

*In the unprecedented condition of fear and anxiety that besets much of Mankind at this place in time, these positively true ideas that the "Creative Source of all that is or ever will be," surrounds us with perfect peace and happiness that is ours for the perseverance of "finding through seeking," takes on a whole new certainty of possibility.*

*As a method of discovery, here are some very personal practices and exercises you may employ to accelerate your revelatory experience of communication with God through the Self-realization of your own eternal mind.*



***Remember:***

***God Is.***

***And always was***

***And always will be.***

***He is not lost.***

***You are!***



## **God Is My Source. I Cannot See Apart From Him.**

**Perception is not an attribute of God. His is the realm of knowledge. Yet He has created the Holy Spirit as the Mediator between perception and knowledge. Without this link with God, perception would have replaced knowledge forever in your mind. With this link with God, perception will become so changed and purified that it will lead to knowledge. That is its function as the Holy Spirit sees it. Therefore, that is its function in truth.**

In God you cannot see. Perception has no function in God, and does not exist. Yet in salvation, which is the undoing of what never was, perception has a mighty purpose. Made by the Son of God for an unholy purpose, it must become the means for the restoration of his holiness to his awareness. Perception has no meaning. Yet does the Holy Spirit give it a meaning very close to God's. Healed perception becomes the means by which the Son of God forgives his brother, and thus forgives himself.

You cannot see apart from God because you cannot be apart from God. Whatever you do you do in Him, because whatever you think, you think with His Mind. If vision is real, and it is real to the extent to which it shares the Holy Spirit's purpose, then you cannot see apart from God.

Three five-minute practice periods are required today, one as early and one as late as possible in the day. The third may be undertaken at the most convenient and suitable time that circumstances and readiness permit. At the beginning of these practice periods, repeat the idea, ***God is my Source, I cannot see apart from Him*** to yourself with eyes open. Then glance around you for a short time, applying the idea specifically to what you see. Four or five subjects for this phase of the practice period are sufficient.

You might say, for example:

***God is my Source.***

***I cannot see this desk apart from Him.***

***God is my Source.***

***I cannot see that picture apart from Him.***

Although this part of the exercise period should be relatively short, be sure that you select the subjects for this phase of practice indiscriminately, without self-directed inclusion or exclusion. For the second and longer phase, close your eyes, repeat the idea again, and then let whatever relevant thoughts occur to you add to the idea in your own personal way. Thoughts such as:

***I see through the eyes of forgiveness.***

***I see the world as blessed.***

***The world can show me myself.***

***I see my own thoughts, which are like God's.***

Any thought related more or less directly to today's idea is suitable. The thoughts need not bear any obvious relationship to the idea, but they should not be in opposition to it.

If you find your mind wandering; if you begin to be aware of thoughts which are clearly out of accord with today's idea, ***God is my Source, I cannot see apart from Him***, or if you seem to be unable to think of anything, open your eyes, repeat the first phase of the exercise period, and then attempt the second phase again. Do not allow any protracted period to occur in which you become preoccupied with irrelevant thoughts. Return to the first phase of the exercises as often as necessary to prevent this.

In applying today's idea in the shorter practice periods, the form may vary according to the circumstances and situations in which you find yourself during the day.

When you are with someone else, for example, try to remember to tell him silently:

***God is my Source.***

***I cannot see you apart from Him.***

This form is equally applicable to strangers as it is to those you think are closer to you. In fact, try not to make distinctions of this kind at all.

Today's idea should also be applied throughout the day to various situations and events that may occur, particularly to those which seem to distress you in any way. For this purpose, apply the idea in this form:

***God is my Source.***

***I cannot see this apart from Him.***

If no particular subject presents itself to your awareness at the time, merely repeat the idea in its original form. Try today not to allow any long periods of time to slip by without remembering today's idea, and thus remembering your function.

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*For the Father loveth the Son,  
and sheweth him all things that Himself doeth:  
and He will shew him greater works than these,  
that ye may marvel.*

*For as the Father raiseth up the dead,  
and quickeneth them;  
even so the Son quickeneth whom he will.*

*John 5:20-21*

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## **God Is The Light In Which I See.**

**We are continuing the idea that God is your Source and you cannot see apart from Him, and adding another dimension to it. You cannot see in darkness, and you cannot make light. You can make darkness and then think you see in it, but light reflects life, and is therefore an aspect of creation. Creation and darkness cannot coexist, but light and life must go together, being but different aspects of creation.**

In order to see, you must recognize that light is within, not without. You do not see outside yourself, nor is the equipment for seeing outside you. An essential part of this equipment is the light that makes seeing possible. It is with you always, making vision possible in every circumstance.

Today we are going to attempt to reach that light. For this purpose, we will use a form of exercise which we will utilize increasingly. It is a particularly difficult form for the undisciplined mind, and represents a major goal of mind training. It requires precisely what the untrained mind lacks. Yet this training must be accomplished if you are to see.

