

**YOU'RE
PERFECTLY
WHOLE,
YOU JUST FORGOT**

12 DAYS FOR YOUR REMEMBRANCE

Leonardo H Ramil


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The names and identifying characteristics of some persons referenced in this book have been changed to protect their privacy.

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First Edition

*For Nene, Dad, and Sis . . .
always showing me the way to Love*



*Everything you teach you are learning. Teach only
love, and learn that love is yours and you are love.*

—*A Course in Miracles*, T-6.III.4:8–9



INTRODUCTION

The birds of the air and the trees of the forest ... they know.

The essence of who you are and the Truth of who you were created to be is unshakable and greater than anything that may come your way. If you do not know this, it's because you have forgotten. If you do not experience it, it's because somewhere and sometime in your life, you bought into something else.

I have a controversial opinion: Stress is a choice. Period. You are not a victim. Ever. No one can make you feel bad, so stop thinking someone can. If these statements spark any emotion, or at the very least curiosity, I invite you to keep reading.

Are you plagued with uncertainty? Are you on edge expecting the other shoe to drop at any moment? Or are you just tired of wanting things to change and don't know where to start?

We are in constant search of answers to get through this thing we call life. We turn to short-lived getaways, fads, and materialism to put a Band-Aid over what we aren't even sure is eating us up inside. Before we know it, we are back at square one looking for the next fix to get us through.

Everything from being depressed to diseased to destitute seems to

be hanging over everyone's heads. If that weren't enough, TikTok and Instagram tell us we are missing out. Our wrinkling faces show we are aging. And our bank accounts prove we are lacking and might never catch up.

I am familiar with the world's rat race. How could I not be? I was born. I was taught that my happiness was conditional, and I learned to blame people, places, and things for my shortcomings.

If it is not yet apparent, the world's formula for happiness is flawed. It's poisonous and slowly killing us because the necessary ingredients are toxic. In contrast, the real remedy for finding our joy requires nothing of us but the remembrance of its eternal existence within ourselves.¹ There is nothing more gratifying than knowing our true Self and living from that context.²

You're Perfectly Whole, You Just Forgot was written to impart the tools needed to bring about the acknowledgment of our everlasting bliss; to remember once again our innate and everlasting wholeness. My hope is that the concepts presented in this book light up the unique path each of us must walk to recall the peace and happiness that always existed within us, which is part of God and the Universe.

I am often told that peaceful energy revolves around me, that my presence is calming in nature. Along with those comments come follow-up questions:

Why are you so happy?

What is your secret to always remaining calm?

When people ask this, I always secretly think, *Have you asked my sisters about my calm demeanor? They would share a whole different perspective.* However, the most amusing thing is I often forget how at peace I am until I pause and remember there were moments when it

was not so. I wrote this book to share the Good News I have come to remember within myself, to capture, from a broader perspective, why I live a peaceful life and how everyone is one thought away from having it for themselves.³

Our lives were never meant to be defined by our situations, who or what we blame, being right or wrong, or getting somewhere. Our lives are meant to be about trusting Love fully and seeing it through. The world, more than ever, is seeking answers. This book was written three years after the COVID-19 pandemic began, the repercussions of which have resulted in substantial increases in mental health problems, suicide rates, and general social hostility. I aspire to play my assigned role in the responsibility to heal an unbearable world and share the insights I have gained. May my writings support those who were meant to stumble across them.

I have been privileged during the last decade to teach a weekly class on Love and forgiveness. The significance of this synergistic experience is what I endeavor to convey. *You're Perfectly Whole* consists of stories from those inspiring and life-changing classes in which participants have freed their minds from the daily struggles of stress, anxiety, and depression. All by trusting Love.

Substantial transformation occurs when we exert our little willingness to act through what we do not know.⁴ Our smallest act of faith in the unlimited power of God's Will and the Universe allows us to go beyond our capabilities and expectations. Hence, when our little willingness to trust Love is shared between one another, the outcome is unfathomable.

The Hundredth Monkey

The Japanese monkey, *Macaca fuscata*, has been observed in the wild for a period of 30 years.

