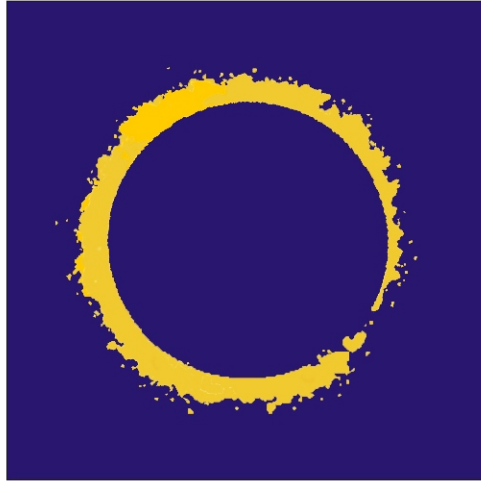




# Remember Better

Suzette Bonlais



This book is based on several favorite quotes and principles  
as presented in A Course in Miracles

*"You must remember you are created by God.  
The Course's purpose is to remind you that  
nothing can take away God's peace."*

Remember, in every fearful or irritating situation,  
say to yourself, "I could see peace instead of this."



See Peace

*Suzette Boulais*



Remember, when you feel perturbed or threatened,  
life is actually inviting you to evolve and expand  
in love, consciousness and awareness.

The path isn't a straight line.  
It's a spiral.  
You continually come back to  
things you thought you understood  
and see deeper truths.



Artist Unknown



Remember, when you feel the dread  
of terrifying thoughts, you are not your thoughts.  
You are the awareness of your thoughts.  
Acknowledge your dread, then let it pass, like a storm.

Only when we go  
with the river  
are we truly free.

Leo Buscaglia

Remember, when you feel alone and afraid,  
Grace is always with you.  
Imagine Grace washing over you and through you.



Grace is something  
you can never get  
but only be given.

Frederick Buechner





Remember, the mind  
that serves Spirit is invulnerable.





Remember, God is acting within you here and now.  
You are forever a part of God's creation and creation's joy.

An abstract painting featuring a central heart shape formed by thick, expressive brushstrokes in various shades of pink, red, and magenta. The background consists of swirling, layered colors including light pink, grey, and white, creating a textured, painterly effect. The heart is the focal point, with its edges slightly blurred and integrated into the surrounding colors.

I miss my heart  
when it closes.

Jeff Brown

*Suzette Bonlais*

Remember, hold no grievances.  
You are guiltless and so is everyone else.  
Forgive yourself for your grievances,  
lest you experience unnecessary pain.





Remember, the peace of God is your one goal.



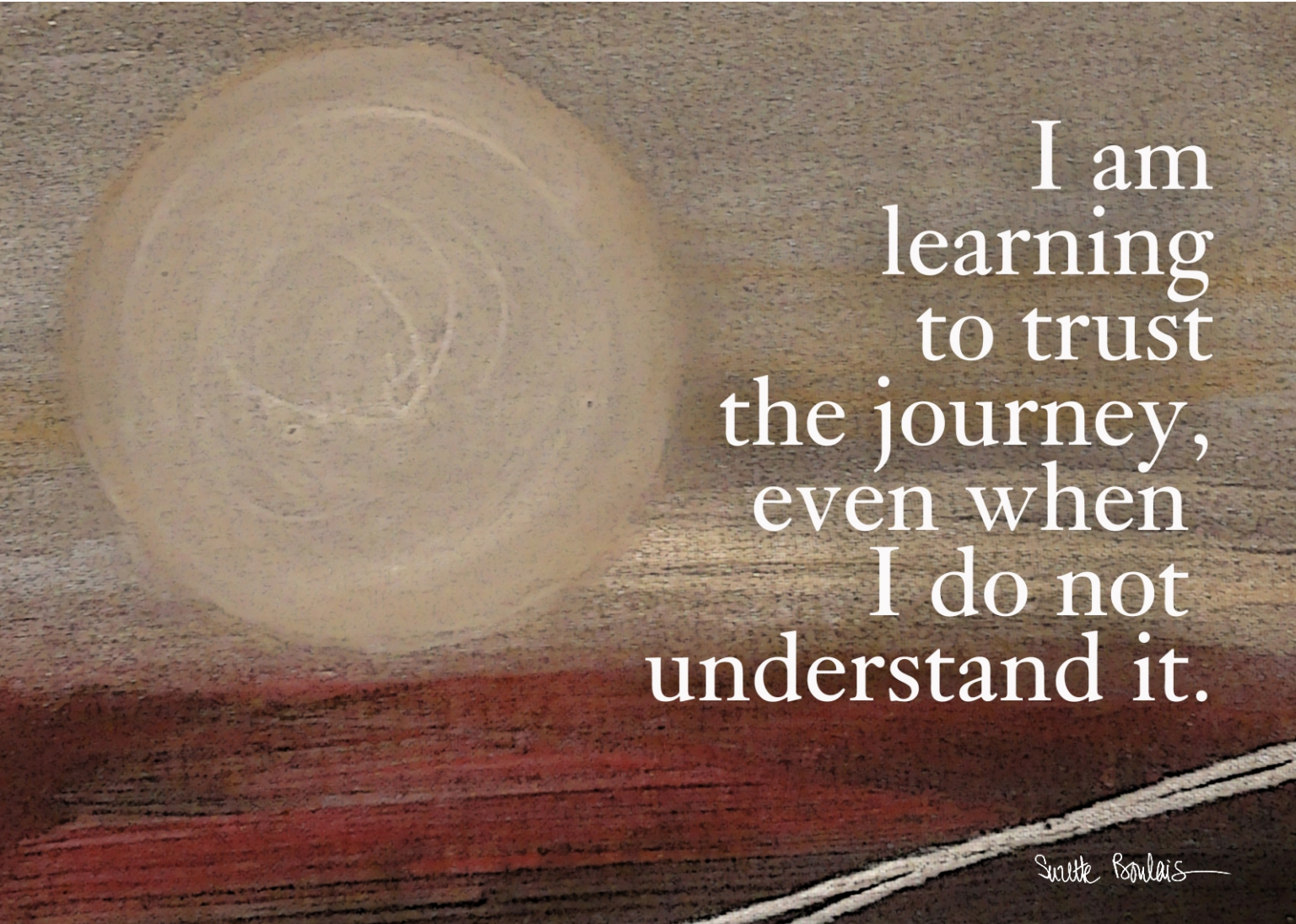
Remember, whenever you think you're lacking  
in any situation, laugh at such foolishness!



