

The Cards

Quotes from *A Course of Love*

Selected by
Meg and Jon Warden, and Joe Kittel

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TAKE HEART PUBLICATIONS

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Introduction to The Cards

The Cards arose from the healing of relationships between Meg Warden, Jon Warden, and Joe Kittel. During a time of hurt, anger, conflict, and despair, they all started *A Course of Love* in the summer of 2014, often reading together. (1)

Through willingness to communicate and forgive, they experienced miracles and came to see each other with love and respect. Since they worked together to select and develop The Cards, they see them as an expression of their healing. Sharing The Cards in *A Course of Love* groups, they shared their healing as they now share it with you. (2)

The Cards are a great way to close ACOL group meetings. Group members can pass around the box, select cards randomly, and then read them in turn. Often people draw quotes that speak to them personally or answer questions they asked during the group. It seems people always pick just the right card for them at the time. (3)

The Cards can also be drawn for daily inspiration or a focus for meditation. Whenever a particular need arises, a card could provide divine guidance. As with all things, our relationship with them determines what they mean to us. We hope you will enjoy your relationship with The Cards.(4)

Directions for Printing

This file is set up for either laser or inkjet printing on Avery Business Cards, any of the following products: 5877, 5876, 8876, 8873, 8871, 8376, 8371, 28371, or 27871. See the Avery web site for detailed instructions. If you use another brand of cards, make sure the layout is the same. (5)

You can download The Cards for free at www.acourseoflove.org. For the box, we suggest the JAM Business Cards box that is available through several online sellers or through an office supply store. Perhaps, if demand is sufficient, the cards will soon become available to order as a complete boxed set. (6)



You cannot realize your true identity
while you hang on to wounds of any kind.

A COURSE OF LOVE C:25.13

Each time you feel a lack of love,
it comes from within yourself.

A COURSE OF LOVE C:25.5

Through receptivity,
what your mind finds difficult to accept,
your heart accepts with ease.

A COURSE OF LOVE A.13

Your reality is union.
Thus no striving for either unity
or perfection is necessary.

A COURSE OF LOVE A.25

You are asking to end your separated state and learn
in a state of unity.

This is a basic recognition that
this is the only way you learn.

A COURSE OF LOVE C:P.2

No lessons learned without love
touch your heart.
No lessons that do not touch your heart
will accomplish anything.

A COURSE OF LOVE C:24.4

I ask you only to pause,
to give the mind a rest,
to enter a realm foreign to the mind
and yet beloved to the heart.

A COURSE OF LOVE A.12

For those ready for a new way
the time of battles has ended.



They are ready to come home
to the way of the heart.

A COURSE OF LOVE A.21

You cannot earn your way
to heaven or to God
with your effort
or your good intentions.

A COURSE OF LOVE C:P.19

In the process of unlearning,
both forgiveness and atonement occur.

A COURSE OF LOVE C:23.28

Your life must become your teacher,
and you its devoted pupil.

Here is a curriculum
designed specifically for you . . .

A COURSE OF LOVE C:23.29

Your recognition of your Self
and your recognition
of your brothers and sisters
is what the world is for.

A COURSE OF LOVE C:P.10

While God remains unknown to you and you
remain unknown to your Self,
so too does heaven remain concealed.

A COURSE OF LOVE C:P.17

An attitude of openness is required
for unlearning and new learning both.
Control opposes openness.

A COURSE OF LOVE C:23.27

You should be in a hurry
only to hear the truth.

A COURSE OF LOVE C:1.6

The only way that you can fail
to learn the truth
is to demand to learn it on your *own*.
For on your own
it is impossible to learn.
Resign as your own teacher.

A COURSE OF LOVE C:1.9-10

Lack of striving
is seen as a settling for less.
This would be true
if what you were striving for had value.

A COURSE OF LOVE C:1.14

Love is not something you do.
It is what you are.
To continue to identify love incorrectly
is to continue to be unable
to identify your Self.

A COURSE OF LOVE C:2.6

Spirit precedes inspiration,
inspiration precedes imagination,
imagination precedes belief,
and belief precedes form.