In 1952, on the island of Koshima, scientists were providing these monkeys with sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but they found the dirt unpleasant.

An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way, and they taught their mothers, too.

This cultural innovation was gradually picked up by various monkeys before the eyes of scientists.

Between 1952 and 1958, all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a number of Koshima monkeys were washing sweet potatoes—the exact number is not known.

Let us suppose that when the sun rose one morning, there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes.

Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED!

By that evening almost everyone in the tribe was washing sweet potatoes before eating them.

The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice. The most surprising thing observed by these scientists was the habit of washing sweet potatoes then spontaneously jumping over the sea—

Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes!⁵

I share the hundredth monkey phenomenon to open your mind to possibilities and to be part of the tipping point where critical mass is achieved and new awareness becomes intuitive from mind to mind. Ken Keyes Jr. shares in *The Hundredth Monkey*, “The experiments of Dr. J. B. Rhine of Duke University repeatedly demonstrated that individuals can communicate private information to each other even when located in different places.”⁶ Like Imo, who taught her community to rinse their potatoes in the stream, *You’re Perfectly Whole* endeavors to teach others the power to trust Love. As the hundredth monkey created the moment when an ideological breakthrough became unstoppable in the *Macaca fuscata* species, may that hundredth person learn the miracle of trusting Love and be the tipping point to heal our world.

Your Journey Back to Being *Perfectly Whole*

Every day I see people experiencing pain. And worse, people don’t even realize they are subconsciously choosing to be miserable. My wish for people is to take a leap of faith into the eyes that see and the ears that listen to what they do not know. For in this place of not knowing is where people will experience the miracles that are stored up for them as well as the healing necessary to live again.

Journeys into oneself are never easy. The breakthroughs necessary

to attain self-fulfillment are never a walk in the park. In fact, exploring oneself and how we are made up will take courage. It will require falling flat on your face and getting up just to fall again.

I am well-versed in this grueling journey. Raised Catholic and surrounded by many family members who are Evangelical Christians, I had to reconcile what I had been taught to believe and the path where Truth led me, which was painstakingly difficult. Letting go of security blankets and all that kept my world safe and sound was not only challenging but also terrifying.

After years of reading self-help books, attending numerous seminars, visiting other religious sects, going on retreats, and having endless discussions with loved ones, I was led to *A Course in Miracles* (aka *The Course* or *ACIM*), a 1,200-page book about Love and forgiveness. *The Course's* nondenominational approach to thinking and psychoanalysis was the bridge I needed to reconcile the stirrings in my heart and set me on the path to rediscover my peace and return to my consciousness of Truth.

The Course's stylistic prose (some of which utilizes iambic pentameter) is deemed by many to be too difficult to comprehend. My call to decipher, a patience I never imagined possessing, led to my reading the book from start to finish three times over three years. Amid the text's abstract concepts and complexity, a tenacity navigated my, at times, wavering interest. Finally, though, a depth of understanding of unconditional Love dawned upon me.

In the perfect timing only the Universe could provide, I was given my unique keys on how to read *The Course* solely from the context of pure Love. In my comprehension, I witnessed the transformation of my mind from worldly angst and concern to the homecoming of my

begotten serenity. Unanswered questions that had overshadowed my life were finally answered. I became cognizant of my innate Truth, and I shared the Good News with anyone and everyone who would listen. I was free.

The bliss, however, was not long-lasting. Joy evaded my presence unless I was diligent in the continuous practice of knowing my Truth. As I can now compare living in my previous habits (my history) versus living by remembering all that I am (in the *now*), I exercised knowing my true beingness moment by moment, day by day.⁷ By utilizing the sole key to simultaneously live out my physical world and experience heaven now, I committed my life to practice until the appointed hour, when I no longer would be hindered by my physical identification. In this decision, I rested in peace, surrendering to the Love within that contained all the answers to the questions that never needed to be asked and that ultimately led to the writing of this book.

