

*A Course In Miracles* is a direct communication from God through Jesus Christ indicating the apparent conditional situation between God and man which is one of false separation, and to the manner in which that apparent schism is and was repaired. Its sole purpose is to bring enlightenment through the transformation of your mind.

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## **Introduction to the Text of *A Course In Miracles*:**

This is a course in miracles. It is a required course. Only the time you take it is voluntary.

Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time.

The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance.

The opposite of love is fear, but what is all-encompassing can have no opposite.

This course can therefore be summed up very simply in this way:

***Nothing real can be threatened.***

***Nothing unreal exists.***

***Herein lies the peace of God.***

Assistance in practicing the lessons in this workbook is available through  
a series of Mind Training Videos available online at

**[www.themasterteacher.tv](http://www.themasterteacher.tv)**

**A COURSE IN MIRACLES  
WORKBOOK**

**Lessons 121 - 140  
and  
Review Lessons 141 - 150**

**The purpose of these workbook lessons is to train  
your mind in a systematic way to a different perception  
of everyone and everything in the world.**



## INTRODUCTION

A theoretical foundation such as the text provides is necessary as a framework to make the exercises in this workbook meaningful. Yet it is doing the exercises that will make the goal of the course possible. An untrained mind can accomplish nothing. It is the purpose of this workbook to train your mind to think along the lines the text sets forth.

The exercises are very simple. They do not require a great deal of time, and it does not matter where you do them. They need no preparation. The training period is one year. The exercises are numbered from 1 to 365. Do not undertake to do more than one set of exercises a day.

**The workbook is divided into two main sections, the first dealing with the undoing of the way you see now, and the second with the acquisition of true perception.** With the exception of the review periods, each day's exercises are planned around one central idea, which is stated first. This is followed by a description of the specific procedures by which the idea for the day is to be applied.

**The purpose of the workbook is to train your mind in a systematic way to a different perception of everyone and everything in the world.** The exercises are planned to help you generalize the lessons, so that you will understand that each of them is equally applicable to everyone and everything you see.

**Transfer of training in true perception does not proceed as does transfer of the training of the world. If true perception has been achieved in connection with any person, situation or event, total transfer to everyone and everything is certain. On the other hand, one exception held apart from true perception makes its accomplishments anywhere impossible.**

The only general rules to be observed throughout, then, are: First, that the exercises be practiced with great specificity, as will be indicated. This will help you to generalize the ideas involved to every situation in which you find yourself, and to everyone and everything in it. Second, be sure that you do not decide for yourself that there are some people, situations or things to which the ideas are inapplicable. This will interfere with transfer of training. **The very nature of true perception is that it has no limits. It is the opposite of the way you see now.**

The overall aim of the exercises is to increase your ability to extend the ideas you will be practicing to include everything. This will require no effort on your part. The exercises themselves meet the conditions necessary for this kind of transfer.

Some of the ideas the workbook presents you will find hard to believe, and others may seem to be quite startling. This does not matter. **You are merely asked to apply the ideas as you are directed to do. You are not asked to judge them at all. You are asked only to use them. It is their use that will give them meaning to you, and will show you that they are true.**

Remember only this; you need not believe the ideas, you need not accept them, and you need not even welcome them. Some of them you may actively resist. None of this will matter, or decrease their efficacy. But do not allow yourself to make exceptions in applying the ideas the workbook contains, and whatever your reactions to the ideas may be, use them. Nothing more than that is required.



## LESSON 121

### **Forgiveness Is The Key To Happiness.**

**Here is the answer to your search for peace. Here is the key to meaning in a world that seems to make no sense. Here is the way to safety in apparent dangers that appear to threaten you at every turn, and bring uncertainty to all your hopes of ever finding quietness and peace. Here are all questions answered; here the end of all uncertainty ensured at last.**

**The unforgiving mind is full of fear, and offers love no room to be itself; no place where it can spread its wings in peace and soar above the turmoil of the world. The unforgiving mind is sad, without the hope of respite and release from pain. It suffers and abides in misery, peering about in darkness, seeing not, yet certain of the danger lurking there.**

The unforgiving mind is torn with doubt, confused about itself and all it sees; afraid and angry, weak and blustering, afraid to go ahead, afraid to stay, afraid to waken or to go to sleep, afraid of every sound, yet more afraid of stillness; terrified of darkness, yet more terrified at the approach of light. What can the unforgiving mind perceive but its damnation? What can it behold except the proof that all its sins are real?

**The unforgiving mind sees no mistakes, but only sins. It looks upon the world with sightless eyes, and shrieks as it beholds its own projections rising to attack its miserable parody of life. It wants to live, yet wishes it were dead. It wants forgiveness, yet it sees no hope. It wants escape, yet can conceive of none because it sees the sinful everywhere.**

**The unforgiving mind is in despair, without the prospect of a future which can offer anything but more despair. Yet it regards its judgment of the world as irreversible, and does not see it has condemned itself to this despair. It thinks it cannot change, for what it sees bears witness that its judgment is correct. It does not ask, because it thinks it knows. It does not question, certain it is right.**

Forgiveness is acquired. It is not inherent in the mind, which cannot sin. As sin is an idea you taught yourself, forgiveness must be learned by you as well, but from a Teacher other than yourself, Who represents the other Self in you. **Through Him you learn how to forgive the self you think you made, and let it disappear. Thus you return your mind as one to Him Who is your Self, and Who can never sin.**

**Each unforgiving mind presents you with an opportunity to teach your own how to forgive itself. Each one awaits release from hell through you, and turns to you imploringly for Heaven here and now. It has no hope, but you become its**



**hope. And as its hope, do you become your own. The unforgiving mind must learn through your forgiveness that it has been saved from hell. And as you teach salvation, you will learn. Yet all your teaching and your learning will be not of you, but of the Teacher Who was given you to show the way to you.**

Today we practice learning to forgive. If you are willing, you can learn today to take the key to happiness, and use it on your own behalf. We will devote ten minutes in the morning, and at night another ten, to learning how to give forgiveness and receive forgiveness, too.

**The unforgiving mind does not believe that giving and receiving are the same. Yet we will try to learn today that they are one through practicing forgiveness toward one whom you think of as an enemy, and one whom you consider as a friend. And as you learn to see them both as one, we will extend the lesson to yourself, and see that their escape included yours.**

Begin the longer practice periods by thinking of someone you do not like, who seems to irritate you, or to cause regret in you if you should meet him; one you actively despise, or merely try to overlook. It does not matter what the form your anger takes. You probably have chosen him already. He will do.

Now close your eyes and see him in your mind, and look at him a while. Try to perceive some light in him somewhere; a little gleam which you had never noticed. Try to find some little spark of brightness shining through the ugly picture that you hold of him. Look at this picture till you see a light somewhere within it, and then try to let this light extend until it covers him, and makes the picture beautiful and good.

Look at this changed perception for a while, and turn your mind to one you call a friend. Try to transfer the light you learned to see around your former “enemy” to him. Perceive him now as more than friend to you, for in that light his holiness shows you your savior, saved and saving, healed and whole.