A COURSE OF LOVE C:23.19

To truly see
is to begin to see the formless.
To begin to see the formless
is to begin to understand
what you are.

A COURSE OF LOVE C:3.4

You must cease to see the difficulty
and begin to see the ease
with which what you can imagine
becomes reality.

A COURSE OF LOVE C:23.17

When you love purely,
you know God
whether you realize it or not.
What does it mean to love purely?
It means to love for love's sake.
To simply love.

A COURSE OF LOVE C:4.1

Knowing and love are inseparable.
. . . love is the only true wisdom,
the only true understanding,
the only true knowing.
Love is the great teacher.

A COURSE OF LOVE C:23.1

It is in every joining, every entering into,
that love exists.

Every joining, every entering into, is
preceded by a suspension of judgment.

A COURSE OF LOVE C:5.12

The only meaning possible
for free will is this:
what you choose
to join with you,
and what you choose
to leave outside yourself.

A COURSE OF LOVE C:5.21

It is to our hearts
we appeal for guidance,
for there resides
the one who truly guides.

A COURSE OF LOVE C:3.17

Child of God,
you are alien here
but need not be alien
to your Self.

A COURSE OF LOVE C:4.6

Each feeling requires
that you enter into a relationship with it,
for it is there
you will find love.

A COURSE OF LOVE C:5.12

Those who know the truth
find it for themselves
by joining mind and heart.

A COURSE OF LOVE C:21.10

God is known to you
within relationships,
as this is all
that is real here.

A COURSE OF LOVE C:5.30

That you move through your world
without relating to it in any way
is what causes your alienation
from the heaven it can be.

A COURSE OF LOVE C:5.31

You must forgive reality
for being what it is.
Reality, the truly real,
is relationship.

A COURSE OF LOVE C:6.1

No matter which path you follow,
the path of the mind
or the path of the heart,
you will not get where you are wanting to go
until they are joined.

A COURSE OF LOVE C:21.7

No stage you pass through
to reach this oneness
is without value. . . .
Each stage contains the whole
and each whole contains each stage.

A COURSE OF LOVE D:DAY6.10

You have to forgive yourself
for being what you are,
a being who exists
only in relationship.

A COURSE OF LOVE C:6.1

You have to forgive all others
for being as you are.
They too cannot be separate,
no matter how hard they try.

A COURSE OF LOVE C:6.1

The heart that is the center of your being
is the center of everything that exists.
This is reality.

A COURSE OF LOVE C:6.2

Why not forgive the world for being
other than what you have thought it to be
and begin to learn what it really is?
This is what the world is here for.

A COURSE OF LOVE C:6.2

Only when you quit wishing
for what cannot be,
can you begin to see what is.

A COURSE OF LOVE C:6.3

When you choose unity
over separation,
you choose reality
over illusion.

A COURSE OF LOVE C:6.5

The fact that you are not alone in the world
shows you
that you are not meant to be alone.

A COURSE OF LOVE C:6.7

. . . being true to your Self
is not about reaching an ideal state
or a state of identity
exactly the same as another's.
It is also not about being selfless.

A COURSE OF LOVE A:24

This is the purpose of the world
and of love most kind:
to end self-deception
and return you to the light.

A COURSE OF LOVE C:6.22

The world does not keep you separate.
You keep yourself separate from the world.
This is what has made the world
the world it is.

A COURSE OF LOVE C:7.9

To serve rather than to use
is an enormous change
in thinking, feeling, and acting.
It will immediately make the world
a kinder, gentler place.

A COURSE OF LOVE C:20.44

You must replace your willingness
to believe in your inadequacy and smallness
with your willingness
to believe in your ability and mightiness.

A COURSE OF LOVE C:20.46

Those who could not change the world
one iota through their constant effort,
in peace create the world anew.

A COURSE OF LOVE C:6.17

What you give you will receive in truth.
What you do not receive
is a measure of what you withhold.

A COURSE OF LOVE C:7.1

What you withhold from the world you withhold
from yourself,
for you are not separate from the world.

A COURSE OF LOVE C:7.16

The universe is a dance of cooperation.
You are but asked to rejoin the dance.

