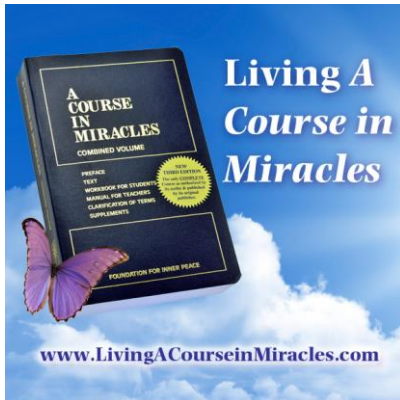


**October 29, 2019**



# **Gary Renard - The Difference Between Duality & Nonduality in *ACIM***





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October 29, 2019

# Gary Renard - The Difference Between Duality & Nonduality in *ACIM*

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer      Bonjour! Bonjour! I'm excited to be coming to you from Maine. I'm back on Deer Isle, Maine. It's so lovely to be here and see all the leaves mostly turned, but still turning, and to be on the ocean. I'm very, very grateful for the opportunity to come to Maine.

And, speaking of Maine, I just -- before I pray in, I would like to introduce my guest. I have a guest this week, and he's been on the show many times, so I encourage you to go look in the [archive](#). We have many episodes with Gary Renard.

Gary Renard is the author of *The Disappearance of the Universe*, *The Lifetimes When Jesus and Buddha Knew Each Other*, *Love Has Forgotten No One* and *Your Immortal Reality*.

One of the things that I frequently say is that, for people who are new to *A Course in Miracles* and maybe struggling a little with the *Text* or something like that, I always suggest to read Gary's first book, *The Disappearance of the Universe*. It is a much beloved and very helpful book in terms of getting into the *Course*, understanding the *Course*, and appreciating the value of the *Course*.

And so, welcome, Gary!

Gary            Hey, Jennifer! It's always a pleasure to be with you. I'm happy to hear your voice!

## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

Jennifer Yeah, it's always good to hear your voice or to be with you in person, as well. We've known each other a long time. We first became friends, I believe it was early 2007, and so we've known each other a long time and we have traveled this road of living *A Course in Miracles*. It's wonderful to have Mighty Companions along the journey.

Hey, before we get into too much conversation, I'm going to do, as I always do, and start us off with a prayer.

### *Opening Prayer*

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Let's place our hands on our heart and just remember that we're not half-hearted here, we're whole-hearted. We're wholeheartedly available to Partner UP with that Higher Holy Spirit Self. We're truly, truly grateful to come together for the purpose of healing, for the purpose of Clarity and expansion, for the purpose surrendering all the blocks to Love.

We are truly grateful to relinquish anything that could stand in our mind and prevent us from being aware of the truth. We are grateful to value the truth and to value each other.

In gratitude, we share the benefits with everyone. We let it be. And so, it is. Amen. Amen. Amen.

### *Guest: Gary Renard*

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Gary, you picked a **great** topic for us. I don't think anybody's ever talked about it, including me, "The Difference Between Duality & Nonduality in *A Course in Miracles*". I think this is a **really** helpful topic.

First, before we get into your topic, I also would like to ask you, because I know people like to know, are you working on another book?

Gary [laughs] Well, actually I am. First of all, Cindy and I are writing a book together, which is just about finished, about relationships. A lot of people tell me, wow! They really want something about relationships, and Cindy and I happen to be working on a book together about that, and it'll be out, probably, pretty soon. Probably, you know --

Jennifer Oh, good!

## ***A Course in Miracles Weekly Radio Show*** **with Jennifer Hadley**

- Gary -- probably, hopefully for Valentine's Day. That's what we're shooting for. And, at the same time, Cindy is working on her second book, because her first book has done very well. She's in five languages now, and she's really going straight ahead with that.
- And then, I am working on my fifth book with Arten and Pursah. So, we have some stuff going on. You know? [laughs]
- Jennifer [Laughs]
- Gary You know, we've got some pretty active things going on. And then, I'm writing a TV series based on my books, which actually looks like it might happen.
- Jennifer Yay!
- Gary So we've got a lot of stuff going on here. And we just moved to Hollywood about a year and a half ago, because we were in Brentwood before that.
- Jennifer Right.
- Gary Brentwood is a very nice, quiet residential-type community.
- Jennifer Mm-hmm.
- Gary But then we moved to Hollywood. I felt guided to come here. And I didn't really know why, but then all of a sudden these things are happening that might have to do with these Hollywood projects. So, wow! It's like my head is kind of spinning right now.
- But hey! You know, that's the way it is right now. And I still have it in the back of my mind that maybe someday I'm going to move to Hawaii.
- Jennifer [laughs]
- Gary But I've had that in the back of my mind for many, many years. [laughs] I'm not sure if it's going to happen or not. But hey! I think that we have a few years here in Hollywood. West Hollywood is a very nice place. Downtown Hollywood, kind of seedy, but West Hollywood's a very nice place.
- Jennifer Yeah.
- Gary It's fun. I mean, I'm having a good time, and the thing that surprises me the most about Hollywood is how hard they work. They really work hard here. I've been trying to avoid that, but I'm just going to have to get used to it.

