

Pathways of Light®

Miracles News

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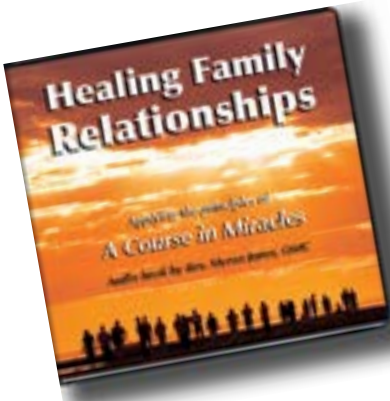
Articles in this magazine are written by Pathways of Light ministers/students who are taking perceived problems to the Holy Spirit, and sharing their miracle stories of how their thoughts are being healed.



*We let Love's
Light heal
our mind*

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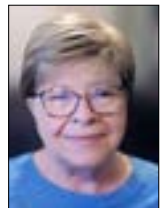
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— Nouk Sanchez and Tomas Vieira, authors of *Take Me to Truth*.

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Rev. Myron Jones is a Pathways of Light Ordained Ministerial Counselor, Reiki Practitioner and avid student of *A Course in Miracles* since 1981. She facilitates Pathways of Light courses and offers one-on-one Accessing Inner Wisdom and Relationship Enhancement counseling. Myron has facilitated ACIM groups, conducted ACIM workshops on special relationships and ACIM classes for children. She is published in *Unity Magazine*, *Miracles News* and *Miracle Worker*. Myron is the mother of four children.



Miracles News Magazine

Editors: Revs. Robert & Mary Stoelting

Contributing Pathways of Light Spiritual Counselors and

candidates: Revs. Cathy Silva, Joyce Peebles, Robert & Mary Stoelting, Larry Glenz, Myron Jones, Maureen Yarbrough, Kirsty Randle, Sandi Christie, Lee Catalano, Sabrina Rollins, Laura Pastiva, Vicki Evans, and Julie Gillespie

Pathways of Light Miracles News is published online three times a year to provide a forum for Pathways of Light ministers to share their process of allowing the Holy Spirit to heal their minds. As we read and share these miracle stories, we are inspired and inspire each other to accelerate our return Home to Love, peace and happiness.

Subscriptions are available without charge, but tax-deductible donations are gratefully appreciated. To donate, go to www.pathwaysoflight.org/donate.

Pathways of Light is nonprofit, providing spiritually focused courses with *A Course in Miracles* orientation, and has served spiritual awakening for over 36 years. Pathways of Light is dedicated to joining with people around the world in awakening to the Love, peace and joy of God. As part of this joining, Pathways of Light offers Spiritual Counselor Training.

Pathways of Light's address is:

12530 Lions Chase Ct.
Huntley, IL 60142

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Releasing Judgments: A Game of Catch and Release

by Rev. Cathy Silva, O.M.C.



As I have become more open to hearing Inner Guidance, I've noticed that inspiration often comes in the most ordinary moments. Sometimes it's a simple phrase. Sometimes it's an idea. And

occasionally it comes through as what feels like an assignment.

One day I was standing in my kitchen, noticing the stream of thoughts running through my mind. I was making up stories, imagining scenarios, and drawing conclusions about people and situations. By this point, I had grown tired of the old familiar narrative.

Then, as clear as day, I heard these words from my Higher Holy Spirit Self: "Let go of judgment of everything." I laughed a little. "Really? Everything?"

The truth was, I didn't think of myself as a particularly judgmental person. I genuinely tried to accept people where they were. I even found myself uncomfortable when I heard others judging themselves or someone else. My mother-in-law once told me, "You have a way of seeing the best in everyone."

My grandfather, whom I deeply admired, embodied that same spirit of acceptance. In many ways, he reminded me of how I imagined Jesus — seeing beyond appearances to the truth of who people really are.

As a relationship counselor and facilitator of *A Course in Miracles*, creating a space of acceptance and non-judgment has always been one of my deepest intentions.

So I decided to take this inner assignment seriously. I began noticing every judgment that arose, no matter how small. The first surprise? I discovered I had a huge judgment

about... judgment. I believed judging was something we absolutely shouldn't do.

Then more began appearing. "This food is bad for you." "My daughter should be nicer to me." "People shouldn't smoke."

Instead of criticizing myself for having these thoughts, I decided to make it into a little game of catch and release. Whenever I caught a judgment, I simply noticed it... and let it go. Some released easily. Others were stickier because they were tied to a deeper belief that I knew what was best for someone else — even if my intentions were loving. Those judgments got released too.

Little by little, I began feeling lighter. It was as though the weight of believing I knew how life should unfold was being lifted from my shoulders. Then another realization came. I'm actually not qualified to judge. Not because I shouldn't... Because I can't. How could I possibly know everything there is to know about another person, a situation, or even myself? That insight brought to mind this passage from the Manual for Teachers:

"It is necessary for the teacher of God to realize, not that he should not judge, but that he cannot. In giving up judgment, he is merely giving up what he did not have." (M-10.2:1-2)

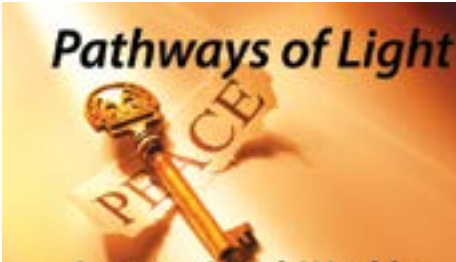
That changed everything for me. It's not about trying harder to become a non-judgmental person. It's about recognizing that judgment was never mine to carry in the first place.

The Course continues: *"Recognizing that judgment was always impossible for him, he no longer attempts it. ...he puts himself in a position where judgment through him rather than by him can occur."* (M-10.2:5,7) What a powerful distinction.

As I released my judgments, I found myself seeing with greater neutrality instead of constantly labeling experiences as good or bad, right or wrong. From that quieter place, it became much easier to recognize the innocence that *A Course in Miracles* reminds us is present in everyone. That, I realized, had been my true desire all along.

I've come to see that every judgment makes an enemy in my own mind. Releasing all my judgments isn't about becoming passive; it's about remembering there are no enemies I need to defend against. **"Therefore lay judgment down, not with regret but with a sigh of gratitude. Now are you free of a burden so great that you could merely stagger and fall down beneath it."** (M-10.5:1-2) What a relief! 🙏

Rev. Cathy Silva is a Pathways Minister, facilitator of *A Course in Miracles*, relationship counselor, and author of the forthcoming book, *No Enemies: Building a Bridge of Light Across the Apparent Divide*. Learn more and connect at cathysilva.org.



Pathways of Light

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ACIM
Interactive Discussion
SUNDAY**

11:00 a.m. Eastern Time
Length: 1 Hour
559-671-2701
(This is a FREE call)

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Forgiveness Makes You Happy

by Rev. Joyce Peebles, Ordained Ministerial Counselor



My one job is to learn forgiveness. When I do hold a grievance, I have a tight, contracted feeling inside. My internal guidance system tells me my thoughts need to change

because this does not feel good. Whatever I think I saw in the world does not need to change, I do. It is never an external problem but always an internal one.

This attitude alone has taken me years to learn. My ego still wants to judge or blame something I experienced in the world. But I am slowly learning that accomplishes nothing but is keeping me stuck in my bad feelings. When I get triggered, I am grateful I have all the help I need to change how I feel. I don't always listen to and follow the advice immediately. Sometimes it takes me a while to realize I need help. I recognize I am not at peace and then have to be willing to change my perception of how I see things.

