on LOVE. And this is exactly what both of you have done. This feeling of pain confirms our guilt and thus our separate existence from GOD. Particularly, that we had and have the power to part from GOD: the secret triumph of the ego within us.

It's definitely good that you won't confess. Now everything has to be forgotten and then something new can start. On a very humanistic level, one could say: "You are even". Two guilty ones can find the way back to each other. There is no gradient anymore. Start to love as far as you can, and keep inviting Jesus to look at all of it together with you. The relationship with Jesus (with the HOLY SPIRIT) will encourage HEALING.

Question 25

I've been working with the book "A Course in Miracles" for 18 months now. You are describing some parts of the book so well with your own words, that I can only agree to what you are saying, and also to what I'm reading in the book. My goal is described very well in the book. But I do get problems with society and also with the people around me. It makes me sick when I see how people judge other people and talk badly about them. I've even gotten to the point where I actually had to leave.

The Manual for Teachers talks about the characteristics of God's teachers on page 9. The period of undoing is mentioned (page 10) and I think that I am going through this period right now. But sometimes I know it all and then again I don't. For me this is also a time of keeping silent. I can't deal with people and maybe they can't deal with me either. Am I still on the right path or am I losing myself?

Answer 25

It is always important to correctly interpret this action when we are observing how other people attack: it is a cry for love. The one who attacks is scared and desperate. He hates himself. That's severe hardship.

In these moments you should only be at service for the HOLY SPIRIT. Don't take it personally (although this is probably hard to do) because you are not a person. But we may and we should ask for a miracle – the miracle of HEALING – which should take place within our mind: PEACE, experiencing

the holy instant. Then this PEACE will spread to other people. Then they will also be able to remember that they could choose HIM, too. Other people out there have no power over our mind unless I give them this power over me.

I think that you see parts of your past within the other people. You have been there at the point of accusation and desperation. Now the journey goes on and the old tracks are mirrored once again by the other people. Forgive yourself. PEACE may wash it all away. We don't have to be concerned about where we stand right now on our path to enlightenment because we can't (and shouldn't) judge ourselves nor others. Jesus knows and that's all that matters. We committed ourselves to HIM. That's all it takes.

Did you do all the lessons? That would be important. Keep going and trust the GUIDANCE. It is always there. Your critical questions are part of the path. Healthy self-reflection is always a good idea. Keep it up!

Question 26

How do you feel about radionics like used for example in the time-waver?
I looked up some information about the time waver on the Internet.

Answer 26

The way I see it these are basically magical techniques that are used to move around furniture in our world of illusion, but not means to find our way out of the world of illusion into the MIND, and thus into PEACE. We have to be aware of one thing: the basic guilt conflict lies within the mind and cannot be solved that way. You may "motivate" a person with the Course book but if he holds onto "guilt" nothing will change. It needs a conscious act of decision and that can't be replaced with anything. This is all thought through and done too technically. Nothing can replace an encounter between people and this also refers particularly to the encounter within the mind, like when I'm connecting with the HOLY SPIRIT which lets me experience a healing UNITY with the client.

Nowadays we all want to be technical and effective, but the inner spiritual processes cannot be replaced by anything. I doubt that this technique can even come close to the level of decision within the mind of the person. I'd guess that the vibration is probably dripping off like water on a duck. The one who holds on to his illness has the rights to do so. We should respect

that and at the same time realize that this person has the power of decision within his mind to choose HEALING at any given moment.

Spiritual healing is a vast issue and can only be approached when we leave our worldly thinking behind. ACIM is one of the few teaching systems that calls the problem by its name and offers a solution. Who could ask for more? The question is always: Did we really understand the problem and are we ready to open up for the solution?

Question 27

When there has been (and still is, since we are all one anyway) a spiritual fusion with a man and when I still feel a connection on the physical level (even though the man is not physically present), how can I end this relationship? How do I train my mind? What should I pray to Jesus when my ego is still calling out?

Answer 27

Any kind of partnerships will remain a relationship. We are all one in the mind, anyway, but physically we actually never get to that point. This relationship needs to be respected and valued in order to find peace with your former partners. The ego wants to be in charge, it has intentions, it wants to keep up the privation and it only has sham solutions.

Look at your former partner and respect the bonding. Set him free and let him move on. Acknowledge that you couldn't hold up your love in this form. Keep on loving this man – in your mind without lust and without desire – from a distance! This is how we should and may love all people: in the mind! Only here love is truly possible, pure and free, even if the ego is still coming along and likes to interfere.

Retreat into your spiritual core without fear, without intention and without hope. This is where you will meet the spiritual world and where you will find PEACE.

Question 28

I've been dealing with questions concerning relationships in regards to the Spiritual Mind Training for several days now.

1. For what reason do we need a partner? I don't mean in a feministic way but beyond roles of the sexes.
2. How can I see whether I can develop a viable relationship with my partner (besides the time factor)?
3. How should I deal with it when my partner mirrors my own issues, but at the same time has not solved his own issues?
4. I still remember your statement: *...to feel further developed has to be considered with caution since we actually don't know where we are standing.* In any case, I've gained some psychological insight and got acquainted with a lot of different aspects. My partner is constantly complaining, he is ignorant and unable to act. That makes me mad.

Answer 28

Regarding your questions:

1. We need a mirror. How could I recognize my vulnerable point if I am all by myself floating in empty space? The conflict with GOD mirrors in all human relationships. We believe that we are attacked or that something is taken from us or not given to us even though we deserve it. This is our conflict with LOVE, which we are desperately seeking in this world, but once it appears to come our way we fear IT and expect penalty. We cannot get rid of our unconscious feelings of guilt until we allow the HOLY SPIRIT to fulfill HEALING on us.
2. The only way you can tell is by your feelings. The deep feeling of being at ease and the feeling that you are able to open up to the person may be good indicator. And experiences that you'll make with the person during a few weeks or months can tell you what's going on. One pays attention to details and the inner resonance. A manly man will collide with a woman with a manly soul. A man with a manly soul will find harmony with a feminine woman. Different poles attract each other while same poles repel. And is love flowing? Love comes along with a deep feeling of impuissance: man and woman can only love and are overwhelmed by it, which often causes fear.
3. You leave the other person the way he/she is and the way he/she wants to be. Always work with what you find happening within you and go into forgiving, meaning into PEACE. That's all you have to do. And then practice spiritual communication by talking to the decision-maker in the other person's mind. Pay respect to his choice, but at the same time see that he/she has the possibility to make a different choice and choose PEACE. It also helps to do the light exercise: the other person is spiritually standing in front of you and you see him/her standing in the LIGHT of GOD as his son

who is innocent and free. This exercise has an enormous effect because you also see yourself that way and you receive a healing feedback. Any statement about the other one is a statement about yourself.

4. Humans are dull and full of fear. We suffer from stupidity and ignorance. The only thing that can help is: forgiving! Look at people in a mellow way and HEAVEN will open up for you.

Question 29

A friend of mine was diagnosed with breast cancer with metastases in her bones and abdomen about a month ago. An operation is not possible, only hormone therapy and maybe chemotherapy. She is in her mid-40s and has two children (6 and 10 years old). I was quite shocked when I saw her last time because she was already skinny and feeling very weak. She says that the doctors cannot help her anymore and that she will die soon – these are her words. Why am I writing this to you? I listened to your last lecture and how you said that we can influence our mind with many things. I was wondering whether you could give me some advice from your treasure of experience. I have the feeling that my friend has already given up. My feeling (my wish) tells me that I should oppose that. But is it fair to oppose when her prospects are so bleak? I would very much appreciate if you could tell me what could be good for my friend.

Answer 29

Accompany your friend with compassion and respect her decision. It's hard to say something about her situation from a distance. There have to be some family entanglements that haven't even been looked at. But one may not intervene without permission. This has to be respected. It is important that you pay attention to your feelings and thoughts. What is it that makes you restless? How far can you not stand your friend's situation? We may look at death in a different way and as something that only happens to the body. The mind will keep on living, it will live forever and will have to live and will have to do its homework in the end after all, so it can finally experience PEACE. Look at your friend in the spiritual LIGHT, see the CHRIST within her who she could choose. It's all there. Have you already decided for PEACE? That's the actual question. We may fully trust in the spiritual world. Then we look restfully and contemplate the LIGHT of ETERNITY together with the dying one.

Question 30

I had an interesting conversation with one of my friends yesterday. He is married and has family. Our topic was: relationships. He likes to flirt, dance and laugh with other women. He knows his limits. He is familiar with the Course and knows quite a bit about the ego. He wants to enjoy his life and get something out of it, even though he knows that this is not the REAL "thing". This is a painful process for his wife and she copes with it with the help of the Course. My question for you: Where are the limits? What other relationships can I have outside of my couple-relationship? What if I am hurting my partner with other relationships? Should one let go of the other relationships in that case?

Answer 30

The REAL "thing" has to be chosen consciously again and again. The ego is always part of it. The attention that your friend gives to other women is his own ego trip and he is actually aware of that, but he doesn't want to face it. There are some things that I share only in an intimate partnership. We always have to choose on the level of form and we cannot dance at several weddings at the same time. However, the ego likes to expand its power and stirs the fire of lack within us, so that we start digging for gold in our neighbor's yard. It is curiosity that urges us into the ego's playground.

In marriage or in a stable relationship we may overcome craving and practice being without intension. Then love can flow. Your friend is facing obstacles and he prefers to avoid his wife and go the path of least resistance. It is an ego trip and it is paid for with feelings of guilt, lust and pain.

To love in the mind is something completely else because there you do not want anything from the other person. It is limitless giving; it is brimming over with love and only that will make you truly happy because you always give to yourself. The egomaniac way of taking (craving) is self-deceit. And we are running around like a hungry wolf sucking from other people. Flirting is a bait and not unconditional looking with love. But we have to consciously experience these differences so that we will be able to choose anew – and then hopefully wisely!

Question 31

Just a quick question: Is there any kind of publication referring to the Course that deals with how we should handle the earth and environment? I'm

sometimes a little torn regarding whether I should become active or not. For example, if I should engage in projects to reduce waste or to help poor people in Romania etc.

Answer 31

Since this earth and also the environment are only projections of our dreaming mind, there is really nothing that can be saved for eternity. Nevertheless, in the realms of learning in this classroom of the world we may become active and fight for the things that we love.

The question is: *"How do we become active?"*. Are we becoming active because we are desperate, out of grief or anger or by creating enemy images (for example against major corporations) or can we be consistent with applying forgiveness in all parts of our lives (only forgiving can lead to PEACE).

We should not despair of the world but look at it anew in the light of forgiving. This is the vision of Christ. It is reconciled with everything and recognizes the true purpose behind all things: the connection to the MIND.

Question 32

If the sleeping son of GOD dreams about separation, then where can the ability to have such a dream come from, if not from GOD himself? How can or could the SON have such a dream?

Answer 32

Your question addresses how it is even possible that separation and an illusionary world could happen? This question implies that there is something like separation and an illusionary world. But that is not the case! **We are not the ones that we believe to be and we are not where we believe to be.** Our dreams are not real: they do not endure in the light of the REALITY of SPIRIT. That is something we cannot grasp. If you happen to feel it, you'll either get scared or it'll all open up and become very peaceful. Your question is not raised properly because it implies a non-existing presupposition. I could ask you an equally mean question: When did you stop beating up your wife? This question implies that you have been beating up your wife. But is that true? Therefore, this question is not a question but a *statement*. And it can be completely wrong and that's also true in this case: there is nothing (no-thing) out there! We are in GOD and only HE is real!

Question 33

If I see guilt in the outside and make it (seems to be) real through accusations, then I am actually within the dream, right? So if my wife gets home from work and is all agitated again and let's it all out on us and makes me mad and I start attacking consequently, then I am only dreaming my dream, right?

But what precisely is this dream? Am I, the dreamer, projecting my agitated wife? Do I create these images? Because unfortunately I believe that she appears to be separated from me? Do I make up these images in my dream without recognizing them as my own ones, and then do I even misinterpret them in the end? In other words: Do I only dream the existence of my physical wife? Forgiving is to recognize my projection of guilt and to ask for dissolution of the effect of guilt, right? The truth is that I am the son of God and resting within God!

Answer 33

All of it is just an illusion, meaning a dream. You are projecting your expectations of attack and penalty onto your wife and she plays along with it with her (the same) expectations. The crucial part is always the process in the mind: our belief in sin, guilt, fear and punishment. The world only mirrors our state of mind. But we could make a different choice and choose innocence. Only then will we experience peace even if it seems that we are attacked. In truth the other one is actually attacking himself/herself since every kind of attack is the sign of self-hatred.

Yes, you are dreaming all of this. We, as the one **SON of GOD**, are only mirroring ourselves within each other. Our images of the other person are truly our own projections, but we call them perceptions. (*"Projection makes perception"* /Text 21, introduction) But this is not so easy to understand and it still stays a theory. It is most important to gain understanding about the content of dreaming: guilt and punishment.

This is the reason why we fear God, because we believe that we attacked HIM. Accordingly, we insist on our guilt because we do not want to question our individual (separated) existence, even if this sounds insane. What we actually should ask for is to erase our belief in the separation from GOD. Otherwise, I am forgiving myself for something (the guilt for the separation), which truly never happened. We are always and eternally within GOD.

Question 34

"To perceive in the mind"! How does that work? Not with your eyes, not with your ears, not with your hands, but to perceive everything that appears in the outside with the mind and to correct it in the mind. My question is whether you could please give me a concrete example for that? So far I fully identified myself with my body perception and I am not certain, if I am already able to perceive in the mind. It is said that when I truly perceive in the mind that I will be released from the false identification.

Answer 34

Perception in the mind develops correspondingly to our willingness to let go of projections and detect their illusionary character. The path of forgiving, so to say letting go of the idea of guilt, is part of that. All interpretations about the world and about ourselves are false without the knowledge of the MIND. I am not the person. I am not a body. This certainty is conveyed to us by the HOLY SPIRIT.

When I deepen my relationship with the spiritual world (Jesus) I will be guided to spiritual perception, which is true perception! It can't be described. It can only be experienced. It is a deep, quiet process of shifting within my mind and finally, step by step, my fear of LOVE'S power, which is probably the biggest obstacle on the way, dissolves. Trust in the path. The one who asks for GUIDANCE will receive it. I talked about some specific problems in my lecture about psychoses and enlightenment-phenomena.

Keep on going calmly. Just stay away from spiritual greed! Everything has to come its way smoothly and develop in a healthy way. Keep a critical eye on the ego. The most dangerous obstacle is to fail to recognize the ego when it is active. But everybody will realize it in the end because suffering will force us back to discipline and clarity.

Question 35

This teaching requires a strong ability for abstract thinking of the human mind. I have two children, age six and nine, and I'm asking myself how I can bring across notions like for example that the body is "self-made" and doesn't even exist. Or rather, what would make sense to explain to a child so that maybe later in life it would be easier for him or her to understand the Course.

Answer 35

First of all, children have to be allowed to be children and develop a healthy “self”. They have to discover the world and project their hopes onto it. Once they start asking questions you can carefully answer. The ego can be described with feelings like rage and fear. It is like a being that can be named (suitable for children). In one case the ego has been called false-prompter and in another case it was called Booby. When Booby starts twisting we are feeling tension, fear and pain.

When talking to children spiritual content in images should always be connected with concrete experiences. Children can't understand abstractions at all. Sometimes even adults have a hard time with abstractions. The most important is that the adults are role models. Children can always sense whether the adult's actions are real or fake. We should not try to fool them. The adults should never consider the child to be weak. It does carry the power of decision. I would suggest to communicate with this power (with the observer and decision-maker) spiritually. An external conversation often triggers the ego's resistance and it is easier to address the decision-maker internally. We have to be aware of the ego's battle, which is also present within the child: there is hate and self-hatred. It is essential to always respect the child's decision and to choose PEACE for oneself.