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

- Jennifer [laughs] Well, I lived in a little strip of land right between West Hollywood and Hollywood for 22 years, so I know that area very well and I loved living there. It's wonderful to be in the center of everything, and also I had a wonderful view of the mountains. Can you see the mountains at all? Are you near the Hollywood Hills?
- Gary Yeah. Yeah, I'm right near the hills. If I walk around the corner I can see the full mountains.
- Jennifer Mm-hmm. Mm-hmm. That's so nice. Mm-hmm.
- Gary It's really cool. Yeah. I live right next to the Director's Guild of America, so if you --
- Jennifer Oh, yeah!
- Gary -- can picture where that is. Yeah.
- Jennifer Oh! You're in my old neighborhood. We won't out you with your address, but I used to live just two blocks from there.
- Gary Wow! Isn't it funny how everything connects? You know?
- Jennifer Yep!
- Gary Interesting.

### *We're All On the Path*

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- Jennifer [laughs] Yep! So, I just --
- Gary So, anyway --
- Jennifer -- want to ask, I'd like to ask you what is the topic of your next book?
- Gary Well, it's about going all the way home to God.
- Jennifer Mmm!
- Gary It's about completing the journey, about going **all** the way home. And I won't give you the title, because I'm not telling anybody yet. I know what it is, but I'm not going to tell you.
- Jennifer [laughs]
- Gary It's really about completing the journey, the experience of Enlightenment, the experience of being with God and being in the presence of Oneness and what it's like, and what it feels like to be Enlightened.

## ***A Course in Miracles Weekly Radio Show*** with Jennifer Hadley

And I think that people want that, because they want me to complete the story of my four books. It's one more book that actually brings you all the way home.

And that may be my final book with Arten and Pursah. They seem to be ending that.

Jennifer Mmm!

Gary So, yeah. That's what I'm up to.

Jennifer Well, I look forward to reading it, and it sounds like a much -- something we'll really look forward to, that topic. Because I think about this all the time, because I am definitely on a path of awakening. We **all** are, but I am **aware** of it, I **know** it.

I remember a few years ago, I said, "Okay, I'm coming out of the closet here. I'm just going to let everybody know, I am on a path of attaining Enlightenment."

I'm not one of these people that says, "Oh, that's too big for me!" I used to feel that, like, "Oh, I could never say that or declare that!" But I think it's **so** important that we declare it, that's what we're doing, we're about awakening, we're about Enlightenment, we're about returning home and that we **do** have what it takes. Because in truth, we're already there, so let's decide that's where we'd like to place our awareness.

And so, yay! I can't wait to read that book!

Gary Well, great! You know, when you say you were going to come out, I thought maybe you were talking about something else.

Jennifer [laughs] No! I came out of the spiritual closet of being on the path of Enlightenment.

Gary Yeah, absolutely. It's like we **all** are on the path, and when you start to feel like you're awakening, you sense it. It's like, you can't put it into words but you actually sense it. You actually have a kind of feeling that you **are** awakening.

Jennifer Mm-hmm.

## **A Course in Miracles Weekly Radio Show** with Jennifer Hadley

### *Capturing Experiences*

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- Gary            And what I'm trying to do with my fifth book is actually put it into words, which is not easy. I mean, it's not easy to capture experience.
- Yeah, that's always been my hardest part in writing my books, because the conversations with Arten and Pursah, they just give them to me, so that's the easy part. The hard part is trying to write my narration and my notes, and to actually capture what was going on for me at the time that I was doing it. You know, it's not always easy to capture your experience of forgiveness, about all these events that are happening in your life.
- So that's been the most difficult thing for me in writing. I don't consider myself to be a writer, and it's really not been very easy for me to do those things. But at the same time, there's an old adage among writers. They say, "I hate to write but I love to have written."
- Jennifer        [laughs]
- Gary            [laughs] It's like, yeah, it's not always easy when you're doing it. Of course, you don't know that and you're not supposed to see that, you're not supposed to think about it. They just see the finished product. But it's like, oh, sometimes it's just not easy.
- I have gotten to the point where I realize what I'm doing, I'm saying, "Okay, this is not easy, but I'm going to be very happy when this is finished." [laughs]
- Jennifer        [laughs]
- Gary            Because that's what it's like, writing for me. It's not easy for me, but it's also a very rewarding experience after you've done it.
- Jennifer        Oh, yes! Yes, yes! And I am so glad you do it! Truly!
- Because especially for me, *The Disappearance of the Universe* was such a friend to me in a dark time. I was really going through a lot when I first read *Disappearance*, and I was so encouraged by your voice in there, and that you were able to live that life, and hold that secret, and to keep it sacred and devote yourself for all those years. It really was such an encouragement to me to keep going, to not give up, to follow this path.
- So, to me, your voice is a friend on the path that is **so** valuable, and I know many, many people feel that way. So, thank you for continuing.

