

Table Of Contents

| | |
|---|---------|
| Introduction | 5-8 |
| Waking Dream of Forgiveness Therapeutic Imagery for Releasing Anger and Resentment | 9-27 |
| Waking Dream of Truth Therapeutic Imagery for Undoing the Smoking Habit | 28-38 |
| Waking Dream of Shadows Therapeutic Imagery for Releasing Doubt..... | 39-47 |
| Waking Dream of Arrows Therapeutic Imagery for Increasing Concentration | 48-57 |
| Waking Dream of The Genie Therapeutic Imagery for Lifting the Attraction Off of Alcohol | 58-67 |
| Waking Dream of Climbing the Ladder Therapeutic Imagery for Undoing Obsessive Thoughts | 68-76 |
| Waking Dream of Healing Light Therapeutic Imagery to Shine Away Cancer Cells..... | 77-84 |
| Waking Dream of Restful Sleep Therapeutic Imagery for Undoing Insomnia..... | 85-97 |
| Waking Dream of Affirmations Therapeutic Imagery to Release Weight..... | 98-106 |
| Love Yourself Lose Weight Article On The Principles For Losing Weight..... | 107-110 |

Introduction

Dear Healer,

The imagery scripts that you are about to study are based upon the metaphysics and spiritual psychology of *A Course in Miracles*. The Course's metaphysics teach that this world and the bodies we live in are nothing more than a projection of thought held in the mind. Basically it teaches that there are only two thoughts: the thought of love and the thought of fear. Love is the only thing that is real because love is the only thing that cannot be destroyed. Love is unalterable and eternal. It is the only thing that heals because it is the only thing that reconciles. Love is the only thing that comes from God. Love is inside of us because we come from God.

The Course says that, *the opposite of love is fear, but what is all-encompassing can have no opposite*. Love can't have an opposite because love is everything. If love is everything there is nothing else. Therefore there is no fear. Fear is nothing. It is an illusion. Unlike love, the illusion of fear divides, separates and attacks. It judges, compares, and condemns. The Course says that all thoughts of fear or any of its derivatives such as anger, guilt, jealousy and resentment, are false thoughts. Belief in these false thoughts of fear always requires a defense precisely because they are not real. Defenses manifest as bodily symptoms i.e. disease, anxiety, phobias, addictions, or problems in the world i.e. violence, war, arguments, abuse, etc.

Healing comes from believing in Love instead of fear. Healing requires undoing the separation from love. In this world forgiveness is the closest we can come to Love. Love is what heals because love is what reconciles. Love joins. It restores the integrity of the self. Forgiveness is the central teaching of the Course. But its view of forgiveness is different than the world's view. Forgiveness does not judge, condemn or seek retribution. It does not attack or

punish in any way. Forgiveness merely overlooks what never was. Forgiveness undoes the illusion of fear that separates us from Love's presence within. In the process it undoes the need for any of our defenses (symptoms). As the Course puts it, *forgiveness is the home of miracles*.

The Course teaches that we need help to choose the miracle of forgiveness. This is because when we are caught in the illusion of fear we are caught in a dream. We cannot escape by ourselves because all of our senses bear witness to the "reality" of our dream. Thus we think we are the dream instead of the dreamer. Of ourselves we cannot escape from our nightmare. We need help.

God's Holy Spirit¹ is our help. The Holy Spirit is the memory of God's love held in our Mind. He recognizes our illusions without believing in them. When we ask for His help we learn to separate truth from illusion. His antidote for dispelling illusions is always forgiveness. Forgiveness sees everything as either love or a call for love. Forgiveness looks past illusions. It does not attack them. To attack an illusion is to make it real. To attack fear is to give it a power it doesn't have or deserve. Through forgiveness the Holy Spirit helps us to master love and reinterpret the purpose of our symptoms or problems. By so doing He transforms everything into a classroom for learning our lessons of love and forgiveness. Through this process He heals our symptoms by healing our mind.

The Course says that *the Holy Spirit's temple is not a body but a relationship*. In this regard, I have come to understand that our relationship with our clients is a temple for mutual healing. Our clients do not come to us by accident. They come to us because they are a mirror reflection of what needs to be healed in us. Our job is to see their symptoms not as "weaknesses" but as a call for love – a call for love that we share. If we perceive our clients as separate from us -- as suffering, damaged, sick and dying, etc. the reality is that we see ourselves that

¹ Also known as the Higher Mind, the illumined mind, etc.

way. We have used the client as a screen onto which we have projected our own fears. Therefore when we change our perception of ourselves we change our client – likewise when we change our perception of our client we change ourselves. Healing is a mutual process.

Still we do not heal of our own accord. Healing comes from God via His Holy Spirit. As *A Course in Miracles* teaches, *where two have joined for healing, God is there*. God is there because He is inside of both of us. As healers we lean upon His strength not our own. His strength is in us. It is also in our clients. They have simply forgotten this fact. Healing is the result of empathizing not with our client's weakness but with the strength of God that is in them. It is the result of two hearts joining with the light of God's strength. When we join in this way we both become what we always were – One. Oneness heals because it removes the obstacles that have separated us from the power of Love. .

These scripts are prayers that appeal to the strength of God's Love inside of you and your client. As you study this material and use it with your clients I encourage you to understand that strictly speaking, words do not heal. The Course teaches that the motivating factor in all healing is prayer or asking. This asking always refers to the prayer of the heart and not the words that are used. Words are helpful to us, not to the Holy Spirit. Words help us and our clients turn the creative force of our joined minds away from fear toward love. They trigger associations that bring to mind pictures of situations that are metaphors for a changed way of being in the world.

I encourage you to use the words of these scripts, which I call Waking Dreams, as a starting point or guide. Gradually I hope that you will no longer need them but will trust the words that come to you out of the wellspring of your illumined mind. I hope that eventually you will listen and speak from this place trusting that what you hear comes from God and is relevant to healing.

Writing out these scripts has helped me to clarify my thinking. I have learned a lot through the process. It is now my pleasure to share what I have learned with you. I hope you find this material of value.

Love and light,
Loretta Siani