Have at least three practice periods today, each lasting five minutes. A longer time is highly recommended, but only if you find the time slipping by with little or no sense of strain. The form of practice we will use today is the most natural and easy one in the world for the trained mind, just as it seems to be the most unnatural and difficult for the untrained mind.

Your mind is no longer wholly untrained. You are quite ready to learn the form of exercise we will use today, but you may find that you will encounter strong resistance. The reason is very simple. While you practice in this way, you leave behind



everything that you now believe, and all the thoughts that you have made up. Properly speaking, this is the release from hell. Yet perceived through your eyes, it is loss of identity and a descent into hell.

If you can stand aside from this world by ever so little, you will have no difficulty in recognizing that its opposition and its fears are meaningless. You might find it helpful to remind yourself, from time to time, that to reach light is to escape from darkness, whatever you may believe to the contrary.

***God is the Light in which you see. You are attempting to reach Him.***

Begin the practice period by repeating ***God is the Light in which I see*** with your eyes open, and close them slowly, repeating the idea several times more. Then try to sink into your mind, letting go every kind of interference and intrusion by quietly sinking past them. Your mind cannot be stopped in this unless you choose to stop it. It is merely taking its natural course. Try to observe your passing thoughts without involvement, and slip quietly by them.

While no particular approach is advocated for this form of exercise, what is needful is a sense of the importance of what you are doing; its inestimable value to you, and an awareness that you are attempting something very holy. Salvation is your happiest accomplishment. It is also the only one that has any meaning, because it is the only one that has any real use to you at all.

If resistance rises in any form, pause long enough to repeat today's idea, keeping your eyes closed unless you are aware of fear. In that case, you will probably find it more reassuring to open your eyes briefly. Try, however, to return to the exercises with eyes closed as soon as possible.

If you are doing the exercises correctly, you should experience some sense of relaxation, and even a feeling that you are approaching, if not actually entering into light. Try to think of light, formless and without limit, as you pass by the thoughts of this world. And do not forget that they cannot hold you to the world unless you give them the power to do so.

Throughout the day repeat the idea often, with eyes open or closed as seems better to you at the time. But do not forget. Above all, be determined not to forget today.

***God is the Light in which I see.***

***Before the light you will receive today the world will fade until it disappears, and you will see another world arise you have no words to picture. Now we walk directly into light.***

***Close your eyes upon the world you see, and in the silent darkness watch the lights that are not of this world light one by one, until where one begins another ends loses all meaning as they blend in one. The lights of Heaven bend to you.***

***Angels light the way, so that all darkness vanishes, and you are standing in a light so bright and clear that you can understand all things you see. A tiny moment of surprise, perhaps, will make you pause before you realize the world you see before you in the light reflects the truth you knew, and did not quite forget in wandering away in dreams.***

***Workbook Lessons 122, 129, 131***

## **God Is The Mind With Which I Think.**

**This idea holds the key to what your real thoughts are. They are nothing that you think you think, just as nothing that you think you see is related to vision in any way. There is no relationship between what is real and what you think is real. Nothing that you think are your real thoughts resemble your real thoughts in any respect. Nothing that you think you see bears any resemblance to what vision will show you.**

You think with the Mind of God. Therefore you share your thoughts with Him, as He shares His with you. They are the same thoughts, because they are thought by the same Mind. To share is to make alike, or to make one. Nor do the thoughts you think with the Mind of God leave your mind, because thoughts do not leave their source. Therefore, your thoughts are in the Mind of God, as you are. They are in your mind as well, where He is. As you are part of His Mind, so are your thoughts part of His Mind.

Where, then, are your real thoughts? Today we will attempt to reach them. We will have to look for them in your mind, because that is where they are. They must still be there, because they cannot have left their source. What is thought by the Mind of God is eternal, being part of creation.

Our three five-minute practice periods for today will take the same general form that we used in applying yesterday's idea. We will attempt to leave the unreal and seek for the real. We will deny the world in favor of truth. We will not let the thoughts of the world hold us back. We will not let the beliefs of the world tell us that what God would have us do is impossible. Instead, we will try to recognize that only what God would have us do is possible.

We will also try to understand that only what God would have us do is what we want to do. And we will also try to remember that we cannot fail in doing what He would have us do. There is every reason to feel confident that we will succeed today. It is the Will of God.

Begin the exercises for today by repeating:

***God is the Mind with which I think*** to yourself, closing your eyes as you do so. Then spend a fairly short period in thinking a few relevant thoughts of your own, keeping the idea in mind. After you have added some four or five thoughts of your own to the idea, repeat it again and tell yourself gently:

***My real thoughts are in my mind.  
I would like to find them.***

Then try to go past all the unreal thoughts that cover the truth in your mind, and reach to the eternal.

Under all the senseless thoughts and mad ideas with which you have cluttered up your mind are the thoughts that you thought with God in the beginning. They are there in your mind now, completely unchanged. They will always be in your mind, exactly as they always were. Everything you have thought since then will change, but the foundation on which it rests is wholly changeless.