## ***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

Hey, I'm really eager to hear about what you'd like to share about the difference between duality and nonduality in *A Course in Miracles*.

Gary Well, I'm going to do that, but if you don't mind, I just want to mention one thing.

Jennifer Oh, sure!

Gary I noticed that you're in Maine now, right?

Jennifer Right.

Gary Right! Well, you know, I wrote *The Disappearance of the Universe* in Maine.

Jennifer Yeah.

Gary That's where I --

Jennifer Poland, right?

Gary -- lived the whole time. Yeah, in Poland Spring where I actually lived. *The Disappearance of the Universe*, that whole nine-year period that I wrote the book was right there in Maine.

And yeah, I grew up in Massachusetts, and I'd lived a long time in Massachusetts and went into Boston all the time. But yeah, when I was writing *Disappearance*, it was always in Maine, and so I have a special feeling for Maine, kind of wistful, kind of beautiful memories of Maine. Even though I can't say that I really liked it. You know, it's too cold for me. You know?

Jennifer Yeah. [laughs]

Gary It's half the year is just too cold. But at the same time, I have very fond memories of Arten and Pursah appearing to me on my living room couch and counseling me all the time.

I was up in this place called White Oak Hill Road in Poland Spring, Maine, this place on top of the hill, and it's very, very interesting, and lovely. So, I have fond memories of Maine, so thank you for being there.

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### *The Truth is Everywhere*

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When it comes to the difference between duality and nonduality, well, you know, I think that *Course* students, they have this idea that God Is, which Arten and Pursah said it's the absolute truth. You know, God Is.

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

I think the hard part for *Course* students is to get that nothing **else** is. It's like, yeah, okay, so they can accept that God Is, but they **can't** accept that nothing **else** is.

And that's the difference between duality and nonduality. You have to be able to get that nothing that you're seeing, nothing that the body's senses or saying to you is true, and that is **very** difficult to get, because the world is in front of your face all the time and it's very hard to get, "Oh, this isn't true. This is just a dream."

Yet that's **exactly** what *A Course in Miracles* is saying, that this is a dream that we will awaken from and it's not true. And the *Course* even says that in its *Preface*, it says "*What we are seeing is not true. [Preface, What It Says]*" And I really think that is so hard for students to get, that what they're being confronted with, 24 hours a day, is not true.

So, it's you have to get used to that idea and then think outside of the box. Yeah, you have to overlook the illusion that's being presented to you and think about the truth, which is everywhere.

You know, the truth hasn't gone anywhere. You know, this is something that is here and has never gone away. Heaven has never gone away. Heaven is here right now, and it's being obscured by this illusion that is a thin veil. Maybe you can think of it as being a thin veil in between you and the truth, and it's almost like you could reach outside of it and then pull it in, and that it's everywhere. So, the thing is, Heaven is here. It hasn't gone away.

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*Heaven has never  
gone away.  
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and it's being  
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thin veil.*

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### *The Gift of the Kingdom*

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It reminds me of something that Jesus said 2,000 years ago, and you can see this in the Gospel of Thomas. You know, the disciples went up to Jesus and we said, "When will the Kingdom come?" And He said, "Well, it will not come by watching for it. It will not be said, 'Behold here' or 'Behold there.' Rather, the Kingdom of the Father is spread out upon the Earth and people do not see it."

## **A Course in Miracles Weekly Radio Show** with Jennifer Hadley

Of course, I had no idea what He meant at that time. [laughs]

Jennifer [laughs]

Gary But it was like, “Okay. It’s here and people do not see it.”

Well, the reason that people do not see it is because it’s out of their **awareness**. You know? So, they’re not **aware** of the fact that it’s here. And it’s like the *Course* says, it says, “The idea is to remove “... *the blocks to the **awareness** of Love’s presence, which is your natural inheritance.*” [In-1.]

And this is where people have to think big. You know? *A Course in Miracles* is a very **big** teaching. It’s not a little teaching, it’s a very big teaching, and when it talks about removing the blocks to the awareness of Love’s presence, which is your natural inheritance, well, your natural inheritance is **nothing** less than the Kingdom of Heaven. That is your natural inheritance.

When the *Course* talks about Love, it’s not talking about human love. It’s talking about something much bigger than that. It’s talking about something that is the gift that God gave to you, and what God gave to you was the entire Kingdom of Heaven.

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*Your natural inheritance is nothing less than the Kingdom of Heaven.*

---

And that’s why I say that the *Course* is speaking on a very big level, it’s because not only is that your natural inheritance, but you don’t have to **earn** it. It’s a gift. It was given to you by God.

You don’t have to **earn** a Christmas gift. If somebody gives you a gift for Christmas, you don’t have to earn it.

Well, you don’t have to earn the Kingdom of Heaven, either. It was a gift that was given to you by God, and all that you have to do is **awaken** to it. You don’t have to earn it, you don’t have to go through any kind of a sacrifice or anything.