Of course, children need boundaries. Parents may provide a good setting for their children, but they also have to understand that they can't pass by the child's inner power to say “yes” or “no” to life. It can't be about breaking the child's will, like it was often advised pedagogically in former days. We'd like to win the child for joining in on a good path and we can serve him with the authority of wisdom – at least that would be ideal.

Question 36

1. I realize that whenever it says: “be still and listen” in the Course, that as soon as I want to do this from the bottom of my heart and actually do it, that I sense a deep feeling that holds peace and calmness. This feeling that approaches me then is the divine within me, or rather the divine alignment, or the zero-point energy like the quantum field matrix energetics would call it, right?

2. If that is the case, then wouldn't it make perfect sense that Course Students study the 2point technique of Matrix energetics to connect with this zero-point of divine alignment?

3. Or would it direct me away from the Course, if I studied Matrix energetics on the side?

Answer 36

I don't know what quantum physics talk about and I'd rather be careful. But I'd say that it is your connection to the DIVINE when you experience a deep feeling of peace. I don't particularly favor "techniques" because they enforce our belief in form. We should get to the CONTENT, to the MIND immediately. Formal processes tend to seduce us to mechanical, magical thinking. MIND does not know form nor mechanics.

Of course, we may use certain techniques on our way of experience so that we won't need them anymore in the end. That is just the same as working with Family Constellations. I hope that I won't need it anymore some day and that I'll be able to work with people directly in their mind. But it may still be used now.

Question 37

You keep mentioning spiritual healing by Bruno Groening, who I have been surprisingly very much interested in again, lately. I can feel his energy (or his healing stream) very clearly and it gives me ease and peace and help with pressing issues. I am currently not part of a Circle of Friends but it seems that I can feel Bruno's care almost stronger than the connection to the HOLY SPIRIT. My inner experience is less strong when I turn to the HOLY SPIRIT. Why is that? Is Bruno Groening all I may need as a spiritual helper? Do I not even need the Course to achieve spiritual healing? I can sense a little bit of fear when these questions come up, because I don't want to take my focus completely off the Course. Right now, I'm kind of in limbo between both approaches. Am I required to make a decision? Do I actually have to decide for one or the other?

I'm also really fascinated with Matrix Quantum Healing Method. I don't know if you're familiar with that? It works with instances of absolute absent-mindedness. The therapist uses them to initiate a healing effect within the patient by connecting with the quantum-level (consciousness/God) for a moment. This is a method that can quickly be learned by anybody. I have had really good experiences with it. How do you combine working with the Course and the Teachings of Bruno Groening?

Answer 37

Bruno Groening is a symbol of the spiritual world, or rather of the HOLY SPIRIT, which you seem to be able to accept pretty well. This could also be Padre Pio or any other symbol like an angel, for example. The MIND is absolutely abstract but it needs to appear in a form that we can accept to communicate with HIM – a form that we can believe in. Consequently, Bruno Groening and the HOLY SPIRIT do not contradict each other. Bruno rises from the same source and operates with this ENERGY. That's all he (as a spirit) could do, since as a human being with a body he is only part of the illusionary dream.

The Circle of Friends around Bruno Groening serves as an aid to get into contact with Bruno. You can see how much people want and need concrete symbols. If you are able to get directly in contact with Bruno, then this is great and definitely in accordance with Bruno and the HOLY SPIRIT.

ACIM is a very comprehensive Spiritual Mind Training. At Bruno's time this in-depth information would have been overwhelming for most people (and it is actually still overwhelming most people, even today). The Course is only suited as a path for a small part of seekers, partly because of its clerical language and its teaching of non-duality. The path of knowledge and insight is one thing, the other thing is the actual goal to directly connect with the HOLY SPIRIT, the inner TEACHER. There is room for both and both of it serves our awakening. Accordingly, don't worry if the Course and Bruno are used as aids. I would not consider them as mutually exclusive. I did look into Matrix Energetics, a little. If the therapist is able to connect with the client's SELF, or his own SELF (which is actually in the end the same), then this is definitely a very good step toward healing. I do that sometimes from a distance: look at the client inwardly. See the HIGHEST within him and respect his decision whether he chooses IT or not. If I can see it within him then I can also see it (the SELF, the HIGHEST) within me and that would be a wholesome feedback effect. That's all there is to do. Our difficulty in everyday life is always to choose the SELF in when encountering challenges. That's when we get our chance to practice.

Question 38

My goal is to wake up to reality or to restore the memory of who I truly am. This is why I am a student of the Course and why I am also interested in the teachings of Satsang (for example Mario Mantese, Gangaji etc.). I'd like to

know how you, as a teacher of the Course, feel about that. Do you think that joining a Satsang gathering can support studying the Course or do they not go together? I'm addressing you with this question because one teacher of the Course told me that they don't necessarily go together ("you can't serve two masters at the same time"). My personal opinion is that if a Satsang teacher helps to become awakened then I would save time and once I am awakened it may be easier to practice forgiving. And I'm sure that I'll still have to practice forgiving, even though I'm awakened, to redeem the world. That's why I see Satsang as an addition to the Course and not as the "second master". I have spent several years attending sessions with Mario Martese until I realized that I was looking for the inner Guru and that I did not want to cling to external teachings anymore. But this is of course a very personal experience and everybody will make his or her own experience.

Answer 38

ACIM favors the inner guru, the SELF, CHRIST, however you may call HIM, that is for sure. It may be a problem to combine different belief systems, especially when they are guided by an external teacher who gives advice of how to handle things in everyday life. The idea to save time is also a very important point in the Course. And it is practiced by repeated devotion to the holy instant. The awakened knows that there is nothing to forgive since he has fully understood the world of dreams and can now look at everything with serenity. He knows that there is nothing left to do, but it is just this that makes him a blessing for people, since he can face all beings without fear. There is nothing to say against Satsang or meditation. But if you walk the path of the Course in a stout-hearted way, then you won't actually need it. The HOLY SPIRIT may use everything for the awakening and thus it is all good. It is just like with food: in the end it doesn't really matter whether we are vegans, vegetarians or meat-eaters. Illusion stays illusion. There is no guilt. Essential is to awake from these dreams.

Question 39

Formal life is full of hierarchies in companies and institutions. There are supposed to be different responsibilities in the system to keep a certain kind of order. The higher your position is the more responsibility you carry – this is what we assume and this is how it is understandable for most people. From what I have seen, especially in big corporations and public offices, it is mostly the other way around. It seems that the actual responsibility declines for higher positions because once the "higher" one has made a decision he

doesn't have to carry it out. If a mistake happens due to something that was decided on a higher level, someone else will be looked for to be blamed. Then responsibility and guilt is projected onto the "lower" level where the damage and fault has been caused. The feeling of guilt that we experience in our soul always effects the doer directly, no matter whether he suppresses it or not. The "indirect doer", the "higher one" is so far from the actual event that his soul does not really feel guilt. And thus he also does not carry responsibility.

Another example: Shootings at the border of the German Democratic Republic and West Germany. A military order to shoot is given and a soldier has to carry out the order. The soldier has two options. If he decides to refuse to carry out the order because he does not want to become guilty, he will be punished. Or he follows the order and will be convicted for it later (after a change of the system), meaning he will also be punished and his soul feels the burden on top of it. Everybody who does evil makes himself guilty. Is it the soul that carries responsibility and guilt in our normal life? How can we deal with displacements/projections in a practical and wise manner and in a way so that we do not become guilty and that we are able to do all work with love?

Answer 39

Guilt will always show its effect in the soul, or rather in the mind, it has nothing to do with the body. The general sensation of conscience within this world of illusions (dreams) depends on the group. However, this does not say anything about good or evil. In this first state it is only about the need of belonging to a group. Something that is considered a right for one group may be considerate injustice for another.

Despite the need to belong to a group we usually feel it quite clearly when we have harmed other people and taken advantage of somebody for the benefit of our group. This is the conscience that goes beyond group affiliation and appreciates and mostly feels the general affiliation of human beings. We cannot avoid to experience guilt within the dream of this world. All of us become guilty in relationships and we are fighting to stay innocent. The world and our living together here is all based on this dualism and the process of projecting guilt. If guilt is projected onto me, then my task is to step out of the level of the egomaniac personality and onto the higher level where we realize that we are only having a bad dream and that all events are only illusions. This would be a spiritual accomplishment. Then I can

agree with my dream guilt, but at the same time I know that we are truly one and resting in GOD and thus innocent and free like the FATHER. Then I won't have the need to judge or condemn others since I realize that they are only desperate because they're having a bad dream.

You should do your job with love, with the best consciousness and you should be loyal to your employer. If you feel like you cannot be loyal to your employer, you should change your job and ask for GUIDANCE to find a new task for yourself. That's also an option. But in the end it is about an awareness of oneness of all people and of the fact that we are only experiencing our sick projections of the original conflict with GOD. That's all.

Question 40

I believe that we won't be able to make it without an external teacher, or at least I feel that an external teacher can be very helpful. Even Jesus was strolling around here in this illusion as an external teacher, and passed on the Course later on. Thank God we do have such external help! But I agree to what you said: In the end we will have to let go of all the help and take our own steps. You went to Mario Mantese? That's interesting! I have not been to such a teacher ever, but I heard that awakening, or at least the experience of awakening can be transferred from the teacher to the student. I read an excerpt of one of Mario's books in which he states the same as in the Course: The world is an illusion (Mario calls it "mirroring of consciousness") and thus not real and that there is only GOD, and nothing else. I think he did recognize the truth. I'll definitely go to him someday. What did you get from him, Mr. Lier? Do you feel it is worth to be in his presence?

Answer 40

Many seekers are concerned about the question whether an external teacher is necessary, or not. Whenever I met Mario Mantese I felt deeply touched and encouraged. It boosted my memory and confidence in the spiritual path. Still, everybody has to go on this path on his own. This phase was an important milestone on my way, but I felt that I was longing for the inner TEACHER and that I wanted to communicate directly. Then A COURSE in MIRACLES, which favors this very direct inner approach, found me on my way. This makes sense for me and I'll stick to it. The question is what is part of awakening. Today I can see that most of all there is the necessity for spiritual transformation, a spiritual HEALING, that will free us from our

fixation on guilt and accordingly from the idea of separation. But this process shouldn't be rushed, since the frequent emerge of fear is a core problem. Fear leads to resistance against spiritual communication, and a smooth way of learning according to the curriculum created by Jesus is advised. HE still has an impact on us today and is present as a symbol of HEALING. The question is: What do I choose? Do I want HEALING and which symbol can I accept for that?

I'd say that Mario Mantese, Bruno Groening and Patre Pio, are all symbols for HEALING. They can help you to overcome your inner obstacles. Therefore their presence can be helpful for seekers who accept them. But in the end, the symbol is only mediating. The goal is to achieve HEALING and to recognize TRUTH within your mind. The pure MIND does not need symbols because the pure MIND does not know form.

In the meantime, we may work with symbols that connect us to the memory of GOD. We can stay flexible. In the end it is all one. Use whatever it is that brings you clarity and PEACE. I think that Bruno Groening is also a good mediator. He has conveyed the miracle of HEALING again and again. But he himself as a person is not important.

Question 41

I've been experiencing super ego-attacks for quite a while. I've been studying the Spiritual Mind Training ACIM almost daily for about three years and additionally I've been working with your books and lectures. I'm convinced about the message. But looking back nothing has really changed. I have not experienced (so far) any kind of sign from the spiritual world when I am in a desperate situation. Even when I was sincerely asking for help from Padre Pio or Bruno Groening, my calls stayed unanswered. In your lectures you are implying that the spiritual world is always here for us. How is it possible that I don't get any clear signs from the spiritual world? Even though I am open for it and I do trust in it. Of course my ego whispers: "See, that's all really not there..." And therefore I am right now going through another "Course-depression".

Answer 41

Yes, the ego is always trying to grab us and it won't let go of us easily. One should not overrate the "sign" from the spiritual world. When it is given to us then we may be happy about it, but it's really not important. Your conviction

that there is some truth in the Course is a lot more important. Since then you are in contact with your true nature and an idea and memory of the divine MIND emerges within you.

The film of life runs here in the most peculiar forms and nobody is free from it. Everything here is very incomplete but we can react with forgiving, like we are advised by the Course. And if we do that, then we are untying the inner knots piece by piece and will be allowed to experience peace even here.

Let go of all expectations. Investigate your clinging onto the dreams and the fear of LOVE, the pure MIND. We have "created" darkness and distance from God and we believe in it: (T-14.VII.5:1- 4)

Light cannot enter darkness when a mind believes in darkness, and will not let it go. Truth does not struggle against ignorance, and love does not attack fear. What needs no protection does not defend itself. Defense is of your making.

Trust in the HIGHEST, the SELF within you and all people. Don't judge the world's phenomena because then they won't be able to set roots within you. That's all. Then something within you will relax and fear will evaporate. To find inner peace on the way back to the MIND would be a good start.

Question 42

I'm facing big financial problems right now. I have the feeling that the more I care about my spiritual training, the more everything breaks away on the outside. I can see that the same is true for others around me. The ones who try their hardest seem to be the worst off. This raises the question how much longer I can keep that up.

Answer 42

I think that every student of the Spiritual Mind Training comes across existential problems along his way. I am very familiar with that, but I also know that this issue has to be confronted by remaining consistent in your actions according to the thought system of the Spiritual Mind Training. Since everything is a mental problem it has to be solved in the mind.

The question is: Where is the focus, in the world or in the mind? There is no doubt that the spiritual world wants to see us with a secured livelihood if we invest trust into its GUIDANCE.

I've been working more with Bruno Groening as the symbol of the spiritual world, lately. Regular quiet devotion to the MIND lets me experience peace and sometimes external problems may solve themselves or new doors open. We don't have to (and were not supposed to!) be in need. Anywhere where we don't see a way out, the spiritual world sees 1000 ways. This is why we should always stay aligned with the HIGHEST and practice inner communication to overcome fear. This concerns all of us, everybody who is striving for the HIGHEST. Purification is the basis for healing. I like to say: It is through difficulties that the glory of GOD may reveal within me. I choose the miracle and I may count on it.

This is another aspect of our (un)conscious belief in guilt and the expectation to be punished that comes with that, manifested as failure in financial and materialistic matters. Experiences, and how we experience something always mirrors our spiritual alignment. The following inner image can be used for an exercise: An angel or Jesus is standing in front of me with the love of GOD and I say: "I am worth receiving the abundance of love, now." Then the resistances that the ego builds up within me will quickly show. The answer is to forgive yourself for this resistance: *I forgive myself for my "No" to LOVE, to ABUNDANCE, PEACE, financial stability, etc. I am worth receiving...*

Question 43

When listening to your lectures I sometimes ask myself how the Course can possibly help me in everyday life. Sometimes you say things like: "There is nothing worse than an egg cell and a sperm cell because every new human is a new potential soldier". If I approach the Course from this angle, I'm having a hard time to still find some joy within my life (this classroom). And according to that I must not find joy within my children.

In the movie "City of Angels" Seth has no regrets that he "stepped out of eternity". Despite the stroke of fate that he is suffering from. I'm having a hard time introducing the Course to people who suffer from cancer.

I am also irritated about the fact that in Gary Renard's book the ascendant masters are increasingly complaining about the capitalistic system of the USA. Since all of it is only an illusion and since there is no good and evil in non-duality. The goal is to perceive the world without judging, right?

Answer 43

Your questions are human and very understandable. We always have to understand from which perspective the Course approaches us. Our memory of heaven is about zero. We are deeply anchored within this world and expect everything from it. And then suddenly everything that we have relied on is questioned and is supposed to be meaningless. This causes confusion and sometimes it leads to the so-called Course depression. Generally speaking, the things that we find joy in are illusions of this world and are tied to time and space. All of that is perishable and even while we're still enjoying it, we can feel a certain pain that tells us: "Nothing will last".