I share the background of how *You're Perfectly Whole* came about so that you may gain understanding of (and extend grace to) the book's use of vocabulary and language. None of the diction in the writings is meant to adhere to, influence, or weigh heavily on one's spiritual journey. The book is written from a nondenominational framework, and the stories stem from my limited experiences, which are of my Christian background. However, they are not meant to adhere to any particular religious sect. Therefore, I ask you to be open to all roads (especially your own) that lead us back Home, and where I believe we all already exist. The Spirit utilizes our personal histories to help us experience what is promised to us. Essentially, the sole purpose of all I share is to provide a means for people to recall their own internal teacher who always leads us to our Eternal Truth.⁸

In the presence of our Eternal Truth, we are beckoned to walk on our unique journey that is interwoven with all. In our connectedness, we take up our distinct part in the great idea of our inalienable wholeness where we are united as *one*. As we all arrive at the place where we have always been, we judge not the paths or courses that summoned every return but rather give thanks to the Source that allowed it.⁹

Transformation occurs through the changing of our minds versus replicating scenarios or habits that we taught ourselves would bring us “joy.” Trusting each of our inimitable histories and journeys and committing them to the remembrance of our Truth is enough to complete the work. Because of the abstract ideas presented in the book and the deliberate repetition of thematic concepts, I recommend you take your time reading. In fact, although each chapter’s concept is meant to stand on its own, I would not engage in more than one chapter per day—especially the PRE meditative sequences. Such a tempered curriculum will allow the thoughts and ideas to take hold within the mind and slowly chisel through the blocks of resistance that will eventually lead to the necessary breakthrough to understanding.

An Invitation: Pause, Remember, Experience

At the end of each chapter, you will be presented with the tool PRE (pronounced pree), an acronym developed in my classroom to support our transformative journeys. The three letters stand for Pause, Remember, Experience. These three steps help us discern through the feelings, temptations, and challenges of our daily lives, as well as aid in leading us back to what has always been within.

The point of these steps is to accomplish a couple of goals:

1. To plant a seed for an action plan that you can envision as you learn the concepts of each chapter
2. To provide your mind with relatable imagery so you can succeed in your practices

Let's dive into what you can expect for each step.

Step 1: PAUSE

When you are feeling the spectrum of emotions, from overwhelming (e.g., stressed, depressed, anxious, nervous, lonely) to joyful (like eating your favorite dessert or having a nice workout), I ask you to pause. Whether for a half second, half an hour, or half a day, give every feeling and thought to Truth, acknowledging a power greater than yourself.

Pausing is a precursor to remembering what is within. It is a moment in time when you allow your mind to rest from thinking and overthinking and come back to right-mindedness. In pausing, you let go of all you know and think you're right about, clearing your head of perception and judgment. It is the place where you wipe the canvas clean so you can begin again.

Step 2: REMEMBER

After you pause and let go of all thoughts and perceptions that block your peace, you return to the unblemished part of your mind to remember your Truth and declare it. Remembering and declaring go hand in hand in your daily practices. Each time you remember, you are declaring the following gifts within your heart:

You are a child of a loving God.
There is something greater than what you know.
Love is the greatest power in the universe.

The remembrance of these immense attributes is the key to overcoming the challenges of this world. Bold statement, I know. But each time you recall these verities, you declare the magnificent power they wield and witness how they overcome the adverse effects of judgment, conditions, and learned feelings.

Step 3: EXPERIENCE

Pausing and remembering lead to the final step: experience. In this space, you arrive at the fullness of your Truth and embrace what you've been searching for, namely your perfection, wholeness, completeness, and Oneness with all.¹⁰

The experience of your divinity is indescribable because it is physically intangible and beyond comprehension. It requires your little willingness and for you to surrender from all you know and what has chained you. When you eventually choose to step into your Truth and experience it, two things occur:

1. You begin to witness the thought reversal necessary to overcome the debilitating thoughts that enslave you. In your recognition of the circular and perpetuating systems to *be* or not to be,¹¹ you become keenly aware of the contexts of how and why the results of your life came about. Choosing the mindset that your beingness is forever perfect and unchanging, you create a world where the only choice is Love. In contrast, in a life where fear leads the way, victimization and scarcity will result.