There’s a section of the *Course* called *The End of Sacrifice*. You don’t have to **do** anything, but you **do** have to do your forgiveness work in order to undo the ego. It’s like the *Course* says, “*Salvation is undoing.*” [T-31.VI.2] You undo the ego through a certain kind of forgiveness. It doesn’t make it real, and then when you do that, you start to maybe experience the Kingdom of Heaven more and more as you go on.

## **A Course in Miracles Weekly Radio Show** with Jennifer Hadley

And then at the end, that's **all** that you'll be experiencing. You'll just be experiencing the Kingdom.

### *Don't Make It Real*

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And grant you, that's a very advanced place, but it is possible, because Jesus even says in the Course, He says that "... *we will become equal as teachers*" [T-6.I.6] , which I found pretty far-fetched at one time. [laughs]

Jennifer [laughs]

Gary I mean, "Jesus, really? You're saying that I'm going to be like You?"

But that's what He's saying, and it's -- I really think that's possible, because I don't believe that the Holy Spirit would give you a job that wasn't do-able.

Jennifer Mmm!

Gary So I think that it is possible. Yeah. We're doing the best we can.

And as the *Course* says, "*The means of the Atonement is forgiveness.*" [C-in.1.] So, there's that certain kind of forgiveness that, once again, doesn't make it real. And if you could write something on your forehead and when you looked in the mirror it should be, "Don't make it real." You know?

Because **that's** what the *Course* is saying, that none of this is true. And you can't forgive somebody because they've really **done** something. You have to forgive because they haven't really done **anything**, because **you're** the one who created them in the first place. You know, you're the one that had this projection that you decided to see outside of yourself.

One of the most startling lines in the *Course*, to me, is when Jesus says in the *Course*, He says, "What he sees is his own guilt seen as being outside of him. [T-13.X.3.] And that startled me, because I realized that there have been people in my life who have abused me and who have actually physically abused me, and it's I'm looking at this and I'm thinking, "Wait a minute!

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*You can't forgive  
somebody because  
they've really  
done something.  
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because they haven't  
really done anything,  
because you're the  
one who created them  
in the first place.*

---

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

The *Course* is telling me that what I'm seeing is my **own** guilt seen outside of me," and there's that line that says, "His own guilt is howling to reunite with him," [W-pI.161.8.] which is pretty graphic and it's like, "What?! That was my **own** guilt and it didn't even really **happen?**"

But it was my own guilt that I was seeing as being outside of me, and if I can forgive that, if I can **really** forgive that, **then** I can be free.

And I thought, okay, because I can think of a few people in my life, you know, I don't think of them anymore, but I **could** think of a few people in my life who have not been very nice to me, and it's like, if I can forgive that I can be free. And when I realized that, it really motivated me.

Jennifer Mm-hmm.

Gary It really made me feel like, "You know what? If I can do that -- it's not easy. In fact, forgiveness can be hard at times, and sometimes it'll seem impossible --"

Jennifer Mm-hmm!

Gary "-- but at the same time, if I can do that I can be free."

And when I realized that, it really helped me to really **want** to do it.

### *Remembering the Dream*

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So, I would say to anybody who's listening right now, forgiveness is not easy. *A Course in Miracles* is not easy. But it's **worth** doing. Not for other people, because there **are** no other people. It's worth doing for **yourself**.

Jennifer Indeed! It is!

What has helped you the most in doing that forgiveness? Is there some method or technique that you've found most helpful, Gary?

Gary Well, one of the things that I find very helpful is first of all, put the Holy Spirit in charge when you get up in the morning. Whenever you think of it, put the Holy Spirit in charge, because then you're off the hook. It's not your responsibility, it's the Holy Spirit's responsibility.

And then, whenever you can, **remind** yourself that you're dreaming. I remind myself several times a day that I'm dreaming.

Jennifer Mm-hmm.

## ***A Course in Miracles Weekly Radio Show*** with Jennifer Hadley

- Gary            So if I'm walking down the street it's like, "Oh! I'm not walking down the street. I'm having a **dream** that I'm walking down the street." So, then it takes you out of the body.
- You know, because dreaming is of the mind, and so now, "Oh! I'm not actually doing this. I'm dreaming that I'm doing this." And the more that you remind yourself of that, hopefully a few times a day, then you're going to get that "Maybe this isn't what I thought it was."
- And so, things **may** start to feel a little looser. You know, it's like you're not in a body, you're having a **dream** that you're in the body, and then the body starts to feel lighter. It starts to feel more like the figure in a dream that it **really** is, instead of this thing that you have to carry around. It's almost like you're not in a body anymore and you're watching your mind floating around, and things start to get looser.
- Like, I'm just sitting at a desk right now. I could bang on the desk and it doesn't feel as solid as it used to.
- Jennifer        Mm-hmm.
- Gary            It starts to feel a little bit looser. Everything starts to feel like it's not such a big deal anymore.
- You know, I love the line in the *Course*, it says, "*Fear binds the world. Forgiveness sets it free.*" [*Workbook Lesson 332*] It's like you're setting the world free with your forgiveness. You're actually letting everything loose. Letting everything go is another word. The Lesson, "*I loose the world from all I thought it was.*" [*Workbook Lesson 132*] It's like you start to just loosen up, basically.
- And then, as you go on --
- Jennifer        You know what? I'm going to have to interrupt you right there, because we are going to a break, so we'll pick this up after the break.
- Gary            Sure!
- Jennifer        Just to let everybody know, I'm Jennifer Hadley. My guest is Gary Renard. We are walking the talk, living the Love right here on Unity Online Radio with *A Course in Miracles*. We'll be right back!