Try a little less drama,  
a little more laughter.

Marc R. Boulais

Remember, when things don't go your way  
and you feel deprived or unfairly treated, say to yourself,  
"I am not a victim of the world I see."



I am  
learning  
to trust  
the journey,  
even when  
I do not  
understand it.

*Scottie Bonlais*



Remember, your life can be a happy dream  
or a nightmare.  
Choose to live a happy dream.

Every great dream begins  
with a dreamer.  
Reach for the stars  
to change your world.

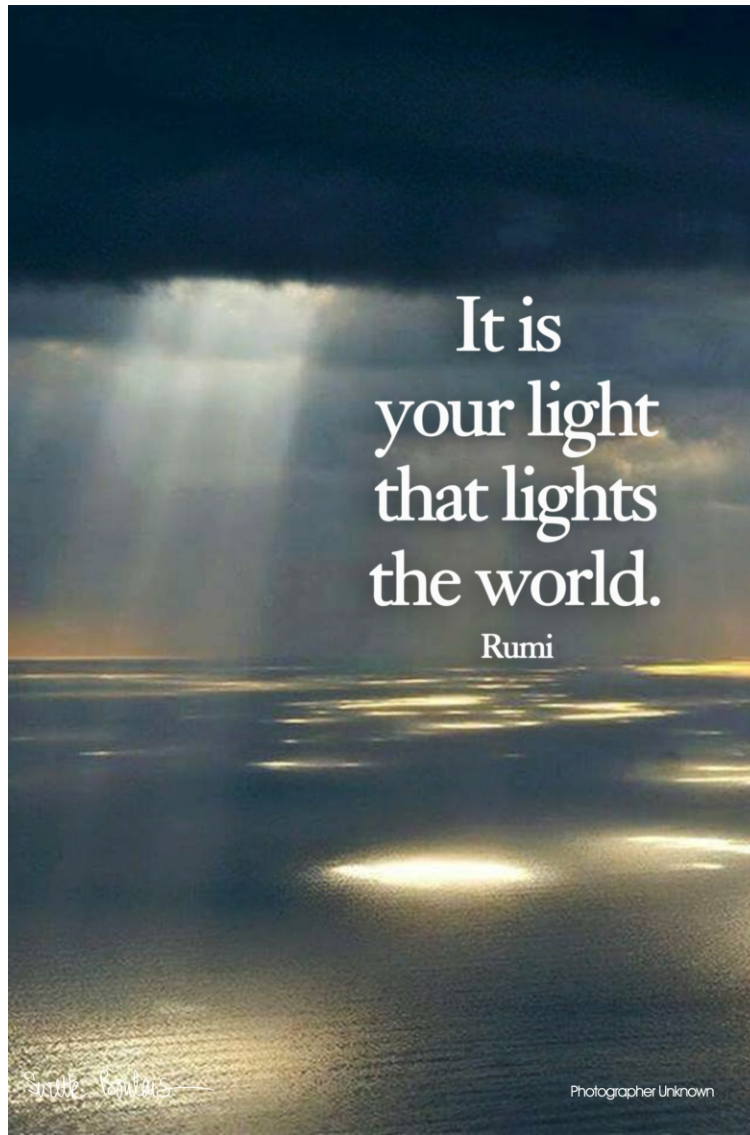
Harriet Tubman

*Suzette Bonlais*

Photographer Unknown



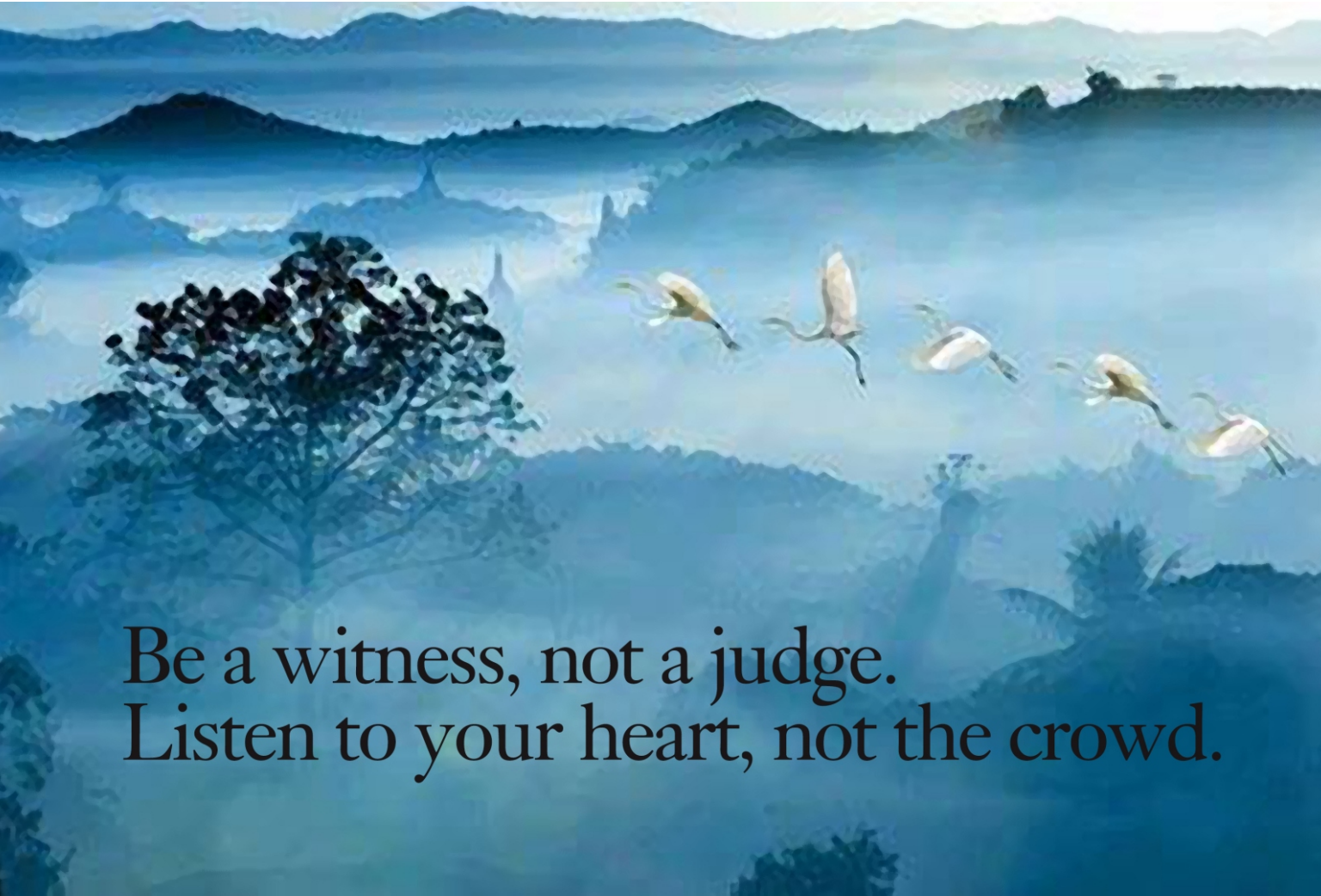
Remember, be present in this moment.  
This is how you heal yesterday's perceived hurts,  
ward off tomorrow's fears,  
and give light to the world today.



It is  
your light  
that lights  
the world.