One day I asked for help and felt inspired to read Carol Howe's book about Bill Thetford, co-scribe of ACIM. Near the end of his life Bill stated he felt free and joyful. Bill and a fellow course student had a history of conflict. Bill decided he wanted peace above all else and told the fellow: "Anything he ever held against him was his (Bill's) own misperception and how terribly sorry he was. He was honest about the times he had resented him, his judgments, and his resistance to being friends with him. Bill said that he didn't see him that way anymore..."

Suffering motivates my willingness to practice forgiveness. The following quote

**Join us Saturday,
November 7th, 2026**

for the Pathways of Light

**Annual Membership
Meeting Teleconference**

When: 10 a.m. - noon Eastern time

**To join us call a few minutes ahead
605-475-4832, access code: 420967#.**

**(Email office@pathwaysoflight.org to
let us know if you are attending.)**

We will review developments in the past and coming year, including updating the website and online store.

The office staff will share on current office operations and social media.

We will also receive reports from all the volunteer directors, including *Teleconference Training, Prayer Support, ACIM & 12-step Group and Help with Inner Guidance weekly group.*

Advisory Council members for the coming year will also be renewed.

has been helpful: "Healing is accomplished the instant the sufferer no longer sees any value in pain. Who would choose suffering unless he thought it brought him something, and something of value to him?" (M-5.I.1:1-2)

There is an unconscious and erroneous belief that if I distance myself from my brother, it will somehow protect me from

further injury. This is an ego lie. By withdrawing love from my brother, I keep it from myself. The course tells us, *"All that I give is given to myself"* (Lesson 126)

The problem is not whether the help is available, but my willingness to accept it. Do I really value having peace or do I value keeping my fear intact by refusing to take back my faulty perceptions of my brother?

The Holy Spirit is always consistent in saying my brother cannot be anything but innocent. We are not talking about personality or a body because that is not what that person is. They are the exact same thing I am, which is Spirit.

I hear my Inner Guidance telling me not to be confused about what must be healed but to tell myself: *"I have forgotten what I really am, for I mistook my body for myself."* (W-136.20:3)

"What is the single requisite for this shift in perception? It is simply this; the rec-

ognition that sickness is of the mind, and has nothing to do with the body." (M-5. II.3:1-2) Remember sickness is the belief in guilt and separation.

For me personally, deciding to hold a grievance is telling God, "I do not want to feel your love, my specialness and individuality are what I value." And it always comes down to me wanting to relinquish my desire for guilt. Studying Chapter 19 of ACIM has clarified why I am attracted to guilt in the first place. I had to accept that before I saw the value of taking back my misperceptions.

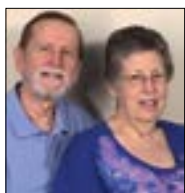
I remind myself I have no idea what someone else should be doing or what experiences they need to help them wake up. I do know we are here in the illusion for the same purpose — to have a healing dream. I am grateful I have all the help I need. ☺

Rev. Joyce Peebles, OMC, is a Pathways of Light minister.

Email: joycematej@yahoo.com

How Divine Wisdom Is Helping Us Return to the Truth

by Revs. Robert and Mary Stoelting, Founders of Pathways of Light



Over our 50 plus years together, we have found that when we experience thoughts of fear, pain or unhappiness, it is time to stop and go to our inner place of peace and quiet. When we quiet our minds and ask for Divine Wisdom's help to see the truth, we are shown the way of Love, not fear.

Here are ways we have been helped by Holy Spirit over the years:

In the 1960's we were both guided to join a program called the Inner Peace Movement. Here we learned to focus on noticing when we were not at peace and practiced stopping what we were doing and opening to stepping back and pausing for inspiration from Spirit. It did not go into the depth that we later found in *A Course in Miracles*, but it was a perfect step for

us at that time. We also gave workshops in the United States and Canada, helping people learn to pause for inspiration before continuing on with thoughts. We eventually became part of the writing staff and learned to prepare newsletters for print.

From 1979 to 1988 we were guided to join with a commercial artist we knew in Phoenix, Arizona to start an advertising agency. When we asked Spirit why we were to do this, we learned that it would prepare us for ways to help Spirit's plan for us in the future. During this time we improved our business, writing and visual communication skills. We also found *A Course in Miracles* and began daily studying the Text, Workbook Lessons and Manual for Teachers.

In 1988 we were guided to move to Wisconsin to help Robert's elderly parents, who were having health issues. They had built a Spiritual Center there in the 60's and could no longer keep it going. After they passed, we were guided by Spirit to start a non-profit organization called *Pathways of Light*. We were told that we needed to teach what we were learning from ACIM because this would reinforce the truth in our own minds.

The Course tells us, "*Since the Holy Spirit is in your mind, your mind can also believe only what is true. The Holy Spirit can speak only for this, because He speaks for God. He tells you to return your whole mind to God, because it has never left Him. If it has never left Him, you need only perceive it as it is to be returned. The full awareness of the Atonement, then, is the recognition that the separation never occurred.*" (T-6. II.10:3-7)

It has become clear to us that we were brought together by the Holy Spirit over 50 years ago for the purpose of working together to help ourselves and join with

others to wake up from this dream of separation.

The Course tells us, "*There is much to do, and we have been long delayed. Accept the holy instant as this year is born, and take your place, so long left unfulfilled, in the Great Awakening. Make this year different by making it all the same. And let all your relationships be made holy for you. This is our will. Amen.*" (T-15.XI.10:9-14)

We join in this purpose when either or both of us gets lost in ego thoughts. The one most sane in the moment reminds the other to take these thoughts to Holy Spirit to receive a correction in our perception. This practice has been very useful in our desire to be truly helpful while in this world.

Together we found that this is a lifetime process of returning to the truth that Love is our true strength. We have learned from the Course that we are invulnerable, because, in truth, we are not separate from Love. In truth, we all are Love Extenders. This is our one, true function.

God, Who is Love, has given all of Himself to everyone. We all are one in the same Love that God is. This helps us forgive the world for all we ever thought it was. We have found it helpful to remind ourselves often that *we see a world of separate bodies because we still believe in it*. We need to remember that *we know nothing on our own*. We need to be reminded of the difference between the real and the unreal. Holy Spirit reminds us that only Love is Real.

When we take the time to let the Holy Spirit straighten our minds, we help ourselves and we help others because, in truth, we are all still one in God's Love.

The following is a prayer we say together to help us follow the guidance of our Inner

Teacher, the Holy Spirit, Who provides us with constant, clear-cut direction if we let Him:

Right now we open our minds to receive the Holy Spirit... We breathe deeply and give time to relax and let go... We allow the Holy Spirit to lead us into a peaceful state of Mind... (We allow time to let go and receive Holy Spirit's peace...)

We ask the Holy Spirit to bring to our awareness where we are still forgetting that Love is our strength...

We ask Holy Spirit for a purification of our judgments on our brothers...

We invite Holy Spirit's right-minded thoughts, which brings us to the Truth... this leads us away from our belief in the ego's fantasies of being separate from our brothers...

We are led to the truth that everyone is still safe in our unified Spirit... (We allow plenty of time to soak in this Truth...)

Then we share with each other what we are receiving from the Holy Spirit.

In Chapter 30, section II, Jesus explains: *"Do you not understand that to oppose the Holy Spirit is to fight yourself? He tells you but your will; He speaks for you. In His Divinity is but your own. And all He knows is but your knowledge, saved for you that you may do your will through Him. God asks you do your will. He joins with you."* (T-30.II.1:1-6)

"God is no enemy to you. He asks no more than that He hear you call Him "Friend." (T-30.II.1:11-12)

In truth, joining with Heaven's oneness is our will. Heaven is our Source, our beingness, our Essence. Heaven is our true Identity. Another way to put this is that Heaven is the Mind of God, Which we

never left. We never left God's oneness. God is our Friend, not our enemy. God's all encompassing Love is What we all are.