Real joy is eternal joy. Real peace is eternal peace. But there is hardly any space left for this reference on our "ego hard drive". The question is whether we want to look at it. Do we really want to understand the problem? Do we really want to realize that "there is nothing to write home about" in this world. How many lives do we have to live, how many incarnations do we have to go through, to realize the emptiness of this world? Of course, the essential may rise here and there: LOVE. Or at least its reflection: FORGIVENESS. But reflected reality is not actual reality. Do we want to return to the source, to what there is without beginning and ending?

I know the movie "City of Angels". Seth pays a high price for his earthly experiences. The nightmares of this world are full of terrible, horrifying misery and it is hard to understand, how a healthy spirit can possibly come to such a decision (if it is not to serve suffering souls and help them to break free). Like it was mentioned before: we have denied the glory of heaven and forgotten about it. That is very tragic, but it can be corrected. Do we want to remember how wonderful LOVE is?

It is definitely not the point to convey the content of the Course to people suffering from cancer word by word. It is more about seeing these people wholesome, in the light of their spiritual truth. They chose a shortage that is only temporary, and they only chose it out of need. They were led into the trap of suffering by their guilt conflict and those chose self-punishment. But you cannot talk to everybody like that, not everybody will be able to understand. Let yourself be guided depending on the individual situation and raise the question: What can be helpful for this person to find his way out of his fear and into choosing the power of healing? We can only ask for guidance so that we will receive the inspiration of the HOLY SPIRIT. All of us are looking for healing, but at the same time we fear it.

Referring to Gary's book: Even Ascended Masters may express themselves in a human way and are in this sense also part of the projection of Gary Renard. That is something we should not overestimate. The capitalistic system of the USA has no meaning, since it is, like you mentioned, nothing but an illusion. There is no need to fight that. Personally I would always choose to act in a way so that I would not increase the latently present guilt complex. As far as this is concerned I agree with the Buddhists who emphasize that **they only do work and actions** that they can ethically stand in for. Because only then I can do whatever I do with love. In terms of the Course: the classroom is and stays an illusion, but you want to put it to good use!

This is actually the big plus about the Course: it's not about the world itself, it is about using the world as a classroom so that we can return into the mind. Consequently, it is never about making the world a better place, but about the spiritual learning process and the insight that we carry PEACE within us and that whatever it is that we see out there is not true and not real.

Question 44

We are living in some kind of dream and have created our reality through projection. Since we are actually all one, are we all sharing this "dream"? Or does every individual/every consciousness have his own dream? Do all individuals create this dream/this world together? Or am I actually alone in this dream world? If this dream is a creation of all of us, would it really be sufficient if I only change myself to heal the world and others, or would it actually make sense to reach out to others? And what about reincarnation, which apparently every "imperfect being" has to go through?

Answer 44

For some reason we like to assume that we exist as separate beings. But we are truly collectively the ONE SON of GOD and seem to exist as separated beings within one another. That is hard to understand since our thought system is of dualistic nature. The dream is a collective one, even though it seems that we are following individual scripts. Nevertheless, they are all connected to each other and very similar because they are all steered by the ego's thought-system. Like mentioned before: it is very difficult for us to understand that from the spiritual point of view (and the spirit is the only relevant form of existence) "I am you". I am the others and the others are

me. On the highest level of the SELF we may understand this a little better. But since we are always confronted with the physical dream-reality the assumption of separation creeps in as a valid concept. Since I am truly the others, I must not question whether I am alone. We are all one. However, it is a very profound step to feel this truth and to recognize it.

Of course, one may say that everybody lives within his own reality and in his own grief. At the same time, it is a collective dream. The different dreams are actually very similar. We can move around furniture within the dream and make our situation as comfortable as possible – and that is just human. But if we're doing this on other people's expenses, then we are actually doing it on our own expense. Whatever it is that I give or take, I really give to or take from myself. If we can apply this premise of oneness onto all our contemplations, then even dualistic discrepancies can be overcome in the end.

According to the basic idea of ACIM, I only have to be concerned about my own learning process. Since once I have learned, it is not only me who has learned: I am not alone. We don't have to direct anybody out there. The most important thing is that I myself am already going into the direction of awakening. The point is to recognize the dream as a dream and to stop suffering from it. This would be a great spiritual accomplishment. It needs the help of the spiritual world, which is somehow also part of our projection. In this sense it is part of our true SELF. Since in the reality of God nothing needs to be redeemed. Redemption seems to be only necessary within the dream. But from our point of view it makes sense to communicate with the spiritual world – which truly means to communicate with our true NATURE, our SELF.

One more time: From the spiritual point of view, I only react to aspects of another person which I have dissociated from. Only these specific aspects will trigger aggression or agitation within me. It is the base for love to respect him. And I also respect his decision to dream and his will to value his dream.

Is there reincarnation? Yes, and no. Within our dream it appears that we keep returning over and over again in new bodies. These are only dream-constructs, only the box within the box. The essential part is always what happens within the mind. ACIM wants to lead us to the insight that in reality we are not in this world and that there is no world and that we are securely resting in GOD.

Question 45

By letting go of the old, I find myself in a state of not knowing and confusion, but I keep on walking bravely on my path towards the SELF. Of course, always in company with my dear ego. I've been told multiple times that the ego stays and that it won't dissolve. Is that correct?

Answer 45

As long as we are running around in this dimension of dream the ego will be our steady companion, but if we keep walking the spiritual path and stay alert, the ego will lose its power over us. The power of decision will increasingly be directed towards the SELF, the SPIRIT, and the attacks and "temptations" of the ego will become more and more meaningless. If we are advanced and spiritually clear with it, the ego's alternatives won't appear inviting and desirable. Accordingly, we can be at peace because the focus lies on the SELF.

The ego as such does not really exist. Its nature is nothingness, an impossibility. And still it appears powerful and threatening – but only through the spiritual power that we've been giving to it. This connection is often overlooked. The ego's dream has to be returned to the dreamer: to us, to the ones who chose dreaming. We can decide anew. This is where we have our true power. The human who is connected with GOD looks at others with love and forgiveness. He can see their confusion and their power of mind to choose differently. He won't judge anybody because he is full of compassion. This attitude makes the ego dissolve. It can't be found anymore in the end because it has really never existed. It was only a nightmare: the separation from GOD.

Question 46

I'd like to ask you another favor. Could you possibly give me some advice about how to deal with my ego in a way so that it can accept my path to healing.

Answer 46

The ego will never accept your path toward healing because the ego wants exactly the opposite of being whole-some – it wants to be separated. So there is really nothing good to expect, but merely resistance on all levels. The key is, on the one hand, that you consciously observe the ego and that you don't react, meaning that you don't resonate with the ego. And on the

other hand, it is that you turn to the HOLY SPIRIT and ask for support for healing. We can't make it on our own, but very well with the HOLY SPIRIT. This is why spiritual communication is so important. Keep connecting yourself in stillness with the MIND and other SYMBOLS. Wholeheartedness and perseverance will lead to success.

Question 47

As far as I understood, our ancestors are always standing behind us and affecting us. Does this mean that only the positive or neutral energies are having an effect on us or also the negative ones? Or is there something that I am misunderstanding concerning Family Constellations?

Answer 47

Yes, in this world of illusion we are connected and in resonance with our ancestors. It all has an effect on us, the good just as well as the destructive. This is why it is so important to focus our spirit or mind on healing. And this is also retroactive for our ancestors, because actually it is all happening now, since there is no such thing as "time".

When a person connects with Jesus or the HOLY SPIRIT, the deceased (relatives) will realize that. This spiritual LIGHT that illuminates the heart of this person will flow onto the people who are in need of it. The Spiritual Mind Training calls this the miracle that cures lack of love. We should learn that the MIND always communicates and that LOVE, meaning connection, is its nature. We all carry this desire and this quality within our right minded mind(SELF). All of this has nothing to do with our bodies, it all happens in the mind.

Question 48

Is there something like heteronomy (being influenced by a force from outside)? Thoughts influence other people or the other way around: Do other people's thoughts influence me?

Answer 48

Yes, within this world of illusion thoughts do affect other people when they are in contrast to LOVE, when they are of fear. I would suggest the following lessons from the Course book ACIM:
lesson 16: I have no neutral thoughts.

lesson 17: I see no neutral things.

lesson 18: I am not alone in experiencing the effects of my seeing.

lesson 19: I am not alone in experiencing the effects of my thoughts.

Accordingly, all thoughts that I have affect other people. One may call this heteronomy, but we should really call it relationship and communication. It is essential that first of all I'm concerned with my own HEALING. Then other people's healing will happen on its own.

Thoughts that come to me are always something that I have not created. These thoughts are already existing, everything is already here, even crazy illusionary thoughts. They approach me to be enforced by me. The question is how I resonate with them: What's my frequency? Is my spirit (who I am) pulsating? Is it LOVE or fear?

Question 49

If sexuality doesn't do any good, why do we (or often don't) then even live in relationships?

Answer 49

Relationships are essentially important because they make us aware of the ego's thought system and its defense mechanism against LOVE. Every partner projects their guilt, in which they (unconsciously) believe in, onto the other partner. A woman, for example, who is healed in the mind will never experience the feeling of suppression because she is free. But we did not get to this point, yet and this is why we have to closely examine the obstacles that we find on the path into the PEACE of GOD and overcome them with the help of forgiveness.

Nowadays, women are attacking men increasingly, because they have accumulated torments of centuries within their collective pain-body. But the new attacks increase guilt and consequently the projection goes on. Our original conflict with GOD mirrors itself repeatedly within all the events of the world. It is our challenge to realize that – and then choose HEALING.

Question 50

How and where do miracles work? As far as I understood, miracles are a change of perception. This change in perception eliminates illusion and we

can slowly see the truth – also regarding specific situations and circumstances. The Course states that the dead can be awakened and the sick can be healed. Accordingly, a change of circumstances on the level of form. A change in the mind can also produce a change on the level of form. But when the mind is really trained and able to see the truth, why does it then still need change on the level of form? When the mind is at peace, truly at peace, then circumstances don't matter anymore. This is a very important and sensible subject for me. I do realize that my mind has become more peaceful and that my fear has been reduced because of the Course. On the other hand, not much has changed in my life on the level of form and so I feel like a loser when I think that the Course should also manifest on the level of form. I feel like a loser because I don't have a new job and I don't feel fulfilled in my career.

Another question is whether everything here in the imaginary physical world is a coincidence, or whether there is also some kind of planning by the HOLY SPIRIT?

Answers 50

The miracle definitely works in the mind and may mirror itself on the level of form. In general, the level of form is very important for us and we take it very seriously. We may only recognize the miracle, for example, when the body is healed from an illness. The worldly circumstances may be changed if this is very important for us and if it helps us to experience the connection to the HOLY SPIRIT.

This is when miracle workers like Padre Pio, Bruno Groening, angels, and even Jesus come into the game. We may ask them concretely, and it is amazing what may be possible. But we may even find certain limits here according to:

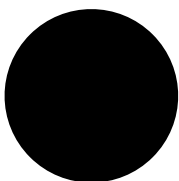
1. What it is that may be good for us regarding from a higher perspective (what is approved).
2. There must not be fear when experiencing a miracle. If fear comes up, then the effect would be contrary: it would lead us even further away from GOD. It would make us fear HIM and believe that the devil is acting.
3. We are limiting ourselves with the trap of feeling unworthy. In the depth of our mind, we all believe in our guilt and feel unworthy for a miracle, which is an expression of GOD'S LOVE. The actual fear is not that the miracle won't happen but rather that it will happen and that you will be seen as worthy in the eyes of GOD. We fear HIS LOVE and not his hate, which we projected ourselves.

The task is to quit the game of good and evil. Since behind this game we find the guilt conflict which whispers: "You've already lost. God will punish you." But this is our projection, our original "No" to LOVE: God has to reject us. It can't be that HE is actually well-disposed to us... Our biggest surprise will be the insight that GOD can only love us because we are without guilt.

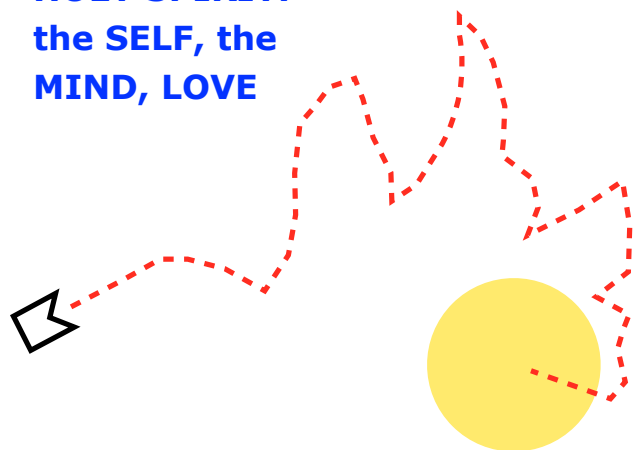
Overcome your fear of a miracle. Invite it again and again. It may seem that it is about a miracle on the level of form but in depth it heals your mind at the same time: you trust the spiritual world, you choose to return home to GOD – and this is truly what it is all about. It is the smallest of all problems that we are still messing around on the level form. We may use the classroom. It would be a mistake to say: *I'm not going to do anything in the classroom anymore because then I can't do anything wrong.*

Such a decision will not get you back to LOVE. Only if you make use of your willpower will you be able to take a step and there are only two directions that you can follow: deeper into the painful world of illusion or back into the liberating LOVE of GOD. The HOLY SPIRIT uses just this level of form to encourage us spiritually and to lead us back to the MIND – to GOD.

**The ego's goal:
illusion, death,
nothingness**



**The goal of the
HOLY SPIRIT:
the SELF, the
MIND, LOVE**



**The line of
decision:
there are
only two
directions**

Anywhere along the way, the necessary realization of inclusiveness may reach him. If the way seems long, let him be content. He has decided on the direction he wants to take. What more was asked of him? And having done what was required, would God withhold the rest?

Manual for Teachers :22-2.:5-9

Let me ask you this question: How desperate do you have to be to ask for a miracle? Anybody can have the wish to die or to fail – that is easy because it is only self-punishment. Live! Risk something: Call the spiritual world! Take it seriously. Only then the spiritual world can also take you seriously. In your case it seems that making the miracle concrete is pending: in this case a lot may mirror on the level of form. Ask for miracles and expect miracles! That should be your next step. Just make sure that you are not limiting these new possibilities by being too specific: it has to be/look exactly that way...

THE HOLY SPIRIT uses all our impulses (the way we think, feel and act) for HIS "salvation-work". Coincidence is something that comes to us, but it is part of our dream-projection. It is and stays a paradox: on the one hand there is a curriculum for awakening, on the other hand nothing ever happened and we are still resting in GOD.

Question 51

What's the difference between truth and a dream? Are these only two different words that we have given different meanings to? You talk about the dream within the dream when referring to our state of dreaming at night. If the people in our dreams at night are only images created by our fantasy then the people in our everyday "life" would also be only a product of our imagination, if we transfer the dream image consequently. And still everybody acts as if our fellow men were real, even though the Course sees our life within this body as a pure illusion and dream. This would mean: I'm completely alone and any kind of exchange (or what seems to be an exchange) with others is only a product of my own fantasy. How do you see that? I'm not sure if you can understand what I mean. You would also be just a product of my fantasy! Now I am curious whether you'd like to protest against that.

If this whole game of separation and the ego is so absurd and crazy, then why does it even exist? It seems that there must be some kind of benefit and meaning behind it! Does God make mistakes? Why should we all go through that? Who invented it? So far I thought that it was God who sent out many little soul-parts to experience and recognize himself limitless within the splitting. This very esoteric image – that you call absurd. In your lecture you say: "Why should God do this..."

How do you see nature, which makes me happy every day, if form is not actually true and divine but only an illusion? All the beauty that I see day by day? Everything that a religious person may consider as God's wonderful creation? Isn't it possible that divine completeness can reflect and show itself in nature, if we can develop the right eye for it? Does all of this only serve to keep up the existence of the own ego? Nature lets me experience joy and I see it as a link to God, a way to experience God in everyday life. Is this also supposed to be without meaning and not really existing from a spiritual perspective?