2. Gradually you embody your perfection. In acknowledging your Truth, you experience all that you are and more. The doubts that overshadow your mind are lifted, and the context from which you truly live returns to its original state of beingness. No longer are you just a spectator of your life, but you come to know you are also a coauthor with the Universe. Similar to the warmth of sunshine, which wasn't just meant to be felt on your skin, you remember that you are part of generating light, heat, and energy along with the sun.

As you read *You're Perfectly Whole*, I commend you for taking on the extraordinary journey back to remembering your Truth. May you again know you are part of the light that never fades and receive glimpses into the fullness of your divinity and holiness. Buckle up. The road will be rocky at times, but what awaits you is everything.

GROUND RULES TO REMEMBERING TRUTH

The following ground rules are meant to be thought-provoking and contemplative. As the focus on our inalienable Truth plays an instrumental part in understanding *You're Perfectly Whole*, I thought it important to share key transformational ideas and guidelines from which our Truth originates and brings about its remembrance. The tenets may spark emotions from *aha!* to *WTF*. Whatever feelings come up, I ask you not to judge but instead to experience what you do feel and merely move on to the next paragraph.

My hope in sharing ground rules is to merely plant seeds in your mind to challenge what is conventional to you and introduce a different way of approaching life. It is my sincerest hope that by the end of reading and understanding *You're Perfectly Whole*, you can return to these ground rules and not only understand them better but also realize they were your thoughts from the beginning. You just forgot them.

The Ground Rules

1. *To be Love in this physical world entails doing your best while keeping aligned with your Oneness with God and your True Nature—the Truth of your beingness.*¹ This does not mean whatever you do will

eventually turn out materially perfect. However, it does mean you will offer grace and forgiveness to others and yourself when a correction needs to be made and also hold the space for all to begin again.

2. *Faith in Love is knowing Love's unchanging perfection and consistency.* It is played out in our little willingness to meet others at the stage where they exist without judgment and to boldly claim the Truth within all of us, knowing what is not seen is already accomplished.
3. *Be grateful only for what is eternal and shared by every living being.* The Source that inspires thankfulness is the only true focus. Alternatively, it is a deception of your mind to believe that there is something other than Love to give or receive.
4. *Forgiveness is from the principle that your wholeness can neither be altered nor affected.* Hence, there is nothing nor anyone to forgive but your mind, which has forgotten, chosen something opposite, and believed your essence can be changed.
5. *To give is to receive, and to receive is to give.* They are one and the same. You can only give what you possess, and in true giving, you recall the Eternal Truth playing within your heart. Thus, what you share, you have, and what you have, you share.

Day 1

THE GOOD NEWS

Everything you've been searching for.

Know this: You are perfect, whole, and complete. This can never be taken away from you but in your mind, which has forgotten. Take a moment to pause and be open to holistically experiencing these words: You are perfect, whole, and complete. Instead of questioning their credibility, set aside all your thoughts, both opposing and affirming, and become one with the statement. Attempt to understand the nuances and declaration behind each word. Eventually, you will master this book and *be*.

A Starbucks Story

Several years ago, during the winter holidays, I was in Los Angeles for a casual afternoon outing at The Grove with my friend David. After a few hours of shopping and dessert bites, we opted to grab a festive drink for the road at Starbucks before heading home. Instead of Christmas cheer, it was the usual holiday ruckus of long lines and impatient shoppers. After a twenty-minute queue, we finally reached

the register and ordered our drinks. At about the same time, I decided to go to the restroom to prepare for the long drive home.

It was insanely busy, so I spoke as audibly as I could to the barista amid the din, asking the code to the restroom.

"2-4-2-4," he hurriedly replied.

With my compromised hearing and all the clamor, I didn't quite hear the numbers.

"Did you say 4-2-4?" I asked.

Pausing as if I had interrupted his sacred flow, the barista responded in a condescending, mocking voice while tilting his head from one side to the other. Staring at me as if insinuating I had ruined his day, he recited the numbers again.

"Dude, 2-4-2-4."

Looking beyond where his mind was, I gave the sincerest, most loving smile.