Returning to our true Identity frees us from all the perceived limitation and lack that we find in our dream of separation from God's oneness. God gave us Holy Spirit to ensure that we would never lose the Will we share with God.

Jesus tells us, *"Hear It [the Holy Spirit] now, that you may be reminded of His Love and learn your will. God would not have His Son made prisoner to what he does not want. He joins with you in willing you be free. And to oppose Him is to make a choice against yourself, and choose that you be bound."* (T-30.II.2:7-10)

Here we see why it is so important that we devote time to stepping back from our story to listen to our Inner Teacher, the Holy Spirit. The Holy Spirit only comes when we give Him welcome. As we are willing to relax and listen, the still, small Voice of Love will be there.

We can tell we are truly giving Him welcome when we feel His peace, comfort and sense of well being. As we rest in His peace, what we need to know will be there in our awareness. We will be able to laugh with Holy Spirit at the ego's stories instead of taking illusions of separation seriously.

The Course tells us: *"This world awaits the freedom you will give when you have recognized that you are free. But you will not forgive the world until you have forgiven Him Who gave your will to you. For it is by your will the world is given freedom. Nor can you be free apart from Him Whose holy Will you share."* (T-30.II.4:6-9)

We forgive God when we remember that our brother is not our enemy, but our friend. Because every brother is really the Christ and not the separated

body that we think is there, when we let go of this false idea, or forgive, we are allowing the truth to return to our mind.

Because minds are joined and not separated, as we allow our mind to be healed by the Holy Spirit, our healed mind is shared with every brother.

The Course tells us: *"God turns to you to ask the world be saved, for by your own salvation it is healed. And no one walks upon the earth but must depend on your decision, that he learn death has no power over him, because he shares your freedom as he shares your will. It is your will to heal him, and because you have decided*

with him, he is healed. And now is God forgiven, for you chose to look upon your brother as a friend." (T-30.II.5:1-4)

The Holy Spirit emphasizes that our continued practice is to focus on the idea that **everyone in this world is our friend because we all share God's Will that we remain one Self in God's universal Love.** 🐾

Robert and Mary Stoelting are co-founders of Pathways of Light, a nonprofit, providing spiritually focused courses with A Course in Miracles orientation. See more at www.pathwaysoflight.org
Email us at: Info@pathwaysoflight.org

Developing a Spiritual Practice

by Rev. Larry Glenz, Ordained Ministerial Counselor



"Be glad you have a Teacher Who cannot make a mistake. His answers are always right. Would you say that of yours?" (M:29.2.12-14)

When I was first introduced to ACIM, I was mostly influenced by Marianne Williamson. A friend handed me an audiotape of *A Return to Love*. I was in my mid-forties and going through a divorce. At that time I had no spiritual path. I considered myself to be an agnostic.

I felt like my life was falling apart. My self confidence was greatly shaken. But Marianne's book seemed to move something within me. It was then I bought the three book set of *A Course in Miracles* at one of her presentations in NYC. I started with Lesson 1 of the Workbook on the short ride home from the city.

Now, fast-forward more than 30 years. I have developed my own daily spiritual practice. I wake each morning, and take my dog, Buddha, down to the beach to run along side the ocean and I am listening to the audio version of the Course. This helps me to make contact with Holy Spirit early in my day.

I now facilitate an ACIM study group every Tuesday at noon. I enjoy joining with others to discuss the Course. I have several mind-healing partners during the week with whom I read the Course. With some partners we use the Pathways of Light Miracles Practitioner Courses. It seems like we share our life's highs and lows together and focus on how we receive Guidance.

"Ask all things of His Teacher, and all things are given you. Not in the future but immediately; now." (M-29:7.6-7)

A practice of meditation and reading helps to keep me focused on making conscious

contact with Holy Spirit. When I remember, I try and keep Holy Spirit involved in making my decisions during the day.

"Yet there will be temptations along the way the Teacher of God has yet to travel, and he has need of reminding himself throughout the day of his protection."

(M-16:8.1)

It is true that I often get distracted. Hours go by and I make many decisions without ever asking His help. I get frustrated with

some activity and forget to pause, step back, and let Spirit guide me. However, the daily practice brings me back to Holy Spirit.

I am relieved that I do not have to be perfect in my practice. I just need to be willing. And I feel great gratitude that I receive so much help from my Mighty Companions. 🙏

Rev. Larry Glenz, O.M.C., is a Pathways of Light minister living in Long Beach, NY.

Email: larryglenz1123@gmail.com

What a Trick We Have Played on Ourselves

by Rev. Myron Jones, Ordained Ministerial Counselor



We are an extension of God, sharing His strength, His joy, and His peace. And yet we throw a veil of forgetfulness over our minds so that we can wander the dream world pretending

to be frail and mortal bodies until we do the impossible and seemingly experience death. *But we came here with a goal, and that is to awaken from the dream that we are separate from each other and from our Creator.*

Our goal is to awaken from the belief that this world of separation is reality. As we learned in Lesson 132: *"There is no world! This is the central thought the course attempts to teach."* (ACIM, W-132.6:2-3)

Jesus knows that we are deeply afraid of the idea of giving up on our story of birth and death. We are afraid of ourselves, each other, and of God, so we keep hiding out in the illusion. We cling to our will to

be special, to be apart from Life itself, as if there could be a will separate from God's Will. There is only God's Will, and that Will is our will, too, which is such good news that I could cry from relief each time I think about it. I am not alone, suffering in a hell of my own making. *In fact, nothing real has happened at all.*

This is why I like the metaphor of our lives being a dream. It gives me something to contrast my experience with. I fall asleep and dream an impossible dream, and when I wake up, I will return to my true existence with no repercussions at all. I can envision this and understand it since I experience a form of it each night. I fall asleep and dream impossible dreams in which strange and sometimes frightening things happen, only to awaken to what feels like reality. But that is not what is happening. *I do sleep and dream, but what I awaken to is just my daytime dream, not reality at all.*

Each time I think about repeating these

life stories over and over, I feel like crying. This is a good thing, by the way. They have lost their flavor for me, and I am ready to actually awaken, never to sleep again. I am ready to accept God's gifts to me.

Since I am an extension of God, His gifts are Himself. All I can relate to from this dream world is a life without anxiety, pain, or suffering of any kind; a life of joy and peace without interruption. I can imagine strength and power and immortality. But I think that my imagination falls far short of reality.

So today will be another day of receptivity to what is being offered. I know it will not be the full offering I will receive, but it will be enough to soothe my aching soul that longs for Home. It will end the repeating nightmares in which Love seems not to exist. Then I will experience the full extent of God's gifts. To have this awakening, all I need to do is free my mind of guilt so that I can accept it.

I do this through forgiveness. It is simple and easy, though I often make it feel like it is hard. *I recognize a thought that is not in alignment with God's Love, and decide that I am not interested in it.* There, it is forgiven. I am free. Until I pick it up again or another false thought enters my mind.

At first, this seemed like an endless fruitless effort, as like Sisyphus, I would roll that boulder uphill only to have it roll back down. And like Sisyphus, it seemed to be my never-ending punishment.