It is this foundation toward which these exercises are directed. Here is your mind joined with the Mind of God. Here are your thoughts one with His. For this kind of practice only one thing is necessary; approach it as you would an altar dedicated in Heaven to God the Father and to God the Son. For such is the place you are trying to reach. You will probably be unable as yet to realize how high you are trying to go. Yet even with the

little understanding you have already gained, you should be able to remind yourself that this is no idle game, but an exercise in holiness and an attempt to reach the Kingdom of Heaven.

In the shorter exercise periods for today, try to remember how important it is to you to understand the holiness of the mind that thinks with God. Take a minute or two, as you repeat the idea throughout the day, to appreciate your mind's holiness. Stand aside, however briefly, from all thoughts that are unworthy of Him whose host you are. And thank Him for the thoughts He is thinking with you.

***God is the Mind with which you think.***

***Beyond the body, beyond the sun and stars, past everything you see and yet somehow familiar, is an arc of golden light that stretches as you look into a great and shining circle. And all the circle fills with light before your eyes. The edges of the circle disappear, and what is in it is no longer contained at all. The light expands and covers everything, extending to infinity forever shining and with no break or limit anywhere. Within it everything is joined in perfect continuity. Nor is it possible to imagine that anything could be outside, for there is nowhere that this light is not.***

*Text, Chapter 21*

## **God Is The Love In Which I Forgive.**

**God does not forgive because He has never condemned. And there must be condemnation before forgiveness is necessary. Forgiveness is the great need of this world, but that is because it is a world of illusions. Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. As you condemn only yourself, so do you forgive only yourself.**

Yet although God does not forgive, His Love is nevertheless the basis of forgiveness. Fear condemns and love forgives. Forgiveness thus undoes what fear has produced, returning the mind to the awareness of God. For this reason, forgiveness can truly be called salvation. It is the means by which illusions disappear.

These exercises require at least three full five-minute practice periods, and as many shorter ones as possible. Begin the longer practice periods by repeating ***God is the Love in which I forgive*** to yourself. Close your eyes as you do so, and spend a minute or two in searching your mind for those whom you have not forgiven. It does not matter “how much” you have not forgiven them. You have forgiven them entirely or not at all.

If you are doing the exercises well you should have no difficulty in finding a number of people you have not forgiven. It is a safe rule that anyone you do not like is a suitable subject. Mention each one by name, and say:

***God is the Love in which I forgive you, [name].***

The purpose of the first phase of today’s practice periods is to put you in a position to forgive yourself. After you have applied

the idea to all those who have come to mind, tell yourself:

***God is the Love in which I forgive myself.***

Then devote the remainder of the practice period to adding related ideas such as:

***God is the Love with which I love myself.***  
***God is the Love in which I am blessed.***

The form of the application may vary considerably, but the central idea should not be lost sight of. You might say, for example:

I cannot be guilty because I am a Son of God.

I have already been forgiven.

No fear is possible in a mind beloved of God.

There is no need to attack because love has forgiven me.

The practice period should end, however, with a repetition of today's idea as originally stated.

The shorter practice periods may consist either of a repetition of ***God is the Love in which I forgive*** in the original or in a related form, as you prefer. Be sure, however, to make more specific applications if they are needed. They will be needed at any time during the day when you become aware of any kind of negative reaction to anyone, present or not. In that event, tell him silently:

***God is the Love in which I forgive you.***

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*Love your enemies, bless them that curse you,  
do good to them that hate you, and pray for them  
which despitefully use you, and persecute you;*

*Be ye therefore perfect,  
even as your Father which is in heaven is perfect.*

*Matthew 5:44&48*

## **God Is The Strength In Which I Trust.**

**If you are trusting in your own strength, you have every reason to be apprehensive, anxious and fearful. What can you predict or control? What is there in you that can be counted on? What would give you the ability to be aware of all the facets of any problem, and to resolve them in such a way that only good can come of it? What is there in you that gives you the recognition of the right solution, and the guarantee that it will be accomplished?**

Of yourself you can do none of these things. To believe that you can is to put your trust where trust is unwarranted, and to justify fear, anxiety, depression, anger and sorrow. Who can put his faith in weakness and feel safe? Yet who can put his faith in strength and feel weak?

God is your safety in every circumstance. His Voice speaks for Him in all situations and in every aspect of all situations, telling you exactly what to do to call upon His Strength and His Protection. There are no exceptions because God has no exceptions. And the Voice which speaks for Him thinks as He does.

Today we will try to reach past your own weakness to the Source of real strength. Four five-minute practice periods are necessary today, and longer and more frequent ones are urged. Close your eyes and begin, as usual, by repeating ***God is the Strength in which I trust***. Then spend a minute or two in searching for situations in your life which you have invested with fear, dismissing each one by telling yourself:

***God is the Strength in which I trust.***

Now try to slip past all concerns related to your own sense of inadequacy. It is obvious that any situation that causes you



concern is associated with feelings of inadequacy, for otherwise you would believe that you could deal with the situation successfully. It is not by trusting yourself that you will gain confidence. But the Strength of God in you is successful in all things.

