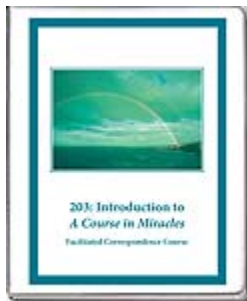




## Phase #3 Courses

### **203: An Introduction to *A Course in Miracles***

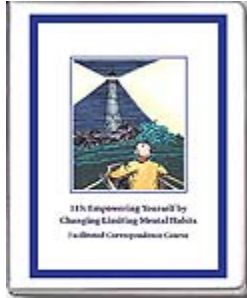


This course gives an overview of the important ideas and lessons presented by A Course In Miracles. You will learn to tell the difference between ego thoughts and the thoughts of your true Identity. You will learn to choose peace instead of conflict, Heaven instead of hell.

- Learn a process that helps you see past the physical form to the Light in everyone. It helps you forgive the people in your life whom you find difficult to love.
- Take an inventory of your patterns of right-minded and wrong-minded thinking and practice shifting your thoughts toward right-minded thinking with the guidance of the Holy Spirit in your mind.
- Focus on the true Self in others and experience how that focus helps you recognize the true Self in you.
- Learn how to transform upset feelings into a healed perception with the help of the Holy Spirit.

The Holy Spirit's teaching is a lesson in remembering. Let us join together in our remembering. It takes just a little willingness.

### **113: Empowering Yourself by Changing Limiting Mental Habits**



You don't have to experience life as a serious, stressful, day-to-day grind. In this course, you will identify the mental habits you may have developed which create tension, guilt and self-doubt. See how inappropriate expectations cloud your ability to experience unconditional love.

- Learn how you are unconsciously telling others how to treat you, to fit your unconscious expectations.
- Discover ways you may still be following the unconscious expectations of others or trying to live up to unhealthy models of perfection.
- See how learned childhood responses become unconscious knee-jerk reactions. Learn how to release these reactions for a happier life.
- Realize that you are not your programming. Consciously choose how you want to feel and how you want to think.
- Connect with your Inner Source of direction.
- Learn to be in peace and be happy.

This course will help you allow more constructive inner scripts which empower you. You will learn to perceive yourself and the world in a way that brings happy experiences of unconditional love, no matter what is happening around you.