But unlike Sisyphus, my God is a loving God, a mighty God Whose Will is also my will, and I will there be no boulder and no hill as I agree that there is no guilt. Since guilt, hidden beneath every fear and grievance, is the only true obstacle to my peace of mind and to my return to God, awakening becomes natural, a

Announcing Pathways of Light's Annual Membership Renewal

You can help. Pathways of Light asks for your financial support of our mission of joining with people around the world to awaken to the Love and peace of God within us all.

You can do your part by joining with this helpful and transforming mind healing work.

***See the enclosed
membership renewal form.
Ask Holy Spirit to guide you
on how you can help.***

decision made and thus accomplished. Because I am still dreaming of a world of time, my freedom seems to be occurring slowly, but it is picking up speed on its last fall downhill.

I am grateful for the time, as it allows me the opportunity to look at the specific forms guilt takes, forgiving each until I finally give up on guilt altogether.

It is a kindness, really, rather than a punishment as it used to feel to me. I will to become the living proof that I am as God created me. As I complete my mission, I will be among the saviors of the world as I help my brothers to glimpse their freedom in mine.

And so I rest in trust today, knowing that what God has entrusted to me is already mine, already given, already safe. There is nothing to strive for. I only need to accept, only to remember, only to allow. The gifts of God are not earned. They are

recognized. And I choose to recognize them now. 🕊️

*Rev. Myron Jones, OMC, is a Pathways of Light Spiritual Counselor living in Westlake, LA. Email: revmyron@gmail.com
Website: forgivenessisthewayhome.org
<https://www.youtube.com/@RevMyron>*

Peace in a Thunderously Loud World

by Rev. Maureen Yarbrough, Ordained Ministerial Counselor



What if uncertainty is not the problem — but the invitation?

Political division dominates headlines. Artificial intelligence is rapidly reshaping our understanding of work, creativity, and even human identity. Economic uncertainty lingers. Social media delivers a constant stream of crises, opinions, and outrage. Many workplaces feel strained. Many families are grieving losses, navigating change, or simply trying to keep up.

We are more connected than any generation in history, yet many people feel increasingly disconnected — from one another, from themselves, and from any lasting sense of peace. Perhaps what we are experiencing is not simply a difficult period in history. Perhaps we are experiencing the collapse of certainty.

For generations, we were taught that progress would make us happier. Technology would make life easier. Experts would agree. Institutions would protect us. The future would become increasingly predictable. Yet, many of the structures we once trusted seem less stable than they once did.

As certainty fades, fear rushes in to fill the gap. But what if this moment is offering us something else? What if uncertainty itself is a spiritual invitation?

What if the world's instability is inviting us to discover a stability that was never dependent upon the world in the first place?

When Certainty Fails

One of the most profound realizations of my journey is this: **We need external sources to let us down so we will finally go within.**

Most of us spend our lives searching outside ourselves — for answers, for certainty, for approval, for security, for peace. We look to relationships, careers, institutions, leaders, financial stability, and even our carefully constructed plans. None of these things are wrong. But they were never designed to be the foundation of our peace.

A Course in Miracles gently reminds us: **"...nothing outside yourself can save you; nothing outside yourself can give you peace."** (W-70.2:1)

This teaching feels remarkably relevant today. Perhaps the reason so many external sources are disappointing us is not because we are being abandoned. Perhaps

we are being redirected. Perhaps life is inviting us to discover a deeper source of wisdom than certainty can ever provide. Certainty was never the goal. Wisdom grows where certainty ends.

Information Is Not Wisdom

I work in healthcare and spend much of my life listening to people who are trying to make sense of uncertainty. What I have noticed is that many of us are drowning in information while starving for wisdom.

Every day we absorb more information than previous generations could have imagined:

- News alerts and political opinions
- Economic forecasts and health concerns
- Artificial intelligence updates and social media commentary
- World crises unfolding in real time

At some point, I began asking myself: Is all of this information actually making us wiser?

Information fills the mind. Wisdom emerges from stillness. The more noise surrounds us, the more essential stillness becomes. One of the most radical spiritual practices available today may be turning down the noise long enough to hear our own inner guidance.

As the Course reminds us in Lesson 221, in quietness all things are answered.

The Energy We Bring Into the Room

Every day I watch people carry fear into exam rooms, waiting rooms, break rooms, and conversations. Some are afraid of a diagnosis. Some are afraid of losing someone they love. Some are afraid of the future. Some are afraid of one another.

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Many free resources are available on the Pathways of Light website and YouTube to help you work with *A Course in Miracles* and stay connected with Holy Spirit.

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What I have learned is that fear rarely stays contained. It spreads. One anxious person can affect an entire team. One unresolved conflict can change the atmosphere of a room. One fearful conversation can ripple through an organization.

But I have learned something equally important: Peace spreads too. Kindness spreads. Compassion spreads. Presence spreads. Calm spreads.

In a world that often feels reactive, I have found myself asking a different question: What am I bringing into this room? Am I contributing to fear, or am I contributing to peace?

This has become one of my own daily prayers: Let me refuse to contribute to fear. Not by denying reality. Not by pretending everything is fine. But by remembering that every interaction is an opportunity to extend either fear or love.

The Course teaches: *"I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve."* (T-21.II.2:3-4)

Far from being a burden, I have come to see this as freedom.

What Grief Has Taught Me

Over the years, grief has become one of my greatest spiritual teachers. Not because I sought it, but because life brought it — through patients, through friends, through losses of my own, through dreams that changed shape, and through chapters that ended before I was ready.

Grief has a way of stripping away illusion. It reminds us that life is fragile. It reminds us that control was never ours. It reminds us what truly matters.

Yet grief has also taught me something unexpected: The heart can break and remain open.

In fact, some of the most compassionate people I know are those who have loved deeply and lost deeply. Rather than closing them, grief expanded them. It softened them. It made them more available to life, more available to love, and more available to miracles.

The Spiritual Skill of Our Time

Our nervous systems were not designed to absorb the suffering of the entire planet twenty-four hours a day. Every tragedy, every conflict, every disaster, every outrage, and every fear arrives instantly in our hands.

Perhaps one of the most important spiritual skills of our time is learning to become an observer.

- To observe without immediately reacting.
- To witness without immediately identifying.
- To notice fear without becoming fear.
- To notice judgment without becoming judgment.
- To notice anger without becoming anger.

The Course offers a powerful reminder:

"I am not the victim of the world I see."
(W-31)

The observer remembers that thoughts are not facts. Fear is not truth. And every moment offers a new choice: Observe. Pause. Breathe. Choose again. Choose love.

The Invitation

The world may continue to become louder, faster, more complex, and more uncertain. But perhaps the spiritual invitation remains exactly the same.

Can we remain anchored in love while surrounded by uncertainty?

Can we refuse to contribute to fear?

Can we become observers rather than reactors?

Can we trust something deeper than circumstances?

The world may not be falling apart; it may be revealing where we have placed our trust. And perhaps the greatest lesson of

this thunderously loud world is that peace was never found out there.

It has been waiting within us all along.

Now — this moment — is all we have. And perhaps it is all we ever needed. 🕊

Maureen L. Yarbrough, OMC, is a Pathways of Light minister living in Rochester, NY. Email: Revmaureenly@gmail.com

You Are Not Who You Think You Are

by Rev. Kirsty Randle, Ordained Ministerial Counselor



The end of the cave's shadows, and the beginning of relationship with all that is.

A woman came to me recently carrying nothing but devastation. Over the span

of a few years, she had lost relationships, community, financial stability, and any coherent sense that life was operating according to rules she could understand.

She had been blamed for things she did not do, abandoned by people who once claimed to love her, chosen as life's scapegoat, its repository for rage — not for any reckless sin, but simply for being. She brought no catalogue of demands, only a heart cracked so wide that light poured through the fissures.