Answer 51

The difference between dream and truth can be seen in its effect: the dream is always also (and mostly) painful. The truth liberates from all suffering and brings peace and finally the highest joy without shadow nor price, since it's never at other people's (from me separated ones) expense. The one who is looking for truth is seeking the end of all suffering and confusion. But truth and peace cannot be found in the world of form – and still, we keep trying...

Regarding your question about "the dream within the dream": the bodies that we believe to see are not truly existing. As human beings we are existing only spiritually and within each other because truly we are all one within the mind. However, in this world we base everything on the concept of separation which is ego-solid installed on our hard drive: separation, splitting up – which in truth does not exist. In this respect we are dreaming of our bodies.

We, as the ONE SON of GOD, are all alone with the FATHER, the HIGHEST, GOD. Within the dream we are projecting each other within each other mutually, and everybody always sees himself: either in the truth of the ONE SON of GOD or in the illusion of the attack on God in the name of guilt, fear and hatred. These are the only possibilities we have, but the differences and the consequences of the one or the other perspective are enormous.

I, as Reinhard Lier, do not exist in the highest REALITY. I have only projected this Reinhard because the ONENESS in GOD wasn't enough for me. Also, I was tempted by the idea of separation and believed in its value, namely in specialty and individuality. I'm sitting just like you (and actually we are sitting as ONE in only one movie chair and are dreaming us onto the screen as many) in a movie chair looking at the screen on which human bodies are acting, suffering and experiencing joy. And doing that I forget that I am only

the (one!) observer watching the actions on the screen and that the moving pictures are not real. But the action, the drama of desire, battle and failure captures me. The hero may win in one moment and lose in the next and then may die a hero's death until the next reincarnation sequence...

Since the idea of separation does not exist, in TRUTH (in GOD!) nothing happened. We are only dreaming that something has happened and that the attack on God has happened. The price for this dream is our feeling of guilt. When you ask: "Why did it happen?" you are assuming that something has happened. *Nothing has happened*, but this is something that we cannot accept within our sick state of mind. You and I we are now whole and one in GOD – where else should we be? But have we already realized that?

There is a very good explanation to the question (What's it all for?) in the Manual for Teachers:

The father of illusions is the belief that they have a purpose; that they serve a need or gratify a want. (ACIM: M-14.1:6)

There is no lack within GOD, but we are dreaming about lack. The ball, the one question, is in our hands: *Brother, how long do you want to dream about lack and death?*

The beauty that you believe to see is first of all perishable and secondly a bad substitute (an idol!) for the beauty within the MIND, which does not know form. Form always means separation and the price for separation is the illusion of attack and death. I agree, beautiful music may reflect something HIGHER, but it is really not the music as a form but the content beyond the form.

This is hard to grasp for us, since we are form fetishists who like to see bodies and link everything to it. But we are mind within GOD'S MIND and whenever I believe to be a body I neglect that truth. At the end of all time, when we are tired of all our illusionary adventures and realize that there was nothing there to win we return into the PURE MIND and enjoy the FATHER'S COMPLETENESS as the ONE SON of GOD.

Question 52

If everything is an illusion, meaning I'm shooting and watching my own movie and if I only see myself in the other person and in the end we are all

one, then there is actually no "other" out there. Then there is nobody who I need to help and assist with awakening, nobody who could or has to be redeemed with my love. Or it may be just that I'm bringing my own unconscious fragments to the light of truth. Nobody (besides me) who could have free will because all of them are acting certain parts within "my movie". Maybe for the sake of my true awakening? Or all of us together?

So, am I supposed to establish a life that's full of joy and abundance. Without considering the "others" since they might have it better than anyway? Do you think it makes sense to share this message in church (I'm Protestant)? Since they are still preaching a very different content. The ministers, for example, are sometimes afraid of God. Or is this only the helper syndrome in me that's coming up, or certain arrogance that gives me the feeling that I am above them (a step further on my way)? If everything is an illusion, then there is nothing left to save.

Answer 52

You expressed the main principles of the Course quite well. Our problem is the physical hypnosis or illusion. I always only see myself. I am the other one. And this is where we ask about the purpose: What is it for? I joined a Groening Circle of Friends for a little while, but then left again. I did not feel that it was my call to speak about the thought of non-duality there because it wouldn't have been helpful. It would only have caused spiritual turbulence, there. The Circle of Friends helps a lot of people and is a place of a spiritual home for many. All of that may be and we should not interfere. Anybody who has further questions will find an answer. In this sense I would encourage you to avoid discussing the Course at church. This may provoke aggressions and you don't have to deal with that.

You may live well also in a materialistic way but please don't mix up content and form: The ego knows only form. But any kind of form is empty within itself and meaningless, it is without CONTENT, which is always of a spiritual nature. Money by itself won't do you any good because you cannot buy peace nor love. A good healthy life is a life within the MIND. Abundance is always of a spiritual nature and any kind of materialistic experience serves the process of understanding that true LIFE can only be in the MIND. The conflict of guilt has to be healed in the mind and the form is part of the teaching facility: the classroom of the world.

Overcome your belief in separation from GOD and with that your fear of GOD, and you have done it all. Whenever you help others it helps your own

process and that may happen. But the ego is always right by your side. Good help is given when passing by, easily on the side, in stillness.

Of course it needs HELP and this help always comes from the spiritual world. This is what man and woman can be available for. This makes you happy. Make yourself available and open up and let yourself be inspired. But use 5 to 10% of your consciousness to watch the ego. It stays on your side and is still fighting for its survival within you. Because you are its host and without you the ego can't have its sham-life.

Question 53

Are you able to talk with the spiritual world? I mean would you be able to get some information about my personal life from the spiritual world for me?

Answer 53

You may and must ask for any kind of personal information about your life from the spiritual world by yourself. If I would do that for you, an unhealthy dependency would develop and that is something the spiritual world wouldn't want. Your personal access to spiritual GUIDANCE is the main goal of the Spiritual Mind Training – this is what leads to inner peace. This path should not be interrupted by authorities from the outside. I am only a guide and I wish that you travel on the path yourself so that you can find your inner access to the MIND.

The only exceptions are the mediators between the spiritual world, who are SYMBOLS of HEALING like Jesus, Padre Pio, Bruno Groening and the Angels. They are so close to the MIND of GOD and are actually within HIM and HE is within them, that it is not possible to develop an unhealthy dependency, particularly since these beings are not physically approachable anymore. That's why I would recommend that you connect with one of those SYMBOLS. It will take care of your issues and bring what is necessary and healing on your way. Practice stillness regularly and everything that is beneficial and salutary will come to you. Sincerity and perseverance will lead to success.

Question 54

What happens to the material world once we leave it? Will it still exist independently (independent from me)? What does the Course say about

that? If it doesn't, what will happen to all the other souls that are dreaming this dream with me? In other words: If a close one dies, does this only happen in my dream or does he also "die" in his dream?

Answer 54

The material world will not be left, in this sense, because it doesn't exist. It is only an image within our dreaming mind, and dying is only the blackout of the body – that's all. We are always assuming that the body is real but that's not so and even more: I am not a body. Death is only a belief and we may let go of it. We are always at the one place we can be: in the MIND! Of course, we are dreaming about exile and separation from GOD. And this is exactly the dream that we are supposed to wake up from. Then our physical death won't be an issue anymore: because I am always here. We can find a clear hint about what meaning "death" should have for us in the Manual for Teachers (question 27): *What is Death?*

Death is the central dream from which all illusions stem. Is it not madness to think of life as being born, aging, losing, vitality, and dying in the end?

(M-27.1:1-2)

Nothing essential really happens when somebody dies. He/she is still here in spirit, but we here "on earth" are seemingly experiencing the loss of the body. Therefore: All humans are always in the mind, now! And they are all one. I am you and you are me. I recommend the book "Dying to be me" by Anita Moorjani. When experiencing a near death experience and leaving her body she finds the link to her true self on the level of observer and decision-maker and has an insight that is very much related to the Course: She looks at her (already deceased) father and experiences being one with him: the more she looked at him the more she became him...

Question 55

I'm now studying lesson 5 and I have a question regarding paragraph 3:

But again, this should not be substituted for practice periods in which you first search your mind for "sources" of upset in which you believe, and forms of upset which you think result.

From what I understand forms of upset are anger, worries, rage, depression, hatred etc. And the causes are external situations, for example, my behavior towards another person or discrepancy within my professional perspectives. But what are the **sources**? And what are the practice periods that are referred to?

Answer 55

On the one hand it is referred to the daily lessons with its particular times for practice: 3-4 x about 1 minute – go into your mind to find forms of upset (anything that can take your peace away). And then there can also be some forms of upset that appear in everyday life and that you recognize (point 2). The form is just the way that you described it. The form is a form of expression of an external process which seems to us to be the cause: I may experience fury when my boss talks to me about cutting my paycheck. But the fury, the anger, is in the end always based on my little problem with LOVE (meta level: with GOD).

Any situations that we are experiencing in life are not the real causes (like we assume erroneously) or the sources of my insane feelings. They are only the trigger! They are mirroring my original conflict with GOD – and this is what this lesson is about: The reason that I blame for getting mad, is never the actual reason. Our interpretation of connections is wrong. This is a brand-new way of looking at things and not so easy for us to accept.

Question 56

If my ego script designates my sicknesses, accidents and my time of death, will I have a chance to change that? Can I heal myself or be spared when practicing the Spiritual Mind Training or does everything have to happen like designated? How do healers work? Can they actually heal, meaning change the ego script, or can healing only happen if it is available in my incarnation-contract? If the body only exists in the dream, should I still eat healthy and make sure that I get enough sleep and use herbs, teas and nutritional supplements?

Answer 56

The ego is the idea of separation, which does not exist in TRUTH. We are now in GOD – where else should we be? Don't worry because nothing bad can happen since you will survive all of it as the spirit that you are. You are the dreamer of your dream and not the dream character within the dream, like we realize when we wake up in the morning after having a nightmare: it was all unreal and nothing has happened. We are truly beyond the dream and beyond space and time resting in the observer and decision-maker. The ego offers us uniqueness and individuality as a generous "gift". But the price is high: separating all humans, from God and from life and therefore an enormous feeling of guilt, which tortures us and which has to be constantly

projected onto other dream bodies (other humans). Man becomes man's wolf; he attacks and feels attacked.

The ego doesn't have any power within itself. You give power to it, or take it from it. All fate is self-made. Consequently, you can withdraw the power, the belief in separation, guilt and punishment, from the ego. This is a process that needs to be trained. Our thinking is sick, but it can be healed with the help of the HOLY SPIRIT and his representatives like Jesus, Mary, Padre Pio or Bruno Groening. Let us ask for HELP and embrace it! Everything can be changed and healed. I have changed the past at some point – because there is truly no past. Everything is always now! But this is something we cannot understand, yet. This is why we have the path of Spiritual Mind Training.

“Healers” receive from the Holy Spirit and direct this energy to areas of lack and delusion are present. May we open ourselves up and invite THEM. The desire to find the real HOME has sprouted within you, and now the tree of SALVATION is growing. Water this tree, ask questions and find answers. And most of all: be very still. Everything will find its way to you in stillness: the HIGHEST, because IT is within you, within all of us and we are within HIM.

Take care of your body don't deny it because you do believe that you have one. Eat healthy food and believe in it because all of it here is just a placebo. We may take good care of our body so that it can stay a sensible part of the classroom. The mind wants to wake up from all the painful dreams. The essential pain is always in the mind and never really in the body. The body is only a neutral “piece of wood”, it is part of the projection screen.

ACIM came as a call of GOD from the “future” to us. Only few people are able to take that in now. The message is very valuable, a great gift. I am only an interpreter of this message. I only serve to support comprehension. Many teaching systems get stuck in the body and on an earthly level. But the mind is everything; everything happens in the mind. We are MIND in GOD’S MIND. This is what we have to realize and to experience: MIND.

Question 57

Sometimes I get the feeling that you’ve read the wrong books about God.

Answer 57

The right books are the ones that make you feel at peace with GOD once you read them and that answer your questions. That's how I feel. We always just read the books that we are ready for. But in the end all roads – even the detours – lead to GOD. Don't worry about me!

Question 58

My essential question is: Am I alone in this dream? If that's the case, then everything would be pure projection of my dreaming mind including all other people, and dogs and cats etc... There wouldn't be any kind of suffering, no hunger, nor needs for any of these individuals because they are only a fantasy within my mind and any kind of external suffering that other people are going through would only be my own inner emotional pain, right?

Answer 58

You are the dreamer beyond the dream and beyond time and space – you are the decision maker and observer who wants to dream – and not the dream figure, like you erroneously believe to be. And there, beyond time and space, all humans are united within the collective mind of which you are only a little splinter in your present state of mind/consciousness.

In the state of being split up we are experiencing and identifying ourselves as a personified dream-character, who is alone, fearful and hungry. But it is our collective mind (the ONE SON of GOD) that projects all this dream-figures, and animals, plants and minerals are also part of that. We are experiencing these projections as real and identify (connect) ourselves with these characters on the screen and forget that we are truly mind and not body. It is just as watching a horrible movie: in the end you know that nobody on the screen is really suffering and that it's not your call to get your first aid kit and jump onto the screen when somebody gets hurt. Because it is all not real.

Once we appear here within a body (our five senses seem to confirm this) we forget about this circumstance of reality, of delusion and illusion. Our perspective is a very different one and it impresses us so much that we are quick to recognize our body as our only reality. We become mindless and drown within the dream images of our lives. In other words, I could say that I'm only talking or communicating with myself because in reality there is only the ONE SON of GOD who dreams to be many people on the stage (screen).

You should always come back to the basic question: Who am I? Secretly, you will always go back to the concept of a body or a spiritual body-form – you can't help it. And this is how you come up with these difficult questions which are actually illegitimate. Even your question whether you are alone, is based on the idea of separation and not on the idea of ONENESS.

In ONENESS you wouldn't have this question. Our dream-state of separation is so different to the PURE MIND that we can only shake our heads and refuse the statement: "I and you!". We believe in separation and the lessons in the Course are designed to help us find a way to overcome this belief. The ego's grip has to be loosened carefully so that we prevent fear. One has to become very still to be able to figure out the dream. The restless and untrained mind cannot figure out REALITY. What good is it to dream about a life of pain and misery when we could all find delightful PEACE within GOD? Animals also suffer and thus again is a mirror of our own suffering. All of it is wasted compensation for the MIND, that is solely real. We fear the HIGHEST because we feel guilty. This is why we hold on to dreams.

Question 59

I'm now studying lesson 67: "LOVE". I came across the term "love" repeatedly. And I don't really understand this term. It doesn't really tell me anything. Until now I had just ignored this term but in lesson 67 this is not possible because it is the core of the lesson. Can you give me an explanation or orientation about how I can approach the term "love" in the sense of the Course?

Answer 59

What is love? That is the last big question because we could also ask: "What or how is GOD"? Love means "all-embracing connectedness": I am you. Love is abundance in the mind, there is no lack. Love is peace, it doesn't know attack nor grievance. It forgives all and doesn't see guilt. LOVE is always new but still constant. It doesn't know ups and downs and doesn't make any differences. The FATHER recognizes himself in the SON – this is the nature of LOVE: to recognize yourself in the one that seems to be the other.

You can tell that LOVE can only be described and sometimes only explained in a negative way by saying what it is not. LOVE may reflect itself in our state of dream as forgiveness. For example, LOVE'S true greatness and gracefulness is something that we cannot conceive presently, at all. ACIM is

not a Course in LOVE. LOVE will unveil itself once we have overcome all obstacles that keep us apart from IT.

