



CIRCLE OF ATONEMENT

Dedicated to A Course in Miracles

Forgiveness in *A Course in Miracles* ACIM Radio #11 Episode Guide

Forgiveness is the Course's central teaching and yet there is a lot of confusion around this topic given that what we are often taught about forgiveness tends to be at odds with what the Course says about it.

In this podcast, Robert and Emily explore the Course's conceptual approach to forgiveness and also offer a composite forgiveness exercise based on the Workbook's forgiveness teachings.

You're invited to listen or watch by visiting circleofa.org/11 and follow along using the guide below.

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1. The ego is primarily manifest in its perception of a world that attacks us and deserves our anger and retribution.
 2. Conventional forgiveness is about keeping that *perception* while letting go of the *anger*.
 3. This forgiveness feels like an undeserved gift and a sacrifice of our rights. We therefore only engage in it for some perceived gain to our ego. It also implicitly condemns and puts beneath us the one we forgive.
 4. Course-based forgiveness, in contrast, is a letting go of the perception behind the anger.
 5. It entails letting go of our old perception of the person and accepting a new one. It is based not on seeing the details differently, but on accepting a new understanding of reality.
 6. This means accepting that this person in truth is a holy Son of God. And it means accepting that his or her body and its attacks are an illusion.
 7. We forgive the person, then, "for what he did not do." Forgiveness is therefore an illusion, "a kind of happy fiction."

8. We forgive not just to relieve our sense of bitterness and woundedness, but primarily to relieve the underlying guilt that is caused by our unforgiveness, which is an attack.
9. Our forgiveness is also aimed at releasing our brother by giving him the message that he never sinned. It is thus not true that forgiveness has nothing to do with the other person.
10. Through releasing our brother, seeing him healed, and receiving his gratitude, we gain a new perception of ourselves. We awaken from the dream that we are mortal, fallible, and full of sin and know we are the perfect Son of God (from Lesson 121).