Her recurring dream haunted her nights: she sat in a cave, transfixed by the wall before her. Behind her, flames danced. Between fire and stone, figures moved like ghosts, their shadows painting stories across the rock face. She could not look away. She had never even heard of

Plato, yet she was dreaming his allegory of the cave.

The Identitarian Project

The ego is the architect of the identitarian project. It whispers its seductive lie: *Wear this mask convincingly enough, and you'll finally be real.*

These masks come in many forms: male, female, trans, non-binary, gay, straight, pan, queer, demi, poly, lawyer, postman, political activist, artist, delivery driver, tarot reader, white, black, asian, mixed, other, conservative, liberal, moderate.

Yet whether our masks wound us or wrap us in false security, they remain what they've always been — shadows on the wall.

The hidden grace in every shattered identity is this: *When the masks fall away, what remains is pure relationship.*

This is what my client's dream was showing her, in the language dreams use when words have failed. She was not in that cave because she was broken. She was there because she was ready.

Transformation's true threshold is not when life arranges itself neatly, but when shadows lose their hypnotic hold.

When the fire that once mesmerized you burns small and distant, the path reveals itself.

Then love becomes more than feeling — it becomes compass, guide, the very ground beneath your feet as you walk from cavern darkness into endless day.

What shifted for her was not a new identity but the release of the need for one.

She stopped asking who am I? and began asking something far quieter: How am I relating?

She began to notice, quietly and with some wonder, the quality of her attention toward others. The way she listened. The way she was moved.

The way Love — not romantic love, but the fundamental current of It — ran through every genuine encounter she had ever had.

She had always been that. The masks had simply made it hard to see.

Identity is not who you are.

**Identity is relationship.
God is relationship.**

The way forward is not to seize a shinier mask but to step beyond the masquerade entirely. To realize with startling clarity: *I am not this or that.*

I am the relationship itself.

When you welcome what is — truly welcome it, without the ego's negotiations — you complete the sacred circuit. Giving and receiving become one breath. Cause and effect dissolve into each other.

What you extend returns to you in the same moment, because there was never any distance to cross.

You are who you are in relationship. God is who He is in relationship with you.

Separation was always the grand illusion. And so heaven is restored — not in escaping the cave, not in rearranging the shadows, but in living as the relationship of Love in union with All That Is. 🕊

Kirsty Randle is a Pathways of Light minister living in Dorset, UK. Email: kirstyrandle@gmail.com.

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Forever One Forevermore (Poem)

by Rev. Sandi Christie, Ordained Ministerial Counselor



A Spiritual Ode to E.A. Poe's "The Raven"

Once upon a dream so weary, after lifetimes I did query, Why salvation was not found in all the things I did adore. As my mind began unwrapping all the ego's darkened trappings, I perceived a gentle tapping at my mind's internal door — And a quiet Voice did whisper that I never heard before — It's only Me, you're looking for.

As I pondered on the whisper, while my ego did but whimper, Did my mind pick up a fissure that had not been there before? While I feared my mind was cracking, in the silence now nerve-wracking, Was the "something" I was lacking not a thing outside my door? The emptiness I felt inside with pain one can't ignore — Had that unlocked an ancient door?

The Voice of Spirit growing stronger, in my mind, ignored no longer, Voice of God or voice of serpent, I ask now, who do you work for? And the Voice so soft and gentle, it could never be judgmental, spoke of God so fundamental that my mind could not ignore — Could this Voice for God I hear be what my mind was searching for? There was a knocking on the door.

So, I asked the Holy Spirit, since I no longer seemed to fear It, How do I rid myself of suffering that seems to be forevermore? The pain I have is frightening, and my mind is not enlightening,

And the fear I have is heightening as I get closer to death's door — And the Holy Spirit answered me as He answered me before — It's only Me you're looking for.

His gentle Voice assured me and after time, it reassured me, And the love of God secured me in awareness never known before, But the ego started fearing as His Spirit was appearing,

For the mind was finally clearing from the thoughts it held before — thoughts of sacrifice and suffering born from separation's core — In the ego's dreams of war.

And the ego, now uncertain, feared the lifting of the curtain, While it held each tiny hurt in, while the blame must be offshored, And the guilt that it provided, in the dreams that were misguided, Could be easily subsided if the Voice was not ignored — The gentle Voice of Spirit that the angels do adore — There was a creaking of the door.

Now the Holy Spirit taught me that God had not forgot me, It was He, that had begot me — He was still my Guarantor, And the Son that He created, as a Whole and consecrated, This could not be separated, except in dreams of nevermore — The ego's dreams of darkness that the mind chose to explore — That shut the mind's internal door.

For the truth of me was Spirit, and this Spirit had God in it, And with me, my brothers shared it, just as they had in days of yore, While the world that seemed so real, was just a smokescreen to conceal The guilt the ego seemed to feel from the madness that it bore — From the "tiny mad idea" that spawned the world that it asked for— Heaven was seen no more.

But only God's reality — can be the truth—I guarantee — And all you see that seems to be are only dreams that you explore. What God created One is One, you still

remain your Father's Son, And when the ego's dreams are done, the separation is restored — The salvation of the mind is done, the Son will sleep no more — A beam of Light shone through the door.

The Holy Spirit spoke to me of God's undying love for me, In Him, I share Identity and it's only Him my heart yearns for, But the truth I need to recognize as dreams of death have closed my eyes — I've listened to the ego's lies and shut the mind's internal door — Asleep in dreams of darkness in the ego's art of war — It's time to open up the door.

How can this be accomplished, can the ego be abolished? With the body as accomplice, how can the mind now be restored? The Voice for God assured me, just as the ego once had lured me — It was God that did secure me in the Oneness I longed for — The Oneness that still exists behind the mind's internal door — Just what I was looking for.

It is the grievances you hold against your brothers you uphold That keeps the mind in a blindfold without the Light that you long for; The mind supports allegiances to all your petty grievances, And now it thinks that's all there is in this world you now deplore — This darkened world of pain and death the ego does adore — That keeps you stuck outside the door.

Not until all is forgiven through the Holy Spirit's Vision Will the end of the division be seen again once more, For each error that you tally in the ego's vengeful rally, Keeps your lilies in the valley and your altar way offshore — The lilies of forgiveness that your mind is asking for — That will open up the door.

For Spirit can't be broken and each grievance — thought or spoken, Is the ego's ugly token that it's still your mind's mentor. For the Spirit seems divided

as the mind has been misguided, Every grievance you delight in hides the Light of God's Splendor, For there's nobody else out there but your Spirit you abhor—Forever One, forevermore.

But God sees all forgiven, in these dreams you seem to live in, There was never any sin in dreams of guilt the ego bore, For your dream of separation is not shared in God's Creation, So, the mind's Illumination is what you should be looking for — The gift of God's own grace that blesses all forevermore — Forgiveness opens up the door.

And now my mind's delighted for it no longer is blind-sighted, And His Vision now has lighted up my mind like Heaven's shore! For a moment in eternity could not break the continuity Of the Father's perfect Unity with the Son that He adores — His only One Creation that still is One forevermore — The ego — is nevermore. ☸

Rev. Sandi Christie, OMC, is a Pathways of Light Spiritual Counselor living in Port Charlotte, Florida.

Verticalperception@protonmail.com

"I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."

(ACIM T-2.V.A.18:2-6)

The Look of Love?

by Rev. Lee Catalano, Ordained Ministerial Counselor



None of the physical world is true and this is a truth that must be pondered continuously and accepted without hesitation before one can even begin to understand the process of true forgiveness.

