



HOME PRACTICE  
WEEK ONE:

AWAKEN FROM  
THE DREAM

## Welcome to your first home practice :)

Here's a summary of what we covered in lesson 1:

*The core perspective shift to undo the ego belief system is that you are dreaming of a world of separation and suffering.*

*The bombshell is that the ego created this world, not God.*

*The ego is only a thought system, which has no power unless you give it power, by your free will choice.*

*We are one, an extension of God. There is no other. Everything is a reflection of your core beliefs.*

*Like an onion, we have layers upon layers of ego belief to undo in order to return to our natural state of love.*

*Each moment is a choice between believing in love or fear.*

*Oneness is simply the idea God is. And in His Being, He encompasses all things. No mind holds anything but Him. We say "God is," and then we cease to speak, for in that knowledge words are meaningless. There are no lips to speak them, and no part of mind sufficiently distinct to feel that it is now aware of something not itself. It has united with its Source. And like its Source Itself, it merely is.*

**W-PI.169.5.**

## WEEK ONE MIRACLE TOOLS:

### + DAILY ACIM WORKBOOK LESSONS (15 MINS)

Firstly, we're going to read a lesson from the Workbook in A Course In Miracles every day this week. The ACIM Workbook is a series of perfectly created thoughts to undo your ego belief system.

If you don't have a copy of A Course In Miracles, you can use the phone app '**ACIM Remind**' which shows you the daily lesson on your phone.

Alternatively, you can read the lessons online here:

<https://acourseinmiraclesnow.com/read-acim-online/#workbook>

Do one lesson per day, but it doesn't matter if you miss out a day sometimes. We won't be doing the lessons together, but it's important as it'll help you to achieve inner peace much quicker.

### + ONENESS GUIDED MEDITATION (10 MINS)

Listen to the Oneness Guided Meditation to connect with the part of your mind that knows only peace. Do this meditation a few times through the week to start reminding your conscious mind of who you really are.

You'll find a copy of this in your course account on Week One, and also in the zip file you downloaded for this weeks home practice.

### + IDENTIFY HOW YOUR UNCONSCIOUS PAIN SHOWS UP (15 MINS)

The exercise on the next page will help you see how the collective unconscious pain shows up in your life. You can choose to print this action sheet out, or use a notebook to complete the exercise.

### REFLECTING ON YOUR UNCONSCIOUS PAIN

We're going to spend some time reflecting on oneness and how the pain of the perceived separation shows up in your life. Remember the examples of how our unconscious guilt shows up as pain in our life:

- The deep loneliness you feel from heartbreak or when you are craving a romantic partner. This apparent lack of love is symbolic of being separated from your source.
- The grief you feel when a parent passes over. Our parents are symbolic of God and this is an echo of thinking you've been separated from your source.
- The excruciating darkness of depression is symbolic of the feeling of being separated from love and joy.
- The extreme hell of anxiety is symbolic of the unconscious fear we have by thinking we've upset God and we deserve punishment.

The action sheet on the next page will help you identify how your unconscious pain shows up, so you can start to unravel the ego's grip on your mind.

Spend 10 minutes writing & reflecting about this in your journal or use the writing space on the following page.

Reflect on the different types of suffering you've experienced throughout life, whether that be physical or mental.

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Can these happenings be symbolic of the unconscious pain of separation? If so, how? Think about what might be symbolic for God (like a parent, an idol, your body) and how the suffering made you feel.

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