The recognition of your own frailty is a necessary step in the correction of your errors, but it is hardly a sufficient one in giving you the confidence which you need, and to which you are entitled. You must also gain an awareness that confidence in your real strength is fully justified in every respect and in all circumstances.

In the latter phase of the practice period, try to reach down into your mind to a place of real safety. You will recognize that you have reached it if you feel a sense of deep peace, however briefly. Let go all the trivial things that churn and bubble on the surface of your mind, and reach down and below them to the Kingdom of Heaven. **There is a place in you where there is perfect peace. There is a place in you where nothing is impossible. There is a place in you where the Strength of God abides.**

During the day, repeat the idea often. Use it as your answer to any disturbance. Remember that peace is your right, because you are giving your trust to the Strength of God.

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*And all things,  
whatsoever ye shall ask in prayer, believing,  
ye shall receive.*

*All power is given unto you in heaven and earth.  
Go ye therefore and heal the sick and raise the dead.*

*Matthew 21:22, 28:18, 10:8*

## **God Is My Strength. Vision Is His Gift.**

**This idea combines two very powerful thoughts, both of major importance. It also sets forth a cause and effect relationship that explains why you cannot fail in your efforts to achieve the goal you have set for yourself. You will see because it is the Will of God. It is His Strength, not your own, that gives you power. And it is His Gift, rather than your own, that offers vision to you.**

God is indeed your strength, and what He gives is truly given. This means that you can receive it any time and anywhere, wherever you are, and in whatever circumstance you find yourself. Your passage through time and space is not at random. You cannot but be in the right place at the right time. Such is the Strength of God. Such are His Gifts.

We will have four five-minute practice periods today, the first as soon as possible after you wake, and the last as close as possible to the time you go to sleep. It is better, however, to wait until you can sit quietly by yourself, at a time when you feel ready, than it is to be concerned with the time as such.

Begin these practice periods by repeating ***God is my Strength. Vision is His Gift***, slowly with your eyes open, looking about you. Then close your eyes and repeat the idea again, even slower than before. After this, try to think of nothing except thoughts that occur to you in relation to the idea for the day. You might think, for example:

**Vision must be possible. God gives truly,**

**or:**

**God's Gifts to me must be mine,**

**because He gave them to me.**

Any thought that is clearly related to the idea for today is suitable.

You may, in fact, be astonished at the amount of God-related understanding some of your thoughts contain. Let them come without censoring unless you find your mind is merely wandering, and you have let obviously irrelevant thoughts intrude. You may also reach a point where no thoughts at all seem to come to mind. If such interferences occur, open your eyes and repeat the thought once more while looking slowly about; close your eyes, repeat the idea once more, and then continue to look for related thoughts in your mind.

Remember, however, that active searching for relevant thoughts is not appropriate for these exercises. Try merely to step back and let the thoughts come. If you find this difficult, it is better to spend the practice period alternating between slow repetitions of the idea with eyes open, then with eyes closed, than it is to strain to find suitable thoughts.

There is no limit on the number of short practice periods that would be beneficial today. The idea for the day is a beginning step in bringing thoughts together, and teaching you that you are studying a unified thought system in which nothing is lacking that is needed, and nothing is included that is contradictory or irrelevant.

The more often you repeat the idea during the day, the more often you will be reminding yourself that your goal is important to you, and that you have not forgotten it.

***God is my Strength. Vision is His Gift.***

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*Ask, and it shall be given you; seek, and you shall find;  
knock, and it shall be opened unto you:*

*For every one that asks receives; and he that seeks finds;  
and to him that knocks it shall be opened.*

*Matthew 7:7-8*

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## **There Is Nothing To Fear.**

**The idea for today simply states a fact. It is not a fact to those who believe in illusions, but illusions are not facts. In truth there is nothing to fear. It is very easy to recognize this. But it is very difficult to recognize it for those who want illusions to be true.**

Today's practice periods will be very short, very simple and very frequent. Merely repeat ***there is nothing to fear*** as often as possible.

You can use it with your eyes open at any time and in any situation. It is strongly recommended, however, that you take a minute or so whenever possible to close your eyes and repeat the idea slowly to yourself several times. It is particularly important that you use the idea immediately, should anything disturb your peace of mind.

The presence of fear is a sure sign that you are trusting in your own strength. The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His Strength take the place of your weakness.

The instant you are willing to do this there is indeed nothing to fear. Any one of these ideas will work perfectly if you let it:

***I come from God, there is nothing to fear.  
God is with me, there is nothing to fear.  
God is my Strength, there is nothing to fear.  
God lights my way, there is nothing to fear.***

## **God Goes With Me Wherever I Go.**

**This idea will overcome completely the sense of loneliness and abandonment all the separated ones experience. Depression is an inevitable consequence of separation. So are anxiety, worry, a deep sense of helplessness, misery, suffering and intense fear of loss.**

The separated ones have invented many “cures” for what they believe to be “the ills of the world.” But the one thing they do not do is to question the reality of the problem. Yet its effects cannot be cured because the problem is not real. The idea for today has the power to end all this foolishness forever. And foolishness it is, despite the serious and tragic forms it may take.