This is the foundation of all that follows in *A Course in Miracles*. The world being a projection of an insane guilt-ridden, rage-filled mind is why Jesus states that a thought of love in a "loveless" place is literally a miracle.

We are living in an illusion of a bodily identity and all of our associations with worldly family, genetics and physical history of any kind is a lie. It's a literal hypnotism brought about by the ego to keep us hypnotized into believing that we and this world are real. "Only the Love was ever real." Well that is a pretty short and absolute measuring stick for reality in a world that is referred as a slaughterhouse by Jesus.

"Does one whose vision has already glimpsed the face of Christ look back with longing on a slaughter house?" (M-13.4:4)

To have the look of Love, the Vision of the Holy Spirit, is to totally and completely be willing to look beyond this world and all of the feedback of the five senses.

One does not say "look, it is the spirit of God" one day and then condemn a brother into the burning fires of hell the next. Oh no, this is strictly the hidden rage and anger (the ego) of the special relationship that rules and runs THIS WORLD.

"Be not afraid to look upon the special hate relationship, for freedom lies in looking at it. It would be impossible not to know the meaning of love, except for this. ³For the special love relationship, in which the meaning of love is hidden, is undertaken solely to offset the hate, but not to let it go." (T-16.IV.1:1-3) What can I get from that separate one to make me feel better? ... inquires the ego.

There is but one true and real relationship and that is the innocent relationship of Spirit. Spirit does not measure Love, nor does It have special selection. Special selection of any kind will always lead to hellish realms of mind. The ego is not capable of Love and therefore bargains for what it believes will bring it happiness and peace. When this idea sought in another ego falls short, the war begins.

We must learn to get to the root of the untruth of this world. It was not created by a loving God and we have the Holy Spirit within to call upon to help us bring Love to a loveless place. We must FERVENTLY make it very clear within our mind that we WANT the Holy Spirit to guide our thoughts and awaken us. We actively submit our thoughts, our stillness and our intention all day long to this beautiful golden light within.

Oh my goodness! How insane to use my brother to fulfill a made up need? I am here to extend the golden, light-filled perfect Love that is here and now, that is ME.

You can find me on youtube for both inspiration or counseling. 🐼

Rev. Lee Catalano, OMC is a Pathways of Light minister living in Worcester, MA. Email: heavensong1234@yahoo.com

The Encounter — Poem

by Rev. Sabrina Rollins, Ordained Ministerial Counselor



He came upon me by surprise, So suddenly, my Breath did depart. Gasping, struggling, I realize, Nay, he took my Heart!

Time stood still, Time mattered no more. Illusions were shattered In pieces upon the floor. Broken. Battered. My weary bones crumbled into bits. How could He come, this unknown? How could He drag me to the Abyss?

Nothing left standing but a Wisp of Spirit, an Essence so Divine. Then a Voice rose up, so loud and so crisp! Whose was it? Could it be mine?

"How dare you enter my sacred domain? How dare you think you can defile! You cannot take him!" I screamed in vain. "You cannot have my Beloved Child!"

I watched, I waited for His reply. Expecting a fight, a confrontation! But once again, He did surprise, As Love flowed from this Emanation.

Ever so gently, He drew near. I stood motionless and quiet. Stunned by His gentleness so sincere, I waited for Him to deny it.

"My child, My child-how I weep with you. I know the hurt you feel. This is the fire you must walk through. Soon all will be revealed."

I snarled at Him, "You must leave!" "You cannot take him to your deathly prison!" He pulled me close and words he did weave: "I do not take what is freely given."

I slung Him from me, His words a stinging! "He had plans! We just spoke! His whole

life was before him ringing! How can You chop down this Mighty Oak?"

"My child, His Higher Self was calling. His Soul remembered his Purpose. The Plan agreed upon in the dawning, His love and highest service!"

I stood still, yet again, And pondered all I'd heard. "Tis true! Tis true!" My Soul did contend. And within my heart, resonance stirred. I knew then there was no way to defend. There was no running away. Nothing I could do but surrender, Give in, Allow. Give sway.

Grief then came gushing through the door. Tears and the gnashing of teeth! Screams piercing the night — the storm did roar! Torn asunder — forevermore to weep!

"Peace! Be still" So onward I go, and oft I still cry. But my Heart grows stronger by night and by day. The vines now have blossoms that mystify! My Son lives on and shows me the Way!

So when the storms come gushing at your door, Remember this story, my friend, and you won't flounder. Fight if you must, but do not ignore! For you, too, will have The Encounter!

Eleven years ago this July, I experienced the most challenging event of my life: My 33 year old younger son laid his body down and moved on to his next adventure. Even though I was not yet versed in A Course in Miracles, at that moment I was catapulted into a deeper understanding of "life" and its illusions. It was as though thick scales had been suddenly removed from my eyes, allowing me to truly "see" the Truth of Oneness and the fallacy of Separation.

"We cannot be separated." (T-8.VI.9:3)

"How glad are we to have our sanity restored to us, and to remember that we all are one." (W-241.2:3)

Nothing can really totally prepare us to "lose" someone who is near and dear to us and the "death" of a child is unthinkable!

During my grieving, I passed through many stages — from sadness to anger, to deep despair, to moments of partial peace, only to fall back to deep despair again.

At times, the shattered pieces of my heart felt permanently and hopelessly beyond repair.

I cried out to God, pleading to understand how such devastation could be possible. It felt like I was walking around in a surreal state.

Nothing seemed real or solid anymore and I came to understand, in a deeply personal way, the Biblical phrase "weeping and gnashing of teeth."

"Unshaken does the Holy Spirit look on what you see; on sin and pain and death, on grief and separation and on loss. ⁵Yet does He know one thing must still be true; God is still Love, and this is not His Will." (W-99.5:4-5)

As the first anniversary of his passing approached, I sat quietly in my chair, journaling through my grief.

Sobbing, with the pain still so very real, I suddenly *felt* my son come into my Awareness with an almost audible "whoosh!" and I "knew" in that moment that he was with me — his Spirit had somehow joined with mine!

As I experienced this most wondrous gift from God, words began to flow effortlessly onto the page, and the poem above was born. It expressed all the grief that I had been feeling over that first year.

I offer it to anyone who has experienced the "loss" of a loved one, with the prayer that it may bring comfort and healing, just as it did for me.

I made it through that first year, and then the next, and the next. Slowly my heart began to heal.

Then I discovered *A Course in Miracles* and the healing deepened and accelerated. I came to know the truth about "death."

"There is no death, but there is a belief in death." (T-3.VII.25:11)

"When you accepted the Holy Spirit's purpose in place of the ego's you renounced death, exchanging it for life." (T-19.IV-C.2:13)

I now know that my beloved son is still with me because We are One with each other and with God.

And though I still miss his smiling face, I remember *"...everything that happens, all events, past present, and to come, are gently planned by One Whose only purpose is (your, my, our) good?"* (W-135.18:1)

It brings me peace to know this is true for my son, as well.

I leave you with the following thought:

"Through this, he learns that where he anticipated grief, he finds a happy light-heartedness instead..." (M-4.I-A.5:8) 🐾

Rev. Sabrina Rollins is a Pathways of Light Minister living in Ft. Myers, Florida.

Email: sabrina.lovepeacejoy@gmail.com

Website: Iamlovepeacejoy.com

Phone: 304.941.7393

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God." (ACIM T-IN.2:2-4)

The Note That He Never Left

And Why It Did Not Matter in the End

by Laura Pastiva, Ministerial Student of Pathways of Light

For months after my father's death, I wondered why he had left no goodbye note. In the end, I discovered that he had.

