

Testimonies & Miracles



Welcome to our new section, *Testimonies & Miracles*. If you have a testimony and/or miracle to share, please send it to truth@takemetotruth.org with the subject line as “*Testimonies & Miracles*.”

From Lisa:

It all started when we were on the plane returning from our retreat trip to Israel, and on the way there as well. In the ego dream I have a diagnosis of multiple sclerosis. I know this diagnosis and the body are illusions. I am grateful for ACIM which tells me that these are merely an illusory judgment in the ego's hierarchy of illusions, another FORM of unforgiven guilt.

The muscles in my leg were feeling very annoying in that they were contracting a couple of times a minute and wouldn't let me rest or be still. On the way to Israel when it happened, I stood up from my seat and walked around numerous times which didn't help at all. This suffering lasted for hours until I was finally able to fall asleep. Near the very beginning of the trip coming home it started happening again, and I remembered that my usual ways of coping with that situation were not going to work and I didn't want to go through the same exhausting experience that I had on the trip there.

On the way home I was blessed with a seat assignment next to Nouk, and I honestly didn't know what to say or how to ask for help, so I just shared with her what was happening physically with me and she asked me if I would like to join with her. I said yes and we did. And after a few minutes of our joining together the contractions completely stopped, and the miracle extended for the rest of the trip which was 11 hours long!

I found out later how Sandy was affected by our experience. She was sitting just across the aisle from us, and I will let her share her miracle next.

From Sandy:

I am the event coordinator for TMTT and it was with great anticipation that the trip was finally going to happen! I enjoyed so much the preparation needed to get everyone coordinated and ready to go. However, because I sit at a desk many hours a day doing bookkeeping and other administrative work, the muscle in my upper back (left) tends to

get stiff and tight and very painful. It seemed there wasn't much I could do to remedy this. One day before leaving my home for the trip, I had a back massage to loosen that muscle up and be more comfortable for the trip. No worries! I was ready to go!

Immediately when I reached the airport, the muscle started giving me problems again. I could not believe it! WTF! This had never happened so soon after a massage. I know now I was allowing the ego to unconsciously believe that my responsibilities for this trip were a burden I carried and my back muscle was used to send that message to my mind.

Many of my sisters in Christ who were on that trip are massage therapists. And as the days passed, the pain and stiffness increased. These sisters came to my room one night and worked on me one-by-one, yet the tightness and pain were alleviated only slightly.

Preparing for the return home and the long flight ahead, I was able to secure some Tylenol PM (magic, of course). I thought, well if nothing else, I'll be able to sleep. I settled into my aisle seat on the plane and put my neck pillow behind my back because that felt better. I slept.

The plane arrived in Newark and I had a connection to make to a plane that would bring me home to Denver (another four hours on a plane, ick). When I stood up from my seat, I felt no pain, no stiffness, no tightness in my back. I thought, wow! That Tylenol PM really made a difference. But I was surprised at how long the pain medicine was lasting. On my plane trip back to Denver, I didn't have to put my neck pillow behind my back because I felt fine. I did not know it wasn't the Tylenol PM that helped me. It was the healing Nouk and Lisa shared on the plane across the aisle from me that took this pain away from me.

At that time I had no knowledge of what was going on with Nouk and Lisa. It was several days later that Lisa shared her healing experience in a zoom meeting and a light bulb went off in my head! Lisa and Nouk's healing IS also my healing! A miracle to be sure! I gave the Tylenol PM too much credit! It was Jesus, not magic, that healed my back.

Now, three years later, I can tell you that I have not returned to the massage therapist for this back problem. It does rear its ugly head every now and again, yet I now know to sit with Holy Spirit in silence and turn it over. Holy Spirit, please help me forgive myself for using this back pain to attack my Self and separate me from Love as my Holy Self.

In gratitude.

"Concern yourself not with the extension of holiness, for the nature of miracles you do not understand. ⁴Nor do you do them.

⁵It is their extension, far beyond the limits you perceive, that demonstrates you do not do them.

⁶Why should you worry how the miracle extends to all the Sonship when you do not understand the miracle itself?" (ACIM, T-16.II.1:3-6)