**Then let him offer you the light you see in him, and let your “enemy” and friend unite in blessing you with what you gave. Now are you one with them, and they with you. Now have you been forgiven by yourself. Do not forget, throughout the day, the role forgiveness plays in bringing happiness to every unforgiving mind, with yours among them. Every hour tell yourself:**

*Forgiveness is the key to happiness.*

*I will awaken from the dream that I am mortal, fallible and full of sin,  
and know I am the perfect Son of God.*

## LESSON 122

### **Forgiveness Offers Everything I Want.**

**What could you want forgiveness cannot give? Do you want peace? Forgiveness offers it. Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world? Do you want care and safety, and the warmth of sure protection always? Do you want a quietness that cannot be disturbed, a gentleness that never can be hurt, a deep, abiding comfort, and a rest so perfect it can never be upset?**

All this forgiveness offers you, and more. It sparkles on your eyes as you awake, and gives you joy with which to meet the day. It soothes your forehead while you sleep, and rests upon your eyelids so you see no dreams of fear and evil, malice and attack. And when you wake again, it offers you another day of happiness and peace. All this forgiveness offers you, and more.

Forgiveness lets the veil be lifted up that hides the face of Christ from those who look with unforgiving eyes upon the world. It lets you recognize the Son of God, and clears your memory of all dead thoughts so that remembrance of your Father can arise across the threshold of your mind. What would you want forgiveness cannot give? What gifts but these are worthy to be sought? What fancied value, trivial effect or transient promise, never to be kept, can hold more hope than what forgiveness brings?

**Why would you seek an answer other than the answer that will answer everything? Here is the perfect answer, given to imperfect questions, meaningless requests, half-hearted willingness to hear, and less than halfway diligence and partial trust. Here is the answer! Seek for it no more. You will not find another one instead.**

God's plan for your salvation cannot change, nor can it fail. Be thankful it remains exactly as He planned it. Changelessly it stands before you like an open door, with warmth and welcome calling from beyond the doorway, bidding you to enter in and make yourself at home, where you belong.

**Here is the answer! Would you stand outside while all of Heaven waits for you within? Forgive and be forgiven. As you give you will receive. There is no plan but this for the salvation of the Son of God. Let us today rejoice that this is so, for here we have an answer, clear and plain, beyond deceit in its simplicity. All the complexities the world has spun of fragile cobwebs disappear before the power and the majesty of this extremely simple statement of the truth.**

Here is the answer! Do not turn away in aimless wandering again. Accept salvation now. It is the gift of God, and not the world. The world can give no gifts of any value to a mind that has received what God has given as its own. God wills salvation be received today, and that the intricacies of your dreams no longer hide their nothingness from you.

**Open your eyes today and look upon a happy world of safety and of peace. Forgiveness is the means by which it comes to take the place of hell. In quietness it rises up to greet your open eyes, and fill your heart with deep tranquility as ancient truths, forever newly born, arise in your awareness. What you will remember then can never be described. Yet your forgiveness offers it to you.**

Remembering the gifts forgiveness gives, we undertake our practicing today with hope and faith that this will be the day salvation will be ours. Earnestly and gladly will we seek for it today, aware we hold the key within our hands, accepting Heaven's answer to the hell we made, but where we would remain no more.

Morning and evening do we gladly give a quarter of an hour to the search in which the end of hell is guaranteed. Begin in hopefulness, for we have reached the turning point at which the road becomes far easier. **And now the way is short that yet we travel. We are close indeed to the appointed ending of the dream.**

Sink into happiness as you begin these practice periods, for they hold out the sure rewards of questions answered and what your acceptance of the answer brings. **Today it will be given you to feel the peace forgiveness offers, and the joy the lifting of the veil holds out to you.**

**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, and we receive the gifts that have been held in store for us since time began, kept waiting for today.**

Forgiveness offers everything you want. Today all things you want are given you. Let not your gifts recede throughout the day, as you return again to meet a world of shifting change and bleak appearances. Retain your gifts in clear awareness as you see the changeless in the heart of change; the light of truth behind appearances.

Be tempted not to let your gifts slip by and drift into forgetfulness, but hold them firmly in your mind by your attempts to think of them at least a minute as each quarter

of an hour passes by. Remind yourself how precious are these gifts with this reminder, which has power to hold your gifts in your awareness through the day:

*Forgiveness offers everything I want.*

*Today I have accepted this as true.*

*Today I have received the gifts of God.*

## *Diary*

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*Forgive and be forgiven. As you give you will receive.  
There is no plan but this for the salvation of the Son of God.*

## LESSON 123

### **I Thank My Father For His Gifts To Me.**

Today let us be thankful. We have come to gentler pathways and to smoother roads. There is no thought of turning back, and no implacable resistance to the truth. A bit of wavering remains, some small objections and a little hesitance, but you can well be grateful for your gains, which are far greater than you realize.

A day devoted now to gratitude will add the benefit of some insight into the real extent of all the gains which you have made; the gifts you have received. **Be glad today, in loving thankfulness, your Father has not left you to yourself, nor let you wander in the dark alone. Be grateful He has saved you from the self you thought you made to take the place of Him and His creation. Give Him thanks today.**

**Give thanks that He has not abandoned you, and that His Love forever will remain shining on you, forever without change. Give thanks as well that you are changeless, for the Son He loves is changeless as Himself. Be grateful you are saved. Be glad you have a function in salvation to fulfill. Be thankful that your value far transcends your meager gifts and petty judgments of the one whom God established as His Son.**

**Today in gratitude we lift our hearts above despair, and raise our thankful eyes, no longer looking downward to the dust. We sing the song of thankfulness today, in honor of the Self That God has willed to be our true Identity in Him. Today we smile on everyone we see, and walk with lightened footsteps as we go to do what is appointed us to do.**

We do not go alone. And we give thanks that in our solitude a Friend has come to speak the saving Word of God to us. And thanks to you for listening to Him. His Word is soundless if it be not heard. In thanking Him the thanks are yours as well. An unheard message will not save the world, however mighty be the Voice that speaks, however loving may the message be.

Thanks be to you who heard, for you become the messenger who brings His Voice with you, and lets It echo round and round the world. **Receive the thanks of God today, as you give thanks to Him. For He would offer you the thanks you give, since He receives your gifts in loving gratitude, and gives them back a thousand and a hundred thousand more than they were given. He will bless your gifts by sharing them with you. And so they grow in power and in strength, until they fill the world with gladness and with gratitude.**

Receive His thanks and offer yours to Him for fifteen minutes twice today. And you will realize to Whom you offer thanks, and Whom He thanks as you are thanking Him. This holy half an hour given Him will be returned to you in terms of years for every second; power to save the world eons more quickly for your thanks to Him.