Rumi

Remember, do not judge - neither yourself nor others.



Be a witness, not a judge.  
Listen to your heart, not the crowd.





Art by Graham Mace

Remember, you are always connected to God.  
A sense of separation from God is the  
only lack you need to correct.





Art by Carol Schiff

Remember, love God with all the colors  
of your heart, your mind and your soul.

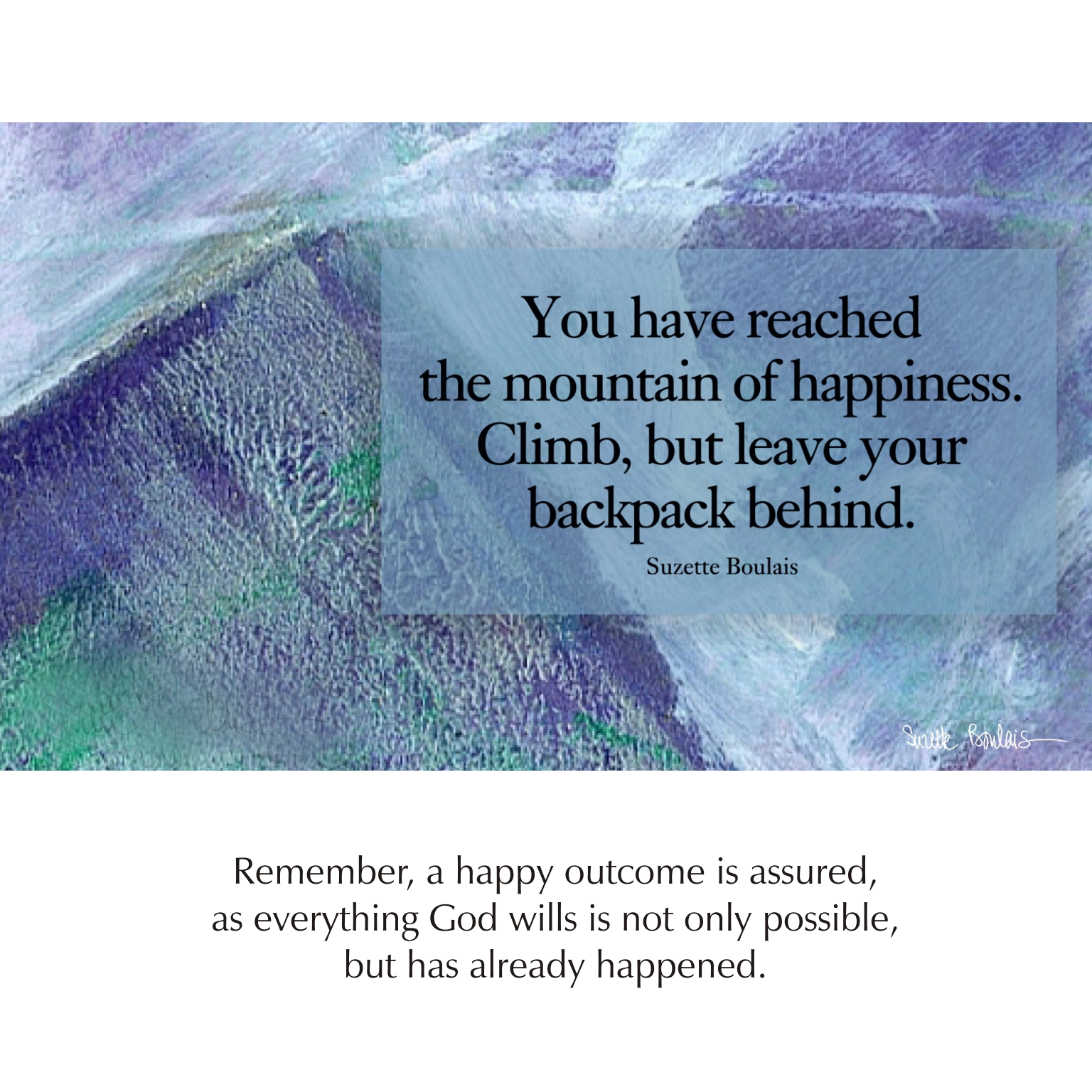
Remember, you are here only to be truly helpful.





Remember, God is in everything you see  
because God is in your mind.  
Nothing is separate by itself or in itself.





You have reached  
the mountain of happiness.  
Climb, but leave your  
backpack behind.

Suzette Boulais

Remember, a happy outcome is assured,  
as everything God wills is not only possible,  
but has already happened.





This book is dedicated to the members of the  
Course in Miracles study group that meets every Sunday morning  
at the Universalist Unitarian Church in Peoria, Illinois