

The Top Ten Things Forgiveness Can Do For You!



By Lynn Pierson

Today, Realize the Miracle of Forgiveness

1. Forgiveness enables miracles

“A Course in Miracles” reveals that the Holy Spirit daily brings you opportunities each day to remember your true identity and “greatness” as a child of God. There are no “good” or “bad,” “right” or “wrong,” experiences – these are personal judgments that your perception of the world has created and which also vary greatly from person to person.

Today, be relentless in seeking the miracle in every event, person and opportunity that is brought to you. Listen to your heart, and the blessed gift that each offers will be revealed to you. *There are no mistakes.*

2. Forgiveness returns joy to your life

When we stop looking for or perceiving faults in ourselves or others and instead seek only love, joy floods our every living moment. Christ’s presence is revealed to us in the most unexpected occurrences and through his most seemingly inconsequential children. *Allow miracles to unfold in your life, today.*

3. Practicing forgiveness overcomes the urge to judge, raising your vibration and drawing abundance to you

Modern science is daily discovering more about the power and depth of the human energy field. These studies date back to the work of a New York University professor Dr. Delores Krieger, who learned how to manipulate the field with her hands and to heal other people. She named her method, ‘therapeutic touch.’ The course Dr. Krieger taught and its results proved so successful that thousands of nurses today utilize her techniques in hospitals around the world.

Valerie Hunt, a physical therapist and professor of kinesiology at UCLA, utilized an electromyograph to measure the human body’s electrical activity. She found that when a person’s consciousness was focused on the material world, their energy field tended to range lower and closer to the body’s biological frequencies of approximately 250 cps (cycles per second – a unit of frequency). People whose frequencies exhibited above 900 cps were what Hunt termed ‘mystical personalities.’ These individuals displayed a wisdom which enabled them to most effectively utilize the psychic information that they received. **

In order to consistently access this powerful energy and psychic information, you must keep the levels of your energy field high. This effort requires maintaining an elevated emotional state that only the consistent practice of forgiveness can sustain.

Whenever an “unwelcome” situation, person or circumstance presents itself, learn to forgive your negative perception and instead welcome the learning that is being offered to you.

4. Forgiveness enables you to overcome illness and heal the sick

Maintaining an attitude of judgment puts the ego in charge, keeping you stuck and sick. Modern science has proved the existence of the human energy field. When you practice forgiveness toward all things, people and events, your energy vibration is raised enabling healing to flow from your energetic body through to the physical form and allowing healing to occur. Modern mystics such as Joseph Campbell healed many of the sick by doing little more than meditating upon the reality of their patient’s perfect soul, while refusing to believe in illness. This practice would elevate the patient’s consciousness and energy vibration, often resulting in rapid physical healing.

5. Practicing forgiveness allows you to accept the miracles your brothers and sisters are offering in each and every moment.

“A Course in Miracles,” (aka ACIM) maintains that God speaks to us through our brothers and sisters, even though they may be unaware of the special communication they are offering to you. Unless you forgive what you believe others have done to you, you cannot recognize these miraculous messages or the bearer’s true identity as a child of God.

6. Forgiveness enables you to accept “The Atonement.”

You have perceived the impossible – a world that is lacking and seemingly devoid of God. Practicing forgiveness helps you to quiet the ego’s negative rumblings; to receive love and to realize that God is everywhere at all times.

ACIM maintains that, “Miracles are a part of an interlocking chain of forgiveness which, when completed, is The Atonement. This process works all the time and in all dimensions of time. The mind that serves the Holy Spirit is unlimited forever, in all ways, beyond the laws of time and space, unbound by any preconceptions, and with strength and power to do whatever it is asked.”

7. Practicing forgiveness enables you to hear God’s voice.

Practicing forgiveness and meditating upon the stillness and light within you and in all things will enable you to “hear” the voice of God sourced from within. “A Course in Miracles” maintains that as little as five minutes of meditation in the morning and again in the evening enables this “hearing.”