---

*"Fear binds  
the world.  
Forgiveness  
sets it free.*

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## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

### *Giving Up Being Right*

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Jennifer Welcome back! I'm Jennifer Hadley, and my guest today is Gary Renard, author of many books and one of my favorites, *The Disappearance of the Universe*. Gary and I are talking about "The Difference Between Duality and Nonduality in *A Course in Miracles*".

Gary was just talking about the loosening of the awareness.

What I heard, also in that, is this technique that you're talking about, pausing a few times a day to really remind yourself that it's a dream, helps to loosen all the **attachments** that we have, the zillions of attachments that we have to everything in life and remember that none of it is real.

And so, this is how you were able to really release those great hurts and resentments?

Gary Yeah. I think that you have to realize that what you're seeing is not true, even though it's difficult. *A Course in Miracles* says that "In order to learn this *Course* it is necessary for you to question every value that you have ever had." [T-24.in.2. ] Now, that's not **easy** but it is **necessary**.

For example, how about giving up being right? You know, could you actually give up being right? And I'm not saying that you can't be right if that's your job or something. Sometimes you have a job and you're supposed to be right, sure.

But at the same time, I'm talking psychologically. **Do** you have to be right? And if you have to be right, then guess what? You're making it real! If you weren't making it real, then you wouldn't **have** to be right.

So, it's like you have to look at your values, look at all the things that you thought were so important and give it up. And that's very difficult. You know, it's not an easy path, but at the same time you could say, "Well, okay. Maybe I **don't** have to be right. You know, maybe that person isn't even there."

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*You have to  
realize that  
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it's difficult.*

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## ***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

Jennifer [laughs]

Gary And that's not easy. [laughs] You know? It's like, "What do you mean they're not there?" It's my ego is saying, "Of **course** they're there! And of **course**, you have to be right. And of **course**, you have to do this and you have to do that and you have to do this." You know? The ego is relentless. You know?

So, the ego is just going to keep telling you that, "Wow! You can't forgive that bastard! They don't deserve it!" You know? [laughs]

And so, it's like, "Okay, what if I **didn't** have to be right? You know. what if I could just loosen up and relax and not have to be right? Then maybe, just maybe I would feel better."

And I've tried doing that, and you know what? I do feel better.

Jennifer [laughs] Yeah!

Gary I **do** feel better! So, this is a gift that it looks at first like you're giving this gift to somebody else.

Jennifer Mmm!

Gary It looks like you're forgiving them out there. And then you realize after a while, "Actually, **I'm** the one who's getting the benefits of doing this."

Jennifer Mm-hmm.

Gary "**I'm** the one who's going to feel better. **I'm** the one who's going to feel younger."

I started doing *A Course in Miracles* 26 years ago. I don't feel any older today than I did 26 years ago. You know, it's like my body is lighter. I feel, you know, like everything is just so relaxed. And I didn't see that coming, because I didn't know what I was getting myself into.

But fortunately for me, the Holy Spirit appearing as Arten and Pursah, they counseled me in a good way. And I don't think that I **ever** would have understood *A Course in Miracles* without them. You know, it's like "I'm just a guy!" You know, "I'm not even a --" I wasn't even a spiritual person at the time that they first appeared to me, and it's like, "Wow!" They just illuminated the whole thing for me.

And so, now here I am, and I can't believe that I'm living in Hollywood with this beautiful woman. [laughs]

## ***A Course in Miracles Weekly Radio Show*** with Jennifer Hadley

Jennifer [laughs]

Gary You know? It's like, "How did I get here? Really! How did I get here?" [laughs] And it's crazy! It's like, "Oh, well, uh, that was supposed to happen." But I didn't see that coming at all.

So, I feel very fortunate and, you know, I've had a very lucky life. And you've questioned me about that in the past. You used to say, "Well, Gary, you had scoliosis and you weren't so lucky."

Jennifer [laughs]

Gary But you know what? I still feel pretty lucky and, you know, I walk around here in Hollywood and it's like, "Do I really live here?" You know, I look up at the Hollywood Hills here and, "Do I really live here?"

---

*No, you don't  
really live here.  
You're having a  
dream that you live  
here!*

---

And the answer is "**No**, you **don't** really live here. You're having a **dream** that you live here!" [laughs] And that's true. That's really true. This does not really exist, and that's another thing for you to get.

And one of the things I want to mention about the *Course* is that you don't have to forgive the good stuff. You know? Because the good stuff is just a reflection of the right part of your mind.

Jennifer Mmm!

Gary You know, you don't have to forgive the romantic walks on the beach and the beautiful sunsets and all that. What you need to forgive is the negative emotions.