A COURSE OF LOVE C:20.33

Your heart will aid you
in replacing thinking with remembering.

In this way,
remembering can be experienced
as the language of the heart.

A COURSE OF LOVE C:8.3

There is no limit to love
and so there are no limits to anything
that flows from love.
What one benefits from
everyone benefits from.

A COURSE OF LOVE C:20.39

When you realize God is here,
then and only then
can you truthfully say
here is where I belong.

A COURSE OF LOVE C:8.17

Your faulty memory has caused you
to believe love can be used to keep you safe,
to make you happy
and bind to you those you choose to love.

This is not the case,
for love cannot be used.

A COURSE OF LOVE C:9.3

This could be used as a capsule definition
of your entire problem:

You do not allow anything that exists
in your world,
including yourself,
to be what it is.

A COURSE OF LOVE C:9.13

All that you are asked to give up
is your insane notion
that you are alone.

A COURSE OF LOVE C:9.25

The laws of fear were laws of
struggle, limits, danger, and competitiveness.

The laws of love are laws of
peace, abundance, safety, and cooperation.

A COURSE OF LOVE C:20.31

By choosing to reject yourself
you have chosen to try to make sense
of the nightmare
rather than to awaken from it.

This will never work.

A COURSE OF LOVE C:P.14

If you cannot see yourself "other than"
as man or woman living in a particular place
in a particular time,
you cannot see your Self.

A COURSE OF LOVE C:P.39

You are not your own creator.
This is your salvation.
You did not create something from nothing,
and what you started with is what God created
and remains as God created it.

A COURSE OF LOVE C:9.28

God's will for you is happiness,
and never has it been otherwise.

A COURSE OF LOVE C:9.33

While your heart seeks for union,
your separated self seeks for what it can use
to fill the emptiness and ease the terror
of its separation.

A COURSE OF LOVE C:9.36

You are in relationship now
only with love,
and so nothing will be hard for you.
Desire an old pattern to be gone
and it will be gone.

A COURSE OF LOVE E:3

Were the foundation of your world love,
everything that you consider valuable
you could not wait to share.

A COURSE OF LOVE C:14.15

What harm is there in specialness?
Only all the harm you see within the world.

A COURSE OF LOVE C:15.2

Your natural state is one of union,
and each joining that you do
in holy relationship
returns a little of the memory
of union to you.

A COURSE OF LOVE C:9.36

Wholeness is peaceful.
Only separation creates conflict.

A COURSE OF LOVE C:20.26

To know the safety and love
of the embrace
is to know no cause for fear,
and thus to come into your true power.

True power
is the power of miracles.

A COURSE OF LOVE C:20.28

You can have specialness
or your true Self,
but never both.

A COURSE OF LOVE C:15.3

The only way
for you to come to live in truth
is through faith;
not a faith in what might be,
but a faith in what is.

A COURSE OF LOVE T1:3.6

Only your heart
can lead you to the forgiveness
that must overcome judgment.

A COURSE OF LOVE C:16.8

Without judgment
there would be no separation,
for you would see no difference
between yourself
and your brothers and sisters.

A COURSE OF LOVE C:16.6

How different would the world be
if you would but attempt for one day
to replace use with union!

A COURSE OF LOVE C:9.50

You will never fully *understand*
what unity means,
but you will come to *feel*
what unity means,
and this I promise you.

A COURSE OF LOVE C:13.1

Your purpose now is the holiest possible
and all of heaven is with you.
All that is needed
is your continuing willingness.
All that can cause you to fail
is giving up.

A COURSE OF LOVE C:10.8

The separated self
cannot relearn unity
except through union.
Here, union is achieved
in relationship.

A COURSE OF LOVE C:19.10

Letting go of what your mind would tell you
in favor of what your heart already knows
is but the purpose of this Course.

A COURSE OF LOVE C:16.11

. . . union has never really ceased to be,
but as long as you do not realize
that it exists
its benefits are unavailable to you.

A COURSE OF LOVE C:10.2

True forgiveness
simply looks past illusion
to the truth where there are no sins to be forgiven,
no wrongs to be pardoned.

