



"The Unexamined Life Is Not Worth Living"

By Kenneth Wapnick

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This 15-CD set (16 hrs. 2 mins.) presents a five-day Academy class focused on a wide range of subjects, their underlying theme being our "mind searching" or "life examining," echoing the famous words of Socrates. Such practice requires honesty with ourselves to see the resistance to letting go of the attraction to the body and to the guilt that sustains it. Kindness to ourselves and to others becomes the means of undoing this attraction, for as it heals our relationships here, it heals the mind that believed it could have separated from God. Emphasis is also placed on asking Jesus' or the Holy Spirit's help to see how our external perceptions are projections of the mind's decision for guilt or forgiveness, underscoring our need to choose the holy instant and return to the mind and make a different choice.

As God ascends into His rightful place and you to yours, you will experience again the meaning of relationship and know it to be true. Let us ascend in peace together to the Father, by giving Him ascendance in our minds. We will gain everything by giving Him the power and the glory, and keeping no illusions of where they are. They are in us, through His ascendance. What He has given is His. It shines in every part of Him, as in the whole. The whole reality of your relationship with Him lies in our relationship to one another. The holy instant shines alike on all relationships, for in it they are one. For here is only healing, already complete and perfect. For here is God, and where He is only the perfect and complete can be.

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