**ACIM Harford County- Christmas Facilitator - Dahlia Hirsch M.D. 12-20-16**

**Sign up for e-mails or find notes at**

<https://www.meetup.com/A-Course-in-Miracles-Harford-County-Meetup-Bel-Air-MD/>

**Practice the pause.**

**When in doubt, pause**

**When angry, pause**

**When tired, pause**

**When stressed, pause**

**And when you pause, pray**

**Anonymous**

**Scott Kalechstein- Waking up is Hard to Do**

<https://www.youtube.com/watch?v=eXDRTYcSLDA>

**What happens when we learn to accept peace instead of the conflict that comes with believing in separate bodies?**

As we learn to accept peace instead of the conflict that comes with believing in separate bodies, *we will remember our relationship with the truth about every brother. We will remember our relationship with God. We will find true communication.* With belief in the reality of separate bodies and a whole world where everything is separate and distinct comes interference to true communication. Accepting true communication reestablishes that minds are joined and could never be separate.

**Why was the Prince of Peace was born?**

“The Prince of Peace was born to reestablish the condition of Love by teaching that communication remains unbroken even if the body is destroyed, provided that you see not the body as the necessary means of communication. And if you understand this lesson, you will realize that to sacrifice the body is to sacrifice nothing, and communication, which must be of the mind, cannot be sacrificed.” (7:2-3)

Song by Dr. Jim Goldstein from album Open to Love “Already home” song

“Let no despair darken the joy of Christmas, for the time of Christ is meaningless apart from joy. Let us join in celebrating peace by demanding no sacrifice of anyone, for so you offer me the love I offer you. What can be more joyous than to perceive we are deprived of nothing? Such is the message of the time of Christ…. For in the time of Christ communication is restored, and She joins us in the celebration of His Daughter’s creation.” \_Id.\_:8:5

“It is in your power to make this season holy, for it is in your power to make the time of Christ be now. It is possible to do this all at once because there is but one shift in perception that is necessary, for you made but one mistake. It seems like many, but it is all the same. For though the ego takes many forms, it is always the same idea. What is not love is always fear, and nothing else.” T:15:X:4:1-5

Dr. Jim Goldstein Open To Love- Track 8 - Changing My Mind

Something New - A Song to Encourage Your Courage - by Scott Grace

I wrote this song in the year 2004, while going through one of the many transformational caterpillar-to-butterfly cycles that have occurred in my life. May the song serve as an anthem to encourage your courage and inspire your trust on your pioneering journey. <https://www.youtube.com/watch?v=OmsOQrp-T2w>

“Sacrifice is so essential to your thought system that salvation apart from sacrifice means nothing to you. Your confusion of sacrifice and love is so profound that you cannot conceive of love without sacrifice. And it is this you must look upon; *sacrifice is attack, not love*. If you would accept but this one idea, your fear of love would vanish. Guilt cannot last when the idea of sacrifice has been removed. For if there is sacrifice, someone must pay and someone must get. And the only question that remains is how much is the price, and for getting what.” T:15:X:5:7-13 (emphasis added)

How the Guilt Stole Christmas (Owning Original Innocence) with Scott Grace, The Spiritual Dr. Seuss

<https://www.youtube.com/watch?v=zVRaYrvqu4A>

“In the holy instant the condition of love is met, for minds are joined without the body’s interference, and where there is communication there is peace. The Prince of Peace was born to re-establish the condition of love by teaching that communication remains unbroken even if the body is destroyed…. And if you understand this lesson, you will realize that to sacrifice the body is to sacrifice nothing, and communication, which must be of the mind, cannot be sacrifice. Where, then, *is* sacrifice? The lesson I was born to teach, and still would teach to all my sisters, is that sacrifice is nowhere and love is everywhere. For communication embraces everything, and in the peace it re-establishes, love comes of itself.” T:15:XI:7:1-6

Jesus says, “This Christmas give the Holy Spirit everything that would hurt you. Let yourself be healed completely that you may join with Him in healing, and let us celebrate our release together by releasing everyone with us.” (3:1-2) We release everyone by not believing in separation and seeing them as they really are now… in the Mind of God. In this way we are reminded that we are shining in the Heaven within, with them. That is how we can use Christmas as the end of sacrifice.

“The sign of Christmas is a star, a light in darkness. See it not outside yourself, but shining in the Heaven within, and accept it as the sign the time of Christ has come. She comes demanding nothing. No sacrifice of any kind, of anyone, is asked by Her.” T:15:XI:2:1-4

Teach Me How to Love written and sung by Scott Grace

<https://www.youtube.com/watch?v=4Jp9bAnkCV0>