Deep within you is everything that is perfect, ready to radiate through you and out into the world. It will cure all sorrow and pain and fear and loss because it will heal the mind that thought these things were real, and suffered out of its allegiance to them.

**You can never be deprived of your perfect holiness because its Source goes with you wherever you go. You can never suffer because the Source of all joy goes with you wherever you go. You can never be alone because the Source of all life goes with you wherever you go. Nothing can destroy your peace of mind because God goes with you wherever you go.**

We understand that you do not believe all this. How could you, when the truth is hidden deep within, under a heavy cloud of insane thoughts, dense and obscuring, yet representing all you see? Today we will make our first real attempt to get past this dark and heavy cloud, and to go through it to the light beyond.

Let's continue with your five-minute practice periods today. In the morning, as soon as you get up if possible, sit quietly for some three to five minutes, with your eyes closed. At the beginning of the practice period, repeat ***God goes with me wherever I go*** very slowly. Then make no effort to think of anything. Try, instead, to get a sense of turning inward, past all the idle thoughts of the world. Try to enter very deeply into your own mind, keeping it clear of any thoughts that might divert your attention.

From time to time, you may repeat the idea if you find it helpful. But most of all, try to sink down and inward, away from the world and all the foolish thoughts of the world. You are trying to reach past all these things. You are trying to leave appearances and approach reality.

**It is quite possible to reach God. In fact it is very easy, because it is the most natural thing in the world. You might even say it is the only natural thing in the world. The way will open, if you believe that it is possible. This exercise can bring very startling results even the first time it is attempted, and sooner or later it is always successful. But it will never fail completely, and instant success is possible.**

Throughout the day use today's idea often, repeating it very slowly, preferably with eyes closed. Think of what you are saying; what the words mean. Concentrate on the holiness that they imply about you; on the unfailing companionship that is yours; on the complete protection that surrounds you.

***You can indeed afford to laugh at fear thoughts, remembering that God goes with you wherever you go.***

## **God's Voice Speaks To Me All Through The Day.**

**It is quite possible to listen to God's Voice all through the day without interrupting your regular activities in any way. The part of your mind in which truth abides is in constant communication with God, whether you are aware of it or not. It is the other part of your mind that functions in the world and obeys the world's laws. It is this part that is constantly distracted, disorganized and highly uncertain.**

The part that is listening to the Voice for God is calm, always at rest and wholly certain. It is really the only part there is. The other part is a wild illusion, frantic and distraught, but without reality of any kind. Try today not to listen to it. Try to identify with the part of your mind where stillness and peace reign forever. Try to hear God's Voice call to you lovingly, reminding you that your Creator has not forgotten His Son.

We will need at least four five-minute practice periods today, and more if possible. We will try actually to hear God's Voice reminding you of Him and of your Self. We will approach this happiest and holiest of thoughts with confidence, knowing that in doing so we are joining our will with the Will of God. He wants you to hear His Voice. He gave It to you to be heard.

Listen in deep silence. Be very still and open your mind. Go past all the raucous shrieks and sick imaginings that cover your real thoughts and obscure your eternal link with God. Sink deep into the peace that waits for you beyond the frantic, riotous thoughts and sights and sounds of this insane world.

**You do not live here. We are trying to reach your real home. We are trying to reach the place where you are truly welcome. We are trying to reach God.**

Do not forget to repeat today's idea very frequently. Do so with your eyes open when necessary, but closed when possible. And be sure to sit quietly and repeat the idea for today whenever you can, closing your eyes on the world, and realizing that you are inviting God's Voice to speak to you.

***God's Voice speaks to me all through the day.  
It reminds me always that I am whole and  
perfect as I was created.***

***To look upon the fear of God does need some preparation. Only the sane can look on stark insanity and raving madness with pity and compassion, but not with fear. This is the place to which everyone must come when he is ready. Nor is it possible to look on this too soon. Stand you here a while and tremble not. You will be ready. Let us join together in a holy instant. Here, with the journey's end before you, you see its purpose. And it is here you choose whether to look upon it or wander on, only to return and make the choice again.***

***-Text, Chapter 19***



## **I Am Sustained By The Love Of God.**

**Here is the answer to every problem that will confront you, today and tomorrow and throughout time. In this world, you believe you are sustained by everything but God. Your faith is placed in the most trivial and insane symbols; pills, money, “protective” clothing, influence, prestige, being liked, knowing the “right” people, and an endless list of forms of nothingness that you endow with magical powers.**

All these things are your replacements for the Love of God. All these things are cherished to ensure a body identification. They are songs of praise to the meaningless, fear-ridden condition that is only your own dream of death. Do not put your faith in the worthless. It will not sustain you.

