

# The Glorious Journey Home

## via A Course in Miracles

by Al Drucker

A note to my self (you, dear one, who reads this):

What follows is all about me, and I write it only for me; for I know I am all there is. Reality is wholly subjective. There can be no *you* or *she* or *we* or *it*. There is only me, the one *I*, the one Self. Yet, since you call yourself *I*, that Self is you; and every *I* mentioned below speaks only of you.

### **To Begin With, Why Do I Find this Teaching So Difficult to Understand?**

What makes the Course seem difficult to follow, at first, is its radically uncompromising stance regarding the world... this world which I think I am in. The Course makes it clear that the outside world I see is not real. At no time is it ever real. It is something I concoct, an aberrant thought which I refresh every moment through my continued belief in its authenticity and reality. No, I am not in this world. But it is in me. It is me. It is my brain-child. I make it up and entrust it to the ego, with which I have allied myself. The world is a dream. It is my subjective dream. As such, it is totally personal and unique, based only on my projected guilt. I make it up in a desperate attempt to rid myself of my guilt. But I can never succeed in this, because even as I project it out, the idea of guilt remains buried in my mind, to fester into all the miseries of human existence. I suffer from my own idea of guilt, and I make sure that a guilty world outside keeps the misery alive in my experience.

How does this guilt arise in my mind? How does it enter my God-mind in Heaven? It is a grand mystery. Somehow, inexplicably, from out of nowhere, a totally insane thought creeps into my mind that I can be independent of God; that I can be a separate autonomous individual. Rather than laugh it off for the impossible and meaningless nonsense that it is, a small part of my mind splits off and entertains that thought. I like it. I take possession of it. Once it enters my mind the thought turns out to be a Trojan Horse. Immediately it opens the flood-gates for time, space, ego, sin, judgment, guilt, illusion, world, and a whole hornet's nest of unforgiving separative ideas to come in, and take up residence and assume control. And so, in this split-off part of my God-mind I become a deluded, confused, lost human being, ridden with fear and guilt.

Fortunately, none of it is real. The truth is, there is no way I can ever be guilty. It is not possible. I am created by God guiltless, sinless, and holy as Himself. He will not change His mind about me. And there is nothing I can do to change what He creates. I can use my mind and the power of God that it represents, to think myself to be otherwise. I can make up time, and within that time fool myself into believing that I can contravene God's Will. I have the power to make up dreams and fool myself, but I do not have the power to make them true. My hallucinations, my dreams of guilt, my belief in illusions, my determination to fool myself, mean nothing. They are based on nothingness. They have no Source, no true Content. They cannot affect my God-given guiltlessness and sinlessness in any way. Therefore, guilt, and the world that emerges from it, has no reality at all. It is an insane idea, a hobgoblin, with no effect at all on who I am.

And so, as I will make logically clear later in the discussion on Content and form, the world as I know it does not exist at all, it has never existed, and can never exist. It is totally illusory and therefore totally meaningless and totally valueless. And that includes *everything* in

it, everything separably definable in terms of a unique name and form, particularly these bodies and these minds and these individual identities and all the furnishings and objects and ideas and values that make up the world. None of this is true. Separation is never true. It has not happened. To give meaning to something which is meaningless and untrue, is an insane attempt on my part to find some order here and distract me from the insufferable, meaningless chaos that I fear I will sink into in my mind if I have to face Reality as it truly is. The Course calls it the ultimate fear.... the fear of my total wipe-out as individual consciousness when I dissolve into the tsunami of all tsunamis.... the apocalyptic, all-inundating deluge of God's Love.