Question 60

What about people who make the decision to leave this world voluntarily? Is this their own decision, or are they attached to the deceased or is it even guidance? You call it the last rebellion against GOD. Do these souls have to suffer? I have once heard that these souls have to start all over again (incarnation). If GOD is pure love, then what follows? And since this person is my brother or sister in the mind, is there also a part of me that wants to die? Or is it all an illusion? How can I help the person's relative in such a situation? I know a family that does not understand any of it.

Answer 60

Technically speaking, there is no way that we can leave life. True life is in the mind and this is where we always are and nobody can get out of it because the MIND is in GOD and GOD is eternal LIFE. We are caught in the dreaming mind. In our position as the observer and decision-maker we are projecting our body and we identify with it. This is how we forget that we are mind. We are the dreamer of the dream and not the dream-characters!

Of course, life within the body can be very painful; people are experiencing illness and pain. It takes a lot of desperation to come to a point where one wants to extinguish the body, and it is a way of trying to escape. But where do we want to escape to? We are always in the mind and we stay in the mind because we, ourselves are mind.

The ego-impulse of separation can only reproduce itself if we believe in this option. The suicidal person thinks that the flight from God and our putative guilt against love, can be a solution: if I extinguish the body I won't experience pain anymore. But they don't recognize the true situation: the pain is originally in the mind and is only experienced there. The body is something neutral. It's actually nothing, only a screen for projecting the original guilt conflict. If I decide to destroy the screen, the film will still keep running because the projector of the mind is still in action.

Most suicidal people come to this insight very slowly and painfully. First they are confused: The body is dead (it always has been dead from a spiritual point of view: dead, only an illusion, only in the image of the mind), but you

still keep on living. The emotional pain is still present because the emotional conflict, the true problem with life, with love, is with GOD and has not been understood nor solved. The true problem lies in the mind. And can only be solved there – sooner or later..

Strictly speaking, nothing has really happened on the highest level, in the PURE MIND, but we do believe in bodies and we want to experience them because unconsciously we believe in our guilt before GOD. This is why everything seems so real, and even a placebo is effective. Something has to be changed in the mind, in the desire, so that man (spirit) can find peace and healing. Only the thought “I need help. I want to understand and learn” has opened up the door to healing for some people.

Man’s will is his kingdom of heaven... Knock and it will be opened! Forget about your thoughts that you have to start all over again. There is no “beginning” because everything is now and we are only having a little problem with LOVE. Do we want to dream or do we want to wake up – that’s the question? And once the mind (observer/decision-maker) realizes that all you have to do is to activate the desire for understanding and awakening, you’ve already made it.

GOD loves and that’s all he can do because there is no punishment. We are punishing ourselves. Jesus wants to make us understand that there is actually no separation from GOD and that we are only dreaming about separation, sin, guilt and punishment. Our physical life is just a dream and so is our life without the body. Awakening has nothing to do with the body and it is purely a mental process. We are not bodies (people/dream-characters), we are only projecting them.

You can bless the so called deceased in his divine completeness and truly see him. Imagine a student who believes that he is not capable of anything because a lot of people (the ego) have told him so. Now he meets a new teacher (TEACHER) who sees the student’s great potential for learning and who helps him to overcome all learning-blocks. Suddenly trust is created and the student does not feel threatened nor discriminated anymore. He starts enjoying learning because the teacher loves him. The student starts loving the teacher and is now able to understand and learn.

Question 61

1. You don't believe in hell, right?

So why do you think there have been near-death experiences that describe hell as a very real place and as a "consequence" of life? I read a book by Rudolf Passian, a Swiss parapsychologist and author, who described a near-death experience that proves that this does not necessarily have to be a good experience. Do I have to program myself to the "good mod" to avoid a negative near-death experience or hell after death? Do I create my own hell, maybe even subconsciously? Wouldn't that mean that my acting does have consequences (karma)?

2. If I was terminally ill, or very old or suffering from cancer, would active euthanasia be an option? Is there a "right" and a "wrong" at all? Do you love life and are you free of fear? Is there a God or somebody above us or are we all one (God)?

Answer 61

When you get caught in a dream about hell while you are sleeping at night, then you believe the dream action to be real. A near-death experience is also part of our illusion or our dream-world, just like the consciousness of the state of being awake during the day. Only we don't know how we can wake up from this daydream so that we can see the LIGHT of the spiritual world.

We are already in hell, because anybody who is possessed by a world of separation is caught in a painful confusion and suffers. Separation (body) leads to guilt, anger and hatred. I don't know what you could call "heavenly" in our world. All human beings move towards death and even if we take reincarnation for granted, we will still always come back to the same film about blood and thunder.

Thorwald Dethlefsen, a German psychologist, esoteric and author of several books, proved this in his reincarnation-therapy (his lecture from the Psi Conference in Basel Switzerland can be watched on Youtube): Man / Woman experiences himself/herself in his/her "dreams of life" as perpetrator and victim and perpetrator and victim...

Since we believe that our actions within the dream are real, we want them to have consequences (pleasure, a prize), for example: gaining power, feelings of revenge etc. We believe in the reality of our actions and thoughts and this implies that subconsciously we believe in guilt, meaning in the

attack on God. It seems that we have taken his life and this is why there is punishment, fear and death (although nobody can actually die or end in smoke).

The human within the dream is confused and thus not free. Suicide is only a 'black out' and does not really change anything from the spiritual point of view. One is still captured in the confused minds and dreaming that one has committed suicide. And this enhances feelings of guilt and the desire for a new incarnation becomes inevitable. This is why the Course has an important insight: our mind needs healing because this is where we have the problem – not in the world and not in our bodies! Only spiritual awakening can help and this is what ACIM is all about.

The spiritual world does not judge, and it does not condemn, this is what we do for ourselves, excessively. LOVE, GOD, the SPIRIT, wants our awakening and our return to GOD, even though we have never left HIM. We are in HEAVEN right now, in the HIGHEST, but unfortunately we have not realized it, or at least only very few people have realized it. Nothing has happened. Nobody can be sent to court for killing people while dreaming at night. The police would like to see the corpse and that would be difficult to find the following morning...

I love the real life in the MIND, which I start to feel more often in quiet moments, during lone nights, when I experience that the spiritual world loves me. I also experience fear in this world, but I can cope better with it and it becomes easier for me to quickly leave this eclipse of the mind. Often I sense that I am in GOD, but I cannot grasp the idea. In the end the Spiritual Mind Training is about a mystical experience beyond thinking! This is where I want to get to. This is what I am inviting by becoming more and more still. In these moments I know that everything is truly very good. Then the world has no meaning anymore, it has nothing left to offer because everything is already within me.

Question 62

In one of your lectures you recommended the book "From Onions to Pearls". I'm reading this right now and some questions come up. The book represents the view that the source (God) has created this world to collect experiences of limitation. In your lectures on the other hand, you say: *"God (the source) does not know of this world. We are dreaming and projecting this world, and*

the movies of our lives are already completed, but in different versions (level of form). And moreover, we have this incarnation."

The mentioned book – at least the way I understand it – represents a different view. Everything is already laid out by the source. It projects us and it does not matter what I do. It doesn't matter, for example, if I study ACIM or not since there will always be a balance between limitation and expansion.

Answer 62

The mentioned book appealed to me before I encountered ACIM, because nobody is acting freely in the end. We are supposed to watch the drama without judging and without identifying ourselves with it. Of course, the difference to ACIM is obvious: GOD is not dreaming and has nothing to do with this world here. HE doesn't even know that it exists. Today I totally agree with the Course – no question!

I was touched by the book because Nadeen broke loose from the concept of one individual physical spiritual being by turning into a spiritual movement of extension. He could partly overcome his resistance against the dream and thus also against the ego and consequently experience peace. I met him once and he appeared very authentic. The only thing is that now I see his interpretation – that GOD is dreaming the world – as wrong.

I think that his approach of the dream by taking it less seriously, makes sense and it boosts the observer position. He finds a superior center where he can suddenly experience peace and a piece of awakening – and of all places he finds that in prison. He detaches from identifying with a person and a body, like the Course suggests. We are all the ONE SON of GOD in a state of dreaming beyond time and space and we are projecting all the bodies, landscapes and stories. That's certainly not what GOD does. We are doing this because we are the ones who want to experience an alternative to HEAVEN.

Question 63

How can I deal with energy-suckers? What if somebody sucks my energy, or if somebody tries to push me into a different system, in which I don't want to be part of. What should I do?

Answer 63

We should not worry about our energy. Real LIFE in the MIND is unlimited, it is abundance in GOD. But if I am not this ABUNDANCE myself, then the little bit that I have left seems to be threatened when encountering energy suckers, and I fear for my life. It is always a question of view or rather of my spiritual position. If you are stuck in the illusion of lack, then you'll have to fear the energy suckers. But, if I am attached to the HIGHEST within me the dream of lack will come to an end, and most importantly I will be able to see the other person from the right angle: He has everything within him. He could also choose the HIGHEST, but he may prefer to indulge himself in illusion and suffering.

Only one question counts: Have I already chosen the MIND (HEALING) for myself? If the answer is "yes" then I don't have to fear and most of all I don't have to fear illusions or other crazy ideas. The person who can figure it out is free and in PEACE. I can talk to the "energy sucker" in the mind and give him my blessings:

I give my blessings to the divine perfection within you. You carry the power of decision within you to choose ABUNDANCE. I respect your decision!

The other person does not have the power to tarnish my peace, if I am already at PEACE. If I am not at peace yet, then I should choose anew and take back the power that I have given to the other person.

Question 64

Through studying the teachings of the Course I have gained the ability to lead fellow humans consciously into the state of awakening and to accompany them there. From this state of mind, it is easier for them to embrace their present situation in life and to contemplate it, but also to answer questions concerning the Course for themselves. This experience is not only intended to give a loving insight into the essential state of existence, but also to show that the communication that happens right there is a clear and helpful aid to walk the path to awakening with ease and joy. Maybe this would also be an offer for you to look at this work from the level of awakening and to experience yourself as whole.

Answer 64

I think that every student of the Course is directly guided by the HOLY SPIRIT and that no external intervention by other people is necessary. I also think that this is not the intention of the Course.

I see myself as an interpreter of the course, who supports the Course students to get a deeper understanding and an easier introduction, nothing more or less. ACIM favors the inner TEACHER (HOLY SPIRIT/Jesus). Every person is free to choose which path he/she wants to go. My wish is to win the Course student for this direct inner path and I may serve as a "signpost" for a little while, until I am not needed any more. I may leave your approach like this without any further comment – I've got nothing more to say to you. May you be guided by the HIGHEST!

Question 65

How are you currently working with the Course? I read the text first and then I look at some of the lessons. I'm thinking I'll start over in January. I read somewhere that it is sufficient to complete the Course successfully. I doubt that this is true. How do we prevent a relapse?

Answer 65

I study different parts of the textbook. Sometimes I get inspired by the American Question & Answer Service provided by the Foundation for A Course in Miracles, where over 1300 questions are answered. Some keywords like Advaita / Vedanta lead to very inspiring questions.

I think that it is important to avoid treating the Course "mechanically or technically". What's the goal? The important part is the inner communication with the HOLY SPIRIT or Jesus or the spiritual world. The Course is dedicated to serve this purpose so that it will then become unnecessary. What happens to you when you are not reading/studying the Course? Are you then still connected with the HOLY SPIRIT in your thoughts and your emotions?

You are referring to the famous Course question: *How many teachers of God are needed to save the world?* The answer to this question is: *one*. It is always the one who can hear your question right now. The dimension behind this is: we are ONE, not many. The one observer and decision-maker beyond space and time, projects himself into all the figures on the stage of this world of illusion. But: We are not bodies! We are collectively ONE. ONE who

dreams about being separated from God. This is why it needs only ONE to accept HEALING. We must not look at this and judge the quantity but rather the quality of the question, the CONTENT, who we are: MIND within GOD'S MIND. For the MIND quantity and form are completely meaningless.

The ego sticks with us all the way, till the final step into total awakening and far beyond the event of physical death (if you want to talk about the world of illusion). Consequently, relapses are always possible and happen to all of us. But once I realized it and forgive myself for it and returned to communicate with the HOLY SPIRIT, I have learned my lessons well. The most important one is: don't react to the ego's offerings. This is all it takes. And still, regarding the temptation of this dream-world this seems a hard task. Until we realize that none of this counts and our only heart's desire becomes: TRUTH, which gives us PEACE.

Question 66

I have a personal professional question: I'd like to get trained in IFS (Internal Family Systems Method by Richard C. Schwartz). When I read about this inner family I became even more aware of the use of working with Family Constellations. I think that this therapy uses a different approach to reveal many issues. I'd be interested to find out whether you know this method and how you feel about it?

Answer 66

In the meantime, I've studied some information about this issue: Mr. Schwartz sees the splitting up of people – for example within the family – as well as in the individual who experiences different parts of his personality and the suffering that comes from that. I for my part am not concerned about healing the different parts of the personality because they are only the expression of the ego's strategy to capture us within the thought system of separation. The ego (what appears to be the original separation) can only live off our belief in it: we are taking the idea of separation seriously and hold on tight to it because it is the basis of our "individual and special" existence. But this individual existence is in the end part of the original problem. This existence is sick and crazy because it implies the belief that we can and have to live outside of GOD, the MIND.

As long as humans believe in a body and in differences, meaning as long as they give them meaning, and as long as they cannot recognize and experience

the all-connectedness in the mind, there won't be peace nor healing. The original problem is always the belief in separation. In a way Schwartz digs into the next "separation-box" that is found in the big "separation-box". This will be illustrated in the following graph as conflict-level III. This is the dream within a dream. We are analyzing the problem (the inner voice) and try to conciliate the inner personality-parts (subpersonalities). I feel that these are sham-solutions because the original problem – the separation from the MIND (GOD) is not truly recognized.

Subpersonalities are just as unreal as bodies. The observer and decision-maker wants us to see bodies and to hear inner voices and this is why we see and hear all of that. Why do we want that? Because we believe in the separation from GOD and this makes us experience inner guilt and stress. Our strategy to prevent insanity is to split up the parts, or rather to project them into a seemingly external outside (of course everything is within our mind and nothing can leave it: ideas cannot leave their source!). And this is how they come to life: the different personality parts (subpersonalities)!

Subpersonalities are not autonomous, though we may believe that, and we give them their own power (this mirrors our old problem with God again: we feel that we are separated from God and we fear his revenge which hunts us in the form of these negative voices).

I seriously doubt that these voices want any good because they have really nothing to offer. At the most we are "casting out devils by Beelzebub" and fight against symptoms like conventional medicine. We only are shifting the problem, moving around furniture and it seems to bring us ease.

Quote Schwartz:

"I had several clients in the early 1980s who began talking about different parts of them as if these "parts" were autonomous voices or subpersonalities. As a family therapist, these inner battles were intriguing to me, and I began asking clients to try to alter them in the same ways I'd been trying to change their family's communication. It seemed that many clients could actually converse with these thoughts and feelings as if they were real personalities."

My comment:

The ego is very, very clever. It sells us whatever we want but in the end it just makes us run in circles, so that we won't leave its thought system and

stay well-behaved. We are feeding the ego – it has no life of its own! But it seems that Mr. Schwartz is not familiar with these connections, yet. Once Schwartz deals with the discovery of the self his contemplations become really interesting. Then he gets onto the healing track:

Quote Schwartz:

"When they were in that calm, compassionate state, I asked these clients what voice or part was present. They each gave a variation of the following reply: "That's not a part like those other voices are; that's more of who I really am – that's my Self."

My comment:

This is where it becomes exciting because this opens the gate to the spiritual world. Unfortunately, then he brings back the observer & decision-maker into the play of personality-parts:

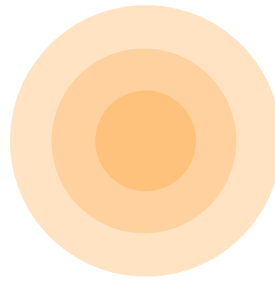
Quote Schwartz:

"Diane and the others began relating to their parts in ways that the parts seemed to need. Their emergent compassion, lucidity, and wisdom helped them get to know and care for these inner personalities. Some parts, like Diane's pessimist, needed to hear from her that, while at one time she had been very hurt and needed to withdraw, she no longer needed it to protect her in that way. Subpersonalities, like the pessimist, seemed like inner trauma victims, stuck in the past, their minds frozen around a time of great distress. Other parts needed to be held, comforted, loved, or just listened to."