Only the Love of God will protect you in all circumstances. It will lift you out of every trial, and raise you high above all the perceived dangers of this world into a climate of perfect peace and safety. It will transport you into a state of mind that nothing can threaten, nothing can disturb, and where nothing can intrude upon the eternal calm of the Son of God.

Put not your faith in illusions. They will fail you. Put all your faith in the Love of God within you; eternal, changeless and forever unfailing. This is the answer to whatever confronts you. Through the Love of God within you, you can resolve all seeming difficulties without effort and in sure confidence. Tell yourself this often today. It is a declaration of release from the belief in idols. It is your acknowledgment of the truth about yourself.

For ten minutes, twice today, morning and evening, and

throughout the day, whenever your human toils seem to press you down, let this simple truth, ***I am sustained by the Love of God***, sink deep into your consciousness. Repeat it, think about it, let related thoughts come to help you recognize its truth, and allow peace to flow over you like a blanket of protection and surety. Let no idle and foolish thoughts enter to disturb the holy mind of the Son of God. Such is the Kingdom of Heaven. Such is the resting place where your Father has placed you forever.

***Each day, and every minute in each day, and every instant that each minute holds, you but relive the single instant when the time of terror took the place of love. Forgive the past and let it go, for it is gone. You have gone on, and reached the world that lies at Heaven's gate. There is no hindrance to the Will of God, nor any need that you repeat again a journey that was over long ago.***

*Text, Chapter 26*

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*And if I go and prepare a place for you,  
I will come again, and receive you unto myself;  
that where I am, there ye may be also.  
And whither I go ye know, and the way ye know.  
And no man hath ascended up to heaven,  
but he that came down from heaven,  
even the Son of man which is in heaven.*

*John 14:3-4 & 3:13*

## **I Am As God Created Me.**

**Now stand by. Easy does it. Here we go with the one idea which brings complete salvation; the one statement which makes all forms of temptation powerless; the one thought which will silence and entirely undo the fearful thoughts of loneliness, sorrow and death that make up this world of separation.**

### ***You are as God created you.***

The sounds of this world are still, the sights of this world disappear, and all the thoughts that this world ever held are wiped away forever by this one idea. Here is salvation accomplished. Here is sanity restored.

True light is strength, and strength is sinlessness. If you remain as God created you, you must be strong and light must be in you. He who ensured your sinlessness must be the guarantee of strength and light as well.

### ***You are as God created you.***

Darkness cannot obscure the glory of God's Son. You stand in light, strong in the sinlessness in which you were created, and in which you will remain throughout eternity.

Today we will devote the first five minutes of each waking hour to the attempt to feel the truth in you. Begin these times of searching with these words:

***I am as God created me.***

***I am His Son eternally.***

Now try to reach the Son of God in you. This is the Self that never sinned, nor made an image to replace reality. This is the Self that never left Its home in God to walk the world uncertainly. This is the Self that knows no fear, nor could conceive of loss or suffering or death.

Nothing is required of you to reach this goal except to lay all idols and self-images aside; go past the list of attributes, both good and bad, you have ascribed to yourself; and wait in silent expectancy for the truth. God has Himself promised that it will be revealed to all who ask for it. You are asking now. You cannot fail because He cannot fail.

If you do not meet the requirement of practicing for the first five minutes of every hour, at least remind yourself hourly:

***I am as God created me.  
I am His Son eternally.***

Tell yourself frequently today that you are as God created you. And be sure to respond to anyone who seems to irritate you with these words:

***You are as God created you.  
You are His Son eternally.***

Make every effort to do the hourly exercises today. Each one you do will be a giant stride toward your release.

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*Verily, verily, I say unto you,  
The Son can do nothing of himself, but  
what he seeth the Father do:  
for what things soever He doeth,  
these also doeth the Son likewise.*

*John 5:19*

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## **I Am As God Created Me.**

**Let's try it again. Are you still listening? Remember that this one thought will be enough to save you and the world, if you believe that it is true. Its truth will mean that you have made no changes in yourself that have reality, nor changed the universe so that what God created was replaced by fear and evil, misery and death. If you remain as God created you fear has no meaning, evil is not real, and misery and death do not exist.**

This idea is therefore all you need to let complete correction heal your mind, and give you perfect vision that will heal all the mistakes that any mind has made at any time or place. It is enough to heal the past and make the future free. It is enough to let the present be accepted as it is. It is enough to let time be the means for all the world to learn escape from time, and every change that time appears to bring in passing by.

If you remain as God created you, appearances cannot replace the truth, health cannot turn to sickness, nor can death be substitute for life, or fear for love. All this has not occurred, if you remain as God created you. You need no thought but just this one, to let redemption come to light the world and free it from the past.

In this one thought is all the past undone; the present saved to quietly extend into a timeless future. If you are as God created you, then there has been no separation of your mind from His, no split between your mind and other minds, and only unity within your own.