"Thank you," I responded.

Before returning to his rhythmic bartending, the barista paused at my polite expression with a surprised look as if my reaction were out of place. I remember thinking, *I wish he knew*.

As I turned toward the restroom, my friend David, who had witnessed the interaction, looked at me with a disdainful face and mouthed, "What the f#%k?"

"All good. We'll talk about it later," I responded in a whisper.

I approached the restroom, and before placing my fingers on the door's keypad, I noted that it read Occupied. With that, I stepped back slightly to await the departure of the person inside. After a couple minutes, a young woman joined the lavatory queue behind me. A few minutes later, she walked up to the door and punched in the

code to try to open it. I interpreted the action as her need to ensure the door was actually locked, the room inhabited, and to signal to the occupant that someone was outside waiting.

Five more minutes passed, and the line for the restroom had grown to six people. By this time, the pangs of my bladder were reaching level ten in intensity. I am sure everyone, along with me, was wondering, *How much longer?*

As if on cue, the gal behind me walked up to the door and punched in the code again. Perhaps she did it this time to assuage her curiosity that all of us may have missed the occupant's departure or out of complete annoyance. Who knows? Nevertheless, a long moment later the restroom door opened, and a woman proceeded to walk out.

As I passed her to enter, she turned to me and stated in a reprimanding voice, "You know, if the doorknob says Occupied, you don't need to punch in the code."

I looked at her in complete acknowledgment and said, "Yeah. Thanks."

As I once more moved to enter the long-awaited facility, the woman grabbed my arm and asked, "Did you hear what I said?"

"You said that if someone is in here while occupied, there's no reason to punch in the code. Got it. Thanks," I responded sincerely.

I turned from her, entered the restroom, and locked the door.

After I was done with my restroom business, I walked out, and the young lady behind me swiftly took command of the entrance, motioned for me to step up my pace, and shut the door on my butt as I walked out.

Waiting outside the restroom was a concerned and inquisitive David with my not-so-hot chocolate. Without missing a beat, he lamented what he had witnessed. He said he had heard my courtesies

to the barista and the woman exiting the restroom and was in disbelief that I'd smiled each time and said, "Thank you."

"We are paying customers, waiting in line forever, and figuratively paying for his salary," he exclaimed of the barista, wanting to understand what I was thinking.

"Why didn't you tell her that you weren't the one who punched in the code?" David asked, regarding the woman in the restroom.

I explained that both those people were negotiating their worth to me. Because we are indoctrinated into a world where we believe outside circumstances affect us, both were trying to enroll me into thinking that I had the power to ruin their day, their life. All that is simply not true. Actually, it's impossible. Rather, these assumptions are composed of stories they made up in their own heads. I didn't want to engage in irrelevant conversations. I didn't want to get into illusional combats of right and wrong.

The barista and the restroom lady forgot they were complete and at peace. I merely remembered it for them. As I knew it *for* them, I knew it and experienced it for myself. My job isn't to prove anything, like being right or taking on the role of the victim. My job is only to *be*. Be how I was created and share with as many people on this planet that they are complete and whole beings too. I didn't need to audibly say or explain anything to the barista and the woman. I only needed to communicate through my mind, *I see and know who you truly are*.

The Good News

You are perfect, whole, and complete, and this can never be taken away from you but in your mind, which has forgotten.

If the concept is still difficult for you to grasp, perhaps this version will resonate with more meaning: There is an eternal light within you that shines with such illumination and brilliance that it is all you will ever need to *be*. Its magnificence overcomes all your fears and concerns and is forever unchanging, unalterable, and unshakable. Moreover, this Eternal Truth is impossible to separate from unless you choose to forget its innate existence. From this context, this light and this experience that you are perfectly whole are laid out before you and are where you can begin to trust what has always been, which is Love.

It is uncommon for a book to climax and reveal to the reader what they are seeking so early on; however, the subsequent stories and tools I have written and shared will support this declaration, this Good News, in every way. Having the answer from the outset will aid in connecting the concepts to the overall result that *You're Perfectly Whole* sets out to accomplish—to experience the Eternal Truth residing within you and every living being, as well as the knowledge that you have always been heard and are forever worthy.