My comment:

I don't think that it is helpful to negotiate with parts and voices because they are tying me to the ego's story and I stay stuck in the ego's theater and all I do is push around the scenery. The ego cannot be healed because it is a parasite within our mind that fights for its survival, and is by itself unreal. Then we behave like Mr. Biedermann, in the play "the Firebugs" who invites the arsonists into his house and even helps them to carry the gas cans to his attic. He just plays along and does not figure out that there is a problem.

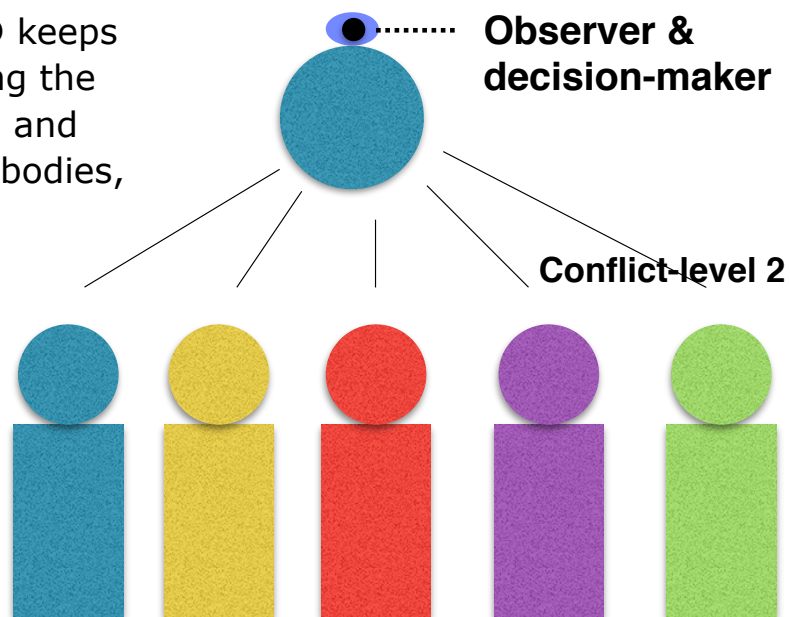
I do like his comment about the experience with the self, I think that this is exciting. But he lacks the helpful concept of the observer & decision-maker, who either connects and identifies with the self (SELF) or with the delusional worlds of personality-parts. If we dive into the story and negotiate with "parts", then we will take them seriously and consequently make them real.



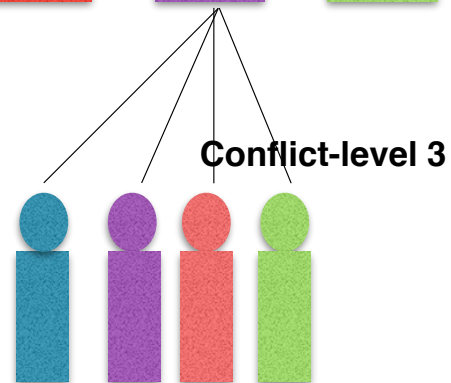
Conflict-level 1

The ONE SON of GOD keeps compulsively repeating the thought of separation and splits himself up into bodies, or personalities.

I identify myself with the body and I see other bodies out there which seem to be human who are separated from me and who are threatening my existence.



Not only do I experience fights between embodied humans out there, but also between different personality-parts within me. I'm cursed, condemned, threatened, scolded and I experience grief, pain, rage, guilt and desperation.



- It is truly the Observer & Decision-maker who
1. Identifies with the SEPERATION from GOD
 2. identifies with the **body**
 3. identifies with different personality-parts (subpersonalities)

The solution is to observe what is going on in stillness, on all levels and to omit judging (not-judge): don't indulge in the conflict and don't fight it. This quiet way of looking and realizing the meaninglessness of all phenomena is the core for forgiving.

This gives us the feeling that we are ruled by them and we want to win them over for our path of healing. But this ignores the true problem: the one who negotiates with the ego, is already the loser. We have to figure it out and turn it down: I won't play along! It weakens the ego, the most effective: don't pay attention to it at all! But this needs a certain amount of Spiritual Mind Training. This is why I stick to the Course, because I could find all my answers there. I'd like to explain the issue with the illustration on the previous page.

Question 67

I have attended sessions on Family Constellations with you twice. After following reports about the terrorist attacks in Paris, I'm asking myself if you can say anything about these attacks from the view of Family Constellations? Is there a way that a group of interested people could gather and share their thoughts? Could the situation be set up? I don't want to do this just to waste my time, it feels to me like an essential need.

Answer 67

Family Constellations is a form of therapy that mainly uses the technique of looking at the world's phenomena. However, it can explain them only partly, like for example with the help of the levels of conscience that Bert Hellinger detected. Family Constellations Therapy does not know about the original conflict of all humans like described in *A Course in Miracles*. This is the one thing that I was lacking, a spiritual-comprehensive way of looking at all things that transcend the world. Family Constellations are effective in the realms of phenomenon, which are illusionary from the perspective that I have today because they are only a dream within our mind.

The terrorists are acting following their group-conscience. They feel that they are in a righteous war and thus feel innocent. They are not emotionally connected to the people on the other side, the people in Europe. On the other hand, the people in Europe are probably not connected with the terrorists and they don't feel their need and desperation. So it is about separation and the feeling of belonging to a group, the group-conscience which ties us to the group that we belong to. Beyond that there is a higher conscience that all people share because we are all human. This is something that only few people are aware of because usually the group conscience is dominant since it is operated by the ego on the level of belonging.

I explained the original conflict of all humans over and over in my lectures and books about ACIM: we have a problem with love. We feel guilty in the face of God and are suppressing this guilt by projecting hatred. We believe unconsciously that we robbed God's power of creation and that we killed him. This is why consequently we are always dealing with killing, guilt and revenge, perpetrator and victim.

In the realms of Family Constellations, we should only work with specific aspects regarding the Paris attack. For example, if somebody has survived it and feels guilty about the fact that others died and he did not. We won't be able to solve what happened in this terrible nightmare with the technique of Family Constellations. The only thing that can help is the Spiritual Mind Training, so that everybody contributes his part in the mind to heal us all. I believe that healing within you and me and all people is possible because we can choose it in the mind and then we choose it all for the others who may still want to fight. In the end of all battles even the last warrior will be exhausted and will turn around to see LOVE, the PEACE of GOD, once he has realized how senseless his actions are. Whenever this may happen is the individual's decision.

Question 68

In general, I'm having serious problems making decisions, any kind of decision. In everyday life we are constantly facing decisions and sometimes they're not even only concerning ourselves, like for example they may concern your children. How can I deal with that? According to ACIM I could simply ask for a miracle, meaning to surrender my problem to a higher entity and take myself back. I could hope for inner insight or a message, or I could hope for an external event that would make the decision for me. But this doesn't happen to me.

Answer 68

The most important thing is your will, your attempt to connect to the Holy Spirit, to your inner guide. This one decision will slowly guide you one level after the next out of the ego's dream into the REALITY of GOD. Your desire should aim toward this REALITY and not at doing it all "right" in this dream of the world so that things "work out". Your children, for example, have to go through their own learning process. There is not a lot you can do for them. In the end they will do whatever they want to and this has to be respected. No God can pass by man's will.

If you have connected to the HOLY SPIRIT, and even if this decision was a very "rational" one without strong emotions, then you have made a decision to the best of your knowledge and consciousness and for the best of all involved. That's all there is to do. Just keep observing your fear to make a wrong decision: on the highest level none of your decisions within the dream matter. Nothing has happened. So relax yourself – LOVE can only love you and others – and it does!

Question 69

Lately the thought that the Course describes an absolute totality has concerned me. I feel completely powerless if my decisions are the only thing that I can contribute, but on the other hand my decision is something that I have to make any way. Everything is already decided. Why do I and have to nod and agree to something that is already arranged? This appears to me like total dictatorship. I feel uneasy. On the other hand, I want to get away from illusions because they are not pleasant. I try to understand that we are all one. If I always just see "it" and not "me" then all the others would be just like me – not so great. But this understanding terminates within our five senses. How does the dreaming mind see or hear without a body? Can it be everywhere at the same time – a pleasant feeling. Totality and abundance are actually one, aren't they? But isn't that also a kind of a one-way street? I want to keep moving forward.

Answer 69

Some questions cannot be answered in the end due to our tricky ego-situation. Our brain cannot grasp the last level or the abstract part. It makes more sense to keep silent. You feel powerless and you are experiencing the HIGHEST as a dictatorship because you believe that you are the ego, the false self. But these are all statements of the ego coming from our identification with the body: this is why we feel small and threatened. But: You are not the body. You are not the person. This is something that's not quite clear in your mind, yet.

The one important thing is that you want to recognize truth and that you want to experience the PEACE of GOD. On the way there we come across not-reacting to illusions because they die and dissolve to nothing when they are not nourished in our mind. This is the ego's death, the evaporation of insanity.

Question 70

Today I'd like to address you with a question that keeps coming up when my partner and I are practicing dialogue ("dialogue" is a ritual that enables both partners in a couple relationship to talk without being interrupted). Besides really good experiences my partner and I also sometimes get to a point where we both get stuck and then Peter usually stops the dialogue. Whenever this happens we have had a conflict before the dialogue and our intention is to sort it out. If I'm the one to start the dialogue, then I will describe the situation that has happened from the point of view of the observer – the way I was taught in violent free communication. For example: when I was preparing breakfast yesterday and you wanted to cut the bread, we started getting into a conflict – because I felt criticized by you and that made me mad and when you hugged me I was really not ready for it...

I continued talking about my feelings but referring to "you" for several times was enough to make Peter mad and quit the dialogue. He blamed me that I don't stick to the rules. But I cannot describe the facts of the situation without referring to "you". This is the point where I get stuck. Of course, this also happens to Peter, but I find a way of dealing with this and to correct it within me so that the dialogue can continue. Can you help us with this? When this conflict arises, I tend to feel that the main part of the dialogue becomes obeying the rules and not the overall contents. Then it is about being right and that doesn't lead anywhere.

Answer 70

I think that Peter is probably experiencing pain when he opposes and quits the dialogue. Usually it is the original conflict of guilt that produces fear and panic and activates resistance. That's just human nature. I would suggest that you will go without dialogue for a while and that you stop reasoning about the overall situation for a while and turn to spiritual communication instead.

You address Peter in the mind (not externally because this will only provoke further resistance) in his position as observer and decision-maker in the following way:

I respect your decision to act in this...or that manner... You may do that. But for the sake of our relationship and for the sake of healing it would make me happy if we could walk the path of healing together. I stay open-minded for you.

You will achieve more with this attitude than if you get tight up in trying to be right. You can and you may choose PEACE for yourself. See the power within Peter that he can do the same. That's all it takes.

Question 71

a) Reincarnation is another dream – so far that's clear. If somebody chooses this option, is he still going to be in a higher world, at the same time? If time does not exist, then it doesn't matter how often we are dreaming? Can I dream and be in a higher world at the same time?

b) You're talking a lot about illnesses and hardly ever about unemployment. I'm aware that in the end it is the same problem. But I am facing this problem here in life. Is this also an issue where I can turn to Padre Pio or Bruno Groening or to the HOLY SPIRIT? Since I'm looking for openings daily, I really can't let go of this issue. I do not know how to go on. In theory it's all clear and promising but still I'm having a hard time with it in everyday life. Can you give me some advice?

Lesson 71 is really very clear, but I cannot find peace to listen and that's frustrating.

Answer 71

Yes, you are dreaming about a person (about being a person) and at the same time you are spiritually within GOD, innocent and free. No matter what you are doing in your dream in TRUTH you stay innocent. The problem is our "investment" into the dream. It leads to believing in winning and owing (punishment). If the observer is trained better and better, then we will be able to loosen our identification with the person in the dream and something within us will relax. You are not a person when you're in the "higher world". The person (= the ego) fears the MIND because it would end its existence.

Reincarnation is the smallest of all problems. It is just a dream within a dream, a box within a box. The problem is our desire to be fulfilled in ever new dreams instead of finding fulfillment in the TRUTH of GOD. We always want to sing the old song "I did it my way!". But this will not bring us true peace nor eternal happiness.

Unemployment can be seen like an illness; it all follows the same dynamic: self-punishment. Padre Pio or Bruno Groening can have a very strong effect on the mind, if it is easier for you to believe in them than in Jesus. For some people they are easier to grasp, easier to understand. And this is also the

reason why they appeared on this level of form. In the end all threads come together in the MIND, there is only ONE SOURCE. Turn your unemployment over to Bruno. Keep your eyes open for alternatives that you have not thought of in your wildest dreams. Stay creative, there are always niches that can be used.

The unrest that you are experiencing when doing lesson 71 (Only God's plan for salvation will work) is an expression of the egomaniacal resistance against the TRUTH within you. It is always the ego that experiences frustration, the person. And you get caught in the ego's trap since you are identifying and experiencing yourself as a person who wants to (should) achieve a spiritual goal. Keep still for a while and don't do any lessons. Don't expect anything, just keep still and observe. Observe all ego-impulses and say inwardly: *It may be*. Then it will be easier to let go of the nonsense. Resistance enforces the egomaniacal insanity within us.

Question 72

How do you feel about David Icke's conspiracy theory?

Quote Wikipedia:

David Vaughan Icke (/aɪk/; born 29 April 1952) is an English writer and public speaker.

A former footballer^[1] and sports broadcaster, Icke has made his name since the 1990s as a professional conspiracy theorist,^[2] calling himself a "full time investigator into who and what is really controlling the world."^[3] He is the author of over 20 books and numerous DVDs, and has lectured in over 25 countries, speaking for up to 10 hours to audiences that cut across the political spectrum.^{[4][5]}

At the heart of his theories lies the idea that many prominent figures belong to the Babylonian Brotherhood, a group of shapeshifting reptilian humanoids who are propelling humanity toward a global fascist state, or New World Order. The reptilians use the rings of Saturn and the Moon, all reptilian constructs, to broadcast our "five-sense prison": an "artificial sense of self and the world" that humans perceive as reality. (end of quote)

Answer 72

There is only one conspiracy and we have all been part of it: it is our belief in our separation from GOD. The moment we took this idea seriously all kinds of delusional worlds appeared within the dreaming SON of GOD who

experiences the obsession of splitting-up within him and suffers from being possessed by guilt. Consequently, the virus of separation tries to use us as a host that will keep it alive by the means of this sham solution of projecting guilt. This leads to images like evil extraterrestrials who are just as unreal as me, the person "Reinhard Lier". The advantage is obvious: a clear and immediate image reduces our own feelings of guilt: "We belong to the good ones". This way of thinking keeps us caused in the schizophrenia of duality and we cannot escape this world of delusion. Thus, it does not make sense to worry about conspiracy theories. It only nourishes the enemy image in the mind which disallows healing.

Jesus offers us a different path in the *Course*: to calmly look at all the delusional images together with HIM without reacting to them. This is the only way that HE can be effective in our mind and transcend duality together with us. Then fear, which has been the motor for the entire game, will dissolve. Since the ego is always operating with its core strategy: create fear!

Only when we lift ourselves above the battlefield of the world together with Jesus will we be able to look at all the delusional images without fear and with a smile. The Course calls this forgiveness. It leads us to the inside that only GOD is the PURE MIND. And we are within HIM. There is nothing but that. What else do we want?