**Receive His thanks, and you will understand how lovingly He holds you in His Mind, how deep and limitless His care for you, how perfect is His gratitude to you. Remember hourly to think of Him, and give Him thanks for everything He gave His Son, that he might rise above the world, remembering his Father and his Self.**

## *Diary*

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*Think but an instant just on this; you can behold the holiness  
God gave His Son. And never need you think that there  
is something else for you to see. - Text, Chapter 20*

## LESSON 124

### **Let Me Remember I Am One With God.**

**Today we will again give thanks for our Identity in God. Our home is safe, protection guaranteed in all we do, power and strength available to us in all our undertakings. We can fail in nothing. Everything we touch takes on a shining light that blesses and that heals. At one with God and with the universe we go our way rejoicing, with the thought that God Himself goes everywhere with us.**

How holy are our minds! And everything we see reflects the holiness within the mind at one with God and with itself. How easily do errors disappear, and death give place to everlasting life. Our shining footprints point the way to truth, for God is our Companion as we walk the world a little while. And those who come to follow us will recognize the way because the light we carry stays behind, yet still remains with us as we walk on.

What we receive is our eternal gift to those who follow after, and to those who went before or stayed with us a while. And God, Who loves us with the equal love in which we were created, smiles on us and offers us the happiness we gave.

**Today we will not doubt His Love for us, nor question His protection and His care. No meaningless anxieties can come between our faith and our awareness of His Presence. We are one with Him today in recognition and remembrance. We feel Him in our hearts. Our minds contain His Thoughts; our eyes behold His loveliness in all we look upon. Today we see only the loving and the lovable.**

We see it in appearances of pain, and pain gives way to peace. We see it in the frantic, in the sad and the distressed, the lonely and afraid, who are restored to the tranquility and peace of mind in which they were created. **And we see it in the dying and the dead as well, restoring them to life. All this we see because we saw it first within ourselves.**

**No miracle can ever be denied to those who know that they are one with God. No thought of theirs but has the power to heal all forms of suffering in anyone, in times gone by and times as yet to come, as easily as in the ones who walk beside them now. Their thoughts are timeless, and apart from distance as apart from time.**

We join in this awareness as we say that we are one with God. For in these words we say as well that we are saved and healed; that we can save and heal accordingly.

We have accepted, and we now would give. For we would keep the gifts our Father gave. **Today we would experience ourselves at one with Him, so that the world may share our recognition of reality. In our experience the world is freed. As we deny our separation from our Father, it is healed along with us.**

Peace be to you today. Secure your peace by practicing awareness you are one with your Creator, as He is with you. Sometime today, whenever it seems best, devote a half an hour to the thought that you are one with God. This is our first attempt at an extended period for which we give no rules nor special words to guide your meditation. We will trust God's Voice to speak as He sees fit today, certain He will not fail. Abide with Him this half an hour. He will do the rest.

**Your benefit will not be less if you believe that nothing happens. You may not be ready to accept the gain today. Yet sometime, somewhere, it will come to you, nor will you fail to recognize it when it dawns with certainty upon your mind. This half an hour will be framed in gold, with every minute like a diamond set around the mirror that this exercise will offer you. And you will see Christ's face upon it, in reflection of your own.**

Perhaps today, perhaps tomorrow, you will see your own transfiguration in the glass this holy half an hour will hold out to you, to look upon yourself. When you are ready you will find it there, within your mind and waiting to be found. You will remember then the thought to which you gave this half an hour, thankfully aware no time was ever better spent.

**Perhaps today, perhaps tomorrow, you will look into this glass, and understand the sinless light you see belongs to you; the loveliness you look on is your own. Count this half hour as your gift to God, in certainty that His return will be a sense of love you cannot understand, a joy too deep for you to comprehend, a sight too holy for the body's eyes to see. And yet you can be sure someday, perhaps today, perhaps tomorrow, you will understand and comprehend and see.**

**Add further jewels to the golden frame that holds the mirror offered you today, by hourly repeating to yourself:**

*Let me remember I am one with God,  
at one with all my brothers and my Self,  
in everlasting holiness and peace.*



## LESSON 125

### **In Quiet I Receive God's Word Today.**

Let this day be a day of stillness and of quiet listening. Your Father wills you hear His Word today. He calls to you from deep within your mind where He abides. Hear Him today. No peace is possible until His Word is heard around the world; until your mind, in quiet listening, accepts the message that the world must hear to usher in the quiet time of peace.

**This world will change through you. No other means can save it, for God's plan is simply this: The Son of God is free to save himself, given the Word of God to be his Guide, forever in his mind and at his side to lead him surely to his Father's house by his own will, forever free as God's. He is not led by force, but only love. He is not judged, but only sanctified.**

**In stillness we will hear God's Voice today without intrusion of our petty thoughts, without our personal desires, and without all judgment of His holy Word. We will not judge ourselves today, for what we are can not be judged. We stand apart from all the judgments which the world has laid upon the Son of God. It knows him not. Today we will not listen to the world, but wait in silence for the Word of God.**

Hear, holy Son of God, your Father speak. His Voice would give to you His holy Word, to spread across the world the tidings of salvation and the holy time of peace. We gather at the throne of God today, the quiet place within the mind where He abides forever, in the holiness that He created and will never leave.

**He has not waited until you return your mind to Him to give His Word to you. He has not hid Himself from you, while you have wandered off a little while from Him. He does not cherish the illusions which you hold about yourself. He knows His Son, and wills that he remain as part of Him regardless of his dreams; regardless of his madness that his will is not his own.**

Today He speaks to you. His Voice awaits your silence, for His Word can not be heard until your mind is quiet for a while, and meaningless desires have been stilled. Await His Word in quiet. There is peace within you to be called upon today, to help make ready your most holy mind to hear the Voice for its Creator speak.

Three times today, at times most suitable for silence, give ten minutes set apart from listening to the world, and choose instead a gentle listening to the Word of God.

He speaks from nearer than your heart to you. His Voice is closer than your hand. His Love is everything you are and that He is; the same as you, and you the same as He.

**It is your voice to which you listen as He speaks to you. It is your Word He speaks. It is the Word of freedom and of peace, of unity of will and purpose, with no separation nor division in the single Mind of Father and of Son. In quiet listen to your Self today, and let Him tell you God has never left His Son, and you have never left your Self.**

Only be quiet. You will need no rule but this, to let your practicing today lift you above the thinking of the world, and free your vision from the body's eyes. Only be still and listen. You will hear the Word in which the Will of God the Son joins in his Father's Will, at one with it, with no illusions interposed between the wholly indivisible and true. As every hour passes by today, be still a moment and remind yourself you have a special purpose for this day; in quiet to receive the Word of God.