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### *Belief Becomes Reality*

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That's why the *Course* makes such a big deal out the fact that anger is never justified. **That's** where the red flag comes out. When you start to feel anxious, or upset, or worried, or any of the negative feelings that you have, **that's** when you need to be on the lookout, **that's** when you need to forgive, because **that's** the ego. You know, the Holy Spirit would not make you feel anxious or upset or anything. But the ego wants you to be upset

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because that makes it real. You know? So that's when you want to watch out for those feelings that come up.

And, by the way, those feelings come up as a result of the thoughts that you've been having over a long period of time. You know, so you had these thoughts and then those thoughts **result** in feelings. So, you want to be on the look out for that, because people are more likely to act out of their feelings than --

Jennifer

Yep!

Gary

-- anything. So, you want to watch when you're starting to feel upset and that's your opportunity right there. **That's** when you want to forgive, because you want to notice "That's the ego, and I'm going to stop thinking with the ego and I'm going to switch to the Holy Spirit," which is what the *Course* would call the "holy instant" where you actually choose the right Teacher instead of the wrong teacher and you start to think with the Holy Spirit.

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*This world cannot affect me because I am with God in His Kingdom, and this world cannot hurt me, this world cannot threaten me.*

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And the Holy Spirit is going to give a totally different story about what's going on, and the Holy Spirit is going to say, "Hey, look! This isn't real."

And, by the way, **that's** the difference between duality and nonduality. Nonduality would say, "Nothing **else** is true except for God," which is why the *Course* says, "*Be vigilant only for God and His Kingdom.*" [T-6.V.C.2.]

So, then you say, "Okay, I'm going to be vigilant for God and I am going to deny the ego's denial," which is the proper use of denial according to the *Course*.

The *Course* says, about forgiveness, "*It denies the ability of anything not of God to affect you.*" [T-2.II.1] So now you're saying, "This world cannot affect me because I am with God in His Kingdom, and this world cannot hurt me, this world cannot threaten me."

Jennifer

Mm-hmm.

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Gary "I am oblivious to the ego."

And then the more that you practice that -- and it does take a lot of repetition, but the more that you practice that, the more that you actually experience that, because you experience what you believe in.

Jennifer Mm-hmm.

Gary You know, the power of belief, the power of belief and the power of the mind are incredible. So, the more that you believe something, the more that it will become your reality.

So, the more that you believe in God and His Kingdom, the more that is going to become your reality instead of this, which is really kind of silly when you look at it, because it's always changing, it's always fleeting, it's always in a state of motion.

You know, it's what the Buddhists would call "impermanence". It's always going in and out, you can't depend on it. You can't depend on anything here except that it's going to change.

And yet, God is the reality that does **not** shift or change. You know, that's the difference, as Jesus would say, 2000 years ago, that's the difference between building your house upon the rock or on sand.

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*The more that  
you believe  
something,  
the more that it  
will become  
your reality.*

---

Jennifer Mmm!

Gary And this world is definitely the sand.

Jennifer [laughs]

Gary But the world of God is the rock. It doesn't change, it doesn't shift or change. It's something that you can actually depend upon.

So, why wouldn't you want to shift your reality from something that **can't** be depended on to something that **can** be depended on? And when you do that and you start to realize, "Well, you know, it's different."

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### *Experiencing the Eternal*

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And then maybe you'll have an experience of what the *Course* calls "revelation" where you actually have a direct experience of your perfect Oneness with God and the body will seem to disappear, and there's this experience that is outside of time.

And, you know, the word "eternal" actually means "without time". You know, I used to think, "Oh, eternal. That sounds like a really long time." Well, it's **without** time. There **is** no time. You just have that experience and nothing happens **next**. It's just the experience of timelessness where you're not looking to any future or anything because there **is** no future. There's no future outside of time.

So, you're there with God and that's it, and you experience that, and there **is** nothing else, and you don't **want** anything else, and you don't **need** anything else. It's just **there**, and you have that experience and it's like, yeah, then maybe you'll come back here or you'll **appear** to come back here. But in that experience, you realize that "Okay, that was something where I didn't have any questions, because I didn't have any doubt."

You know the *Course* describes it as complete but temporary suspension of doubt and fear.

Jennifer

Mmm!

Gary

So, there **is** no doubt, which means there is **no** questions. And then you come back here and you **appear** to have questions. But if you remember that experience, you may realize that you're dreaming the questions, because there **are** no questions there. There's only the answer.

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*There's no  
future outside  
of time.*

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And then here, in this apparent world, we have questions. But those questions simply arise from a condition of doubt, and then you start to realize, "Well, maybe I don't need to have any doubt. Maybe I can just accept the answer, and the answer is God and there is nothing else."

So, this whole path of *A Course in Miracles* is leading us to a place that's beyond all words. Yes, the *Course* has a half-million words, but those half-million words are meant to bring us to a place that is **beyond** all words, that is **beyond** anything that you can speak of to this experience of God, and that blows away **anything** that this world has to offer.