Question 73

a) In 2012 you lectured about illness and healing. You talked about food and that it would be good not to stuff oneself. Then you said the sentence : "It's better to eat less, but with quality". This confused me. What do you consider quality? There is no order of ranking within this world of illusion, within this matrix, or is there? I am the only one who gives meaning and value to the things, right? So it should not matter to my physical well-being whether I eat whole foods, vegetable soup or French fries, if I had not made this decision in my mind (whether it is good for me or not), right"? How do you feel about that?

b) What kind of training do I need to have to apply ACIM when counseling people in one on one sessions or group sessions? So basically, what kind of training do I need so that I can do what you are doing?

Answer 73

a) Unfortunately, it's not as easy as you were describing it. The effect of food that we eat is in the end always based on our belief in guilt. This belief moves deeply within us and simply neglecting this by saying "There is no such thing as guilt" doesn't help. Technically speaking, it is true that food can't have an impact on us if guilt has been erased in our mind. But who has come that far? Who is spiritually so clear that he doesn't see the body as real anymore? Since we are still believing in a world of bodies and thus also in guilt, we are still confronting the sham consequences. Accordingly, it makes sense to eat wholesome foods in order to express an attitude of love for the body and thus for ourselves. The smoker for example attacks his body unconsciously (!) and hurts himself and is not free from the consequences of his belief in guilt.

b) I am an alternative practitioner and went to school for that for three years. Additionally, I have many years of training in Systemic Family Constellations (an alternative therapeutic method which draws on elements of family systems therapy). Only after this training I started working with the Course in 2006. So what I am doing today has developed by fusing different elements. I'm offering training that takes a year. All details can be found at: www.fortbildungfamillienstellen.com

I think that it could be a problem to counsel people based on the Course only because it would be overwhelming for most people who are seeking help. I have to start out with people from where they believe to be: in a world of concrete relationships and many options to entangle. Then I may counsel according to therapeutic standards and use elements of ACIM with care. This is also how the world of form may be used as a classroom to show ways to find solutions. The Course stays the "haute école" that is presently only accessible for a few. I refer to the Course as "working in the niche of a niche of a niche". Because the resistance against the contents of the Course is (still) quite strong.

Question 74

How do I consciously make a new decision? Do I just write it down or do I have to somehow manifest it spiritually? Of course, I give it to HIM. I know now that I've unconsciously always made wrong decisions and that I have to experience all that I experienced. I understand now that only I am

responsible for myself and nobody else. Now I want to approach this responsibility in the right way. Do you have some advice for me?

Answer 74

It is essential that you really mean what you want spiritually. Everything here is all created to serve your awakening, it's only for you and for the sake of your healing. We can only change ourselves and invite HEALING for us. If this decision has been made strongly and seriously, then it is valid and it does show the effect. Stay with it! Every single step is important. Here we are always negotiating eternity, namely that we are leaving all dreams and leave them all behind us. At the same time: you may relax, you are taken care of! Don't get stuck in egomaniacal stubbornness and perfectionism – it all roots in fear and creates more fear. The spiritual world loves you.

Chapter 13

Good Health – but how?

A difficult issue for many, not only for students of “A Course in Miracles”

Sometimes students of the Spiritual Mind Training “A Course in Miracles” ask me whether I do “something” to take care of my physical health. This question is sometimes almost a little embarrassing for students of the Course, because they are facing a hidden conflict: if I'm taking my illusionary body seriously and take care of it to nourish it, then I am practicing magic according to ACIM. And this may sometimes still cause feelings of guilt for some friends of the Spiritual Mind Training. I'd like to draw your attention to an important paragraph in the Course (T-2.IV.3:8-13), bold by Reinhard Lier:

The body is merely part of your experience in this physical world. Its abilities can be and often are overevaluated. However, it is almost impossible to deny its existence in the physical world. **Those who do so are engaging in a particularly unworthy form of denial.** The term “unworthy” here implies only that it is not necessary to protect the mind by denying the unmindful. If one denies this unfortunate aspect of the mind's power, one is also denying the power itself.

We believe in the physical world and thus also in our body. If we would not believe that, we would not experience ourselves as physical beings. But since we do, Jesus, or rather the LOVE of GOD, meets us where we are. I have to be in some kind of relationship with this body because our life in this dualistic world of illusions is based on relationships: with people, with our body, with bread-and-butter... And accordingly I will always treat my body either lovingly or without love (from unthoughtful all the way up to destructive including hatred). Here on earth it is not possible to have no relationship to the body.

Consequently: I am entitled to nourish my body mindfully and to take good care of it, because I believe that I have a body. The Spiritual Mind Training ACIM will always suggest to us to deal with everything (that we are experiencing) in a loving way. The task in this illusionary world is always moderation (the middle way): Don't indulge yourself in things (be eager to have the perfect super body) nor refuse or even fight things (to chastise your body in the sense of clerical penance or to sacrifice the body). We should not

condemn the worldly things, but try to make peace with them so that we can transcend them in the mind.

Nevertheless, we have to act and constantly make decisions: whole foods store or fast food restaurant? The feelings of "innocence or guilt" that we are experiencing when going to the whole food store or to the fast food restaurant are the base of our learning – and healing process. Behind the thought "fast food is bad" we find the feeling of guilt which mirrors the original conflict with God. And this is what I should forgive myself for: I should forgive myself for my belief in the separation from GOD and my belief in this world, which can be and has to be made a better place (whole food store) so that we will finally feel innocent and find peace – an alternative to HEAVEN, the life in the MIND! Because this is what we are all expecting from this world: that our case ("cosa nostra" because spiritually speaking there is a Mafioso within all of us) will work out here and that we will celebrate our secret victory (against God).

The body is the neutral piece of wood which we will, hopefully, be able to discard gently and pain-free at the end of our days. It does not carry a life of its own nor its own intelligence, since this roots in the mind and it is the mind that steers and maneuvers the body. And we are the mind: This is our true nature, even though it seems that we forgot about that and that we are dreaming about a projected dual world with pain and desperation (and with bodies that go to war!), which does not exist in the MIND of GOD. GOD does not dream because the HIGHEST cannot separate from its SELF and split itself up into separate "parts".

But now back to the body. When you're not taking good care of your body you are actually expressing self-hatred. The subconscious original conflict with LOVE (LIFE in the MIND) animates us to blame other people for our lack of peace and to hate them for that. The same is true for our body: most people don't have a peaceful relationship with it. They are attacking the body with malnourishment or senseless overeating, self-mutilation or poison it with alcohol and drugs (of different kinds). One cosmetic surgery after the next is also an expression of self-violation: I refuse to accept my body the way it is. Of course in some cases cosmetic surgery may make sense and help the person to gain self-confidence and optimism.

But very often we find aggression behind these ways of treating the body (like described). It seems that being able to accept oneself lovingly, with all

imperfections (here I am referring to the illusionary personality in the body) is one of the hardest tasks of forgiveness. Generally speaking, the body is taken very seriously. We want to present ourselves with our body on the stage of the world, fight battles with it and celebrate victories (over others). But none of that brings us peace nor good health.

We may do justice to our body and give it what it needs, just like we have to do justice to the State by paying taxes if we want to keep up the world's infrastructure and prevent it from collapsing. Of course we have (hopefully) already realized that we are spiritual beings and that the MIND is our true home to which we will return, and which we have truly never left. This is where the insights of the Spiritual Mind Training ACIM help us to get to know our eternal true nature. The body may be used in the realms of the classroom of this world of illusion to go through the pending processes of learning.

Let me get more specific: What magical actions carries the illusionary persona Reinhard Lier (born in 1960) out so that he will still be present in a body at the age of 96 and be able to support the process of healing and salvation of all people (in the body since without a body it would be a problem for most people to connect with him)?

1. A minimum of 1 to 2 hours moving in fresh air daily. Oxygen and muscle movement just makes you feel good. In my case my activity is mostly gardening since I'm not enjoying sports very much and I don't want to do something that I'm not enjoying. Digging in the dirt grounds me and is a very good balance to the mainly mental work I do and the many hours that I am spending in front of my PC. Part of my daily morning exercise is my 20 minutes morning work-out on my mini trampoline. This work-out makes you use muscles that you didn't even know you had. Walking, light jumping and circling of the arms (backwards) is something anybody can do, even at 96. The quality of the trampoline is important. It should have elastic bungee cords (not metal springs) that can be adjusted every 3-6 months so that the pull is not one-sided. The trampoline should not be exposed to permanent sunlight since UV-light irradiation damages the bed. The tension of a good trampoline should be adequate to the individual weight (make sure you pay attention to that when ordering!). You'll enjoy it for many years. Quality may be a little more expensive but it pays off in the end.

2. Drinking enough water: 1-2 liters (up to 1/2 of a Gallon) a day, additionally, black tea and coffee. I drink herb tea or natural spring water.

3. The solid food that I eat is mainly vegetarian and sometimes some good fish (trout, salmon, char) or curry-lamb at the Indian restaurant. I don't like pork meat or organs at all and I even find it questionable. I always like vegetables and fruit, cheese, nuts, cold pressed oil (olive oil, pumpkin seed oil, hemp oil), berries (Goji, Aronia). Most of us eat too much grain (wheat!) since more and more people are experiencing gluten intolerance. I eat Quinoa, Buckwheat, Amaranth and Millet regularly. All four are gluten-free and good energy boosters that don't strain the digestive system. I like Indian spices to boost my digestive system and I particularly enjoy the Ayurvedic cuisine and its wholesome effect on me, besides its great taste. Generally speaking, every person should and may eat according to his or her needs. I would not approach the issue of food religiously since the actual problem is not within the body and in the food that we eat but in our mind: the original conflict with LOVE. Thoughts and feelings of hatred are a lot more destructive than eating out at McDonald's.

The fully awakened person can eat whatever he wants without problems. He has experienced healing in the mind and figured out the world of illusion: there is nothing out there!

4. As far as I know, and feel, even organic food does not cover the complete spectrum of all necessary vital substances (some people may look well-nourished but are actually malnourished). I've been taking organic based food supplements for several years and do well with them: I don't get viruses so easily and even at the age of 56 I feel very fit for my job, the work in the yard and around the house. Vitamin C is a main food supplement and essential to catch free radicals. It is great to eat a real organic lemon (alkaline), but it is impossible for me to eat the amount of lemons needed to cover the needed amount of a minimum of 2.000 milligram vitamin C daily.

I value the spirulina alga and chlorella alga very much. And also food supplements and body-treatment products by "Modere", an American company that has been producing excellent products for over 30 years by avoiding 3000 questionable and partly highly dangerous ingredients (like aluminium, fluorine etc.) I appreciate their toothpaste and mouthwash. It is all based on enzymes and there is no problem if you swallow it. The mouthwash has been helpful for an upset stomach. "Modere" skincare

products are based on the idea that you should only put on your skin what you could also eat, since once the products are absorbed by the skin they travel into the blood stream. In the worst case the liver may have to struggle to get rid of toxins. If you are interested in finding out more about "Modere" you can get information under: www.modere.com. If you register please use my promo-code 883945 (Reinhard Lier) since you need someone to get you into Modere.

I take food supplements to give my body what it needs to function well. If men would only take care of their bodies as much as they take care of their cars, it would be all well. Our body is so close to us and still often dramatically ignored. Of course we all become a lot older nowadays than we used to, but I don't want to end up in lingering illness nurtured by drugs. I want to be mentally clear and fit for a regular daily life, even at the age of 96.

Like I mentioned earlier, I am not a sportsman, but I enjoy moving outside and I don't picture myself at the age of 80 with a walker or in a wheelchair. Because what should that be good for...? What we forget sometimes: our daily habits of eating and living add up. What might not be a problem at the age of 50 can show, if there is a negative mental disposition (rage and hatred of the world), at the age of 70 or 80. Usually we pay for our actions later.

The body should serve our spiritual growth. It does not have a purpose of its own since it is always timely limited and mortal. "My mind" (our collectively dreaming mind) has also projected my body onto this screen of the world and it would be stupid not to use it to achieve awakening. Everything can serve this purpose. Then we may also ask for healing impulses from the spiritual world – brought to us by Jesus or Bruno Groening – to have a well-functioning body. The one who experiences pain – which is actually always spiritual pain projected onto the body – may and should wish for healing.

Of course I'm aware that the original conflict is in the mind and this is why I work on all possible levels to find the way back to the peace of the mind. All special relationships – and our relationship to our body is definitely a very special relationship – should be turned over to the HOLY SPIRIT (using the Course terminology). HE can use everything for our best and for our development even an upset stomach, paralysis or cancer.

The body is only a representation of our disturbed relationship with GOD. Viruses and bacteria are constantly fighting to take over. We have (unconscious) feelings of guilt and fear of death penalty caused by an accident or illness. We are staging all of this ourselves in a nightmare and only we have the power to stop this conflict by inviting HEALING on all levels and by starting to live responsibly. Love means also to treat oneself well and in a healthy way. This can and may start for some people by caring about the body, since the body seems so amazingly real.

Clarification of Terms/Comments

A Course in Miracles

Abbreviated ACIM or simply Course. It consists of three books: a Textbook (T), a Workbook for Students (W) and a Manual for Teachers (M) plus Supplements to ACIM.

References are very precise and each sentence is easy to find. For example: T-25.II.3:5 means: Textbook, chapter 25, section II, paragraph 3, sentence 5.

In the American version of ACIM all direct references to God start with a capital letter: God, Him, His.

I have decided to write all words referring to God in capital letters in my text, since this is in accordance to the German version of ACIM.

The World of SPIRIT

A collective term that includes all entities that are active in the illusionary transient area to the PURE MIND and serve the LOVE of GOD and the awakening of all human beings: angels, ascended masters, souls. HEALING comes from the World of SPIRIT; it conveys healing. This term is not taken from ACIM. It came to my mind and I am sure that it can be found in the writings of other authors, too – with whatever meaning. The World of SPIRIT is actually only a helpful reflection of the PURE, NON-DUAL MIND and thus is actually also an illusion that helps to catch us within this framework.

Mediumship

The ability to perceive different levels, forces or entities in the mind without the usage of the five senses. Strictly speaking, this refers also to the perception of thoughts, which is actually a very normal process that all

people have access to. Then there is an inner, spiritual way of looking at images and connections. The term "mediumship" is commonly used when referring to people who are receiving special messages or information about our familiar world from the world of the deceased. These messages are often banal but may also carry useful information for people in need. It depends on the medium, the person who is channeling and his state of spirituality.

A medium may not be spiritual at all and completely focused on the world of illusion. Then questions may arise that are focused on the earthly needs like: what are the numbers for the next lottery, which stocks are going to rise, how can I win at roulette or how can I find a wealthy boyfriend or girlfriend? These questions are focused on the world of illusion and have nothing to do with the one main concern: how do I get back into the TRUTH of GOD'S MIND?

Some people with the ability to channel are only perceiving connections in the world of illusion but offer this information when counseling the ones looking for help for the sake of their healing. Then the question is: What is the spiritual motivation and what is it that is actually healing and what is the deeper meaning of our dreaming-existence?

The one who wants to transcend the world will automatically get in touch with the spiritual. This person may have strong medial abilities, but not necessarily. And the other way round: a person who has a talent for the practice of mediumship does not necessarily have to be focused on spirituality. Helen Schucman for example, who received the ACIM had a strong talent for mediumistic abilities besides her spiritual interest, and therefore she could easily receive the "inner dictate" without mental effort, meaning without the effort of the five senses.

Spirituality

Serious spirituality is most of all concerned with the following questions: Who and what is the human being? What are his spiritual roots beyond his body? How real is the fading world that we are perceiving? How can we get to the SOURCE, to GOD?

The person who is seeking spirituality is a sincere seeking student who commits to a Spiritual Mind Training and thus gets liberating insights and finds more peace. He understood that he can only change himself with the help of the World of SPIRIT and that he cannot change other people or even the world. Sincerity, patience and persistence as well as trust, kindness and humbleness are the spiritual qualities we should strive for. He serves as a

teacher who is available to let the HOLY SPIRIT act through him for the sake of all man. He takes full responsibility for his thoughts, his feelings, his words and actions and thus for his whole life. Nobody can make him happy or unhappy. Obstacles in the way to peace become more clear and are realized and resolved with the help of the Spiritual Mind Training. The peace of GOD in his mind becomes a permanent experience.

