

## Notes for Beginner Students of A Course in Miracles:

### What is it?

- It is a literal course in how to give and receive miracles.
- It is an educational program in spiritual awakening.
- It is *designed* to be carried out in the midst of your ordinary, day-to-day life.
- It consists of three volumes, each volume representing a different part of the program.
- As a student progresses through the volumes, transformation occurs.
- You move from thinking, seeing, and experiencing a world of separation, guilt and fear to thinking, seeing, and experiencing a world of union, innocence and love.

### A Course in Mind Training

- Works at the level of the mind not at the level of behavior. There are no rituals, body positions or places you have to go.
- It presents the current condition of the mind and seeks to change its condition.
- The primary emphasis is to train you to think in an entirely different way.
- It teaches that we make our experience, even our world, by our thoughts, and that by changing our way of thinking we can change our experience and change the world the world we see.

### The program: 3 Volumes:

- TEXT: study of sacred writings.
- WORKBOOK: the practice of mental discipline.
- MANUAL FOR TEACHERS: Clarification on how to extend what we've learned to everything and everyone.

### Volume 1: Text = study

- It presents the thought system of the Holy Spirit and is the foundation of the Course.
- It is meant to be studied. Careful contemplative study is the foundation for our whole journey with the Course.
- Through study of the Text, the ideas (that will eventually become our new thought system) enter our awareness and are considered for the first time.
- Written in a unique style which makes for a transformative reading experience. **How to read and study:** Read a few paragraphs and then contemplate: What is the purpose of this paragraph? How can I put this purpose into practice?

## **Volume 2: Workbook = practice**

- The Workbook is a training manual and is considered the spiritual practice. This practice is an act of repeating, dwelling on and applying the thought to everything without exception.
- Workbook practice *is* the practical application of the Course's thought system.
- Learn to replace our ego thoughts with loving thoughts.
- Aim is to convince the mind of what is true through experience.
- Learn to listen to only one voice.

### **A lesson a day**

- Do them in order.
- Do the lessons as instructed (as much as you possibly can.)
- If you miss a practice do not judge yourself. Forming a habit of spiritual practice can take practice!

*Additional Practice Suggestions (for more information visit:*

*file:///C:/Users/Patricia/sitebuilder/sites/pattifields.com/sitebuilder/preview/WorkbookLessonCom.html)*

- Write the idea for the day and related thoughts on a post-it note.
- Keep a journal by your side to write any thoughts, discoveries, or reflections of your practice.
- Printout the instructions at the end of each lesson commentary and take them with you.
- Use something to remind you to practice throughout the day (such as a timer).

## **Volume 3: Manual for Teachers = extension**

- Provides extra clarification. Addresses questions a student may have.
- Deepens your practice and understanding.
- Teaches how to extend what you have learned in the text and workbook to everything in the world.
- Encourages you to follow the Holy Spirit in all matters large and small, so you will reach true spiritual heights and ultimately become liberated from the human condition.

### **The basic outline of your daily practice:**

1. Begin with a morning quiet time. Read Text (in order), practice lesson (as instructed and in order).
2. Frequent repeats of the main thought throughout the day.
3. Practice during times of 'temptation' (moments when tempted to believe in the false or listen to the ego thought system and/or you feel: upset, fear, pain, anger, guilt, confusion etc.
4. Evening practice. Before you go to sleep. Review experiences of your spiritual practice. Express gratitude to your inner Teacher for what you are learning. Suggested nightly prayer: "Tonight I let all my thoughts be of You and of Your love. And let me sleep sure of my safety, certain of Your care, and happily aware I am Your son."