During a Pathways of Light class, Course 910, I completed an exercise asking Holy Spirit for a new perception of a difficult time. I thought of my father and his death in 2024, just days after I moved back East, but before I had a chance to see him.

Later on, family members told me that in the week before he passed, he had not been feeling well and had not seen a doctor. My siblings and I all suspected he knew something was wrong. I believe he knew his time to return Home was coming and chose not to disclose it.

My father, an engineer by trade, had a way of sealing things off rather than letting anyone in.

That pattern had shaped much of our relationship. After my mother died nearly twenty years earlier, he closed off our childhood home to us. We might stop by to help in the yard or drop something off, but we were rarely allowed inside. It caused confusion and hurt, but it was never discussed.

After he passed, my siblings and I spent months sorting through a house packed with the accumulated contents of several generations. Every cabinet, drawer, and shelf seemed to reveal another surprise. There were family mementos, unfinished projects, tools, dishes, gardening supplies, and enough stored goods to supply a small town. The sheer volume of it all was overwhelming, but what struck me most was how much of his life remained hidden inside

those walls. Yet despite all we uncovered, my father remained a mystery.

My relationship with him was often unpredictable. Love was present but not expressed. Because difficult feelings were never discussed, I often felt at the mercy of his changing moods and the distance that existed between us.

One afternoon I found myself wrapped in one of his flannel shirts. As I pulled it around me, I realized it was the first embrace I could remember receiving from him. The embrace was soft and warm, just as I had always imagined his hug might be.

When I moved West for a time, distance settled further into our relationship. Conversations became harder, misunderstandings grew, and I often felt like an outsider to my own family. While I was trying to build something new, he was growing older, and logistics that had already been set in motion were difficult to undo.

In the last decade of his life, I accompanied him to doctors' appointments, procedures, and even some chemotherapy treatments. As the oldest of my siblings, I felt a certain responsibility to be there. Although he seemed to soften with age, we never talked about our feelings, and the past remained off limits.

Still, I believed we would eventually have one final conversation before he died. Instead, he left without either of us speaking about the things that mattered most.

The last time I saw him was about three months before he passed. I had flown home briefly while preparing for a move back East. It was the happiest I had seen him in a very long time. He seemed genuinely excited that we were returning. He hoped I would visit again the following month, but work obligations and a flare of chronic illness made that impossible.

After he died, I replayed that visit endlessly. Why couldn't he have waited to see me before he left?

One evening, while alone in his house, I began cleaning out a freezer packed with years of accumulated food. Much of it would need to be discarded. As I filled garbage bags, I found myself weeping. What had he been saving all of this for? With every item I threw away, it felt as though another piece of his life was disappearing.

That night, amid my grief, I experienced an unusual sense of completion. It felt as though a contract had been fulfilled, as though I no longer needed to carry him or the lingering fragments of my mother's story. Yet there was no relief in the experience. There was only sorrow. The memories continued to bring grief: The rushed final visit; the conversations we never had; the absence of any note addressed to his children.

I asked Holy Spirit for a new perception. As I revisited that final visit in my mind, a different possibility emerged. What if his happiness had not simply been about my return? What if he was happy because he knew it was finally time for him to leave? Perhaps he waited for me to come home before letting go. Perhaps he wanted to know that my brother, his closest friend, and my sister, his devoted caretaker, would have me when he left. Perhaps there was a reason I needed those eighteen months away. Perhaps I was being prepared for

the difficult months ahead long before I understood it myself.

In a previous conversation with Holy Spirit, I received the thought that Dad felt he had nothing left to give me, at least in form. And then another thought came: "You will seek him in Truth."

What if he was delaying his own return Home so that I could be present for the family he was leaving behind? What if he had already made peace with death and did not want us trying to save him from it? What if everything I had done in the previous three years was exactly what he and I had agreed upon outside of time and space? What if I had never failed him at all? Or he me?

As we continued sorting through the house, objects passed through our hands again and again. We struggled to decide what to keep and what to release. Over time, I began to notice something — he left us treasures.

It was in the trail mix my brother discovered he loved and it was in the giant bags of wintergreen Lifesavers and Werther's caramels that I had coincidentally grown fond of during the year before his death. In fact, when the funeral director came to retrieve his body, those very candies tumbled from his pockets. "See," Dad seemed to say, "we are more alike than you think."

The gifts he left each of us were oddly personal. I needed a lawn mower, a leaf blower, and an air fryer to help set up the new home. He happened to have exactly those things. My brother found items that fit his life. My sister found tools for her garden and property. I took my father's chef knives and my mother's Corelle dishes, the same dishes we had used every day when I was young. I brought home

practical items, fans, a stockpot, things I no longer needed to buy.

And then there was the old boat. The love of water, fishing, and time spent together had been passed to both my brother and me through that boat. My brother still uses it today. Their value was not monetary. It was the realization that even in death, he was still caring for us in the only way he knew how.

Gradually Holy Spirit showed me a new perception. My father had never been unhappy, or even lonely, in that house. He did not want us to fix it. And he had, in fact, left us a goodbye note. It was in the Werther's, Lifesavers and trail mix. It was in the childhood photographs he never

threw away. It was in the framed eulogy I had written for my mother's funeral and the wedding pictures that still sat on the mantel. It was in the Fisher-Price toys from my brother's toddler years. It was in the bird feeders I took home and even in the birds that eventually appeared in my yard forty miles away at those very same feeders.

My father was never good with words. He was an engineer, after all. So instead of leaving us a love letter, he left us pieces of himself. And in the end, that was enough. 🐣

*Laura Pativa is a Ministerial student
Living in Waterbury, CT
Email: Lpativa@gmail.com*

You Are Always Welcome!

by Rev. Vicki Evans, Ordained Ministerial Counselor



As I continue my journey with Holy Spirit and bring the lessons of Pathways of Light with me at all times, I prioritize the gift of peace.

A thought that came to me is to *assume welcome unless proven otherwise as a technique that substitutes joy and peace for anxiety and judgment.*

With the thought of being welcome, I have been open to social events such as joining a Mahjong group, attending a neighborhood gathering at the park, saying yes to a new adventure. I ask myself, what would keep me from feeling welcome — only false ego inner thoughts of feeling unworthy or avoiding the bridge of connection between myself and all people. My previous before POL thinking sometimes kept me in a state of rumination or over-thinking a social

event or even pre-judging with thoughts that everyone else already belongs by knowing each other or knowing how to navigate the event because they have an insider edge.

The importance of the belief of belonging is that Holy Spirit has brought me to these opportunities, providing me with the insider knowledge of knowing that Holy Spirit is always with me and will walk by my side in every situation as long as I am open to the walk. I have permission to just be and join in because we are all one with each other.

Secondly, I am welcoming myself to be open to the opportunity and to acknowledge at least one positive quality of trying a new activity. The positive can even be finding the domino effect of one event leads to another. An example of this for me is when I attended a Mahjong

beginners' class with much anxiety and apprehension as I did not have a very positive experience when I first tried to play this game four years ago. With Holy Spirit by my side, I let go of expectations, perfectionism, and let myself be the beginner. With this new attitude, I actually won a round as my mind was open to being fully present and mindful in the learning, instead of cluttered with anxiety and what-ifs of feeling like I should be the beginner expert.

Third, I am now believing that I am where I need to be at this moment in time when I embrace a new opportunity. If I am uncomfortable in the situation, I can modify the plan by taking a step back with a deep breath, and removing myself temporarily to regroup myself or I can go talk to a different person if I am

in a group setting or a class. I can sit in a new area where the vibes are welcoming and avoid personalizing or feeling singled out by false mind reading.