ACIM contains a year-long training system which incorporates daily lessons that train the mind, raising the student beyond physical laws to a greater celestial order. The lessons enable the student to rise above illusory fear and guilt that keep the mind trapped in an endless cycle of painful repetition. These negative emotions sustained the ego and belief in differences, embroiling you in an unceasing struggle—a fight within a self-maintained illusion to obtain what is already owned but not recognized. (ACIM also states that its training system it is only one of many methodologies through which you can reach this realization.

8. Practicing forgiveness enable you to “walk on water.”

“A Course in Miracles” maintains that consciously directed miracles are misguided and that practicing forgiveness will heal your perception allowing miracles to occur naturally. Forgiveness removes the blocks to the realization of love’s presence and enables the spontaneous occurrence of miracles.

There is no order of difficulty among miracles, none is harder than the other, and they all occur naturally when you express love. Every expression of love offers a miracle to both the giver and the recipient. All expressions of love are equally powerful meaning that no order of difficulty among miracles.

9. Forgiveness enables you to accept the aid of the Christ and enlightened beings.

Practicing forgiveness at all times enables you to recognize the aid and guidance that is consistently being offered to you. The Holy Spirit is mentioned both in the Bible and ACIM as an inner guide given to lead you back to the realization of your true identity, greatness, and power.

The Holy Spirit teaches you how to dispel fearful illusions and to utilize forgiveness to correct faulty perception. The Holy Spirit translates your fearful perceptions to that of love and the Eternal Truth. God yearns for you to recognize your sinlessness and for you to turn away from the fearful images that you have mad. The Holy Spirit offers forgiveness to replace your fear, for forgiveness alone can overcome your nightmares.

10. Forgiveness enables you to realize Heaven is in the “here and now”

Practice forgiveness and realize that you are love and that love is all there is.

Realize you don’t need to seek Heaven in some future time or place. Practicing forgiveness, now will remove the “blindness” from your eyes, enabling you to see the wonder of heaven all around you, right now, in this very moment.

Forgiveness is the call from Love to Love and is the gift that restores the realization of Heaven to all of us -- God’s beloved Sons and Daughters.



Lynn Pierson is the author of this article and “*The Great Awakening*,” a spiritual thriller recommended by best-selling author Gary Renard that leverages intersections of science, spirituality and tenets of “*A Course in Miracles*.” The novel is available now at: <http://www.thegreatawakeningsaga.com> and at Amazon.

Synopsis of “The Great Awakening”

A plot to gain control of scientist and mystic Jack Bowman’s cryptic work propels an after-hours murder in a pharmaceutical research center. With a gun aimed at Jack’s head, the perpetrator demands “ISIS”—research enabling God-like abilities.

ISIS is an unstable formula that can bring great power or death. Yet Jack is convinced his work, once refined, belongs to the masses. Jack is framed, mobilizing his fall from lauded scientist to convicted murderer. His hope ebbs quickly while, imprisoned, he endures the daily torture of a sadistic guard. Jack’s two escape attempts—seeming disappearing acts—gain him ever more enemies at the prison.

Out of options, Jack accepts aid from his nemesis: jaded and award-winning journalist Nell McCall. Together they struggle to decipher the mystery of controlling ISIS encoded within the arcane text, *A Course in Miracles*.

Reading like a thriller while revealing startling new intersections of science and spirituality, *The Great Awakening* grapples with the question: *if mankind was created in God’s image, why all the suffering?* Experience with Jack the transformational answers found herein, and you’ll encourage others to read this gripping adventure!

