

# What Actually Works: 7 Foundational Teachings from Carol Howe & A Course In Miracles

*A distilled guide to spiritual clarity, inner guidance and the healing power of your thoughts.*

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## ◆ Introduction

Carol Howe—respected teacher, author, and personal friend of Bill Thetford (co-scribe of *A Course in Miracles*)—brings 45 years of lived spiritual experience to this rare and personal conversation. What follows are seven of her most essential teachings, distilled into one guide for clarity, application, and transformation.

These are not philosophical ideas. They are invitations to step into authorship of your own life, trust your intuitive guidance, and stop living as if your thoughts are private.

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## ◆ 1. You Are the Author of Your Experience

Everything you perceive and experience originates in your own mind. No one is doing anything “to” you. Others may play roles, but you hold the pen.

“This is the best news we could receive—we’re not victims. We’re the authors.”

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## ◆ 2. Thoughts Are Not Private—They Shape Reality

The outer world is a direct reflection of your inner state. Even unspoken judgment or ill will will be returned—not as punishment, but as a mirror. The mind does not separate “you” from “them.”

“Your mind doesn’t know it’s them you’re judging. It only hears the judgment—and brings it home.”

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## ◆ 3. The Present Moment Is the Point of Power

The past does not cause your life now. The choice you’re making in this moment determines your experience. Cause and effect are *instant*—not linear.

“Your current focus is the cause of your current experience.”

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#### ◆ 4. Peace Can't Be Found Through Attack

Wishing harm—even in subtle ways—will always backfire. No form of hatred leads to peace. Inner war and outer war are the same thing, and both must be undone through love.

“You can't find safety while wishing someone else ill. Your mind will return what you send.”

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#### ◆ 5. Intuition Is Superior to Intellect

Your intellect reflects what you've learned. Your intuition draws from what you *have not yet experienced*. It knows the way forward—even when logic fails.

“Intuition has never failed me. Not once.”

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#### ◆ 6. Discernment Means Following What Feels Alive

Not everything is for you—even if it's true or helpful for someone else. What's meant for you will feel energizing and clear. What's not will feel flat or heavy. Let that be enough.

“It may be valid for others, but if it feels flat to me—it's not my curriculum.”

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#### ◆ 7. The Search Ends in Truth—Then the Practice Begins

Seeking stops when you find what's real. After that, the spiritual path is no longer about finding—it's about applying, embodying, and remembering.

“The Course ended my search. From then on, it became about living it.”

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#### ◆ A Simple Practice of Inner Listening

Before making your next decision, pause.

Ask: **Does this feel flat, or does it feel alive and peaceful?**

Then trust what arises from stillness, not pressure.

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## ◆ Go Deeper with a Community of Miracle Workers & Truth Seekers

If these teachings speak to you, you're invited to join our **A Course in Miracles Textbook Study Group**—a space for deep study, real transformation, and heartfelt connection.

### ★ TEXTBOOK STUDY GROUP

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