

Please note that we will be taking a break from class during the months of July and August. We will begin back again the first Tuesday after Labor Day. Have a blessed summer

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Not many words today--they do not seem too necessary.

Two themes emerge here for me. The first one is **transformation**, and as we suggested in the previous lesson 'nothing is wasted.' We don't throw away what even seems to be limited, inconsequential or even negative in some ways. In the light of the consciousness of the Truth of Who You Are, everything can be transformed. Or as Ram Dass puts it "Everything is Grist for the Mill.

Even what is sometimes referred to as karma can be transformed and released. In the light of divine consciousness, there is no reason to hold on to anything that is unnecessary.



A Course in Miracles speaks of a process called "Atonement" which involves forgiveness, release, letting go of what we might sometimes refer to as the karmic debt of past deeds or mistakes that we might have made. It also suggests, however, that there will come a time when there is no need for atonement, when we realize our Oneness with all things.

**"The residue of your past actions, in many ways, is reclaimed in a higher octave through this expression, and that is the rising above karma, as you have understood it. The release of the old also requires your accountability for**

**what you chose in a low way but it may now be met in a high octave, which supports you in recognition and without the consequence that you may have incurred in low vibration. Once a thing is understood and comprehended, it may be reclaimed in a new way. So we are no longer acting through the old, but within the new as expressions of the Divine."**

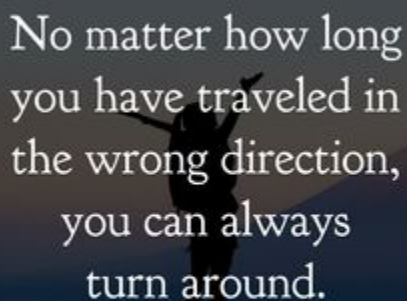
Jesus asked the woman, "Does anyone condemn you?" and she replied "No one, Lord, and he looked at her lovingly and said" Neither do I condemn you. Go your way." In other words, 'there's nothing left to hold on to.'

The Apostle Paul put it quite simply when he said “Be transformed by the renewal of your mind.” That could be the subtext of the past few lessons we have been part of. “Be ye transformed by the renewal of your mind.” Sit with that for a moment and see how it speaks to you.

*“And be not conformed to this world: but be ye transformed by the renewing of your mind.” Romans 12:2*

Inside, you’re perfect—born again in the image of Jesus Himself. But outwardly do you find yourself falling frustratingly short of that perfection? Is there a solution? Yes! The secret lies in “the renewing of your mind.”

The second theme is about experience, not thought or we might say beyond thought. It is sort of a double-edged sword that we work with here. We need to engage the mind because that is one of the primary vehicles of learning. At the same time we do not wish to overly identify with the mind because by its very nature it lives in duality and limitation. Metaphorically it would be like taking a donkey cart to the temple. Once it gets you there, you don't drag the cart onto the temple grounds, you get out and leave it there and enter into the Upper Room. (Not sure where that image came from, but I like it!)



No matter how long  
you have traveled in  
the wrong direction,  
you can always  
turn around.

**“The idea that you have been called to a great act in some ways is true, but the great act is the transformation of being into the high octave as the expression of the Divine that can now be known with manifestation. What this means is any idea that you have held of what it means to be the manifest Divine is replaced completely in comprehension of *being it.*”**

You have read all the necessary books on swimming. It is now time to jump in the water.



**BE THE CHANGE  
YOU WANT TO SEE  
IN THIS WORLD**

**MAHATMA GANDHI**