

Lars Gimstedt ∞ A Course To Miracles

A COURSE TO MIRACLES



*Stories about
listening inwards.*



A Course to Miracles

Lars Gimstedt

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Edition 1, 11 stories.

(**Contribute with more stories!** See the last chapter.)

Revision date November 11 2014.

ISBN

978-91-982124-2-6 (Kindle version)

978-91-982124-0-2 (EPUB version)

978-91-982124-1-9 (LIT version)

978-91-982124-3-3 (PDF version)

978-91-982124-4-0 (Paper back)

The Kindle version is available on Amazon.com and other Amazon internet stores. The other versions, including the Swedish versions, are available at http://psykosyntesforum.se/A_Course_To_Miracles.html

Book cover and illustrations designed by the author. Typefaces Bookman Old 12, Courier New 12 and Segoe Print 11. Page size 6x9" (15,24x22,86 cm) Margins: hor 2,0, vert 1,75.

About the author:



Lars Gimstedt works as a psychotherapist in Linköping, Sweden. His formal training was as a quantum physicist, and he has worked as an engineer and a manager in corporate business for 30 years.

In the middle of his life, he started to study Psychosynthesis, CBT and NLP, and worked part time as a psychotherapist during ten years, until he started to work full time in his company PsychosynthesisForum.com in 2003 with life and leadership coaching, psychotherapy and with internet e-courses and e-books.

Previous books by Lars Gimstedt:

Stairway. 10 Steps to heaven. (March 2014)
I, Yeshua. Awakener. (May 2014)

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Foreword

The purpose of this book

This book is a joint venture, where most of the material has been contributed by others. My role has been the one of editor and translator (it is available in Swedish as well). The “others” are fellow students of the book **A Course in Miracles** (ACIM), and I came into contact with them through the web sites MiracleShare.org and the Swedish site Mirakelkursen.org.

The purpose of this book is to bring the message of ACIM “down to Earth” by collecting a number of testimonies of what happens when one surrenders to The Holy Spirit and lets Him decide what to do and what to say.

My hope is that you, reader of this small book, shall overcome any resistance towards surrendering to God you may still have (a common one, I tell you...) and that you will experience God’s grace for yourself.

What made me compile this book?

I came across ACIM 1986, or I should rather say, ACIM found me. My wife at that time was a spiritual seeker, whereas I was a square-headed engineer and physicist, atheist by upbringing and scientific training. Relocating for a year to Boeing in Seattle accelerated my wife’s interest, as Seattle at the time was somewhat of a Mecca for New Age in the US. One day she brought home a pamphlet about a channeled book, where the alleged author was Jesus Christ. This made “my cup to overflow”, as my patience with my wife’s “irrational” interests had worn thin during

the fall, and I strangely enough decided to read the book (ACIM), with the purpose of convincing my wife of the falsity of material like this one.

To make a long story short¹, this led to a spiritual awakening for me, in the middle of my life (I turned forty in September 1986). “Doing the course” led to a change of profession, into becoming a psychotherapist and life coach 1992. I have used ACIM as my guide, both in my personal and in my professional life, for almost thirty years now.

Starting to semi-retire from my psychotherapeutic practice at the age of sixty-five made me “return to the origin”, that which had made me take the path I once long ago had taken, and I returned to studying ACIM again.

I found that I read the book “with new eyes” (the therapist’s), which prompted me to compile an e-course “A Psychosynthesis Perspective on A Course in Miracles”, and in short time I also wrote two novels, “Stairway. 10 Steps to Heaven.” and “I, Yeshua. Awakener”, both based on the message of ACIM.

All this made me reflect deeply on how I was “living” the principles of ACIM myself. To my dismay I discovered that despite my very long practice of working with ACIM as my professional value base, and now even writing courses and books about it, my ego was still in charge of making all my plans and was still the decision-maker (although I suspect Someone Else luckily had nudged me along at times...). ACIM was still quite “theoretical” for me, and I had never really trusted God to decide for me. I had

¹ Read my partly self-biographical book “Stairway. 10 Steps to Heaven”.

more peace of mind compared to before 1986, but I had not really experienced anything miraculous.

Re-reading ACIM, and for example coming across “The Rules for Decisions” in Chapter 30, finally made me decide *not* to decide myself any longer:

1. *Today I will make no decisions by myself.*
2. *If I make no decisions by myself,
this is the day that will be given me.*
3. *I have no question. I forgot what to decide.*
4. *At least I can decide I do not like what I feel now.*
5. *And so I hope I have been wrong.*
6. *I want another way to look at this.*
7. *Perhaps there is another way to look at this.
What can I lose by asking?*

Very soon after this decision, I began to experience my first real miracles. Not any mind-boggling or spectacular ones, but I still recognized them as miracles, and I recognized how they corresponded to the descriptions made in Chapter 1, “The Meaning of Miracles”, for example these ones (my underlinings):

4. *All miracles mean life, and God is the Giver of life.
His Voice will direct you very specifically.
You will be told all you need to know.*

11. *Prayer is the medium of miracles. It is a means of communication of the created with the Creator. Through prayer love is received, and through miracles love is expressed.*
18. *A miracle is a service. It is the maximal service you can render to another. It is a way of loving your neighbor as yourself. You recognize your own and your neighbor's worth simultaneously.*
21. *Miracles are natural signs of forgiveness. Through miracles you accept God's forgiveness by extending it to others.*
38. *The Holy Spirit is the mechanism of miracles. He recognizes both God's creations and your illusions. He separates the true from the false by His ability to perceive totally rather than selectively.*

When reading principle 7 "*Miracles are everyone's right, but purification is necessary first*", I had to confess to myself that my "purification" seemed to have taken almost thirty years...

