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*Love is what we were born with. Fear is what we have learned here. The spiritual journey is the relinquishment— or unlearning— of fear and the acceptance of love back into our hearts.*

*~ Marianne Williamson, A Return to Love . HarperOne.*

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As we continue our February theme on love, we were thrilled to welcome Rev. Marylou Palmer back to One World to explore the teachings on love from *A Course in Miracles*. What is the basic message? That a miracle is the free expression of love, and that we are all miracle-workers.

Our spiritual challenge is to open ourselves up to that truth, and it's not always easy. As Marianne Williamson famously said "our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us." *Do you agree? Why or why not? What is there to fear about being powerful? Is she saying that, given a choice, we prefer to be inadequate? Do we step away from our power?*

We each carry a light within, the light of the Divine. The Course teaches that this light is the call to the miracle worker in each of us – it's a call to, as Marylou put it, "make manifest the glory of God" through our actions, our very being.

To engage with this paradigm, many of us need to move past our conception of what a miracle is. We are taught that a miracle is an amazing, inexplicable event to which we are mere observers, aren't we? Indeed Merriam-Webster (ok, the online version!) defines a miracle as "an extraordinary event manifesting divine intervention in human affairs." It's God, not us. Our job is to watch and appreciate.

*Have you ever been told that you can make miracles yourself? Do you think you can?*

Marylou shared that loving-kindness is our miracle-working power. Loving-kindness heals, connects, and uplifts us individually and when we share it with others. Indeed, it is our very essence, and our challenge is to open up to its power and leave fear behind. *What is your response to that thought?*

*Have you ever used loving-kindness, your miracle working power, to perform miracles? What were they? Given this paradigm, are you able to find a new definition of miracles that resonates with you?*

*Did you ever feel the impulse to share loving-kindness with others and then for some reason choose not to? If so, why did you pull back? Can we give if the recipient is not open to receive?*