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And when you experience that, then you'll say, "Okay! Give me more of **that!**" You know? "Because I don't need this anymore!"

Jennifer [laughs]

Gary "I'm tired of being a person. I'm not a person. I want to be home with God, and give me more of that!"

And when you get to that point, I think you're beyond the point of no return. It's like, you can't come back and actually believe in this world anymore, because **that** experience is so much more **real** than this world.

Jennifer Mm-hmm.

Gary And you recognize that that **has** to be the truth, that **has** to be reality, because it's so much more real than this is. And boy! When you have that experience, then you will never go back. You'll just say, "I'm going home. I am going home." And it's kind of like what Jesus said 2,000 years ago. He said, "You know, God, I just want You. I don't need anything else. I just want You."

And that was His attitude, and that's the attitude that we're all going to have to adopt eventually, because if we really want to go home we're going to have to say, "Hey! You know, the hell with the world! I just want God."

### *The Answer is in the Experience*

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Jennifer So, do -- oh, so many things are running through my mind here, and one is, so do -- are people asking you, as you're talking about this, "Well, what does that mean? Well, what comes **next?** What kind of an experience comes next once you go home?"

Gary Yeah.

Jennifer Because people -- yeah, we all want to know, "Well, okay, sure! I get this is the cheap stuff. We could have the good stuff. But what's that really going to be like?"

Gary Well, what it's going to be like is this magnificent experience that you can't put into words but it is total bliss. It's like, you're not going to want anything else. It's a very sexual experience, which I'm not going to get into, but the *Course* does say that your relationship with God is intensely personal in that it involves the kind of experience that is sometimes thought

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in physical relationships. But physical relationships cannot achieve it. [T-1.II.1.]

Jennifer

Mmm!

Gary

And so, it's the *Course* is saying the true union is only possible at the level of the mind. Now, that may not sound too sexy to some people, but the truth is that when you have that experience it blows away any kind of physical experience that you could have.

Jennifer

Mm-hmm. Mm-hmm.

Gary

So, it's like, okay, and it's going to be that way all the time. I mean, it's not going to change. It's going to be that way all the time, and you're going to absolutely love it and you won't want anything else. You know, so it's like wow!

And then, of course, people will say, "Well, if everything was so perfect, then how can there ever **be** a thought of separation?" And the *Course* is pretty clear about that. The *Course* is saying, "Well, actually there wasn't. It never happened," which will not satisfy anybody intellectually. [laughs]

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*The answer is going to come to you not in the form of words but in the form of an experience, an experience of what you really are and where you really are.*

---

Jennifer

Right!

Gary

But -- **but** if they have that experience, then that experience **is** the answer. It's like Jesus says in the *Workbook*, late in the *Workbook*, He says, "... *there is no answer, only an experience. Seek only this, and do not let theology delay you.*" [C-in.4]

And He's saying, "Look, the answer is going to come to you not in the form of words but in the form of an experience, an experience of what you really are and where you really are. And that's the answer. The real answer is going to come to you in the form of an experience, not in the form of words."

The *Course* says, "... *words are but symbols of symbols*" twice removed from reality," [M-21.1.] and what you want to go for is the **experience** that **is** the answer rather than words, which are just designed in the *Course* to get you **beyond** all those words.

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At the end, you know, *A Course in Miracles* is really rather experiential. You know, you don't think that at first, because it looks very intellectual. But at the end, Jesus is saying to these intellectuals, "Hey! Go for the **experience**." [laughs] You know, "Go for the experience of God."

I can't help but think of Helen Schucman, God bless her, the scribe of *A Course in Miracles*. She said, "Thank God there's finally something for us intellectuals." [laughs]

Jennifer [laughs]

Gary And it was like, "Uh -- Helen, by the way, you know, the -- yeah, it's for you intellectuals, but it's meant to get you **beyond** being an intellectual." [laughs]

Jennifer Right! Right!

Gary It gets you to an experience of God which is **way** beyond any intellect.

And, you know, I meet highly intelligent people all the time and they're so proud of their intellect and I feel like saying, "Hey! Give me a break! Alright?" [laughs]

Jennifer [laughs]

Gary It's like, "Yeah, so you're so smart, right? If you were so smart you wouldn't **be** here!" [laughs]

Jennifer [laughs]

Gary You know? [laughs]

Jennifer It slows us down!

Gary Yeah.

Jennifer It gets in the way.

### *Nothing Is Outside Your Mind*

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You know, if you don't mind, I'd love to ask you a follow-up question to what you were sharing in the first half of the show here about the guilt and guilt manifesting as our experiences.

One way that I describe it, I'd like to see what you would say about this, Gary. For instance, I just did a retreat that was amazing, with a group of people who were recovering from sexual abuse, and they had all been

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abused by relatives when they were children, and some for many years, and I've been working with sexually abused people for a long time. They often think, you know, "What would I have ever **done** to have brought this upon me as a child?"

What would you say to that person in terms of the guilt manifesting as that experience?

Gary Well, that's obviously a very difficult subject.