## *Diary*

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*Now God keeps His ancient promise to His holy Son,  
as does His Son remember his to Him.*

## LESSON 126

### **All That I Give Is Given To Myself.**

**Today's idea, completely alien to the ego and the thinking of the world, is crucial to the thought reversal that this course will bring about. If you believed this statement, there would be no problem in complete forgiveness, certainty of goal, and sure direction. You would understand the means by which salvation comes to you, and would not hesitate to use it now.**

Let us consider what you do believe, in place of this idea. It seems to you that other people are apart from you, and able to behave in ways which have no bearing on your thoughts, nor yours on theirs. Therefore, your attitudes have no effect on them, and their appeals for help are not in any way related to your own. **You further think that they can sin without affecting your perception of yourself, while you can judge their sin, and yet remain apart from condemnation and at peace.**

When you "forgive" a sin, there is no gain to you directly. You give charity to one unworthy, merely to point out that you are better, on a higher plane than he whom you forgive. He has not earned your charitable tolerance, which you bestow on one unworthy of the gift, because his sins have lowered him beneath a true equality with you. He has no claim on your forgiveness. It holds out a gift to him, but hardly to yourself.

Thus is forgiveness basically unsound; a charitable whim, benevolent yet undeserved, a gift bestowed at times, at other times withheld. Unmerited, withholding it is just, nor is it fair that you should suffer when it is withheld. The sin that you forgive is not your own. Someone apart from you committed it. And if you then are gracious unto him by giving him what he does not deserve, the gift is no more yours than was his sin.

If this be true, forgiveness has no grounds on which to rest dependably and sure. It is an eccentricity, in which you sometimes choose to give indulgently an undeserved reprieve. Yet it remains your right to let the sinner not escape the justified repayment for his sin. **Think you the Lord of Heaven would allow the world's salvation to depend on this? Would not His care for you be small indeed, if your salvation rested on a whim?**

**You do not understand forgiveness. As you see it, it is but a check upon overt attack, without requiring correction in your mind. It cannot give you peace as you perceive it. It is not a means for your release from what you see in someone other than yourself. It has no power to restore your unity with him to your awareness. It is not what God intended it to be for you.**

Not having given Him the gift He asks of you, you cannot recognize His gifts, and think He has not given them to you. Yet would He ask you for a gift unless it was for you? Could He be satisfied with empty gestures, and evaluate such petty gifts as worthy of His Son? **Salvation is a better gift than this. And true forgiveness, as the means by which it is attained, must heal the mind that gives, for giving is receiving. What remains as unreceived has not been given, but what has been given must have been received.**

**Today we try to understand the truth that giver and receiver are the same. You will need help to make this meaningful, because it is so alien to the thoughts to which you are accustomed. But the Help you need is there. Give Him your faith today, and ask Him that He share your practicing in truth today. And if you only catch a tiny glimpse of the release that lies in the idea we practice for today, this is a day of glory for the world.**

Give fifteen minutes twice today to the attempt to understand today's idea. It is the thought by which forgiveness takes its proper place in your priorities. It is the thought that will release your mind from every bar to what forgiveness means, and let you realize its worth to you.

In silence, close your eyes upon the world that does not understand forgiveness, and seek sanctuary in the quiet place where thoughts are changed and false beliefs laid by. Repeat today's idea, and ask for help in understanding what it really means. Be willing to be taught. Be glad to hear the Voice of truth and healing speak to you, and you will understand the words He speaks, and recognize He speaks your words to you.

As often as you can, remind yourself you have a goal today; an aim which makes this day of special value to yourself and all your brothers. Do not let your mind forget this goal for long, but tell yourself:

*All that I give is given to myself.*

*The Help I need to learn that this is true is with me now.*

*And I will trust in Him.*

**Then spend a quiet moment, opening your mind to His correction and His Love. And what you hear of Him you will believe, for what He gives will be received by you.**

## KEY LESSON 127

### **There Is No Love But God's.**

**Perhaps you think that different kinds of love are possible. Perhaps you think there is a kind of love for this, a kind for that; a way of loving one, another way of loving still another. Love is one. It has no separate parts and no degrees; no kinds nor levels, no divergencies and no distinctions. It is like itself, unchanged throughout. It never alters with a person or a circumstance. It is the Heart of God, and also of His Son.**

Love's meaning is obscure to anyone who thinks that love can change. He does not see that changing love must be impossible. And thus he thinks that he can love at times, and hate at other times. He also thinks that love can be bestowed on one, and yet remain itself although it is withheld from others. **To believe these things of love is not to understand it. If it could make such distinctions, it would have to judge between the righteous and the sinner, and perceive the Son of God in separate parts.**

**Love cannot judge. As it is one itself, it looks on all as one. Its meaning lies in oneness. And it must elude the mind that thinks of it as partial or in part. There is no love but God's, and all of love is His. There is no other principle that rules where love is not. Love is a law without an opposite. Its wholeness is the power holding everything as one, the link between the Father and the Son which holds Them both forever as the same.**

No course whose purpose is to teach you to remember what you really are could fail to emphasize that there can never be a difference in what you really are and what love is. Love's meaning is your own, and shared by God Himself. For what you are is what He is. There is no love but His, and what He is, is everything there is. There is no limit placed upon Himself, and so are you unlimited as well.

**No law the world obeys can help you grasp love's meaning. What the world believes was made to hide love's meaning, and to keep it dark and secret. There is not one principle the world upholds but violates the truth of what love is, and what you are as well.**

**Seek not within the world to find your Self. Love is not found in darkness and in death. Yet it is perfectly apparent to the eyes that see and ears that hear love's Voice. Today we practice making free your mind of all the laws you think you must obey; of all the limits under which you live, and all the changes that you think are part of human destiny. Today we take the largest single step this course requests in your advance towards its established goal.**

**If you achieve the faintest glimmering of what love means today, you have advanced in distance without measure and in time beyond the count of years to your release. Let us together, then, be glad to give some time to God today, and understand there is no better use for time than this.**

**For fifteen minutes twice today escape from every law in which you now believe. Open your mind and rest. The world that seems to hold you prisoner can be escaped by anyone who does not hold it dear. Withdraw all value you have placed upon its meager offerings and senseless gifts, and let the gift of God replace them all.**

Call to your Father, certain that His Voice will answer. He Himself has promised this. And He Himself will place a spark of truth within your mind wherever you give up a false belief, a dark illusion of your own reality and what love means. He will shine through your idle thoughts today, and help you understand the truth of love. In loving gentleness He will abide with you, as you allow His Voice to teach love's meaning to your clean and open mind. And He will bless the lesson with His Love.

**Today the legion of the future years of waiting for salvation disappears before the timelessness of what you learn. Let us give thanks today that we are spared a future like the past. Today we leave the past behind us, nevermore to be remembered. And we raise our eyes upon a different present, where a future dawns unlike the past in every attribute.**

The world in infancy is newly born. And we will watch it grow in health and strength, to shed its blessing upon all who come to learn to cast aside the world they thought was made in hate to be love's enemy. Now are they all made free, along with us. Now are they all our brothers in God's Love.

