

Welcome to your self study program!



Are you ready to take the leap??

A Course in Miracles (the Course) is a self study spiritual pursuit, assisting you on a path to finding God through non duality or oneness, by way of 365 lessons (one per day), a workbook and manual for teachers.



*A Course in Miracles*



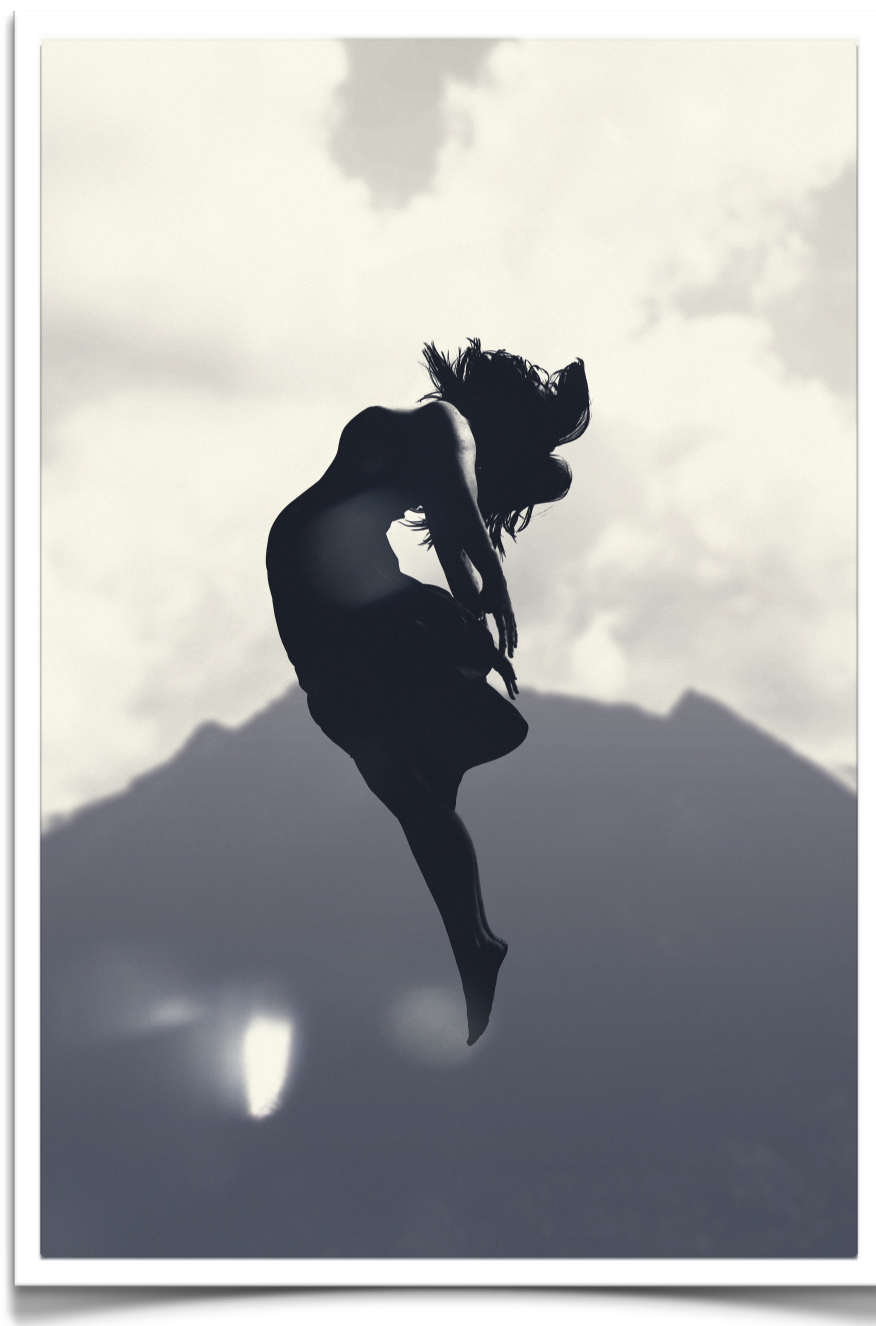
# What is A Course in Miracles?

**A Course in Miracles (ACM) is a thought system and path – an understanding of two choices in the world -Love & Fear**

**Ask yourself - Is your thought system working for you? If not, then keep reading!**

According to the Course, our relationship with God is changeless. Nothing can affect our eternal peace. All we can do is fall asleep and not remember who we are. Yet even during our sleep, our "sins" have no real effect on our relationship with God, and so they don't even exist. The focus of the course is the practice of true forgiveness; of what we consider to be our sins, or the perceived sins of others, and eventually the removal of all barriers to peace.

Many find the book to be a difficult read, as it is a jump from the teachings of the world done through our ego, to a deeper understanding of oneness. When you are ready to learn, or start to remember who you truly are, it feels like an inner pull or little voice to remembering truth that helps you find the right teacher or teaching tools.



## How it Came to be...

Helen Schucman, the scribe, & William Thetford, were Professors of Medical Psychology at Columbia University in New York. They were not spiritual, and their relationships was often difficult and strained. They were concerned with personal and professional acceptance and status and very invested in the world. One day they asked the question - “How can we improve our relationship” and it was answered.

The Course came to Helen in symbolic dreams and then inner dictation of the voice of Jesus. Her process took seven years with only a few minor changes. The purpose of ACIM is to assist you in finding your own internal teacher

The Course is a 699 page text – workbook and manual for teachers that emphasizes application rather than theory, and experience rather than theology. There are many versions of the universal curriculum differing in form, yet they all lead to God in the end.

