

Excerpt of: *Communion with God ~ Guidebook*

by

Maggie Reigh and Christina Erl-Daniels

Guidebook Discovery Activities

1. Using quotes to absorb meaning and deepen understanding:

a. Contemplate these words from *Communion with God*: “Nothing in my world is real.” Notice how you feel, do not try to change it. Note that this means that the limitations you have placed on your life are also illusory. Notice again how that feels. Now contemplate this statement from *A Course in Miracles*: “Nothing real can be threatened, and nothing unreal exists.” Notice again how you feel.

b. Remember: Each day for the next week consider the above thoughts. Put reminders with the quotes on them where you will see them. Before going into meditation, contemplate these thoughts.

c. Use the quotes “Nothing in my world is real,” and “Nothing real can be threatened,” and “nothing unreal exists” as sentence stems and use the inspired free flow writing technique to explore what may be unearthed in the depth of your consciousness.

Nothing in my world is real _____.

Nothing real can be threatened _____.

d. Repeat this passage from *Communion with God*, p. 118: “It begins with the denial of the illusion as having anything to do with reality. For a very long time you have been denying Ultimate Reality. You have been denying Who I Am and Who You Really Are. Now you will simply turn your denial around. You might call this denial “reversal.”

e. Look around you and make a simple declaration: Nothing in my world is real. It is that simple. Set a clock ahead ten minutes and see...

o You are actually “watching yourself.” That is, you are deluding yourself into thinking that what is not so, is so.

o Watch ! because you can forget easily that you are living within an illusion of your own creation.

o Be very aware of “the watcher.” Keeping your attention on “the watcher,” see yourself as the chief character in your story.

o Notice when the Illusion of the world you see serves you and when it does not. When does it help you to create what you want and when does it create anxiety?

o Invite and allow your God Self to conduct your day.

o Now change your watch “back.” Notice how you live the rest of your day.