We will remember them throughout the day, because we cannot leave a part of us outside our love if we would know our Self. At least three times an hour think of one who makes the journey with you, and who came to learn what you must learn. And as he comes to mind, give him this message from your Self:

*I bless you, brother, with the Love of God,  
which I would share with you.  
For I would learn the joyous lesson that there is no  
love but God's and yours and mine and everyone's.*

## LESSON 128

### **The World I See Holds Nothing That I Want.**

**The world you see holds nothing that you need to offer you; nothing that you can use in any way, nor anything at all that serves to give you joy. Believe this thought, and you are saved from years of misery, from countless disappointments, and from hopes that turn to bitter ashes of despair. No one but must accept this thought as true, if he would leave the world behind and soar beyond its petty scope and little ways.**

Each thing you value here is but a chain that binds you to the world, and it will serve no other end but this. For everything must serve the purpose you have given it, until you see a different purpose there. **The only purpose worthy of your mind this world contains is that you pass it by, without delaying to perceive some hope where there is none. Be you deceived no more. The world you see holds nothing that you want.**

Escape today the chains you place upon your mind when you perceive salvation here. For what you value you make part of you as you perceive yourself. All things you seek to make your value greater in your sight limit you further, hide your worth from you, and add another bar across the door that leads to true awareness of your Self.

**Let nothing that relates to body thoughts delay your progress to salvation, nor permit temptation to believe the world holds anything you want to hold you back. Nothing is here to cherish. Nothing here is worth one instant of delay and pain; one moment of uncertainty and doubt. The worthless offer nothing. Certainty of worth can not be found in worthlessness.**

Today we practice letting go all thought of values we have given to the world. We leave it free of purposes we gave its aspects and its phases and its dreams. We hold it purposeless within our minds, and loosen it from all we wish it were. **Thus do we lift the chains that bar the door to freedom from the world, and go beyond all little values and diminished goals.**

Pause and be still a little while, and see how far you rise above the world, when you release your mind from chains and let it seek the level where it finds itself at home. It will be grateful to be free a while. It knows where it belongs. But free its wings, and it will fly in sureness and in joy to join its holy purpose. Let it rest in its Creator, there to be restored to sanity, to freedom and to love.

**Give it ten minutes rest three times today. And when your eyes are opened afterwards, you will not value anything you see as much as when you looked at it before. Your whole perspective on the world will shift by just a little, every time you let your mind escape its chains. The world is not where it belongs. And you belong where it would be, and where it goes to rest when you release it from the world. Your Guide is sure. Open your mind to Him. Be still and rest.**

**Protect your mind throughout the day as well. And when you think you see some value in an aspect or an image of the world, refuse to lay this chain upon your mind, but tell yourself with quiet certainty:**

*This will not tempt me to delay myself.  
The world I see holds nothing that I want.*

## *Diary*

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*The little breath of eternity that runs through time like golden light is all the same; nothing before it, nothing afterwards. - Text, Chapter 20*



## LESSON 129

### **Beyond This World There Is A World I Want.**

This is the thought that follows from the one we practiced yesterday. **You cannot stop with the idea the world is worthless, for unless you see that there is something else to hope for, you will only be depressed. Our emphasis is not on giving up the world, but on exchanging it for what is far more satisfying, filled with joy, and capable of offering you peace. Think you this world can offer that to you?**

It might be worth a little time to think once more about the value of this world. Perhaps you will concede there is no loss in letting go all thought of value here. The world you see is merciless indeed, unstable, cruel, unconcerned with you, quick to avenge and pitiless with hate. It gives but to rescind, and takes away all things that you have cherished for a while. No lasting love is found, for none is here. This is the world of time, where all things end.

**Is it a loss to find a world instead where losing is impossible; where love endures forever, hate cannot exist and vengeance has no meaning? Is it loss to find all things you really want, and know they have no ending and they will remain exactly as you want them throughout time? Yet even they will be exchanged at last for what we cannot speak of, for you go from there to where words fail entirely, into a silence where the language is unspoken and yet surely understood.**

Communication, unambiguous and plain as day, remains unlimited for all eternity. And God Himself speaks to His Son, as His Son speaks to Him. Their language has no words, for what They say cannot be symbolized. Their knowledge is direct and wholly shared and wholly one. How far away from this are you who stay bound to this world. And yet how near are you, when you exchange it for the world you want.

**Now is the last step certain; now you stand an instant's space away from timelessness. Here can you but look forward, never back to see again the world you do not want. Here is the world that comes to take its place, as you unbind your mind from little things the world sets forth to keep you prisoner. Value them not, and they will disappear. Esteem them, and they will seem real to you.**

**Such is the choice. What loss can be for you in choosing not to value nothingness?** This world holds nothing that you really want, but what you choose instead you want indeed! Let it be given you today. It waits but for your choosing it, to take the place of all the things you seek but do not want.

Practice your willingness to make this change ten minutes in the morning and at night, and once more in between. Begin with this:

*Beyond this world there is a world I want.  
I choose to see that world instead of this,  
for here is nothing that I really want.*

Then 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.

**Today the lights of Heaven bend to you, to shine upon your eyelids as you rest beyond the world of darkness. Here is light your eyes cannot behold. And yet your mind can see it plainly, and can understand. A day of grace is given you today, and we give thanks. This day we realize that what you feared to lose was only loss.**

Now do we understand there is no loss. For we have seen its opposite at last, and we are grateful that the choice is made. Remember your decision hourly, and take a moment to confirm your choice by laying by whatever thoughts you have, and dwelling briefly only upon this:

*The world I see holds nothing that I want.  
Beyond this world there is a world I want.*

## LESSON 130

### **It Is Impossible To See Two Worlds.**

**Perception is consistent. What you see reflects your thinking. And your thinking but reflects your choice of what you want to see. Your values are determiners of this, for what you value you must want to see, believing what you see is really there. No one can see a world his mind has not accorded value. And no one can fail to look upon what he believes he wants.**

**Yet who can really hate and love at once? Who can desire what he does not want to have reality? And who can choose to see a world of which he is afraid? Fear must make blind, for this its weapon is: That which you fear to see you cannot see. Love and perception thus go hand in hand, but fear obscures in darkness what is there.**

What, then, can fear project upon the world? What can be seen in darkness that is real? Truth is eclipsed by fear, and what remains is but imagined. Yet what can be real in blind imaginings of panic born? What would you want that this is shown to you? What would you wish to keep in such a dream?

**Fear has made everything you think you see. All separation, all distinctions, and the multitude of differences you believe make up the world. They are not there. Love's enemy has made them up. Yet love can have no enemy, and so they have no cause, no being and no consequence. They can be valued, but remain unreal. They can be sought, but they can not be found. Today we will not seek for them, nor waste this day in seeking what can not be found.**

**It is impossible to see two worlds which have no overlap of any kind. Seek for the one; the other disappears. But one remains. They are the range of choice beyond which your decision cannot go. The real and the unreal are all there are to choose between, and nothing more than these.**

Today we will attempt no compromise where none is possible. The world you see is proof you have already made a choice as all-embracing as its opposite. What we would learn today is more than just the lesson that you cannot see two worlds. It also teaches that the one you see is quite consistent from the point of view from which you see it. It is all a piece because it stems from one emotion, and reflects its source in everything you see.

