

# **The 12 Core Teachings of A Course in Miracles**

**By: Dr. William Thetford**

**Compiled by Britney Shawley**

**[www.miraclesofmind.ca](http://www.miraclesofmind.ca)**

## **1. Manifesting Love**

The Course says that all of our problems stem from the belief that we are separated from God, and the only way out of this is to extend the miracle of love which is our natural inheritance... Its immediate purpose is to help us to remove the obstacles to our awareness of love's presence in our daily lives, which is what the miracle is all about. When we begin to recognize and accept the presence of God's love in our lives, many of these other questions that we raise simply disappear. They no longer seem relevant. ... The Course states unequivocally that love is our only reality.

## **2. Letting go of Fear**

We're gradually taught to leave fear behind and accept love as our natural inheritance... But in changing ourselves and changing the fearful way we look at people, we have made a contribution already that I don't think we can estimate in terms of its value.

## **3. Forgiving Ourselves and Others**

Learning how to forgive ourselves and others is really the fundamental teaching of the Course... Its about forgiveness, forgiving ourselves and others of the mistakes that we have made, and not holding onto these in a way that increases our sense of guilt and unworthiness.

## **4. Training the Mind**

The Course's real focus is on Mind Training... to help us change our minds about who we are and what God is, and to help us let go, through forgiveness, our belief in the reality of separation from God. The Course teaches us how to know ourselves and how to unlearn all of those things which interfere with our recognition of who we are and always have been.

## **5. Shifting Perception**

The Course's emphasis on changing or shifting perception applies to everything in our lives, not simply the external universe, and most particularly our relationships— the way we look at ourselves and others. As we shift this perception or rather as we shift our attitudes from fear to love, from guilt to total acceptance, then what we see as the limited boundless universe also shifts.

## **6. Viewing sin as a Mistake rather than as a punishable offence**

If we believed in sin in the traditional sense, then we believed in guilt and punishment. A mistake, however, is always something that can be changed or corrected. Concepts of guilt, sin and punishment are totally alien to the Course's orientation.

## **7. Relying on an Inner Guide**

The Course teaches us that whenever we have questions about any of our decisions or choices in life that we ask for help from our inner guide or, as the Course refers to it, the Holy Spirit... If I am not feeling peaceful, I know I am listening to the surface static of my ego. Then I choose once again, and try to let go of the interference so that I can listen to the gentle voice of my inner guide.

## **8. Using Meditation to Quiet the Mind**

In order to hear our inner guidance we must quiet our minds, be willing to let go of any investment in the answer and listen to that still, small voice within us.

## **9. Viewing Jesus as a Resource rather than a Saviour**

Jesus can help us contact our inner guide. The Course says, "Jesus is equally available to us for help in this manner, at all times. In this sense, Jesus is regarded as our wise older brother whose message is no different than the Holy Spirit.

## **10. Correcting Traditional Christianity's Basic Teachings**

There were some statements that Christianity was no longer particularly Christian due to the many distortions that had crept into our understanding of its concepts and teachings. Because of this, there was a need to define these concepts and terms in a way that would be more meaningful in a contemporary fashion. This is what the Course attempts to do, to really restore what I think was the original meaning and message of Christianity. The Course illuminates and amplifies Jesus' teachings on the fundamental importance of love and forgiveness. I think, perhaps, institutionalised religion has sometimes lost sight of the essence of that message, by its emphasis on guilt.

## **11. Recognizing that we are Eternal Beings**

Within the framework of eternity, we have always existed as an extension of God's Love... We remain as eternal aspects of spirit... When the body is no longer alive and animates, it simply means we no longer have use for it. Our body has nothing to do with our being alive or dead because our body is not our true reality.

## **12. Experiencing Joy and Happiness**

The Course is about our being happy. Happiness is really experiencing joy and making it a consistent part of our lives... the Course says that our reality, our natural reality is joyous and loving. But we taught ourselves some strange and alien notions. So a great deal of the Course is really unlearning harmful things that we taught ourselves which stand in the way of our being joyous and happy. As we begin to let go of this interference, which we made up, then we begin to experience what is natural for us. And that can only be loving and joyful.