A COURSE OF LOVE C:16.12

Insanity is acting as if the truth
is not the truth.
Sanity is accepting the truth as your reality
and acting from that truth.

A COURSE OF LOVE D:1.16

A mind and heart in conflict
is what keeps you
from desiring anything fully,
and thus from creating.

A COURSE OF LOVE C:18.14

The first move toward wholeness
is but to understand this:
heart and mind are not separate.

A COURSE OF LOVE C:17.17

Forgiveness looks on innocence
and sees it
where judgment
would see it not.

A COURSE OF LOVE C:16.12

All that you desire and cannot learn
is already accomplished.
It is accomplished in you.
It is you.

A COURSE OF LOVE C:3.2

Willingness does not arise from conviction
but brings conviction.
Willingness is your declaration of openness,
not necessarily of firm belief.

A COURSE OF LOVE C:11.7

Your judgment
has not made the world
a better place!

A COURSE OF LOVE C:16.16

“I am safe
and nothing that I do or do not do
will threaten my safety.” . . .
You must represent the truth of these words
with your life.

A COURSE OF LOVE T3:13.8-9

Love alone has the power
to turn this dream of death
into a waking awareness
of life eternal.

A COURSE OF LOVE C:4.7

When you let go of fear
and invite unity to return,
you but send out an invitation to love
and say
you are welcome here.

A COURSE OF LOVE C:11.18

God’s will for you is happiness,
and of this you can be certain.
To align your will with God’s
is but to make this certain state
your home.

A COURSE OF LOVE C:12.6

You cannot sustain Christ-consciousness while
fear remains in you,
just as you cannot sustain
Christ-consciousness
while judgment remains in you.

A COURSE OF LOVE T4:7.5

Uncertainty of any kind
is doubt about your self.
This is why this Course aims
to establish your identity,
for from it
all the rest will come.

A COURSE OF LOVE C:12.8

You have one brother
who wears but many faces
in your perception of who he is,
and while you know him not
you cannot know your Self.

A COURSE OF LOVE C:12.9

Joined minds cannot think separately
and have no hidden thoughts.
They are, in fact,
not minds in the plural at all,
but all-one-mind.

A COURSE OF LOVE C:12.15

Nothing is what it is,
but only what it is to you.

A COURSE OF LOVE C:3.7

If you but understood the energy required
to keep the world of your illusion in its place,
you would understand
the rest
that will simply come
of giving up your need to do so.

A COURSE OF LOVE C:12.7

Your Self rests totally unchanged
within the Christ in you.
Re-establishing your relationship
with your brother
is what will show your Self to you.

A Course of Love C:12.9

If you cannot claim
at least a small amount of love
for your own Self,
then neither can you claim your power,
for they go hand-in-hand.

A COURSE OF LOVE C:16.26

Being who you are
is necessary
for the completion of the universe.

A COURSE OF LOVE C:17.1

The only change in thinking
you are asked to make
is to realize that you do not need it.

A COURSE OF LOVE C:3.14

Fear is nothing but a choice,
and it can be replaced
by choice of another kind.

A COURSE OF LOVE C:9.18

The purpose you give each thing
within your world
is what makes it
what it is to you.

A COURSE OF LOVE C:14:24

While your purpose remains
to make yourself and others special,
you will not put an end
to the separation.

A COURSE OF LOVE C:14.26

All suffering and sin
comes from specialness,
and so it is but specialness
you must leave behind.

A COURSE OF LOVE C:15.11

In creation,
all needs are fulfilled
the instant they become needs,
which is why
there are no needs.

A COURSE OF LOVE C:19.14

All your asking or prayer awaits
is but your belief
in the love without fear
that has always responded.

A COURSE OF LOVE C:19.18

The path of neither mind
nor heart alone
will take you
where the path of unity
will take you,
and the journey will not be the same.

A COURSE OF LOVE C:21.7

When you feel a lack of love in others,
you have projected your fear onto them.

Only when you cease to do this
will you feel true devotion.