In my upside-down thinking, that all-consuming Love is what I need to hide from and protect myself from. Driven by my suppressed guilt, I don't see God's Love as love at all. I see it as my annihilation, my wipe-out as an individual, which I attribute to God's rage and punishment for my insubordination and rebelliousness. This is where the world, time and space, and relationships come in. I desperately need allies and shelter and meaning in a life that is now outside of heaven and without God. So I invent associations and relationships and linkages to provide meaning in my life and fool me into believing in the reality of all the sequential situations I seem to find myself in my pursuit of happiness here on earth... story lines that tie together quite believably, just like dreams of the night.... or like a movie in which I play the central role... as well as, (although unknown to me), every other part... all of which finally end in death.

It is at this dismal juncture in my life when nothing seems to work and death seems to be the only sure thing I can count on, that the mind training of the Course mercifully appears in my awareness, to show me a totally new way of perceiving everything.

### **The Oneness of God**

Let me review the very, very simple theology of the Course, which is directly confirmable by inner experience. Before I do so, let me point out that although this teaching is very simple and totally natural and native to true beingness, so that even untutored little children or uncivilized indigenous people in any place or time can experience it, yet, even the greatest scholars and philosophical minds cannot understand it from the reference point of the separated individualized human consciousness. It can be experienced in a revelation, in an epiphany, in a light experience, in a natural return to wholeness.... but it cannot be analyzed, compared, evaluated, taken apart and digested by the left brain. It is not in the realm of conceptual understanding.

Even though it cannot be expressed in words, yet I must attempt to speak the unspeakable. At best it will leave a hauntingly seductive taste, a deep desire for the direct experience of it, in the mind.

*This, then, is the meaning of everything:*

God is. Yes, there is a God. And no, there is nothing else. God alone is. God is all there is. Only God is real. God is the one Reality. There is no relative reality or seeming reality or temporary reality or approximate reality or worldly reality. There is only God, the one singular, creative Reality. It is all I ever look upon, it is all I ever see. Whatever I think I see, in fact, what I see is always only God. I choose to call it 'world'. I look on Oneness, on Holiness, on Light, on

Perfection, on Love, on Self, on Reality, on All there is; but in my upside-down perception what I see instead is multiplicity; I see objects, I see shadows, I see forms, I see contrasts, I see 'others', I see judgments, I see fear, I see corruption. The mistake is in my perception and in my interpretation. This mistake is not accidental. It is not just an innocent little error that comes from not knowing any better. It is a deliberate cover-up. It is the outpicturing of my compulsive need to hide the truth of the oneness of God from my mind. In my little screwed up world of dualistic perception this kind of seeing seems to work for awhile, but in Reality it has no effect at all.

My mistakes don't change anything. God still is, and nothing else is. There is only Light, there is only Love, there is only God. I can call what I see or feel anything and give it meaning. I can call it friend, I can call it enemy; I can call it wife, or child, or body, or mind, or anger, or love, or pain, or dream: I can call it Mary or Jesus or Shiva or Al... I can call it anything... still the truth is not affected. Whatever I call it, it is really God and only God. Whatever I feel... whether I feel guilty or triumphant, free or bound, fearful or joyful, forgiving or vengeful... no matter what I appear to experience, still all there is is only Love. And that is God, and God is all there is. So, whatever thought I hold in my mind, 'good' or 'bad', I can never get rid of it, for there is no place for it to go outside of my mind. But, I can withdraw the non-God meaning I have given it and transform it into the all-loving God-thought that alone is real.

Let me go deeper. If God is all there is, then what about 'I am'? It is an uncontroversial fact. *I am* is the unchanging truth. Not I am a man, or I am a body, or I am spirit, or I am an avatar, or I am a disincarnate entity, or even I am a soul. Those are all particular descriptions that can differ and change. But just 'I am'... pure beingness... without limitation or definition. 'I am' is always there. I cannot *not* be. If all there is is God, but there is also the experience of 'I am' which cannot be denied or erased, then it has to follow that 'I am' = God. They are the same. There is no difference at all. But then it also follows that God must be first person subjective, not third person objective. 'I am' is God. It is the one singular creative Reality.

