

The background of the entire page is a photograph of a sunset over the ocean. The sun is a bright, glowing orb in the center of the horizon, casting a warm orange and yellow light across the sky. The ocean below is dark blue with white-capped waves, and the water's surface is shimmering with reflections of the sunset light, creating a bokeh effect of small, bright spots.

# *The Pulse of Your* THOUGHTS

*Ways to Think and Project with Love!*

*"Like A Course in Miracles and the Abraham teachings, **The Pulse of Your Thoughts** empowers you to become a conscious learner. It offers simple, practical guidance for changing your mind to get to your heart and rediscover your true self, which is love."*

**—Robert Rosenthal, M.D.,** Co-President of the Foundation for Inner Peace

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