I like to include some positive self-mantras such as: I am welcome, I belong, I will learn something new, I am open to new opportunities, I am a unique member of this group, I have something to offer, *I am never lonely as I take Holy Spirit with me wherever I go!* The benefit of these mantras for me is the reinforcement that I can always welcome myself to new opportunities. I say, "thank you" to Holy Spirit for adventures of connection with the response of "you are always welcome"! 🙏

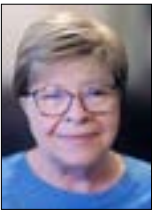
Rev. Vicki Evans, O.M.C., is a Pathways of Light minister living in Dallas, Texas.

Email: vikilyn23@yahoo.com

Phone: 713-775-9153

I Am Being Taught How to Walk with God as I Learn to Step Back and Be Led

by Rev. Myron Jones, Ordained Ministerial Counselor



I will step back and let Him lead the way because I don't know what anything means, so I don't give myself good odds on getting it right. I am a glorious being, eternally perfect with no needs whatsoever — or so I am told. But the rules of the game preclude bringing any tips or cheat sheets into the story. I do, however, have a connection with an all-knowing Helper right in my mind, just waiting for me to ask for help. ***This would be enormously helpful if I chose to call for it. But I keep insisting, "I got this!"*** Just before

there's a loud crash and breaking glass as I fall on my face again.

I'm thinking it might be time for me to decide, once and for all, to use the help available to me. After all, God placed the Holy Spirit — His Voice — right there in my mind, knowing I would need a way back after my little adventure. Not using It is clearly bad judgment on my part. I've slowly been coming to my senses about this. I started by stumbling through some difficult situation or another before finally asking for help. It worked so well that I began doing it more often. But I have been picking and choosing the times I allowed myself to be led, a completely

unnecessary impediment to my journey. I'm finally getting wiser in my old age. I think I'm about ready to do the rest of this life sensibly.

I envision myself as an *intrepid* explorer in a wild and sometimes dangerous foreign land, trekking through unknown territory, hoping I'm going in the right direction. I'm harried and tired, my old bones aching, my clothes ragged and dirty.

I'm literally on my last leg. Finally, after one particularly harrowing experience, I sit down long enough to recognize the insanity of blindly following paths that go nowhere, *especially* when I don't have to do it this way.

So, I make a promise to myself. From now on, I will begin each day asking the Holy Spirit to lead me Home. From that point on, I step back and try not to take over again. Now I start my day willing to step back, with a desire to be led.

Where to now, Holy Spirit? What do I do now? How do I get out of this tangled mess, Holy Spirit? This is so much better, and the journey so much more peaceful. And if I let myself fall into old habits of deciding on my own, I quickly change my mind.

Something wonderfully unexpected has happened. What used to be a life of struggle that often led to suffering is now so much easier and happier. I don't know why I should be surprised. It is the promise Jesus gave us:

"When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort, and you will be led as gently as if you were being carried down a quiet path in summer." (T-14.IV.6:1-2)

Why did I resist this for so long? I do still stumble from time to time, and I hear

that old voice of doom and gloom try to lure me back to the old way, insisting I've given up my freedom to go my own way.

The thing is, that was never *my* way. It was always the way of the illusion, and I am not an illusion.

My memory is slowly returning, and I'm beginning to feel genuine love instead of the dream's version of it.

Perhaps walking with God in perfect holiness does not mean becoming holy. Perhaps it means finally ceasing to argue that I am anything else.

There are still stumbling blocks and challenges, but with the Holy Spirit's help, I am learning to transcend them — each with a sense of interest, curiosity, and even adventure!

It is not yet without its difficulties, but I feel gratified to have made the right choice. It seems that I am beginning to walk with God in perfect holiness.

Thank you, God. I love You, God. 🙏

Rev. Myron Jones, OMC, is a Pathways of Light Spiritual Counselor living in Westlake, LA. Email: revmyron@gmail.com
Website: forgivenessisthewayhome.org
www.youtube.com/@RevMyron

*"...think of yourself as completely at peace with everyone and everything, safe in a world that protects you and loves you, and that you love in return...
Try to believe, however briefly, that nothing can harm you in any way."*

(ACIM W-68.6:4,6)

The Light It Sees

by Rev. Joyce Peebles, Ordained Ministerial Counselor



I practice forgiveness but not always the way A Course In Miracles suggests. I allow the ego to get in the way too much of the time.

In lesson 158 it says, *"Christ's vision has one law. It does not look upon a body, and mistake it for the Son whom God created. ...It sees no separation. And it looks on everyone, on every circumstance, all happenings and all events, without the slightest fading of the light it sees."* (W-158.7:1-2,4-5)

The ego part of my mind really hates those verses. There is no gray area. It uses the word *every*, meaning no compromise in how I see my brother.

The way the ego works is it reads this; then, when the opportunity arises in the day to practice forgiveness, the ego decides to *pick apart the story*.

The Holy Spirit isn't interested in the story. The Holy Spirit insists that who I see is innocent. The person or situation that offended me is pure Love, their Light undimmed by errors and pitiful mistakes. I am asked to overlook the body and the story associated with it.

Furthermore, I am asked to see no separation between us. When I am willing to respond immediately to the Holy Spirit, forgiveness is easy. About the time I get a little cocky and say "Lay it on me, I've got this forgiveness business", I fall.

A circumstance comes up that creates intense feelings and I don't want to let go of the story.

I understand on an intellectual level that I cannot keep the thought of guilt in my mind. When strong emotions are there before I can think; I am in trouble. Yes, I hear the Holy Spirit's Voice, but it is faint compared to the shrieking of the ego's voice.

I literally have to still my mind and ask for help, sometimes many times. I know the outside picture is not the problem, but it's like I have to convince myself once again that a grievance is never appropriate.

The problem with a grievance is that it is not loving. I cannot know my real Self or my brother if I am not seeing through the eyes of Love.

Sometimes I remind myself there are not a lot of choices to make and this is not complicated. I simply choose between truth or fearful illusions. I am reminded that when Love is all I want, that is all I will see.

Definitely not there yet but working on it. Comforting to know that despite my mistakes, I cannot fail in the long run to free my mind from the thought of guilt.

It appears to be taking a long time for me to learn these lessons, but that is what time is for. I came here just to do this work. The Course implores *"...all your relationships be made holy..."* (T-15.XI.10:2) The one point I am clear on is *nobody and nothing is keeping me from this goal but me*. It is very helpful to remember that there is no safety on a battleground, only above it. Yeah, that is where I want to be. 🐼

Rev. Joyce Peebles, OMC, is a Pathways of Light minister. Email: joycematej@yahoo.com

Redemption

by Rev. Julie Gillespie, Ordained Ministerial Counselor

One by one
each nail removed,
falling to the ground
alongside the blood and
tears of countless lifetimes.

One by one
each illusion
gives way to Truth, where
crucifixion's nightmare ends
and Love reigns supreme.

One by one
Each thorn plucked out,
Fashioned for needles
to sew the robes of the souls
of the innocent.

One by one
each forgiveness
brings shining bouquets
of lilies to light the way
Across the Bridge to —

One by one
Each soul sets forth
On a journey Home,
Redeemed and resurrected —
No longer delayed.

Eternity. 🐾

*Julie Gillespie, O.M.C.,
is a Pathways of Light
minister living in San
Antonio, Texas.*

*Email:
[julie_gillespie@yahoo.
com](mailto:julie_gillespie@yahoo.com)*





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