Putting 'I am' and 'God' together I can say 'I am God'. That then is all of it. Nothing else is or can be. *I am God*. But even this has to be understood correctly. It does not speak of two, but of the One... I-God. Nor is it about a declaration of who this *particular* 'I' is. It is a naming of what has no name and cannot be named; what is only a passionate eternal flow of mindful awareness, expanding and filling Itself... the Full creating the Full, while remaining ever Full. In 'I am God' there are no objects or nouns at all, including 'I' and 'God'. Here the operative word is 'am'. It is about an unchanging, ongoing, beingness. It is about an ever flowing divine river of pure isness. It is about the great biblical pronouncement, *ehyeh asher ehyeh*, revealed to Moses from out of the burning bush: 'I am that am'. Not a fixed concept of something with name and form, or even nameless and formless, but just an unchanging amness; an endlessly extending, blissful, melodious, all-inclusive stream of holiness. That is I-God. Besides that there is nothing.

And that, I realize, is what I am: all holy. My holiness envelops everything and there is only my love, my holiness, filling and extending my fullness in an unmitigated splendid outpouring of light. And so it is unchangingly, whether I experience it directly or not. I am eternal. I am one with God, I am God. I cannot die. There is no death. I was never born, I am never reborn. I am not a body. I am not in a world. I am not an individualized objective

consciousness located in time and space. I am eternal. I am free. I am.

## The Gap

But this unlimited divine light is not how I experience myself. I have invented objects, parts, contrasts, comparisons, structure, birth, death, happiness, suffering, health, sickness, etc., all the thoughts of things and ideas and pairs of opposites that I see manifested in the world. I made them up for the sole purpose of blocking my awareness of the unchanging presence of God, the realization that God alone is. And so I spin a web of delusion, a world of shadows, none of which exists. Even the idea of God is a fabrication to block the awareness of God in my mind. I need Him to be an object, although He is not an object, but a verb, an action.... call it loving fullness.

I won't deny that I want that lovingness, but I don't want to totally lose myself in it. Above all, more than being immersed in the lovingness, I need to preserve the little gap between myself and God, so I don't disappear into the uniform oneness, the blahness of dis-identity. I want to be immersed in love but at the same time I want to keep my self, my identity, my autonomy. The wholly all-inclusive oneness of God is a threat to me. It is a thought in my mind which I have to hide and cover over. *Therein is the origin of all relationships.* In the oneness of God there are no relationships. There is only the one all-encompassing light, creating and extending and bubbling forth, filling everything. But for me, located in my mind in this world, that light is not where I live as a human being. I cannot see it because my focus is totally on the gap.

The gap I preserve between myself and seeming 'others' is merely the outpicturing of the archetypal gap between myself and God, which I so carefully protect. Every relationship centers on this gap. I have to constantly nurture the gap. If it gets too big I become isolated, desperate, alone, abandoned, without support and security. If it is too small I believe I will lose my self-identity and disappear into nothingness. Fear of both extremes keeps me busy night and day carefully honing my gap. In this, the special relationship is absolutely vital. Whether I love the other or hate the other doesn't really matter. The correct size gap alone matters. For me it is the holy grail, the dynamic stillpoint wherein I believe I can find safety and rest. Money, possessions, reputation, family, profession, health, knowledge, recreation, loyalties, living situations, religious beliefs, sleep, intimacy, privacy, love, all need to be carefully balanced and cultivated to preserve just the right gap, for therein alone my happiness lies, in the short interval I have available before death overtakes me.

That is the human condition. A pitiful condition from which there is no possibility of surcease and rescue. No matter how lovely is the spiritual package that always seems to appear, promising relief through a golden age, in which the familiar world I see becomes newly transformed into one of peace and harmony... a lovely promise, but one that will not and can not happen. The solution is not in this world, nor of this world. Yet there is a solution, and it is the only solution. What's more, it is incredibly simple and totally available now. That solution is an action of mind. It is the realization that there never was a world of separation, and therefore there could never have been a problem. No problem, no solution. That is the solution.