## Getting Started

You are asked to do the workbook and even though some lessons may be hard to believe – you are asked to do them but not to judge. The only rule is to do only one workbook lesson per day, remembering that the Course is a beginning – not an end.

The Course uses terms yet with unique interpretations and meanings and definitions that differ from biblical interpretations. It is not only an intellectual pursuit but practical. The workbook is trying to remove the intellectual concepts to the heart. To “know” and “do” .

## Introduction to Course Material

“The language of *A Course in Miracles* is extraordinarily rich and profound. Many sections of the Text and Workbook are very poetic and written in blank verse, and have led some people to compare the Course with some of the world’s great literature. The thought system of the Course is intellectually sophisticated, and combines spiritual inspiration with deep psychological understanding of such phenomena as belief and defense systems, perception and identity.

However, *A Course in Miracles* is also very practical. The daily Workbook lessons provide a systematic, step-by-step approach by which one can apply the principles of the Course. The lessons do not require a lot of time nor long practice periods, but they do require a willingness to question every value one holds as to what the world is all about, and the willingness to see things differently—through the eyes of God.”

# What is real?

## Definition of Real

Real according to Websters dictionary re·al<sup>1</sup>

'rē(ə)l/

*adjective*

adjective: **real**; comparative adjective: **realer**; superlative adjective: **reallest** 1. **1.**

actually existing as a thing or occurring in fact; not imagined or supposed. "Julius Caesar was a real person" synonyms: actual, nonfictional, factual, real-life

## Real According to ACIM

**Real** is changeless and, therefore, eternal. Real is what is part of the Mind of God.

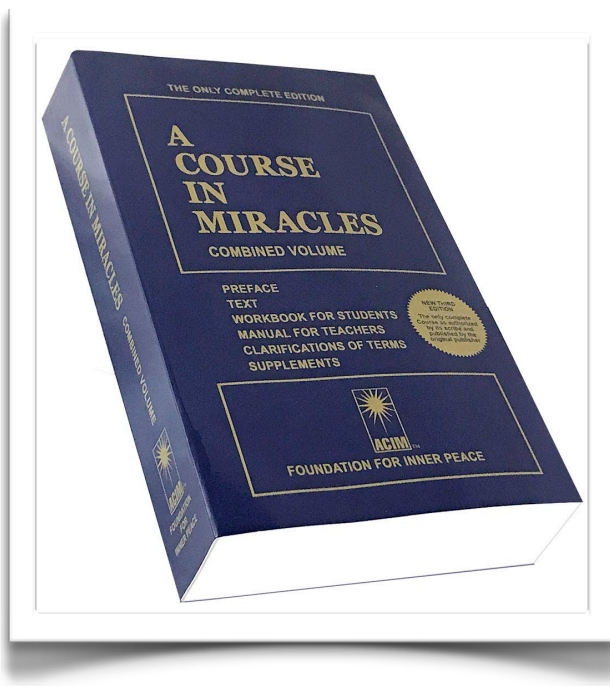
**Unreal** is anything that changes and, therefore, is not eternal. It is not part of the Mind of God.

Unconditional love flow or source is constant – it is not earned or would cause God to love us or not love us. It means that the giver flows love endlessly. Permanent, eternal, changeless, beyond time and space.

The Course is purposely a slow read, in a format that was written in a way to stand the test of time. Much like the writings of Shakespeare that requires focus, the Course will be understood hundreds of years from now.

To help get started, reading Gary Renard's, *Disappearance of the Universe* can help with explaining the principles in an easy and fun way. If you are struggling with the course, try reading his book first.

To those who have labeled the Course as another cult or religion; the study of the principles within the reading does not encourage creating a community of like minded people (although it can happen and be beneficial) but by going inward you can find all answers. The Course, requires no one else to participate, and isn't the only way to finding God. As the Course states, "there are many paths to enlightenment", this is just one.



*Getting started* is the hardest part! Read a few pages a day, and start with one lesson per day. If you feel guided to read the teachers section, then go for it! It's ok to get stuck on a lesson for a few days, but keep moving forward. If you would like help with the concepts, every week there is a are zoom meetings or private sessions to help you. See links below.

The whole premise of the material can be summarized in one sentence.

“Nothing real can be threatened. Nothing unreal exists.

Herein lies the peace of God”

Relinquishing your ego, and the return to your original state of complete wholeness; not by embracing your ego, or making it real or your friend, or even trying to understand it, is what makes the Course a very different study from many new age theories. Understanding what the world is, how you created it, the illusion of it, and how to forgive everything and everyone in it takes practice and perseverance.

The Course is simple, yet often hard to practice, and parts are repeated on purpose, as it is slowly unwinding your ego, and bringing you back to your original mind. The goal is not to eliminate problems in your life, but to reach a state where the problems no longer affect your peace, and your true function in life is uncovered.

## Helpful links:

To order a copy of A Course in Miracles, please visit <https://facimstore.org/> (There are a few versions of the course, however this is the edited version as dictated to Helen Schucman.)

If you are looking for additional help, and guided to a session, you can find more information: here: <https://www.loranedkov.com/spiritual-intuitive>

15 minute intro sessions are available.

For my next *Spiritual Boot Camp* click the link below

<https://www.loranedkov.com/spiritualbootcamp>

## Free Tuesday night study sessions

are offered at 8 p.m EST

Please contact me for more information

Many thanks to *A Course in Miracles for Dummies*  
Rev. Lora Nedkov, MBA, RHN

[www.loranedkov.com](http://www.loranedkov.com) 905.580.4898