Endorsements of “The Great Awakening:”

“The Great Awakening is an adrenaline-laced tale enabling a better understanding of *A Course in Miracles*—the result: a release from fear through the transformational power of forgiveness.”
Gary R. Renard, best-selling author of The Disappearance of the Universe

"This is one of the most amazing books I have ever read in my life. I could hardly put it down and have been telling everyone about it. A mystery novel containing the truths of *ACIM* is a totally amazing idea. Thank you so much for your creativity, inspiration, and ingenuity!"
Sandy Levey-Lunden, Counselor & Life Coach, owner of On Purpose

“Weaving together vivid strands of science and mysticism, Lynn Pierson takes us along on a tumultuous journey through the agony of loss and betrayal, only to ultimately affirm the profound redemptive power of forgiveness as taught by *A Course in Miracles*. If you like non-stop action, you’ll love this book!”
Godschild Miller, Ph.D., author of Creating Miracles: A Practical Guide to Divine Intervention

“Lynn Pierson is a gifted writer who captures not only our visual senses with her articulate descriptions but also carefully crafts just the right amount of emotional momentum. Jack’s story

is our story; little do we realize how drastic is the prison of our own mind when we find fault, hold grudges, seek revenge, and withdraw our love. *A Course in Miracles* gets it right: forgive and remove the blocks to the awareness of love's presence."

Rev. Frances Lancaster

"For newcomer Lynn Pierson, **The Great Awakening** ranks with the likes of David Baldacci and Dean Koontz. It's been a long time since I spent an entire weekend just finishing a book. I'm looking forward to the next one."

Judy Cusack, Interior Designer, Transitional Designs

"I was hooked from page one! Lynn is a brilliant writer, spinning this tale of intrigue and adventure on a landscape of mysticism and spiritual principle. What an effective way to introduce possibility and miracles ..."

Patriciafaye Marshall, student of ACIM since 1980

"My volunteering at a women's prison and work with *A Course in Miracles* has provided much insight into the power of love and forgiveness to heal. These important themes find a wonderful fruition in **The Great Awakening**."

Ted Brunell, ACIM Mentor and Spiritual Counselor

"The Great Awakening" the press compares to, "The Da Vinci Code meets A Course in Miracles."



About the Author:

Lynn Pierson's Personal Journey

Lynn Pierson was born in Manhasset, New York, the middle of four children born to an eccentric, Mensa society electrical engineer, and a mother who sewed like a clothes designer and dressed like a model, belying her ability to quickly divest a chicken of its feathers. The experiences that dominated Lynn's childhood memories were of adventure and of a father with wander-lust in his heart who continuously moved his family from the exotic to the mundane. Overall the family moved ten times, and Lynn attended fourteen different schools.

The experience that most impacted Lynn was the four years spent, beginning at the age of nine, on the Caribbean island of Grenada. Her life on Grenada was a total emersion in a world framed with crystalline seas and malevolent looking jungles. On the island, she basked in the inhabitant's simple joy of life despite the majority's poverty. Many lived in one-room board shacks that lacked even running water.

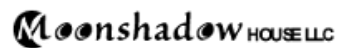
It was from the Grenadians that she learned a depth of faith she'd never before imagined —a connection with one's maker born of a childlike innocence and daily immersion in nature. Here, an overwhelming curiosity drove her to spy upon the Grenadian's and to witness their secretive back-jungle voodoo practices. This underground current drove the frenzied dancing and haunting superstition that imbued the local's holiday celebrations with certain frenzy.

When she returned to the United States, Lynn graduated from Walter Williams High School, in Burlington, NC then majored in Writing and Editing at North Carolina State University.

Her escapes into writing and decades of delving into the emerging intersections between science and spirituality resulted in *The Great Awakening*. The official publish date for the first volume of this spiritual thriller series is March 29th, 2010. The novel is currently available in a special advance release from the book's website:

<http://www.thegreatawakeningsaga.com>

To learn more and interact with Lynn, visit her personal website at: <http://www.lynnpierson.com>



Moonshadow House LLC publishes the spiritual thriller, "The Great Awakening," covering intersections of science/spirituality and tenets of "A Course in Miracles."

Intuitive growth classes for personal and business enablement are also offered.

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