These experiences deepened my understanding of ACIM by being experiential and emotional rather than just theoretical. I soon felt a need of documenting them in a diary, and I had the idea that this diary could eventually become a book.

After a while I although also felt that the progress with this book-to-become was way too slow, due to the fact that my life nowadays is overall quite tranquil and conflict-free, despite the fact that we, my wife Hildigerdur and I, still have two teen-agers living with us.

Following my new decision in life, I asked The Holy Spirit what to do, and got the answer that I should ask others to contribute, and I published a request

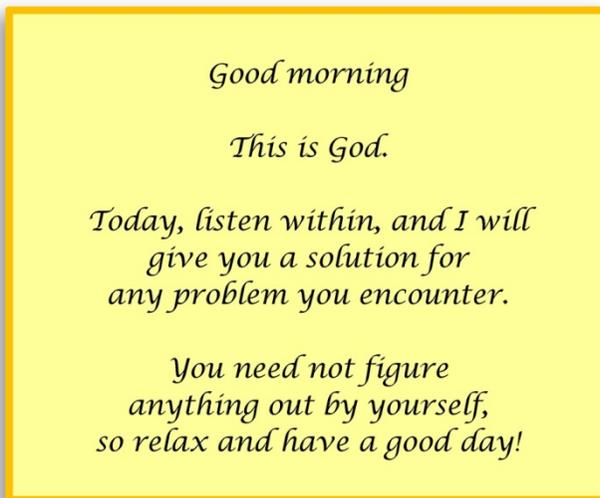
for this in the web groups mentioned in the beginning of this foreword.

These contributions follow here below. I have entered them in chronological order, after the date when they were written or the date they were sent to me. I have not commented or written anything about the stories you are about to read, as I think that they speak for themselves.

Enjoy and reflect!

One more thing that I wish to share with you:

On a week-end retreat in October 2014 with the Swedish ACIM network there was a poster greeting us each day as we entered the conference room. The message on the poster was something like this, and it made my spirits lift:



And finally: please, **contribute** with more personal stories! (Read the instructions in the last chapter.)



3. The SMS.

By Lars Gimstedt (PsychosynthesisForum.com)
August 10 2014

We have had the tradition of celebrating the days when we got our two adopted children. We got them as infants, and our son Jakob is today 16, our daughter Signý is 14.

During Signý's day this year we were on vacation, out in a sailboat we had rented, so we promised her that we would celebrate her the evening we came home after the week, and that she could have anything she wanted for dinner. At this, she wished to order special pizzas from Pizza Hut.

Shortly after having arrived at our home, we order the pizzas over the telephone and I leave with the car to get them. Driving home surrounded by the scent of the new-baked pizzas makes my mouth water - food aboard the boat had been OK, but you can't really bake pan pizzas in a small galley.

Eager to sit down to eat, I get disappointed with the fact that nobody has prepared anything for the celebration dinner - making the table, fixing soft drinks, and so on.

I point this out to Signý, who met me at the front door, and I say angrily

- "I am going to eat my pizza by myself, before it gets cold!"

Signý also gets angry and retorts

- "You never asked us to do anything!"

I get myself fork and knife, a glass and a can of beer, and seating myself at the dinner table I say

- "You should have understood that by yourself when I drove away to get them."

Signý mimics me and says with a whining voice

- "I am going to eat my pizza by *myself*, before it gets cold!"

Boiling with anger I grab their pizza boxes, lock them into the car, and I rush down into the TV room in our basement with my own pizza and my beer. I wolf the pizza down without any enjoyment, and I then I just remain sitting there, sulking and brooding.

I can't come over my anger despite the fact that my wife comes down and asks me what this all is about. She has fetched their pizzas with her own car key, and asks me to come up and join them. I refuse.

Even when our son comes down and begs me to come up and make peace with his sister, I refuse.

After a while, maybe half an hour, I have calmed down and I start to think about what happened, and about what to do now. I feel deeply ashamed of my childishness. In my thoughts I go through different scenarios for making peace with Signý, but each time I end up in seeing myself being righteous about my

own behavior and in making her feel guilty, under the pretense of “making peace”.

It feels completely hopeless, until the thought comes

- “I am trying to *analyze* this, and I am trying to be The Holy Spirit myself. Or I am trying to bring *Him* to the problem, instead of bringing the problem *to Him*.”