A COURSE OF LOVE C:25.6

All uncertainty
is fear.
All fear
is doubt about one's self.

A COURSE OF LOVE C:27.17

You will never be aware
of gain without loss
while you believe
in what is finite in nature.

A COURSE OF LOVE C:30.11

All relationship
is relationship with God
Who Is Love.

A COURSE OF LOVE C:30.10

All that you have experienced in truth
is love.

All that illusion provided you with
was nothing.

A COURSE OF LOVE T1:1.5

A mind and heart joined in union
abolishes the ego.
The ego-mind was what
was once in charge
of all your thoughts.

A COURSE OF LOVE T1:1.9

Prayer is but reproducing and recollecting
a divine memory
and divine memory cannot help but produce
a divine outcome.

A COURSE OF LOVE T1:6.2

You cannot await
some changed state
but must create
the changed state
you await.

A COURSE OF LOVE T1:9.3

Thoughts joined in unity
create without goals or planning,
without effort or struggle.

A COURSE OF LOVE T2:1.13

All that prevents you
from believing in truth
is a mind and heart acting in separation
rather than in union.

A COURSE OF LOVE T2:2.8

Life is the desire
to express outwardly
what exists within.

A COURSE OF LOVE T2:3.2

You are at the mercy
only of your own ego
and only until you willingly
let it go.

A COURSE OF LOVE T2:4.2

Unity exists
only in the here and now of the present.

There is no *will be* in unity.

There is only what *is*.

A COURSE OF LOVE T2:6.6

. . . the one you come to know
through relationship
is your Self.

A COURSE OF LOVE T2:8.2

It is only the ego
that stands between
desire and the meeting of desire,
needs and the meeting of needs.

A COURSE OF LOVE T2:9.1

The ego is the teacher you have relied upon
when you have relied upon yourself
as your own teacher.

A COURSE OF LOVE T2:10.9

Separation is all that opposes
relationship,
and the ego is all that opposes
your true identity.

A COURSE OF LOVE T2:11.7

A God of love
does not do battle
for truth
needs no protection.

A COURSE OF LOVE T2:11.5

While you believe there is anything
other than your own thinking
that is in need of correction
you think falsely.

Right-thinking
is the realm of miracles.

A COURSE OF LOVE T2:12.5

Realize that you *know*
that it is not God
who abandoned you,
but you
who abandoned your Self
and God.

A COURSE OF LOVE T3:2.11

Both God and Love
are found in relationship
where the truth becomes known to you.
When the truth becomes known to you,
you know God
for you know love.

A COURSE OF LOVE T3:3.7

Bitterness
is to your heart
what the ego
has been to your mind.

A COURSE OF LOVE T3:6.5

The idea of blame
is incongruous with the idea
of a benevolent Creator
and a benevolent creation
and as such is the only blasphemy.

A COURSE OF LOVE T3:10.3

What comes as a lesson
may not seem like a gift,
but all lessons are gifts.

A COURSE OF LOVE T3:10.6

Your task
is to create the new world
and make it observable,
not for you to recruit others to it.

A COURSE OF LOVE T3:20.18

Practice discernment
by being still
and awaiting wisdom.

A COURSE OF LOVE C:25.22

You, as a being
joined in Christ-consciousness,
must share this consciousness
in order to know it.

A COURSE OF LOVE T4:12.23

We cannot build the new
upon prison walls of old.
Whatever imprisons you
must now be left behind.

A COURSE OF LOVE D:4.25

Impatience
for what will be
can only be satisfied
by what is.

A COURSE OF LOVE T3:16.5

What you have seen
as your failings or weaknesses
are as valuable
as are your successes and strengths.
What has separated you
will also unite you.

A COURSE OF LOVE T3:21.22

The only thing
that is going to hold you back
from your ability
to sustain Christ-consciousness
is doubt about yourself.

A COURSE OF LOVE T4:12.20

We achieve victory
now
through surrender,
an active and total acceptance
of what is given.

A COURSE OF LOVE D:3.7

Revelation cannot come
to those who are so “certain”
of what *is*
that they cannot allow
for the new to be revealed.