So, what does it mean to be perfect, whole, and complete? Does it mean that everything in this world is going your way? That your health and wealth are in abundance, in your favor, and you have no worries? That all your relationships (including those with baristas and bathroom occupants) are without concern and connecting on a ten-plus level? Or that your overall feelings are intact and no body or no thing is making you feel bad?

If you said yes to any of those questions, then the journey before you will be long and hard, at best. Your completeness has nothing to do with your physicality. Whatever road map you've used to direct your completeness, take notice of all the conditions made to attain your sense

of peace. Moreso, observe once you've arrived at your so-called "peace" that it is short-lived, and you are on to the next thousand stipulations to maintain homeostasis.

What a grueling life!

You were not created to be exhausted and done in. You were designed to be forever happy and experience eternal bliss. If your way to wholeness takes longer than a moment or just the changing of your mind, consider there may be another way. So, how does one arrive or experience their innate wholeness without the conditions of time, money, and circumstance?

There is a different approach to consider that is everlasting and free of prerequisites: wholeness, begotten from what *is* and has always existed, that is perfectly placed within our minds, and is unaffected by perception and judgment.

What a diametrically different method to achieve wholeness!

One entails a doing, a conditional event. The other, a mere acknowledgment, a changing of the mind. Fortunately, all the worldly concepts and sound bites about our worth are not true. However, the belief in such lies is debilitating to the extent that we engage in self-induced, illusional battles that lead us to think that we must add to or subtract from ourselves to achieve happiness.

For example, if we receive a college degree, lose weight, marry the perfect partner, move, have more money than anyone else, and so on . . . we will have spent our lives pursuing materialism and an image, only to be disappointed and discouraged. It is no wonder today that so many people are depressed, lonely, and exhausted.

As mentioned, there is an alternative path, a different means of thinking. Instead of adhering to the world's adage that one's wholeness

must be accomplished and earned, **we gratefully accept the invitation that we are already complete and perfect; there's nothing more to be done except embrace *what* is.**

Experience the Eternal Truth within, and your mind recalls the intrinsic relationship with yourself, others, and the world around you. Your true Self forever shines with illumination, eager to drive out the darkness burdening your life. When you meld your freedom to Love with your inalienable gift of choice, peace, joy, and happiness are ever present when you so choose.

You're Fine

The weekly classes I teach usually begin with an open discussion of how each other's week has turned out. We share victories and struggles of Love, with each story concluding with a look to me for comments of praise or guidance. This weekly storytelling is mostly filled with the anecdotes of life's challenges sprinkled with moments of triumph over the ego. Financial trials, bad weather, annoying family members, flat tires, and health issues are the likely subjects—all of equal importance, energy, and passion. The wonder in this sharing is that as each person relays their account of the week, all participants realize that each narrative is really their own, but played out with different names and places.

There are times when a student will go on and on about their situation, specifying and itemizing the details of their drama. At rare moments like that, I allow the student to utilize an exorbitant amount of class time chronicling their story at the expense of the planned curriculum and fellow students' patience. This time-consuming event is intentional in my teaching, as it puts to the test each student's

absorption of what they've been taught, to decide on annoyance or serenity. Each one witnesses the projections of their egos to extend judgment on their fellow classmate's long-winded story or grace, which can only come about by steadfast peace and empathy.

For example, a few years ago, one of my students was going through a difficult time with a coworker. It was a typical storyline where the coworker talked smack, made others feel bad, manipulated situations, and lied, all the while getting praise and a pay raise from management. It was affecting this student to the point they were having unbearable anxiety about going into work and considered quitting their job, cringing whenever they heard their coworker's voice.

This evening in class, my pupil played it all out, giving specific details of what the coworker said, did, and lied about. To say the least, the associate's actions were outrageous, and my student took twenty-five minutes to relay the story. At the end of the lengthy tale and with the class eager to hear my commentary, I responded to my pupil confidently and assuredly.

"You're fine."