The healing power of today's idea is limitless. It is the birthplace

of all miracles, the great restorer of the truth to the awareness of the world. Practice today's idea with gratitude. This is the truth that comes to set you free. This is the truth that God has promised you. This is the Word in which all sorrow ends.

Remember you are devoting five minutes of each hour of this day to your own personal awakening to God's Love. Begin with this:

***I am as God created me.  
His Son can suffer nothing.  
And I am His Son.***

Then, with this statement firmly in your mind, try to discover in your mind the Self who is the holy Son of God Himself.

Seek Him within you who is Christ in you, the Son of God and brother to the world; the Savior who has been forever saved, with power to save whoever touches Him, however lightly, asking for the Word that tells him he is brother unto Him.

***You are as God created you.***

Today honor your Self. Let graven images you made to be the Son of God instead of what he is be worshipped not today. Deep in your mind the holy Christ in you is waiting your acknowledgment as you. And you are lost and do not know yourself while He is unacknowledged and unknown.

Seek Him today, and find Him. He will be your Savior from all idols you have made. For when you find Him, you will understand how worthless are your idols, and how false the images which you believed were you. Today we make a great advance to truth by letting idols go, and opening our hands and hearts and minds to God today.

We will remember Him throughout the day with thankful hearts and loving thoughts for all who meet with us today. For it is thus that we remember Him. And we will say, that we may be reminded of His Son, our holy Self, the Christ in each of us:

***I am as God created me.***

Let us declare this truth as often as we can. This is the Word of God that sets you free. This is the key that opens up the gate of Heaven, and that lets you enter in the peace of God and His eternity.

***It seems to you the world will utterly abandon you if you but raise your eyes. Yet all that will occur is you will leave the world forever. This is the reestablishment of your will. Look upon it, open-eyed, and you will nevermore believe that you are at the mercy of things beyond you, forces you cannot control, and thoughts that come to you against your will. It is your will to look on this. No mad desire, no trivial impulse to forget again, no stab of fear nor the cold sweat of seeming death can stand against your will. For what attracts you from beyond the veil is also deep within you, unseparated from it and completely one.***

***Text, Chapter 19***

## **I Am As God Created Me.**

**All right now. One more time. Are you ready?**

**You are about to remember that the salvation of the world depends on you. This single thought, held firmly in mind, will save the world. At last you have reached another stage in learning! These words are beginning to mean far more to you as you advance. These words are sacred, for they are the words God gave in answer to the world you made. By them it disappears, and all things seen within its misty clouds and vaporous illusions vanish as these words are spoken. For they come from God.**

Here is the Word by which the Son became His Father's Happiness, His Love and His Completion. Here creation is proclaimed, and honored as it is. There is no dream these words will not dispel; no thought of sin and no illusion which the dream contains that will not fade away before their might. They are the trumpet of awakening that sounds around the world. The dead awake in answer to its call. And those who live and hear this sound will never look on death.

Holy indeed is he who makes these words his own; arising with them in his mind, recalling them throughout the day, at night bringing them with him as he goes to sleep. His dreams are happy and his rest secure, his safety certain and his body healed, because he sleeps and awakens with the truth before him always. He will save the world, because he gives the world what he receives each time he practices the words of truth.

Today we practice simply but with a new-found certainty. For the words we use are mighty, and they need no thoughts beyond themselves to change the mind of him who uses them.



So wholly is it changed that it is now the treasury in which God places all His Gifts and all His Love, to be distributed to all the world, increased in giving; kept complete because its sharing is unlimited. And thus you learn to think with God. Christ's vision has restored your sight by salvaging your mind.

We honor you today. Yours is the right to perfect holiness you now accept. With this acceptance is salvation brought to everyone, for who could cherish sin when holiness like this has blessed the world? Who could despair when perfect joy is yours, available to all as remedy for grief and misery, all sense of loss, and for complete escape from sin and guilt?

And who would not be brother to you now; you, his redeemer and his savior. Who could fail to welcome you into his heart with loving invitation, eager to unite with one like him in holiness?

***You are as God created you.***

**These words dispel the night, and darkness is no more. The light is come today to bless the world. For you have recognized the Son of God, and in that recognition is the world's.**

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*And I will give unto thee  
the keys of the kingdom of heaven:  
and whatsoever thou shalt bind on earth  
shall be bound in heaven:  
and whatsoever thou shalt loose on earth  
shall be loosed in heaven.*

*Matthew 16:19*

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## I Rest In God.

**We ask for rest today, and quietness unshaken by the world's appearances. We ask for peace and stillness, in the midst of all the turmoil born of clashing dreams. We ask for safety and for happiness, although we seem to look on danger and on sorrow. And we have the thought that will answer our asking with what we request.**

***"I rest in God."*** This thought will bring to you the rest and quiet, peace and stillness, and the safety and the happiness you seek. ***"I rest in God."*** This thought has power to wake the sleeping truth in you, whose vision sees beyond appearances to that same truth in everyone and everything there is. Here is the end of suffering for all the world, and everyone who ever came and yet will come to linger for a while. Here is the thought in which the Son of God is born again, to recognize himself.