Six times today, in thanks and gratitude, we gladly give five minutes to the thought that ends all compromise and doubt, and go beyond them all as one. **We will not make a thousand meaningless distinctions, nor attempt to bring with us a little part of unreality, as we devote our minds to finding only what is real.**

Begin your searching for the other world by asking for a strength beyond your own, and recognizing what it is you seek. You do not want illusions. And you come to these five minutes emptying your hands of all the petty treasures of this world. You wait for God to help you, as you say:

*It is impossible to see two worlds.  
Let me accept the strength God offers me and see  
no value in this world,  
that I may find my freedom and deliverance.*

God will be there. For you have called upon the great unfailing Power Which will take this giant step with you in gratitude. Nor will you fail to see His thanks expressed in tangible perception and in truth. You will not doubt what you will look upon, for though it is perception, it is not the kind of seeing that your eyes alone have ever seen before. And you will know God's strength upheld you as you made this choice.

**Dismiss temptation easily today whenever it arises, merely by remembering the limits of your choice. The unreal or the real, the false or true is what you see and only what you see. Perception is consistent with your choice, and hell or Heaven comes to you as one.**

**Accept a little part of hell as real, and you have damned your eyes and cursed your sight, and what you will behold is hell indeed. Yet the release of Heaven still remains within your range of choice, to take the place of everything that hell would show to you. All you need say to any part of hell, whatever form it takes, is simply this:**

*It is impossible to see two worlds.  
I seek my freedom and deliverance,  
and this is not a part of what I want.*

## *Diary*

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*Salvation's time has come. This is the appointed time and place.*

## KEY LESSON 131

### **No One Can Fail Who Seeks To Reach The Truth.**

**Failure is all about you while you seek for goals that cannot be achieved. You look for permanence in the impermanent, for love where there is none, for safety in the midst of danger; immortality within the darkness of the dream of death. Who could succeed where contradiction is the setting of his searching, and the place to which he comes to find stability?**

**Goals that are meaningless are not attained. There is no way to reach them, for the means by which you strive for them are meaningless as they are. Who can use such senseless means, and hope through them to gain in anything? Where can they lead? And what could they achieve that offers any hope of being real? Pursuit of the imagined leads to death because it is the search for nothingness, and while you seek for life you ask for death. You look for safety and security, while in your heart you pray for danger and protection for the little dream you made.**

**Yet searching is inevitable here. For this you came, and you will surely do the thing you came for. But the world can not dictate the goal for which you search, unless you give it power to do so. Otherwise, you still are free to choose a goal that lies beyond the world and every worldly thought, and one that comes to you from an idea relinquished yet remembered, old yet new; an echo of a heritage forgot, yet holding everything you really want.**

**Be glad that search you must. Be glad as well to learn you search for Heaven, and must find the goal you really want. No one can fail to want this goal and reach it in the end. God's Son can not seek vainly, though he try to force delay, deceive himself and think that it is hell he seeks. When he is wrong, he finds correction. When he wanders off, he is led back to his appointed task.**

**No one remains in hell, for no one can abandon his Creator, nor affect His perfect, timeless and unchanging Love. You will find Heaven. Everything you seek but this will fall away. Yet not because it has been taken from you. It will go because you do not want it. You will reach the goal you really want as certainly as God created you in sinlessness.**

**Why wait for Heaven? It is here today. Time is the great illusion it is past or in the future. Yet this cannot be, if it is where God wills His Son to be. How could the Will of God be in the past, or yet to happen? What He wills is now, without a**

**past and wholly futureless. It is as far removed from time as is a tiny candle from a distant star, or what you chose from what you really want.**

**Heaven remains your one alternative to this strange world you made and all its ways; its shifting patterns and uncertain goals, its painful pleasures and its tragic joys. God made no contradictions. What denies its own existence and attacks itself is not of Him. He did not make two minds, with Heaven as the glad effect of one, and earth the other's sorry outcome which is Heaven's opposite in every way.**

God does not suffer conflict. Nor is His creation split in two. How could it be His Son could be in hell, when God Himself established him in Heaven? Could he lose what the Eternal Will has given him to be his home forever? Let us not try longer to impose an alien will upon God's single purpose. He is here because He wills to be, and what He wills is present now, beyond the reach of time.

**Today we will not choose a paradox in place of truth. How could the Son of God make time to take away the Will of God? He thus denies himself, and contradicts what has no opposite. He thinks he made a hell opposing Heaven, and believes that he abides in what does not exist, while Heaven is the place he cannot find.**

Leave foolish thoughts like these behind today, and turn your mind to true ideas instead. No one can fail who seeks to reach the truth, and it is truth we seek to reach today. We will devote ten minutes to this goal three times today, and we will ask to see the rising of the real world to replace the foolish images that we hold dear, with true ideas arising in the place of thoughts that have no meaning, no effect, and neither source nor substance in the truth.

This we acknowledge as we start upon our practice periods. Begin with this:

*I ask to see a different world,  
and think a different kind of thought from those I made.  
The world I seek I did not make alone,  
the thoughts I want to think are not my own.*

For several minutes watch your mind and see, although your eyes are closed, the senseless world you think is real. Review the thoughts as well which are compatible with such a world, and which you think are true. Then let them go, and sink below

them to the holy place where they can enter not. **There is a door beneath them in your mind, which you could not completely lock to hide what lies beyond.**

**Seek for that door and find it. But before you try to open it, remind yourself no one can fail who seeks to reach the truth. And it is this request you make today. Nothing but this has any meaning now; no other goal is valued now nor sought, nothing before this door you really want, and only what lies past it do you seek.**

**Put out your hand, and see how easily the door swings open with your one intent to go beyond it. 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.**

**You cannot fail today. There walks with you the Spirit Heaven sent you, that you might approach this door some day, and through His aid slip effortlessly past it, to the light. Today that day has come. Today God keeps His ancient promise to His holy Son, as does His Son remember his to Him. This is a day of gladness, for we come to the appointed time and place where you will find the goal of all your searching here, and all the seeking of the world, which end together as you pass beyond the door.**

Remember often that today should be a time of special gladness, and refrain from dismal thoughts and meaningless laments. Salvation's time has come. Today is set by Heaven itself to be a time of grace for you and for the world. If you forget this happy fact, remind yourself with this:

*Today I seek and find all that I want.*

*My single purpose offers it to me.*

*No one can fail who seeks to reach the truth.*



## *Diary*

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*The world is nothing in itself. Your mind must give it meaning.  
And what you behold upon it are your wishes, acted out  
so you can look on them and think them real.*

## KEY LESSON 132

### **I Loose The World From All I Thought It Was.**

**What keeps the world in chains but your beliefs? And what can save the world except your Self? Belief is powerful indeed. The thoughts you hold are mighty, and illusions are as strong in their effects as is the truth. A madman thinks the world he sees is real, and does not doubt it. Nor can he be swayed by questioning his thoughts' effects. It is but when their source is raised to question that the hope of freedom comes to him at last.**

**Yet is salvation easily achieved, for anyone is free to change his mind, and all his thoughts change with it. Now the source of thought has shifted, for to change your mind means you have changed the source of all ideas you think or ever thought or yet will think. You free the past from what you thought before. You free the future from all ancient thoughts of seeking what you do not want to find.**

The present now remains the only time. Here in the present is the world set free. For as you let the past be lifted and release the future from your ancient fears, you find escape and give it to the world. You have enslaved the world with all your fears, your doubts and miseries, your pain and tears, and all your sorrows press on it, and keep the world a prisoner to your beliefs. Death strikes it everywhere because you hold the bitter thoughts of death within your mind.