A COURSE OF LOVE D:6.15

Learning always has as its goal
leading the learner
beyond learning.

A COURSE OF LOVE D:9.10

You cannot accept . . .
the compassionate and loving benevolence
of the universe,
of God,
of the All of All,
and still accept the reality of lack.

A COURSE OF LOVE D:DAY3.59

All power to effect change
comes from acceptance—
not acceptance of the way *things* are,
but acceptance of who *you* are
in the present.

A COURSE OF LOVE D:DAY8.8

All that causes fear
is rejection of feelings.
All that causes loneliness
is rejection of feelings.
All that causes violence
is rejection of feelings.

A COURSE OF LOVE D:DAY14.2

To struggle against your nature
is what you have spent a lifetime doing.
Stop.

A COURSE OF LOVE D:DAY24.4

Abundance is the natural state of unity
and thus your natural state,
just as certainty rather than uncertainty
is your natural state,
just as joy rather than sorrow
is your natural state.

A COURSE OF LOVE D:DAY3.44

You are not separate now
from who you will be
when you reach completion!

A COURSE OF LOVE D:DAY6.12

Being aware of how you feel
in the present moment
is the only way to certainty.

A COURSE OF LOVE D:DAY8.16

Only when you accept
that no feelings are bad
will you allow yourself
to come to know
what they truly are.

A COURSE OF LOVE D:DAY16.11

Either the self or God
takes precedence in all lives.
All lives.

There is no other choice
as long as the self and God
are seen as separate.

A COURSE OF LOVE D:DAY32.12

The injunction to rest in peace
is for the living,
not the dead.

A COURSE OF LOVE C:9.41

Being serious about life
is a major strategy of the separated self,
which recognizes its own seriousness
as necessary to maintain its separation.

A COURSE OF LOVE C:10.19

Belief fosters union.
Union does not foster belief,
because in unity
belief is no longer required.

A COURSE OF LOVE C:23.11

While you believe
even one person is against you,
you are not in concert with God.

A COURSE OF LOVE C:25.21

To live in relationship
is to live in harmony
even with conflict.

A COURSE OF LOVE C:27.14

Think not.
This Course requires no thought
and no effort.

A COURSE OF LOVE C:32.4

If you are holding onto regrets
you are holding on to blame.
If you are holding onto blame
you are holding onto bitterness.

A COURSE OF LOVE T3:14.11

What once you saw as yourself,
you now must come to see
only as a *representation*
of your Self.

A COURSE OF LOVE D:1.24

You *are* everything and everyone.
All that you see *is* you.
You stand not separate and apart
from anything.

A COURSE OF LOVE D:1.24

State your willingness,
accept the coming of your release,
and prepare to leave your prison behind.

Invite this simply
by inviting what brings you joy.

A COURSE OF LOVE D:4.23

You think
abundance is the most difficult thing
to demonstrate,
when it is actually the easiest.

A COURSE OF LOVE D:DAY3.29

Time is replaced by presence,
by your ability to exist in the here and now
in acceptance and without fear.

A COURSE OF LOVE D:DAY7.7

All those frustrations you currently feel
have a purpose:
To move you through them
and beyond them—
to acceptance.

A COURSE OF LOVE D:DAY8.2

Once fear is gone,
true relationship
is not only possible
but inevitable.

A COURSE OF LOVE D:DAY13.8

What love is
cannot be taught.
Remember that your task here
is to remove the barriers
that keep you from realizing
what love is.

A COURSE OF LOVE C:11.5

The first and only exercise
for your mind within this Course
has already been stated:
Dedicate your thought to union.

A COURSE OF LOVE C:5.20

You do not exist outside of relationship,
just as your mind
does not exist outside of oneness.

A COURSE OF LOVE C:31.35

Thoughts joined in unity
can be likened to thinking without thought.
They can be likened to imagination.
They can be likened to love.

A COURSE OF LOVE T:1.12

In relationship,
every need is met
by a corresponding need.
It is a dance of correspondence.

A COURSE OF LOVE T2:9.6

There is no function for control
in unity.
There is no need for it.

A COURSE OF LOVE T2:7.9