I then opened my lesson plan and commenced class. For a moment, the whole class was perplexed by what I had said. I saw expressions of wonderment on their faces as they thought through and reasoned the veracity and genuineness of my short statement. *Was Leo's statement dismissive? Was it laser-sharp truth? A command?*

Actually, it was all three. Dismissive of the drama, which is a construct of one's mind. It was Truth because our wholeness *is*, regardless of anything else. And it was a command to remember, *You're perfectly fine, always.*

It can be liberating to beeline to an answer. When I declared my student fine, it helped the class dismiss thoughts and stories that kept

them from remembering their inalienable Truth; it also aided them in reasoning between what is fear and what is Love. Fear is always wanting to be heard and demands its value. In its fight to be relevant, fear is incessant in deceiving vulnerable minds into seeing its illusions. Fear begets fear. Only Love holds the key to unlock fear's shackles.

To be clear, my student's emotions were still very present, and my quick response did not negate that the coworker was getting a bump in salary while spreading lies. Additionally, my comment elicited anger among my pupils. The viciousness of the ego was nonstop in presenting evidence upon evidence that the only logical outcome was misery.

However, in holding the energy and space to claim and only see Truth, I set into motion the energetic trajectory for Love to prevail and overcome the fear beset by my student. The fraught thoughts that imprisoned my pupil and their coworker spilled over into my classroom, and only until there was a changing of the mind could freedom be attained by all. The decisive declaration, "You're fine," was the element that brought forth the mind's reasoning, reconciliation, and remembrance to overlook the illusions and to recall the only reality that exists—wholeness, our ever-present Natural State.¹

Calling forth our Natural State enables us to view ourselves, our brothers, and our sisters from a wholesome and sinless perspective. Having such a mindful lens requires substantial questioning of all we think we know and unlearning the patterns that prevent us from being aware of Love's presence.

We create from Love or make from fear the life before us. Discernment comes from recognizing this split mind of ours and distinguishing which of our results are true, influenced by Love, and which are illusions made up by fear. You'll know by your peace. If you are anxious, depressed, or stressed, you have chosen wrongly and in the way of fear.

You have failed to recall your Natural State and have bitten into the apples of time, money, and circumstances to attain your peace.

In turn, letting go of those apples—the thoughts you have surmised were your pathways to peace—will entail questioning what you believe, neutralizing perceived outcomes, addressing what is but in your mind, and taking full responsibility for your feelings and their outcomes. Removing the blocks to the awareness of your Eternal Truth to focus on Love requires diligence and commitment. It takes letting go of having to be right and embracing your innate peace that is sound, unwavering, and unaffected. “You can be right or you can be happy” is a phrase I often express. There is nothing more freeing than the wisdom of knowing our happiness stands unchanged and is never contingent on anything, let alone being right.

When we declare the Good News within ourselves and others, the light that always existed shines brightly into the shadows and darkness of our lives as well as those around us. And as we experience the Love and Truth within, we begin to fully understand: I am heard. I am forever worthy.

Learning arose with the introduction of the ego and its fearful concepts to our physical world. In actuality there is nothing to learn. We must merely remember, like riding a bike or hearing a familiar song. When we pause to remember, the experience of our unshakable wholeness is brought to the surface, and we can begin again to experience the fullness of life that has always been.

Beginning again entails unlearning all the information and know-how we presumed were infallible. Substantial effort is required to analyze and let go of all the concepts and beliefs we thought brought us peace. Hence, diligence is commanded, and the more one practices,

the easier it is to return to true wholeness. In this life, we are taught to prove our value and worth. We are taught that to be good enough, we must achieve, attain, and acquire things. One only has to surf the internet, turn on the television, or flip through the pages of a magazine to be reminded of this ritual.

What a different way to realize Love is the answer compared to the world's conventional mindset, where we are in a constant fight to be recognized and valued. Love only needs to be tapped for its power and magnificence to be released. Our proclamations of the Good News, our True Nature, are those taps, and we can extend them to the world silently in our minds or boldly in decisive pronouncement. Either will complete the work necessary for our Eternal Truth to reveal itself when called forth.