Jennifer Yeah!

Gary And, you know, I'm not going to get into the topic of karma because what is done to you is probably something that you did to somebody else at another time. And nobody wants to hear that so, I'm already sorry that I said it. [laughs] But it's like --

Jennifer Wow.

Gary You know, it's like, hey, guilt is something that can be traced all the way back to the original idea that we separated ourselves from God. That's where the guilt started.

Jennifer Mm-hmm.

Gary It's like we thought that we had sinned against God, and so you had this massive metaphysical denial of that guilt that was projected outward that created the Universe of time and space.

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*Nothing is  
outside of you,  
because this whole  
Universe of time  
and space is  
occurring within  
your mind*

---

And very often, what we see outside of us is our own guilt that is actually a projection. But it's not **really** outside of our mind, because **nothing** is outside of your mind. It's like the *Course* says, "Ideas leave not their source." [W-pI.167.3.]

So, what you're seeing is your **own** guilt outside of you, but it's **not** outside because **nothing** is outside of you, because this whole Universe of time and space is occurring within your mind. You know?

I know it's hard to grasp, but the truth is if something is 50 million light years away, that is **still** occurring within your mind. There's nothing that is outside of your mind. The whole thing is a projection that's coming from your mind, and it looks like it's outside of you, but it's not. You know?

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So, what you're seeing, no matter what the situation -- and this is where it gets hard, because the ego is hard, because the ego is very clever -- the ego has set you up to make you think that this is real. So, what you're seeing is a very convincing projection, but that's **all** it is. It's nothing more.

Now, I know that you can't expect children or people who are going through this to understand that that's what they're seeing. You know, it's very difficult. But at some point in your spiritual life, you are going to get to the point where **you** realize that that is the truth and you can forgive it.

### *Following Jesus' Example*

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And I'm not saying that forgiveness is easy. In fact, I'm not saying that it's easy, I'm saying that it's hard. But at the same time, it is **doable** and the Holy Spirit will counsel you to be like Jesus.

You know, you look at Jesus at the end of His life, things weren't exactly going good. He was crucified, but He was able to forgive people even when they were destroying His body.

Jennifer Mm-hmm.

Gary Now, I don't know if I'm up for that.

Jennifer [laughs]

Gary [laughs] But that's what He could do. But He does say in the *Course* that "*You are not asked to be crucified ... You are merely asked to follow my example in the face of much less extreme temptations to misperceive and not to accept them as false justifications for anger.*" [T-6.I.6]

So, He's saying, "Okay, I was crucified. **You** don't have to do that, but whatever comes up in front of your face on any given day, which is usually the average stuff -- you know, we don't get what we want, things don't go our way, somebody says something unkind to us and we get irritated, there's some politician comes on the TV screen who we can't stand -- every day stuff, **that** is what we are being asked by Jesus in the *Course* to forgive.

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*"I could forgive people when they were destroying My body. You can forgive people who have done nothing to you." -- Jesus*

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He's saying, "Look. I could forgive people when they were destroying My body. You can forgive people who have done **nothing** to you." And God knows, there are Christians out there who can't forgive people who have done nothing to them.

Jennifer Mmm!

Gary So, it's hey, look to Jesus, look to Him as an example. He says, "Take Me as your example for learning."

And I have, you know? And I didn't have a hard time with that, because when I was a kid I used to talk to Jesus in my mind. I always felt like He was my friend, I always felt like I could talk to Him like He would be my buddy. And I didn't know **why**. I didn't know why until I was in my 40's and Arten and Pursah explained it to me that He **was** my friend, actually. And I always felt like I could trust Him, so when I finally got to *A Course in Miracles*, then when I was reading the first few pages it was like, "Okay, I **know** this Guy."

Jennifer Yeah.

Gary "This **is** Jesus."

Jennifer Yes.

Gary I **knew**, and I think that a lot of the people who come into *A Course in Miracles* they had recognized the authority of that Voice, because a lot of us, like you and me, we were there 2000 years ago at the time of Jesus and we listened to Him. And then when we pick up the *Course*, it's like, "Oh, yeah! I **know** this Guy! I **know** that what He's saying is true. I recognize the authority of the Voice that is in the *Course*."

And I think that really resonates with a lot of people, because I meet a lot of people around the world, as do you, and it's like, yeah, you can tell --

Jennifer Yes!

Gary -- that they were there, or they recognize something about the Voice of the *Course*, it rings true for them.

Jennifer Yes! And that's where we're going to have to call it a day here. It goes so fast! I -- gosh!

Gary Well, on nonduality --

Jennifer We're really at time here. I'm so grateful!

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Gary            Jennifer, when it comes to nonduality, just remember one thing. Nothing is real except for God.

Jennifer        Yes! Thank you!

### *Closing Prayer*

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And on that note, I'm going to say a blessing and pray us out.

So grateful and thankful for the opportunity to know the truth together.

So grateful that the truth indeed sets us free, and the truth is we're part of God.

In gratitude, we let it be. And so, it is. Amen. Amen. Amen.