

# Join Us for the Workbook Lessons of ACIM

Transcript for ACIM 365 Promotion video by Lisa Natoli

Hi. Welcome!

I am Lisa Natoli. I am a writer and a teacher. I teach A Course in Miracles. I am also the creator of the 40 Day Program for Transformation.

Today I'm going to talk about the workbook lessons of ACIM. A Course in Miracles is a systematic way to a different perception of everyone and everything in the world.

ACIM is contained in a book and written by Jesus. It might sound extraordinarily impossible that the same guy who walked the Earth two thousand years ago wrote this. The mind of Jesus came through a woman in the 1960's named Helen Schucman.

It has thirty-one chapters in a text and a manual for teachers. It also has a workbook. The workbook contains three-hundred and sixty-five workbook lessons. You do one lesson per day and it takes a year to complete.

I have a theory that I want to share with you today. I know that a lot of people have done the workbook lessons before and not much has changed. I want to talk about my own experience with the workbook lessons and this theory that I have.

My theory is that the light does the work.

If you've never heard about the workbook lessons I want you to just hang with me. I tried doing the workbook lessons for probably ten to fifteen years. I went straight through from one to three-hundred and sixty-five. I had little changes and always fell back into my old programs, patterns, and old ways of being. Finally I had an experience where I stumbled upon my theory and made another commitment to do the workbook lessons that year. My whole life changed.

What I realized was that I hadn't actually done the workbook lessons. I read them and tried to understand them but I had never actually done them. That year I decided I was going to do exactly what the lessons said and I was not going to make any exceptions.

My theory is that when you do exactly what the lessons say it moves you from being conscious of thoughts, feelings, and emotions into a different vibration. The lessons ask you to fill in the blanks and invite you to replace thought patterns in the mind with other thoughts. When you're in that different vibration, everything changes.

The science that's coming forth now talks a lot about meditation. It talks about changing your brain waves. Beta is your conscious thinking mind. When you move into a state of stillness, you

# Join Us for the Workbook Lessons of ACIM

move into the next state which is called alpha. If you keep moving deeper, you move into theta. Finally, you move into delta. Delta is where miracles occur.

My theory is that the workbook lessons of ACIM move you out of beta and into delta brain waves. All you have to do is do what they say. What I'm going to do today is show you a little bit from Workbook Lesson One.

On this page you're also going to find an audio from the introduction that I did. I offer a one year program where I do a ten minute audio for every single workbook lesson. That program is called ACIM 365. You don't have to do it. It is just for additional support and encouragement. The workbook lessons are designed for you to do them on your own. It's working with your own thought system. It's going to lead you out of a state of fear into a state of joy.

My mind requires the commitment. I believe that when you make a commitment such as this for one year, the commitment alone shifts you right out of an energy field.

Many people might think,

“Well, I'm going to do it faster than a year. I'm just going to read through the workbook lessons.”

The commitment truly begins when you say,

“Yes! This is what I'm going to do. I'm going to do the workbook lessons of A Course in Miracles. It's going to take me one year and I'm going to do exactly what it says.”

Then, you begin.

One of the things that I feel a lot of people miss is the introduction to the workbook lessons. I invite you to read the introduction. I invite you to listen to the audio that's included on this page, underneath this video. This is what I do in ACIM 365 - I point things out.

I don't actually do the lesson for you because the lesson needs to work with your thoughts, your beliefs, and your programs. It's working with all of the baggage that you've been carrying around with you. So, I can't just read the lesson. Lots of times, that's what people think.

They think,

“I'm just going to listen to another teacher read the lesson and somehow it will miraculously change me.”

# Join Us for the Workbook Lessons of ACIM

You actually have to do it. It is working with your thought system. Once you've made the commitment and you make a decision that you're not going to try to understand these lessons, you're on your way.

I'm not going to go through lesson one but I am just going to point out a few things. I'm going to show you what I'm talking about in terms of moving out of beta, into theta, alpha, and finally delta.

What it says here is:

*"Nothing I see means anything."*

It then asks you to look around slowly. You're asked to look around the room and then you're going to practice. It gives you some examples.

Look at something and say to yourself,

"That window doesn't mean anything. That door does not mean anything."

You look at the door and simply have the thought that the door doesn't mean anything. This is the vibration that is going to change your entire cellular system. This is my theory.

"That painting doesn't mean anything. That glass of water doesn't mean anything."

It then says,

*"Now look further away."*

So, "That camera does not mean anything. That light does not mean anything."

What often happens with these workbook lessons is that you will land on a subject, such as your cat, dog, spouse, or child, and your mind will go crazy.

You will look at something and say,

"That cat does not mean anything."

The mind starts working in overtime because that cat really does mean something to you. You'll look at your child and you'll say that your child does not mean anything. What I discovered was to practice not letting the mind trip me up with my old stories.

Just say,

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“That cat does not mean anything.”

It's raising you up into that vibration where you're vibrating at a certain frequency. You're whole energy system is changing all by itself.

Jesus says,

*“You don't have to understand these lessons.”*

The light does the work.

It says here in this first lesson,

*“Each of the first three lessons should not be done more than twice a day, preferably morning and evening, nor should they be attempted for more than a minute or so unless that entails a sense of hurry.”*

That is so important to me because many people try to understand Lesson One all day long.

What Jesus is saying here is,

“I'm just trying to get you into that frequency on the first day, two times a day, for one minute. I'm going to get you up there. You're going to vibrate and then for the rest of the day you're going to drop back into your frequency and just do your thing. At the end of the day, we're going right back up there again. You're going to look around the room, do the lesson, and that's it.”

Now you can trust that you're on your way and that things are changing. The next morning, you wake up, turn the page, and you go to Lesson Two.

I keep the book near me. Whenever I'm doing a one year commitment, the book is always near me. I happen to have several copies of this book. I keep them all over the place. You don't have to. You just need one copy. You do need a copy of the book. It's very important. I know some people do online versions and that's fine, but there's something about having the book. Having this with me and being able to read through it is important.

The one year ACIM 365 is going to train you to know that you have an inner guide. It's going to train you to know who you are and to see things differently. You're going to start to feel different. It is a transformation which means that a lot of things are going to begin to change for you. All you're doing now is meeting that one year commitment.

Often the mind will say,

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“I’m too busy. I have other things that are more important.”

One year is going to fly by. One year from now is going to pass.

Commit by saying,

“I am going to do the workbook lessons of ACIM. This is my year!”

If you’ve done them before and you still feel that you’re suffering or in doubt, then I invite you to do them again. I did them for probably twenty years and nothing changed. I could finally see that there was a problem somewhere and I recognized that it was me. I was the problem. I wasn't doing what it said. That year I simply followed the instructions.

I said,

“I am going to do exactly what it says. I’m not going to make exceptions.”

When it told me to find a person I have a grievance with and then fill in the blanks with another thought, I did it. I took the five minutes an hour. I didn’t do it perfectly. I know I missed a lot of them but I got right back on track. This is my invitation to you.

It’s a new year. A lot of people are making new resolutions and goals. Wouldn’t it be amazing to be able to accomplish something huge like this? I invite you to make a commitment to do the workbook lessons in ACIM. If you need any additional support and inspiration, I ask you to look out for ACIM 365. Listen to the introduction. It’s got a transcript there. It will give you a sense of what every audio with me teaching is going to be like.

I am so grateful for this book because it really did change my life. This is what I want for you. I want you to know that you don’t have to suffer. There is a way to get into a vibration where everything changes. You can stay there.

I thank you with all of my heart. I love you.