



How Can You Return to Love?

By Lynn Pierson

In today's world of economic upset and increasing news coverage of strife, natural disasters and health issues ranging from cancer to viral flu, many are wondering how to remain centered, much less how to return to love.

It is highly possible, today, for you to realize that life of peace and bliss you seek that is filled with the realization of love's presence. It took me ten years of studying *A Course In Miracles* (ACIM) until I truly embraced the fact that love is all there truly is. In 1999, I was experiencing a time of extreme mental pain and financial challenges – and it was the realization or healing of perception quickly transformed my life.

A Course In Miracles, asserts that we created the world (or in other words are manifesting the world as most of us are experiencing it now. This world that often appears lacking in love is not reality - it's a make-believe dream world our perceptions have made up). Jesus tells us, "The real world is the symbol that the dream of sin and guilt is over, and God's Son no longer sleeps. His waking eyes perceive the sure reflection of his Father's Love." (W-II.290.8.4.1-2) The reality is that God or our higher power is here, of course, just as God is everywhere. God is love, and love is all there is.

With that said, most of us don't truly perceive reality which is the constant and unchangeable presence of God's love -- in you, me, all of us and everything, but mask it with our judgments and with our perceptions of lack and pain. It's amazing what a nightmare world we can manifest for ourselves when we are determined to do just that.

All day long we are reacting to our preconceived perceptions of what the world is and not seeing the presence of God's love right before us -- it's really quite astonishing once realized. Jesus says, "The world is false perception. It is born of error, and it has not left its source." (W.pII.240.3.1-2)

Right now I'm doing a daily exercise with several friends designed to aid us in breaking through the ego's perceptions in which we refuse to buy into anyone's ego - including our own. The ego wants to kills us or to convince us that we're only a body and that it's all over when our body is laid to rest, to tell us how lacking and how sinful we are and to hide the fact of love's presence. *A Course In Miracles* reveals, "The ego wants YOU dead, but NOT itself. The outcome of its strange religion MUST therefore be the conviction that it can pursue you BEYOND the grave . . . it offers you immortality in hell." (T-15.I.3.3-5)

The reality is that God is perfect love and manifests this love through his creations -- us. We cannot change the state or fact of love's perfection, but we can pretend that it isn't there. (*A Course in Miracles* explains that we are heaven and that heaven or love resides within us at all times.)

Until we can see only that perfect spirit of love within everyone we know, think of and interact with, we can't realize it within ourselves or truly experience love's presence. It's amazing how we immediately judge, and sometimes I can't believe how quickly I can do it. But, once I look beyond my judgments, forgive them and my faulty perceptions of others, my relationships and my world are transformed. I then am able to accept the Holy Spirit's communications that come to me through others even though they may be unaware of the message meant especially for me.

ACIM tells us, "Yet He has created the Holy Spirit as the Mediator between perception and knowledge. Without this link with God, perception would have replaced knowledge forever in your minds. With this link with God, perception will become so changed and purified that it will lead to knowledge." (W-pl.43.1.3-5)

In 1999, I had been studying *A Course In Miracles* (ACIM) for ten years. Although I had practiced the lessons, I had not previously been ready or willing to change my perception. At that time, I was unhappy with much in my life. My husband was staying at home with our two beautiful young children while I worked. Although I had a good job, I was barely able to pay our bills each month for four people and was jealous of the time my husband had with our children. I was frustrated with my marriage and with the little time I had left after work for my friends and family due to the hours that I was working, and a job that was less than fulfilling. Basically, I was unhappy with pretty much everything in my life.

At that time, I had been applying for others jobs with little success. I felt stuck and at a dead end. Desperate, I began following the ACIM's tenets in earnest. I decided to forgive everyone, including myself and to focus on seeing only love in the world and in everyone I came in contact with, no matter how negatively they appeared to present themselves -- to see myself as one with my fellow man, as myself presenting in a myriad of separate forms that were not a reality. Jesus tells us, "You cannot enter into real relationships with any of God's sons unless you love them all and equally." (T-13.X.11.1)

I had faith and moved forward, asking God to heal my perception. What happened over the next three months were a series of miraculous events that I will never forget. I had a call from a friend whom I had worked with previously regarding the fact that her manager was leaving. She wanted me to apply for the job. The interview process was complex and the position called for an education beyond what I held, but I knew I could handle the job.

During the interview process I held firm to my focus on perceiving love in everyone, and refused to buy into the judgment that my mind was attempting to inflict upon my interviewers. I was experiencing nervousness during the process and received coaching from one of the interviewing managers who coached me to increase my focus on clear

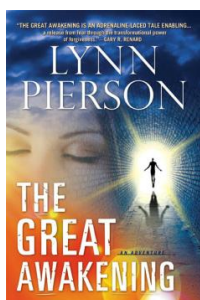
direct answers – exactly what I needed. When I received the job offer, I was thrilled to find that the position entailed a \$60,000 per year raise.

My marriage improved when I dropped the judgment along with the reduction of my stress over financial issues. My relationships with friends and family also improved. What was most amazing was that I found pretty much all of my issues were in my mind and self-inflicted. Once I changed my mind about the world, my dream changed to reveal a much happier place and how wonderfully connected that I was with everyone in it.

For three years I experienced a wonderful level of bliss – a pretty much stress-free existence. There were many more miracles that I experienced during this time as a result of my daily practice of ACIM lessons and perceiving only love. Many of my relationships were healed. It was interesting that as a manager, one of my employees who had desired the position that I attained gave me the most trouble in the beginning. She challenged me on a daily basis, sometimes confronting me for thirty minutes at a time. I struggled to resist joining into verbal combat with her, and instead pushed passed my judgment to see her as full of love and at peace. Jesus explains, “Today I learn the law of love; that what I give my brother is my gift to me.” (W-II.344)

Over a short period of time, my relationship with this employee changed completely, and we became staunch supporters of each other. She and I have remained great friends to this day. I came to respect the strong and loving person that she was, and I knew she felt the same about me. Most of all I found that the issues I was previously experiencing were all in my mind and dissolved once I changed my perception.

Does this mean that my life has been perfect since 1999? No. It’s far too easy to slip back into old ways of thinking, to pick up the negative thoughts and energy all around me. It takes daily vigilance and connectedness to stay on track and not slip back into the abyss of doubt and fear. Yet, when we focus on love and realize that God is everywhere in everyone, the dream lightens once again to one of love and transformation. I am grateful for *A Course In Miracles* that returns me to the awareness of love’s presence. Jesus tell us, “To feel the **Love** of God within you is to see the **world** anew, shining in innocence, alive with hope, and blessed with perfect charity and **love.**” (W-pl.189.1.7)



Lynn Pierson is the author of “The Great Awakening,” a spiritual thriller Gary Renard has recommended, and that the press has described as “*The Da Vinci Code* meets *A Course in Miracles*.” The novel is available now from: <http://www.thegreatawakeningsaga.com> and Amazon.com