



Joining in Light Miracle Worksheet

Miracles are natural, corrective, healing and universal. The miracle itself is a reflection of this union of Will between Father and Son. [T-5.II.1.7.]

1: Join with the Holy Spirit. Focus on the light. It is as simple and immediate as placing any thoughts and/or emotions in this light to be reinterpreted/cleared. 'I am entitled to miracles.'

2: A helpful reminder from Jesus: **Miracles, a change in perception, are natural, corrective, healing and universal.** Fear (any form of tension/discomfort) is projection - a perception problem.

3: Fear arises from the belief in lack of love- that love is missing or limited. Say to yourself: Somehow I have chosen not to love. The only remedy for lack of love is perfect love. I accept the Atonement and am willing to see this another way.

4: Statement of Desire- Peace. Remember what it is you desire, as Jesus outlines in the Rules for Decision in Chapter 30 of the text. What kind of day do you want to have? How do you want to feel right now? (Instead of what seems to be in awareness)

5: Statement of Peace: Peace of mind (or _____) is my highest desire. I have asked the Holy Spirit that today be _____ (peaceful, joyful, etc.)

6: Use of true denial. I deny that anything not of God can affect me. I deny that anything I write on this sheet or think or feel or express can harm me.

7: Look beyond error. Do not let your perception rest upon whether the error of thought appears to be about yourself or a brother. In other words, focusing on error will make it seem real.

8: Simple observation without identifying with the thoughts:

When I think about situation x _____ I have a feeling of (describe emotions, e.g. sadness, tension, sickness, illness, anger, etc.) _____ and do not like the way I feel. This is an error in thinking and thus of perception. This feeling is an attempt to prove separation is true. Thus I hope that I have been wrong.

These are my most fearful/uncomfortable thoughts, beliefs and emotions that are a call to love and I offer these to Spirit for His quick remedy. I want to be shown that they are untrue. (List as many thoughts or stories)

- 1.
- 2.
- 3.

These are the thoughts/beliefs/stories that I have held against my brother and/or myself, which I now recognize I am using to withhold the recognition of unconditional love from my self:

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For example: Because of what John said, I feel angry, and I think that he does not care about me. Our relationship will not work out. If he would have been kinder, things would be different and more peaceful between us. I would feel he loves me.

Note: Certain words and phrases with an 'emotional charge' can be clues to projection/uncovering beliefs. Words and phrases like 'I/he/ she should do...', 'I would like to but...', 'They did this (to me).', 'He/she did this (to me)', 'This is happening (to me) because...', 'I would be happy if...', 'I will be happy if/when... happens.'). Beliefs often follow the words 'but, because, if/then and why. It is a feeling/expectation that something 'should' be different than it is now in order for happiness, love or peace of mind.

9: Place thoughts/beliefs/emotions into the light: I no longer have the desire to withhold the recognition of unconditional love and peace of mind from myself. I do not know what anything is for and thus I place these thoughts/emotions in the light of the Holy Spirit and ask for wisdom. I ask for the gift of understanding. (Hold in a moment of stillness for the answer to arise.)

10: Notice the immediate correction. When the thoughts are placed into the light often a shift can be felt. This is the mind returning to it's natural state- a 'melting into' source. At this time the re-interpretation by Spirit can often be heard. This is also a very helpful time to listen for guidance. Write the Spirit's communication and re-interpretation here:

It is joyous to share the re-interpretation of the thoughts to rightmindedness (and thus new perception/feelings) by Spirit. What is true?

Mind training is to consistently look beyond error to the light of truth until the world is consistently viewed from unified perception – true nature. What is true? Do 'believed' thoughts truly represent who you are? Your true identity?

The ego always looks for 'next', while the Spirit just is. Rest and allow spaciousness for what has been revealed about your true nature by Spirit to fully bloom in your mind.

Only light can recognize light. This means that in order to recognize the light of truth, you must be synonymous with that light. This is the light that lights everyone who is born- the light of totality - that is your true nature. It is unknowing what is untrue that reveals that you are this light of totality and as such love, peace and joy are your natural inheritance. You may find it helpful to refer to lessons 44 and 169 in the workbook to remember the song of eternal joy and unconditional love that is always within. This is the unending celebration of true identity.