**The world is nothing in itself. Your mind must give it meaning. And what you behold upon it are your wishes, acted out so you can look on them and think them real. Perhaps you think you did not make the world, but came unwillingly to what was made already, hardly waiting for your thoughts to give it meaning. Yet in truth you found exactly what you looked for when you came.**

**There is no world apart from what you wish, and herein lies your ultimate release. Change but your mind on what you want to see, and all the world must change accordingly. Ideas leave not their source.** This central theme is often stated in the text, and must be borne in mind if you would understand the lesson for today. It is not pride which tells you that you made the world you see, and that it changes as you change your mind.

But it is pride that argues you have come into a world quite separate from yourself, impervious to what you think, and quite apart from what you chance to think it is. **There is no world! This is the central thought the course attempts to teach. Not everyone is ready to accept it, and each one must go as far as he can let himself**

**be led along the road to truth. He will return and go still farther, or perhaps step back a while and then return again.**

But healing is the gift of those who are prepared to learn there is no world, and can accept the lesson now. Their readiness will bring the lesson to them in some form which they can understand and recognize. Some see it suddenly on point of death, and rise to teach it. Others find it in experience that is not of this world, which shows them that the world does not exist because what they behold must be the truth, and yet it clearly contradicts the world.

**And some will find it in this course, and in the exercises that we do today. Today's idea is true because the world does not exist. And if it is indeed your own imagining, then you can loose it from all things you ever thought it was by merely changing all the thoughts that gave it these appearances. The sick are healed as you let go all thoughts of sickness, and the dead arise when you let thoughts of life replace all thoughts you ever held of death.**

**A lesson earlier repeated once must now be stressed again, for it contains the firm foundation for today's idea. You are as God created you. There is no place where you can suffer, and no time that can bring change to your eternal state. How can a world of time and place exist, if you remain as God created you?**

**What is the lesson for today except another way of saying that to know your Self is the salvation of the world? To free the world from every kind of pain is but to change your mind about yourself. There is no world apart from your ideas because ideas leave not their source, and you maintain the world within your mind in thought.**

Yet if you are as God created you, you cannot think apart from Him, nor make what does not share His timelessness and Love. Are these inherent in the world you see? Does it create like Him? Unless it does, it is not real, and cannot be at all. If you are real the world you see is false, for God's creation is unlike the world in every way. And as it was His Thought by which you were created, so it is your thoughts which made it and must set it free, that you may know the Thoughts you share with God.

**Release the world! Your real creations wait for this release to give you fatherhood, not of illusions, but as God in truth. God shares His Fatherhood with you who are His Son, for He makes no distinctions in what is Himself and what is still Himself. What He creates is not apart from Him, and nowhere does the Father end, the Son begin as something separate from Him.**

**There is no world because it is a thought apart from God, and made to separate the Father and the Son, and break away a part of God Himself and thus destroy His Wholeness. Can a world which comes from this idea be real? Can it be anywhere? Deny illusions, but accept the truth. Deny you are a shadow briefly laid upon a dying world. Release your mind, and you will look upon a world released.**

**Today our purpose is to free the world from all the idle thoughts we ever held about it, and about all living things we see upon it. They cannot be there. No more can we. For we are in the home our Father set for us, along with them. And we who are as He created us would loose the world this day from every one of our illusions, that we may be free.**

Begin the fifteen-minute periods in which we practice twice today with this:

*I who remain as God created me would loose the  
world from all I thought it was.  
For I am real because the world is not,  
and I would know my own reality.*

Then merely rest, alert but with no strain, and let your mind in quietness be changed so that the world is freed, along with you.

You need not realize that healing comes to many brothers far across the world, as well as to the ones you see nearby, as you send out these thoughts to bless the world. But you will sense your own release, although you may not fully understand as yet that you could never be released alone.

Throughout the day, increase the freedom sent through your ideas to all the world, and say whenever you are tempted to deny the power of your simple change of mind:

*I loose the world from all I thought it was,  
and choose my own reality instead.*

## LESSON 133

### **I Will Not Value What Is Valueless.**

Sometimes in teaching there is benefit, particularly after you have gone through what seems theoretical and far from what the student has already learned, to bring him back to practical concerns. This we will do today. We will not speak of lofty, world-encompassing ideas, but dwell instead on benefits to you.

**You do not ask too much of life, but far too little. When you let your mind be drawn to bodily concerns, to things you buy, to eminence as valued by the world, you ask for sorrow, not for happiness. This course does not attempt to take from you the little that you have. It does not try to substitute utopian ideas for satisfactions which the world contains. There are no satisfactions in the world.**

Today we list the real criteria by which to test all things you think you want. Unless they meet these sound requirements, they are not worth desiring at all, for they can but replace what offers more. The laws that govern choice you cannot make, no more than you can make alternatives from which to choose. The choosing you can do; indeed, you must. But it is wise to learn the laws you set in motion when you choose, and what alternatives you choose between.

We have already stressed there are but two, however many there appear to be. The range is set, and this we cannot change. It would be most ungenerous to you to let alternatives be limitless, and thus delay your final choice until you had considered all of them in time; and not been brought so clearly to the place where there is but one choice that must be made.

**Another kindly and related law is that there is no compromise in what your choice must bring. It cannot give you just a little, for there is no in between. Each choice you make brings everything to you or nothing.** Therefore, if you learn the tests by which you can distinguish everything from nothing, you will make the better choice.

**First, if you choose a thing that will not last forever, what you chose is valueless. A temporary value is without all value. Time can never take away a value that is real. What fades and dies was never there, and makes no offering to him who chooses it. He is deceived by nothing in a form he thinks he likes.**

**Next, if you choose to take a thing away from someone else, you will have nothing left. This is because, when you deny his right to everything, you have**

**denied your own. You therefore will not recognize the things you really have, denying they are there. Who seeks to take away has been deceived by the illusion loss can offer gain. Yet loss must offer loss, and nothing more.**

Your next consideration is the one on which the others rest. Why is the choice you make of value to you? What attracts your mind to it? What purpose does it serve? Here it is easiest of all to be deceived. For what the ego wants it fails to recognize. It does not even tell the truth as it perceives it, for it needs to keep the halo which it uses to protect its goals from tarnish and from rust, that you may see how “innocent” it is.