The HOLY SPIRIT

The HOLY SPIRIT is GOD'S creation which GOD has made to reach out to HIS dreaming SON and remind him that he is able to awaken. JESUS is his manifestation on earth. HE is the answer to the idea of SEPARATION, the plan for ATONEMENT, the correction of the error. The HOLY SPIRIT determines our specific part in the matter of salvation. I am referring to the clarification of terms in the Manual for Teachers point 6.

Words

Are "symbols of symbols". They are thus twice removed from reality. (Manual for Teachers-21.1:9). They try to describe something that can only be experienced. Words are meant to guide you to a conscious level and give clarity to contemplation. So please, don't mind certain words, like for example GOD. You can replace it with the word LOVE or LIGHT, whatever works best for you. Whenever I am talking about the divine BEING, about GOD and of HIS LOVE, I am using upper-case letters to point out this highest dimension as the HIGHEST. This means also the true SELF, which is MIND out of GOD'S mind – other than the false self, the ego, which has nothing in common with the BEING of GOD. The name HOLY SPIRIT can be replaced with the name of JESUS CHRIST, GOD or DIVINE LOVE, whatever touches you the most. The world of the MIND knows who or what you mean.

About the author

Reinhard Lier, born 1960, Traditional Healer, Teacher for Spiritual Mind Training and Family Constellations, Author. Two marriages (both divorced); father of two children, grandfather of five. Comes from a family of pharmacists (Lower Saxony, Germany), lives in Switzerland and in Italy (Tuscany). Family Constellation



Work combined with the spiritual mind training "A Course in Miracles" forms the core of his work. Find more information on the websites: www.spiritual-mind-training.org (English website)

Websites of Reinhard Lier

www.lier.de

www.geistesschulung.eu

www.fortbildungfamilienstellen.com

www.GeistesschulungImUrlaub.com

www.lierbuch.eu (free books of R. Lier in English and other languages)

www.spiritual-mind-training.org (English website)

www.einkursinwundern.eu (ACIM annual convention)

Recommended Reading

A Course in Miracles, published by Foundation of Inner Peace

All books by Kenneth Wapnik

Gary Renard: The Disappearance of the Universe

Films

1. The Tree of Life

2. The Truman-Show

3. Groundhog Day

4. The Game

5. The devil's advocate

6. Between Two Worlds 1944

7. Little Buddha

8. As it is in Heaven

9. Who is afraid of Virginia Wolf

10. The Merchant of Venice (Al Pacino & Jeremy Irons)

Videos by Reinhard Lier on YouTube (in German)

References:

Quotes from A Course in Miracles ®: Third Edition copyrighted 2007 by the Foundation for *A Course in Miracles*, www.facim.org, ISBN; 987-1-883360-2-25-2, 41397 Buecking Drive, Temecula, CA, first published in three volumes in 1976 by the Foundation for Inner Peace

All graphics and the book-cover by Reinhard Lier

Page 8: Flammarion Woodcut; free picture; The [Flammarion engraving](#) is a [wood engraving](#) by an unknown artist that first appeared in [Camille Flammarion's](#) *L'atmosphère: météorologie populaire* (1888). The image depicts a man crawling under the edge of the sky, depicted as if it were a solid hemisphere, to look at the mysterious [Empyrean](#) beyond.

Page 27: free picture:

Beschreibung	Deutsch: Emblem: <i>OCVLVS NON VIDIT, NEC AVRIS AVDIVIT</i> . ("Kein Auge hat gesehen und kein Ohr gehört [was Gott denen bereitet hat, die ihn lieben]"; 1 Kor 2,9). Aus: "Amoris Divini Emblemata Studio Et Aere Othonis Vaenii Concinnata", Antwerpen, Officina Plantiniana (Balthasar Moretus), 1660
Datum	1660
Quelle	"Amoris Divini Emblemata Studio Et Aere Othonis Vaenii Concinnata", Antwerpen, Officina Plantiniana (Balthasar Moretus), 1660 (Wolfenbüttel, Herzog August Bibliothek, A: 97.10 Theol.)
Urheber	Balthasar Moretus

Page 34, 37 and 57: taken by Thomas Zimmermann, Germany

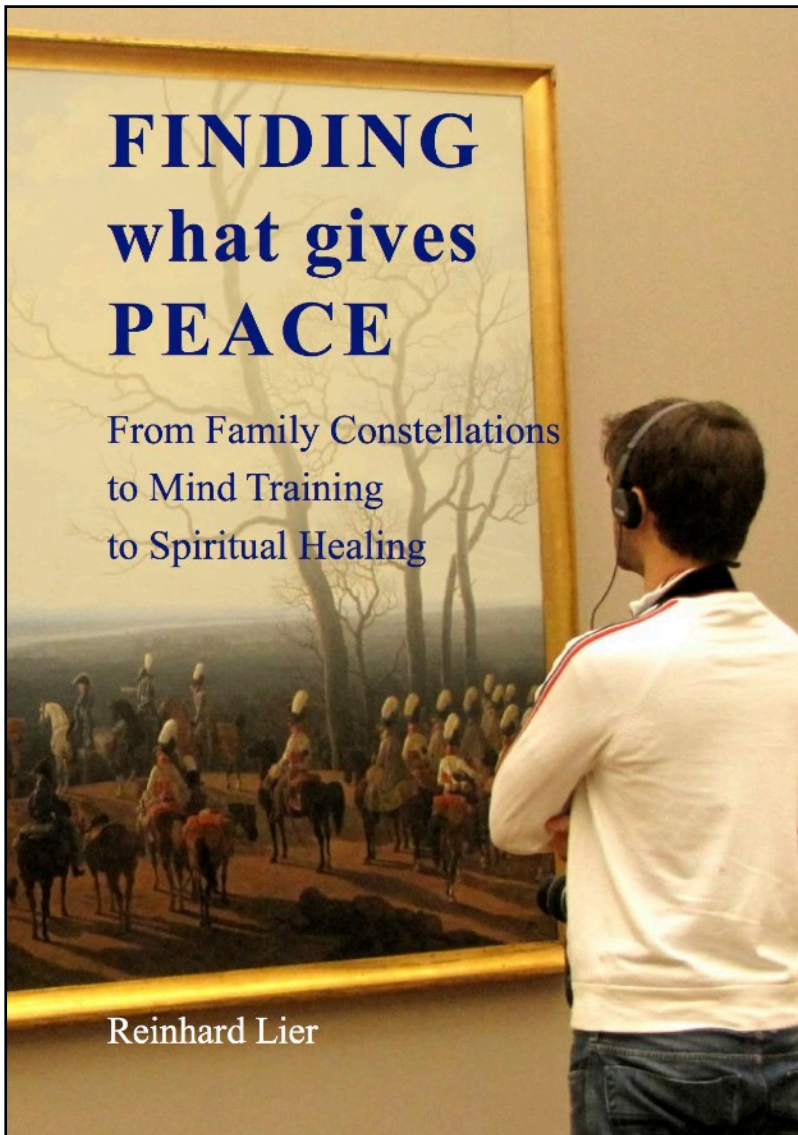
Page 36, 41, 42, 46, 47, 48, 63, 64, 154, 155, 156: rights by Reinhard Lier

Page 38: Bruno Groening, internet; fotografer unknown

Page 43: Work of art by Gustave Dorè

Page 45: foto taken by Christine Profanter, Austria

Page 151: foto taken by Henrike Schwarz, Germany

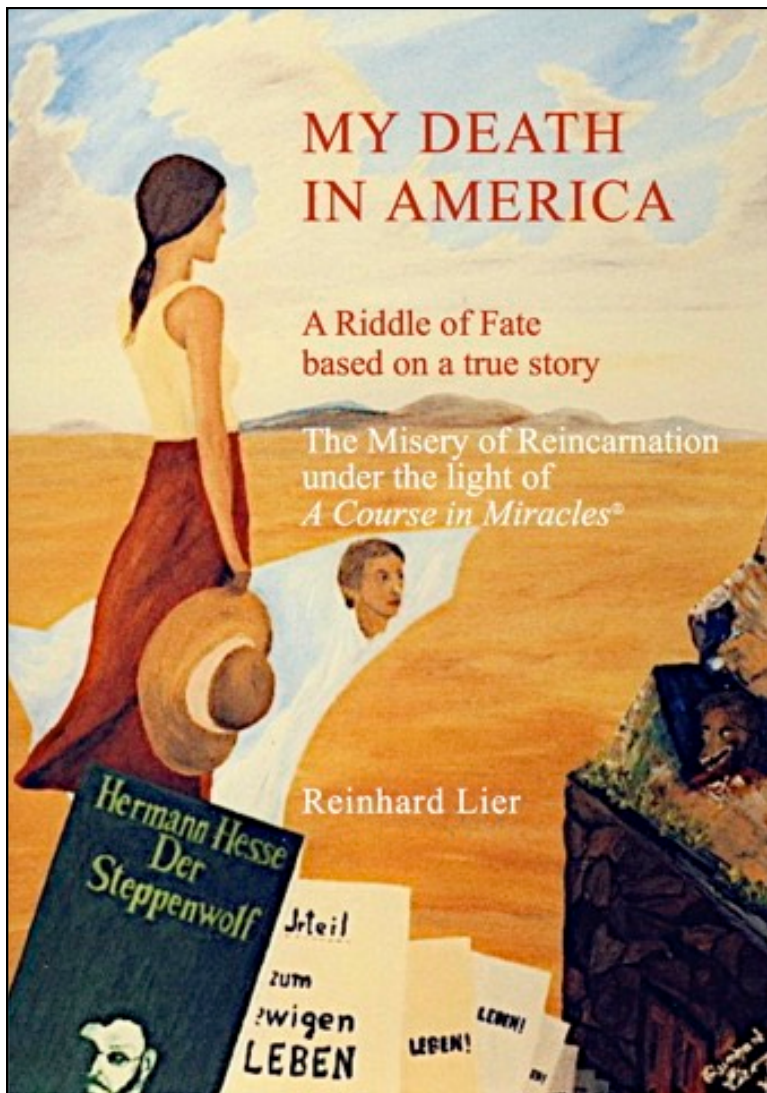


The following books by Reinhard Lier are available as a free download. Check: www.spiritual-mind-training.org

Family Constellations has had a revolutionary impact on the therapeutic scene since the 1990's: the individual is seen in the family context and the effective forces of fate are rediscovered and appreciated. Reinhard Lier encountered Family Constellations, developed by Bert Hellinger, in 1996.

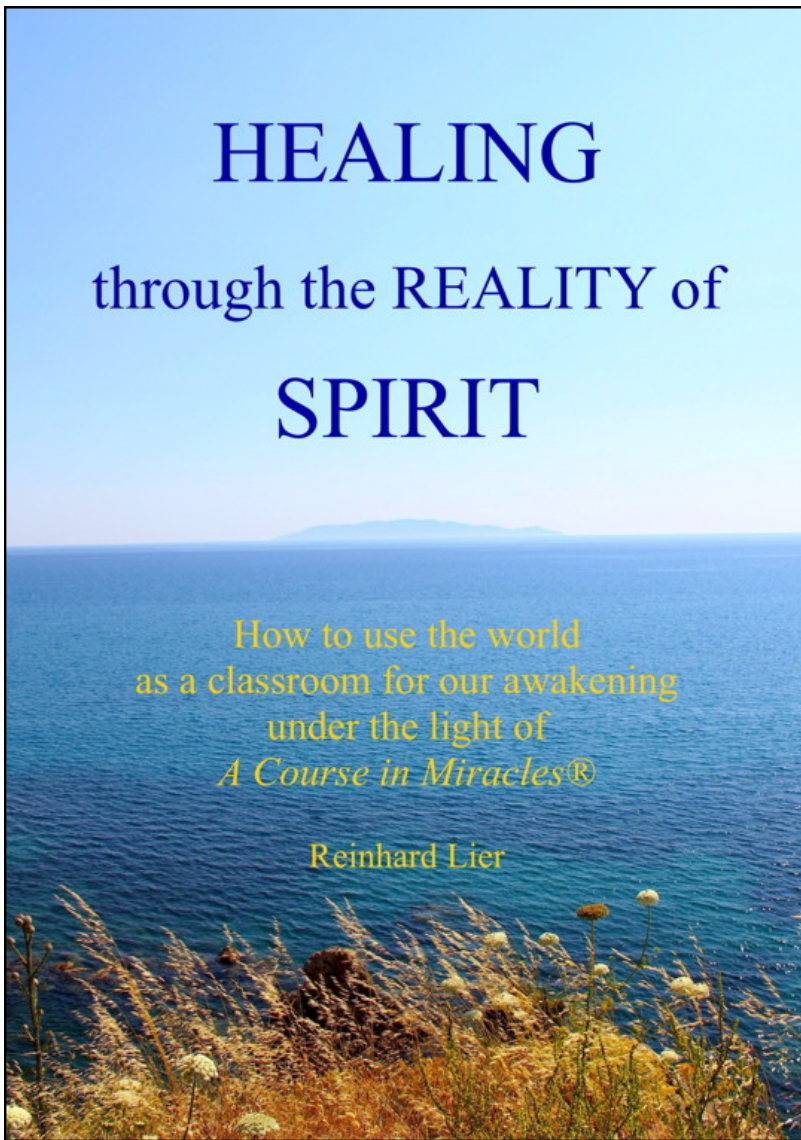
As a first-generation student he experienced the upheaval of therapeutical understanding and the dawn into the dimensions of the soul. But that was not enough, Lier was looking for the spiritual tools to release healing impulses directly in the mind (the soul) of man. The missing link was found in 2006: the Spiritual Mind Training according to "A Course in Miracles", which teaches a non-dual understanding of God for direct access to the healing of the mind. Follow the author on a journey from the roots of the family soul, with its historical embedment, over the experience of the Mind Training "A Course in Miracles" in the classroom of the world, all the way to the essential question: "What heals us?" and "How can healing be received?"

A practical book by a therapeutically and spiritually ambitious author.



Reinhard Lier describes the strangest encounter with a couple from America in the year 1974. These three people, who seem to meet for the first time, come together because of a suicide. The author chases the shadows of the past all the way to America: Each knows the other and meets at least twice. The riddle of fate lifts in 1982 and starts all the way back from Russia in the 19th Century, to America in the 1950's to Germany in the 1970's. Taking a close look and resolve, was the only sensible answer to stop the pain and guilt from driving the protagonist insane! Reincarnation is the golden thread that ties all the paths of destiny together. Experience the author's personal story, illustrated and documented with many pictures of the time that touch the soul.

Reinhard Lier gets deeper into the issues of reincarnation in the second part of the book and puts it into relation with the spiritual training "A Course in Miracles". What is the fate that we are experiencing? What is the human being at its core? What does individual and collective destiny mean? And in the end: What's left?



In this new book Reinhard Lier explains the basics of the Spiritual Mind Training "A Course in Miracles" (ACIM): the conflict of the original sin that man carries in his soul, the splitting of the FALSE, illusionary SELF into victim and perpetrator, the search for healing and the obstacles that keep us from being healed and thus from being at peace.

Lier's 20 years of experience in working with Family Constellations has made the redemption of the unloved shadow part of the soul an important issue. This is the crucial touch-point with ACIM: looking at the shadow with the spirit of forgiveness. Only the one who gives up projecting can unite victim and perpetrator and transcend and consequently find peace.

Many graphics and examples are used to clearly illustrate the content of the book. The one seeking for healing, peace and healthy relationships may get exciting insights.

Money and Sex are issues that are interpreted as a mirror of the soul. In this way the classroom of the world can be put to its best use and lead to leaving the vicious circle of reincarnation. In terms of ACIM any human issue is a metaphor for negotiating eternity, our existence in GOD.