

Metaphysics and Spiritual Psychology

This practice is based upon the metaphysics and spiritual psychology of *A Course in Miracles*. The Course's **metaphysics** teach that this world and the bodies we live in are nothing more than a projection of thought held in the mind. Basically it teaches that there are only two thoughts: the thought of love and the thought of fear. Love is the only thing that is real because love is the only thing that cannot be destroyed. Love is unalterable and eternal. It is the only thing that heals because it is the only thing that reconciles. Love is the only thing that comes from God. Love is inside of us because we come from God.

The Course says that, *the opposite of love is fear, but what is all-encompassing can have no opposite*. Love can't have an opposite because love is everything. If love is everything there is nothing else. Therefore there is no fear. Fear is nothing. It is an illusion. Unlike love, the illusion of fear divides, separates and attacks. It judges, compares, and condemns. The Course says that all thoughts of fear or any of its derivatives such as anger, guilt, jealousy and resentment, are false thoughts. Belief in these false thoughts of fear always requires a defense precisely because they are not real. Defenses manifest as bodily symptoms i.e. disease, anxiety, phobias, addictions, or problems in the world i.e. violence, war, arguments, abuse, etc.

The **spiritual psychology** of the Course teaches that all healing comes from placing our faith in Love instead of fear. Healing requires undoing the separation from love. In this world forgiveness is the closest we can come to Love. Love is what heals because love is what reconciles. Love joins. It restores the integrity of the self. Forgiveness is the central teaching of the Course. But its view of forgiveness is different than the world's view. Forgiveness does not judge, condemn or seek retribution. It does not attack or punish in any way. Forgiveness merely overlooks what never was. Forgiveness undoes the illusion of fear that separates us from Love's presence within. In the process it undoes the need for any of our defenses (symptoms). As the Course puts it, *forgiveness is the home of miracles*.

The Course teaches that we need help to choose the miracle of forgiveness. This is because when we are caught in the illusion of fear we are caught in a dream. We cannot escape by ourselves because all of our senses bear witness to the "reality" of our dream. Thus we think we are the dream instead of the dreamer. Of ourselves we cannot escape from our nightmare. We need help.

God's Holy Spirit¹ is our help. The Holy Spirit is the memory of God's love held in our Mind. He recognizes our illusions without believing in them. When we ask for His help we learn to separate truth from illusion. His antidote for dispelling illusions is always forgiveness. Forgiveness sees everything as either love or a call for love. Forgiveness looks past illusions. It does not attack them. To attack an illusion is to make it real. To attack fear is to give it a power it doesn't have or deserve. Through forgiveness the Holy Spirit helps us to master love and reinterpret the purpose of our symptoms or problems. By so doing He transforms everything into a classroom for learning our lessons of love and forgiveness. Through this process He heals our symptoms by healing our mind.

In my practice I use the spiritual psychology of *A Course In Miracles* combined with the transformative power of **hypnosis** to undo unconscious symptom habits and promote healing.

¹ Also known as the Higher Mind, the illumined mind, etc.