I do not need to fix the world I see, or accommodate myself to it, or do anything with it. I am real. It is not. It has nothing to do with me. In a moment of insanity I made it up, but now I can give it a different purpose and unmake it by changing my mind about it. Its bedlam need no

longer affect me. I know it has neither substance nor true cause. There is no value in it anywhere. It is not related to God and God does not know of it. What is nothing cannot be known. The screen doesn't know the moving picture that is playing on it. Whatever appears to happen in the illusion, whether to me as a seeming body, or around me in a seeming world, is not real. I don't need to think about it. I stand in my certainty above the battleground. Once I resolve that this dream I make up be a dream of awakening, everything aligns itself to that purpose, and whatever I, the dream character, need do or not do, is shown to me. For me the world is already over. I need only to hold on to the realization that God alone is, and that I and God are not two, but one.... one I, one God.... the same... and all there ever is.

## **Content and Form**

In light of that, let me go back to the relationship, let me have another look at the dream. It is I who play every part, every character, every situation in my dream. All of it is just a play in my mind, a bunch of seemingly diverse parts all made up of the one mind-stuff. Just like waves and spray and ice and clouds and fog and snow and rain and steam and foam are all just water, and nothing but water. Water is the content, as the Course refers to it; and all these varieties of water make up the different forms. Similarly, in the totality of my awareness, God is the Content. Or, what is the same, I am the Content. Whether I call it ocean or water, God or I, it is all there is. The multiplicity of objects and ideas and feelings and experiences making up the human condition are the forms. As a human being I pay no attention to the Content, which is the undifferentiated uniform wholeness. I pay attention only to the form. That is what I see with my eyes and mind; that is what attracts me (or repels me). And as mentioned above, that is also the ideational name and form of God that, as a human being, I hold in my mind; wherein I give God special characteristics and attributes, and so, associate Him also with form.

Form is the idea of separation, of difference. That is what I want to preserve. I have made up this world of form and I love my creation. To continue to view a world of diverse forms as real, I have to kill the Content, for Content speaks of oneness and wholeness and non-difference. I have to banish the awareness of Content out of my mind. For it is dangerous to me. It will be my undoing. In this, of course, I am speaking as the 'I' who is aligned with the idea of ego and self-determination, self-sufficiency, self-dependence. These are my allies, my best friends, whom I have put in charge of maintaining my all-important gap.

But form *is* Content. There is nothing that is ever not Content. The wave is the water, as is the cloud, as is the fog, etc. It is all the one ocean. Form does not give rise to Content. It is because of Content that form appears. But form is an imagined thing; it is not real. Content is of eternity, form is of time and space. Form is not important. But, Content is all-important. In this metaphor, the ocean... the water... which is content, is what is important. It is real. It is what is. The forms are just temporal, spatial, constantly changing expressions of that one unchanging ocean. If I suppress the awareness of form, ie., remove the idea of form, nothing in eternity is affected. It makes no real difference. But, if I suppress the awareness of Content in my mind, in other words, if I see only form instead of Content, then I'm really seeing nothing. That is what I've attempted to do in my mind.

So for me, although I believe it is real, what I call 'world' is nothing. It is meaningless as long as I program my mind to be unaware of Content. And this is what I choose to do in order

to maintain the little gap that preserves my separate identity... holding the idea of form separate from Content. But when I see the oneness of Content and form, when, no matter what I call it, or what it seems to be one moment to the next, I know that all there is is the Content...God...I am ...the One...the Self...then the world itself is seen to be God. Form becomes transparent; it fades into the background and the splendorous radiance of the all-encompassing God presence takes its place in foreground. That is called the Real World in the Course. It is the last fading glimpse of duality before I re-emerge in my true natural state, as the one eternal ocean of Light.

