

Post-Workbook Practice

Jesus has been guiding us through the Workbook. Now he is transferring us from his daily guidance through the Workbook lessons into the Holy Spirit's daily guidance within our minds.

As we step into this new year, let us also step into a new life with the Holy Spirit as our Guide.

1. Thank Jesus for all he has given us this past year and all we have gained
2. See Jesus placing us in the hands of the Holy Spirit
3. Invite the Holy Spirit to be our guide in all things going forward

The Holy Spirit's ongoing guidance for our lives:

- Asking for His answers on whatever problems we face
- Asking Him to direct all our practicing
- Seeking His will regarding every choice
- Hearing Him give us our daily spiritual teaching

“Let my life become a continuous act of following along His way, leaning on His guidance, trusting that He speaks for what I really want and need, and feeling secure in His ever-present help, as I walk confidently toward my certain destiny of arriving home in God.”

Goal of Workbook - develop **HABITS** - *strong* habits, not necessarily *perfect* habits!

- Spending time every morning and evening to meet with God and set our minds on His truth
- Turning our minds to God every hour for a few moments
- Thinking frequently of God or of spiritual thoughts in between the hourly remembrances
- Responding immediately to temptation, to upsets, with some thought of God, some tool from our Problem Solving Repertoire

Remember...

The Holy Spirit is in us
Angels hover near and all about
God's love surrounds us
Jesus promises he will never leave us comfortless

Post-Workbook Practice

Post-Workbook Practice

Work within the basic structure of practice laid out in the Workbook, while tailoring it to what you've found meets your needs (with guidance from Holy Spirit.)

'Teacher of God' - someone who has completed the Text and the Workbook.

Advanced Teacher of God - lives in constant contact with the Holy Spirit, following His guidance moment to moment

New Teacher of God - still needs some structure, still learning to listen to the Holy Spirit in every moment, so use "post-Workbook practice":

1. Morning quiet time, as close to awakening as possible
2. Evening quiet time, as close to sleeping as possible
3. Remember God all through the day (hourly, frequent)
4. Turn to the Holy Spirit with all problems
5. Respond to all temptation by reminding yourself of the truth

In selecting an **idea for the day**, it should be

- Written in first person
- Relatively short
- Expressing a way of seeing things that is different from the usual way; repeating it shifts your perception and uplifts your emotions
- Reflecting a theme you're trying to internalize

Main forms of practice for **hourly remembrance**:

- Meditation
- Thanking God for His gifts of the previous hour and asking for His guidance for the hour to come
- Applying forgiveness to the difficulties of the previous hour

Problem Solving Repertoire

- List of useful thoughts (from any part of ACIM)
- Categorize them (i.e. forgiveness, fear, etc.)
- Text - collection of *italicized passages* - these are suggested spiritual practices
- Workbook lesson, if one comes to mind - follow your instinct/guidance
- Spend longer amount of time with Workbook lessons that seemed particularly effective or powerful for you
- Use the practice of "related thoughts"
- Practice no words - just constantly seeking and finding the peace of God

Essentially, use any ideas, techniques, and practices given anywhere in ACIM. Focus on what you need most and what works best for you. Most importantly, ask, listen for, and follow through on guidance from the Holy Spirit.