There is nothing in this world to get. How could there be if we are already instilled with everything? We are always one thought away from being perfect, whole, and complete . . . perfectly fine.

What Good News! What Great News!

. . .

The Eternal Truth that our perfection and wholeness are One with God is the inalienable Good News upon which all peace and certainty rest. Though by our free will we may forget our True Nature, forgetting does not alter what can never be taken away. The Truth of our beingness remains untouched. This remembrance becomes the bedrock upon which every principle in *You're Perfectly Whole, You Just Forgot* is predicated: that our Natural State *is*, and has always been, perfect, whole, and complete.

A COURSE IN MIRACLES

REFLECTION: THE ONLY ANSWER

ACIM, T-6.IV.6:1–8. Hear, then, the one answer of the Holy Spirit to all the questions the ego raises: You are a child of God, a priceless part of His Kingdom, which He created as part of Him. Nothing else exists and only this is real. You have chosen a sleep in which you have had bad dreams, but the sleep is not real and God calls you to awake. There will be nothing left of your dream when you hear Him, because you will awaken. Your dreams contain many of the ego's symbols and they have confused you. Yet that was only because you were asleep and did not know. When you wake you will see the truth around you and in you, and you will no longer believe in dreams because they will have no reality for you. Yet the Kingdom and all that you have created there will have great reality for you, because they are beautiful and true.²

The only answer within every being is the wonderful gift God has provided His children: the Good News. This Eternal Truth is not reserved for a select few but for all of us. It embodies us ceaselessly, forever to be experienced and shared among one another. What wonderful knowledge that every living being is created perfect, whole, complete, and sinless and that such attributes never depart from us, lest God be less than all He is, which is impossible.

In this physical realm, we are not taught to know this Good News, to know that it is the only reality aligned with God and the Universe. Instead, we are indoctrinated in the worldly ways of fear, viewing life through a lens opposite to God, such as judgment, attack, scarcity, the

temporary, and, ultimately, death. As a result, we manifest the betraying concepts and ideas that we are victims, affected, and less than.

Such lies were never God's description of us. How could they be? We were created as glory and to be *one* with Him.³ He and the Universe view us in no other light.

DAY 1: PRE MEDITATIVE SEQUENCE

Mindful Mantra: Don't worry about your circumstances; rather, be clear that in any circumstance, you are eternally whole and complete.

Application: As a child of God, your wholeness is immutable and unassailable. It can never be taken away from you but in your own mind. When you are anxious, depressed, lonely, or angry, you have placed your trust in things other than the Truth and perfection that you are. Stop. Remember the Good News of your Eternal Truth, and all will be as it is supposed to be.

Step 1: PAUSE

Take your time. Close your eyes. Quiet your mind. Take a deep breath in. Exhale. Take another deep breath in and hold it for six seconds. Then release the breath for six seconds.

With your quiet mind, breathe in your holiness. Claim your wholeness and perfection. Be in gratitude for all that you are. Envision being *one*. Give thanks to Above.

Notice the flow of air throughout your body. Imagine the Love of your Truth filling up your stomach, your lungs, the back of your neck, up through the back of your skull, to the top of your

head. Slowly exhale through your nostrils. Breathe in the quiet power. Slowly exhale.

Recite the lesson: "Don't worry about your circumstances; rather, be clear that in any circumstance, you are eternally whole and complete."

Step 2: REMEMBER

With your eyes closed, envision your wholeness and its familiar song within your heart. Remember its harmony in you and all you meet today. Remember it as the Truth of your beingness. Know your completion. Surrender your mind to your perfection. Remain guided by the Spirit. Take in a big, deep breath of your purity. Slowly exhale through your nostrils.

Recite the lesson: "Don't worry about your circumstances; rather, be clear that in any circumstance, you are eternally whole and complete."

Step 3: EXPERIENCE

Feel the quiet power of your Truth; its presence in every aspect of your body and soul: the praise of song in your heart and mind for what has always been. In your essence, experience the excitement to share with all living beings. The peace in claiming and knowing you are and have always been complete . . . You have always been perfectly whole.