***"I rest in God."*** Completely undismayed, this thought will carry you through storms and strife, past misery and pain, past loss and death, and onward to the certainty of God. There is no suffering it cannot heal. There is no problem that it cannot solve. And no appearance but will turn to truth before the eyes of you who rest in God.

This is the day of peace. ***You rest in God***, and while the world is torn by winds of hate your rest remains completely undisturbed. Yours is the rest of truth. Appearances cannot intrude on you. You call to all to join you in your rest, and they will hear and come to you because ***you rest in God***. They will not hear another voice than yours because you gave your voice to God, and now you rest in Him and let Him speak through you.

In Him you have no cares and no concerns, no burdens, no anxiety, no pain, no fear of future and no past regrets. In timelessness you rest, while time goes by without its touch upon you, for your rest can never change in any way at all. You rest today. And as you close your eyes, sink into stillness. Let these periods of rest and respite reassure your mind that all its frantic fantasies were but the dreams of fever that has passed away. Let it be still and thankfully accept its healing. **No more fearful dreams will come, now that you rest in God. Take time today to slip away from dreams and into peace.**

Each hour that you take your rest today, a tired mind is suddenly made glad, a bird with broken wings begins to sing, a stream long dry begins to flow again. The world is born again each time you rest, and hourly remember that you came to bring the peace of God into the world, that it might take its rest along with you.

With each five minutes that you rest today, the world is nearer waking. And the time when rest will be the only thing there is comes closer to all worn and tired minds, too weary now to go their way alone. And they will hear the bird begin to sing and see the stream begin to flow again, with hope reborn and energy restored to walk with lightened steps along the road that suddenly seems easy as they go.

**You rest within the peace of God today, and call upon your brothers from your rest to draw them to their rest, along with you.** You will be faithful to your trust today, forgetting no one, bringing everyone into the boundless circle of your peace, the holy sanctuary where you rest. Open the temple doors and let them come from far across the world, and near as well; your distant brothers and your closest friends; bid them all enter here and rest with you.

**You rest within the peace of God today, quiet and unafraid. Each brother comes to take his rest, and offer it to you. We rest together here, for thus our rest is made complete, and what we give today we have received already. Time is not the guardian of what we give today. We give to those unborn and those passed by, to every Thought of God, and to the Mind in which these Thoughts were born and where they rest. And we remind them of their resting place each time we tell ourselves, “I rest in God.”**

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*And now we say “Amen.” For Christ has come to dwell in the abode You set for Him before time was, in calm eternity. The journey closes, ending at the place where it began. No trace of it remains. Not one illusion is accorded faith, and not one spot of darkness still remains to hide the face of Christ from anyone. Thy Will is done, complete and perfectly, and all creation recognizes You, and knows You as the only Source it has. Clear in Your likeness does the Light shine forth from everything that lives and moves in You. For we have reached where all of us are one, and we are home, where You would have us be.*

*Welcome Home.*

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## **Our Ascension Prayer**

*And now in all your doings be you blessed.  
God turns to you for help to save the world.  
Teacher of God, His thanks He offers you,  
and all the world stands silent in the grace  
You bring from Him.*

*You are the Son He loves, and it is given you  
to be the means through which His Voice is  
heard around the world, to close all things  
of time; to end the sight of all things visible;  
and to undo all things that change.*

*Through you is ushered in a world unseen,  
unheard, yet truly there.*

*Holy are you, and in your light the world  
reflects your holiness, for you are not alone  
and friendless.*

*I give thanks for you, and join your efforts  
on behalf of God, knowing they are on my  
behalf as well, and for all those who walk  
to God with me.*

*Jesus Christ*

## **ALL ABOUT GOD AND HOW TO FIND HIM**

- ◆ God Is My Source. I Cannot See Apart From Him.
- ◆ God Is The Light In Which I See.
- ◆ God Is The Mind With Which I Think.
- ◆ God Is The Love In Which I Forgive.
- ◆ God Is The Strength In Which I Trust.
- ◆ God Is My Strength. Vision Is His Gift.
- ◆ There Is Nothing To Fear.
- ◆ God Goes With Me Wherever I Go.
- ◆ God's Voice Speaks To Me All Through The Day.
- ◆ I Am Sustained By The Love Of God.
- ◆ I Am As God Created Me.
- ◆ I Rest in God.

**Simply ask this and all is given you:**

*Am I all alone in the Universe,  
reliving again and again the existence of fear,  
pain and death  
that is only my personal nightmare of separation*

**OR**

*am I as God created me,  
eternally happy at home in Heaven  
where I really am and have always been.*

—

*Take heart dreamer of death,  
live each moment with this simple certainty  
of the whole truth of the matter...*

**God Is A Fact.**

These true descriptions of God and the manner of your personal enlightenment are from The New Testament of Jesus Christ and His Course In Miracles.