

### A COURSE IN MIRACLES

**ETERNAL BEAUTY INSTITUTE** 

### A Course In Miracles

#### **HEAL & AWAKEN**

It is time to remember who we are and from what we were made. This course is designed to re-formalize all of innate knowledge held within each. Through this collective learning you will learn to dissolve all distortion manifestations and return to innocence, only this time you will have become wise. Wisdom matched with a pure heart will unlock the secrets of all creation and the purpose of why we are here.

### The Most Beautiful Love Story Ever Created

In the remote corners of our minds there has always been a wondering, a longing to return to something more visceral. This life.....this living....What is it for? If we are all destined to return to the earth and become as dust. Does the wind remember...... when it builds it's little dust storms that it is dancing with us.

Can imagination transport us to a place where anything is possible. It is my feeling that indeed it can. But only with a very precise set of circumstances. A state of being that has been long forgotten.

In the beginning there was darkness. Only a flicker of an idea. And then came the energy. The energy that propelled the wish. As it took form it began to shine. In the blackest of darkness we find the great void, the nothingness. This is what we perceive as loneliness and separation.

The great spark, the idea was to create love. To find a way to fill the darkness with light. To take that emptiness and create a new type of energy. To build a coherence. The universe is like a beautiful grand experiment. Each piece and part holds within it the micro and the macro that extends to the farthest reaches. From the planets which orbit giant stars to the atom.

The quest has only ever been to meet one purpose. To heal and to learn to become love. A heart, a body, the soul will not rest until it finds this perfect place to surrender to it completely.



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SESSION 1	Being in a body
SESSION 2	How to the body as a tool for healing
SESSION 3	Lower vibrational frequencies: wrath, gluttony, envy, lust, greed, pride, sloth
SESSION 4	High vibrational frequencies: patience, moderation, gratitude, purity, charity, humility, diligence
SESSION 5	How to dissolve the distortion of anger (wrath)
SESSION 6	How to dissolve the distortion of abusive or compulsive behaviours (gluttony)
SESSION 7	How to dissolve the distortion of envy (jealousy and entitlement)
SESSION 8	How to dissolve the distortion of lust (sexual desires not aligned with love and light)
SESSION 9	How to dissolve the distortion of greed (overspending and pillaging of our planet)
SESSION 10	How to dissolve the distortion of pride (vanity and over identification of the body)
SESSION 11	How to dissolve the distortion of apathy and hopelessness (sloth)
SESSION 12	How to cultivate the correction of patience and temperance
SESSION 13	How to cultivate the correction of moderation and wisdom
SESSION 14	How to cultivate the correction of gratitude, thankfulness and kindness
SESSION 15	How to cultivate the correction of purity and innocence and love
SESSION 16	How to cultivate the correction of generosity, charity and giving
SESSION 17	How to cultivate the correction of humility and the equality of all
SESSION 18	How to cultivate the correction of diligence, action and creation
SESSION 19	Examining the idols of sickness
SESSION 20	The illusion of the ego
SESSION 21	How and why the world was created: the history of evolution from the beginning
SESSION 22	What is eternity: the end of all fear, the end to death
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SESSION 62	Understanding mother earth: the crystalline grid and the human consciousness matrix
	The call to heal and teach
	The universal laws of carvice