### **Is God the Cause and the World of Form the Effect?**

God, the Creator, the Source, the Content, the singular Reality, is the one Cause; but form is not its effect... form is not God's creation. Form, as expressed in the world I see, including 'myself' and 'others' in it, is not real. It doesn't exist. It is an imagined appearance in duality. Being unreal, uncaused, uncreated, God does not know of it. Consider the Sun. It constantly radiates its light. Clouds arise because of the presence of that radiance. They cast shadows and try to blot out the Sun, as seen from the Earth; but the Sun doesn't know of this. It doesn't see clouds or shadows; it sees only its own light reflected back. Or, consider the ocean. Looking out from deep within itself, ocean sees only ocean; it doesn't see the surface and the many different forms of water there. They arise because of the ocean, and, may try to cover and hide the ocean when seen from beyond; but the ocean is not concerned. Or, consider fire. Because of fire ashes appear and try to cover the fire. But fire is not aware of it. So it is with all illusion... ego, bodies, shadows, darkness, world, thoughts and ideas arise inexplicably in the mind, in the presence of Source. They try to hide the Source, but Source is not aware of them. They are unrelated to It; they are not caused. They are nothing... just passing clouds. They have no effect. So, they are not my concern. I need only to keep my mind on Content.... I need to heed only Immortality.

### **Love Alone Is The Answer**

Initially, the Course in Miracles can be seen as a handbook, a guidebook for awakening. But as I immerse myself in it, I realize it is really a commentary on what is already happening. The time is already set, the happening is happening. In time I am awakening. In Reality I am home where I have always been. It is long since all over. I need do nothing. Independent of what is going on in the dream and independent of what I think I need to do to advance the cause of awakening, the glorious blossoming forth of Self-recognition as pure unbounded love is unfolding in my God-mind. The illusion of separation is fading away. The grand home-coming celebration scheduled long ago is already underway. I am returning to where I have always been in my glorious mind, and if I still harbor some doubts I can dispel them through the miraculous account of my awakening, given in the exalted writings of Jesus in the Course.

Now that I have made my commitment to awakening, every relationship I have, in which I am always playing both parts, is there to remind me that the war with myself is over. I need no longer feel guilty about my separation from God, or my envy of God, or my need to project my guilt on to 'others' so that they will be the mean ones attacking my innocence, or conversely, be the admirable ones in whose shadow I feel very small and whose perfection I could never reach... all these are just different forms of the thousands of subtle and not-so-subtle manifestations of that most common human activity, the gap industry, which has always been my preoccupation and dominated my consciousness... but has never brought me peace.

What is the need for a gap when I am all of it, when it is always me on both sides of the gap? Where is the idea of guilt when I have never left God and when I am as united and one with Him now as I was before time began, and the mad idea of separation came into my mind? I now know that nothing happened. I am home where I have always been. I'm not guilty. I can have no fear. I, the Son of God, I the Christ, am free, at home in my Creator... Who is home in me.

What else is there but to be happy and grateful?

Turning to you for a moment, dear brother... dear sister... who exists as a blessed thought in my God-mind... I love you with all my heart. I celebrate your holiness. My love for you is total and all-encompassing. I recognize you as my savior. Insanely, I made up time and space in my mind, to fabricate a thought of 'you' separate from me. But now, directed by Spirit, I convert that thought and transform what was an illusory idea of separation into the remembrance of the God-Self that is my reality. And so, your presence in my mind heals my mind and returns me to Source. You are a heavenly blessing to me. I am unboundedly grateful to you. In my love for you I experience a universal love that envelops everything, and that shows me the alternative to the fear I always feared... of what would happen if I were to totally let go and disappear into God, surrendering the last remnant of my gap. Instead of obliteration I discover the blissful Kingdom of Heaven, which has replaced all my baseless catastrophic expectations of annihilation. Now I am free and home in Heaven. In my total joining with you in love, I realize my own liberation and my glorious return to the heavenly home that I never left.

I love you dear One. I am eternally your very Self.