And I pray

- “Please, I ask You, take my anger and my shame. Guide me.”

I return up to the kitchen, hoping to find her, but my wife says that she just left to be with a friend living nearby, and that she didn’t say when she would come back. So much for the celebration...

I start to make up new scenarios for what to do when she returns, but this time I catch myself immediately, and I pray again

- “Please. Guide me.”

And I am led to my desk, and I pick up my mobile, and I send Signý a SMS:

- *“First I demand of you to be able to read my mind. Then by eating by myself, I punish you for not being a mind-reader. Today I really broke my personal record in being dense.”*

Signý promptly replies

- *“Forgive me pa for what I said and did. When shall I be home?”*

I reply

- *“Sometimes we end up in ‘trash ping-pong’ with ill-considered words. My, my... Come home around ten so you have time to take a shower before going to bed.”*

Signý comes home at ten sharp. None of us say anything, we just walk up to each other and embrace. A long, warm, loving hug...

The other ones in our family don't know anything about our SMS conversation, so later when they are alone with me they both express surprise over the sudden reconciliation. That we didn't trash it out, that Signý didn't stay in her usual teen-age martyrdom.

Feeling complete inner peace, I don't answer, I just smile in response.



5. To perceive or to See.

By Patrick Madden

http://about.me/patrick_madden

September 17 2014

Carl Rogers, among the founders of the humanistic approach (or client-centered approach) to psychology, is believed to have coined the term "unconditional positive regard".

Well, I had a colleague one time for whom I had nothing but "unconditional negative contempt". She and I just did not like each other and did not get along at all. In fact, I was convinced she was doing more harm than good (we are both in the helping profession). I judged her frequently and harshly. She, not surprisingly, reciprocated. We could not function in meetings or on committees together because the sparks would fly and our supervisor, wisely, kept us apart.

I was studying the Course at the time and decided, while learning about "seeing with the vision of Christ", to accept her presence in my life as a learning opportunity. I just could not bear the tension, anxiety, anger, and critical judgment that flew, like sparks, between us anymore. I was even losing sleep over it - literally.

As instructed by the Course [Lesson 78], I began praying for guidance from the Holy Spirit so that I could get to the place where I could let go of my judgments of her and simply forgive her. During my morning meditations I began trying to visualize her in my mind as clearly as I could and, once I had the

image I would strive to "see past" her physical appearance (facial features, etc.), as well as all the negative characteristics I associated with her.

It took a while (several sessions), but eventually the miracle happened! I actually SAW her as she truly is beneath the earthly persona she presented (or that I constructed). What I saw was simply (well not simply!) radiant white light emanating from her. It was absolutely glorious! I cried a lot that morning - for joy - for I had succeeded in transforming my hatred for her (a reflection of my own fear and self-loathing) into love for her. I saw her as she truly is, always was, and always will be. At that moment, all judgment and hatred for her melted away. How could I hate that radiant being? Along with the hatred I had for her I my hatred for myself melted away too; for I realized that she was I and I was she, and we are both divine beings.

And the best part of that experience is I realized I could do this with anyone and everyone. I now knew FROM PERSONAL EXPERIENCE that the teachings of the Course are real!

Since that time I have been able to SEE many individuals because, thanks to my former 'enemy', I now know what to look for. It is an amazing and wondrous experience. It has changed my life.

Subsequently, when we would be in the presence of each other I found that I was no longer sending out the negative, electrically charged, judgmental energy that I had been directing her way. I practiced SEEing her in real life as I had seen her during my meditation. Apparently she "got it" that I was no longer willing to be at war with her. And, viola! she

stopped sending hostility and judgment and negativity my way. We were at peace.

Although we did not end up working together very much after that (different assignments in our organization), we did attend meetings together and pass in the hallways. The obvious LACK of tension was amazing. We did not become best friends or choose to go out to lunch together. But, we did cease to dislike or attack each other. She even came to my retirement party (not at all like her to attend social functions), and we smiled and hugged each other.

I still bless her for being in my life. She taught me a HUGE lesson. Sometimes, those with whom we have the most difficulty in life are our most important teachers.

Lesson 78: “Let miracles replace all grievances.”

May the light of our Father's Loving Heart bless and refresh all who will receive it.



12. [Contribute with more chapters!]

This book is a joint venture, where A Course in Miracle “students” have been invited to contribute short stories about everyday miracles resulting from surrendering one’s decisions to The Holy Spirit.

I will continue to ask for new contributions on my homepage (psykosyntesforum.se/A_Course_To_Miracles.html) and on different social media on the internet. My goal is to reach 100 stories!

New editions will be published when new material has been included.

If you have bought the e-book via my web site (see link above), you will be able to download the new edition for free via the download page you received when you purchased the book.

If you sign up for the newsletter connected to the e-course A Psychosynthesis Perspective on ACIM, you will get notified of when new editions are published:
psykosyntesforum.se/courses_ACIM.htm .

Go to the web page
psykosyntesforum.se/A_Course_To_Miracles.html
for instructions on how to contribute!

With love
Lars Gimstedt