**Yet is its camouflage a thin veneer, which could deceive but those who are content to be deceived. Its goals are obvious to anyone who cares to look for them. Here is deception doubled, for the one who is deceived will not perceive that he has merely failed to gain. He will believe that he has served the ego’s hidden goals.**

Yet though he tries to keep its halo clear within his vision, still must he perceive its tarnished edges and its rusted core. His ineffectual mistakes appear as sins to him, because he looks upon the tarnish as his own; the rust a sign of deep unworthiness within himself. He who would still preserve the ego’s goals and serve them as his own makes no mistakes, according to the dictates of his guide. This guidance teaches it is error to believe that sins are but mistakes, for who would suffer for his sins if this were so?

And so we come to the criterion for choice that is the hardest to believe, because its obviousness is overlaid with many levels of obscurity. If you feel any guilt about your choice, you have allowed the ego’s goals to come between the real alternatives. And thus you do not realize there are but two, and the alternative you think you chose seems fearful, and too dangerous to be the nothingness it actually is.

**All things are valuable or valueless, worthy or not of being sought at all, entirely desirable or not worth the slightest effort to obtain. Choosing is easy just because of this. Complexity is nothing but a screen of smoke, which hides the very simple fact that no decision can be difficult. What is the gain to you in learning this? It is far more than merely letting you make choices easily and without pain.**

**Heaven itself is reached with empty hands and open minds, which come with nothing to find everything and claim it as their own.** We will attempt to reach this state today, with self-deception laid aside, and with an honest willingness to value but

the truly valuable and the real. Our two extended practice periods of fifteen minutes each begin with this:

*I will not value what is valueless,  
and only what has value do I seek,  
for only that do I desire to find.*

And then receive what waits for everyone who reaches, unencumbered, to the gate of Heaven, which swings open as he comes. Should you begin to let yourself collect some needless burdens, or believe you see some difficult decisions facing you, be quick to answer with this simple thought:

*I will not value what is valueless,  
for what is valuable belongs to me.*

## LESSON 134

### **Let Me Perceive Forgiveness As It Is.**

Let us review the meaning of “forgive,” for it is apt to be distorted and to be perceived as something that entails an unfair sacrifice of righteous wrath, a gift unjustified and undeserved, and a complete denial of the truth. In such a view, forgiveness must be seen as mere eccentric folly, and this course appear to rest salvation on a whim.

**This twisted view of what forgiveness means is easily corrected, when you can accept the fact that pardon is not asked for what is true. It must be limited to what is false. It is irrelevant to everything except illusions. Truth is God’s creation, and to pardon that is meaningless. All truth belongs to Him, reflects His laws and radiates His Love. Does this need pardon? How can you forgive the sinless and eternally benign?**

**The major difficulty that you find in genuine forgiveness on your part is that you still believe you must forgive the truth, and not illusions. You conceive of pardon as a vain attempt to look past what is there; to overlook the truth, in an unfounded effort to deceive yourself by making an illusion true. This twisted viewpoint but reflects the hold that the idea of sin retains as yet upon your mind, as you regard yourself.**

**Because you think your sins are real, you look on pardon as deception. For it is impossible to think of sin as true and not believe forgiveness is a lie. Thus is forgiveness really but a sin, like all the rest. It says the truth is false, and smiles on the corrupt as if they were as blameless as the grass; as white as snow. It is delusional in what it thinks it can accomplish. It would see as right the plainly wrong; the loathsome as the good.**

**Pardon is no escape in such a view. It merely is a further sign that sin is unforgivable, at best to be concealed, denied or called another name, for pardon is a treachery to truth. Guilt cannot be forgiven. If you sin, your guilt is everlasting. Those who are forgiven from the view their sins are real are pitifully mocked and twice condemned; first, by themselves for what they think they did, and once again by those who pardon them.**

**It is sin’s unreality that makes forgiveness natural and wholly sane, a deep relief to those who offer it; a quiet blessing where it is received. It does not countenance illusions, but collects them lightly, with a little laugh, and gently lays them at the feet of truth. And there they disappear entirely.**



**Forgiveness is the only thing that stands for truth in the illusions of the world. It sees their nothingness, and looks straight through the thousand forms in which they may appear. It looks on lies, but it is not deceived. It does not heed the self-accusing shrieks of sinners mad with guilt. It looks on them with quiet eyes, and merely says to them, "My brother, what you think is not the truth."**

**The strength of pardon is its honesty, which is so uncorrupted that it sees illusions as illusions, not as truth. It is because of this that it becomes the undeceiver in the face of lies; the great restorer of the simple truth. By its ability to overlook what is not there, it opens up the way to truth, which has been blocked by dreams of guilt. Now are you free to follow in the way your true forgiveness opens up to you. For if one brother has received this gift of you, the door is open to yourself.**

There is a very simple way to find the door to true forgiveness, and perceive it open wide in welcome. When you feel that you are tempted to accuse someone of sin in any form, do not allow your mind to dwell on what you think he did, for that is self-deception. Ask instead, "Would I accuse myself of doing this?"

Thus will you see alternatives for choice in terms that render choosing meaningful, and keep your mind as free of guilt and pain as God Himself intended it to be, and as it is in truth. **It is but lies that would condemn. In truth is innocence the only thing there is. Forgiveness stands between illusions and the truth; between the world you see and that which lies beyond; between the hell of guilt and Heaven's gate.**

Across this bridge, as powerful as Love which laid its blessing on it, are all dreams of evil and of hatred and attack brought silently to truth. They are not kept to swell and bluster, and to terrify the foolish dreamer who believes in them. **He has been gently wakened from his dream by understanding what he thought he saw was never there. And now he cannot feel that all escape has been denied to him.**

**He does not have to fight to save himself.** He does not have to kill the dragons which he thought pursued him. Nor need he erect the heavy walls of stone and iron doors he thought would make him safe. He can remove the ponderous and useless armor made to chain his mind to fear and misery. His step is light, and as he lifts his foot to stride ahead a star is left behind, to point the way to those who follow him.

**Forgiveness must be practiced, for the world cannot perceive its meaning, nor provide a guide to teach you its beneficence. There is no thought in all the world that leads to any understanding of the laws it follows, nor the Thought**

**that it reflects. It is as alien to the world as is your own reality. And yet it joins your mind with the reality in you.**

Today we practice true forgiveness, that the time of joining be no more delayed. For we would meet with our reality in freedom and in peace. Our practicing becomes the footsteps lighting up the way for all our brothers, who will follow us to the reality we share with them. That this may be accomplished, let us give a quarter of an hour twice today, and spend it with the Guide Who understands the meaning of forgiveness, and was sent to us to teach it. Let us ask of Him:

*Let me perceive forgiveness as it is.*

Then choose one brother as He will direct, and catalogue his “sins,” as one by one they cross your mind. Be certain not to dwell on any one of them, but realize that you are using his “offenses” but to save the world from all ideas of sin. Briefly consider all the evil things you thought of him, and each time ask yourself, “Would I condemn myself for doing this?”

**Let him be freed from all the thoughts you had of sin in him. And now you are prepared for freedom. If you have been practicing thus far in willingness and honesty, you will begin to sense a lifting up, a lightening of weight across your chest, a deep and certain feeling of relief. The time remaining should be given to experiencing the escape from all the heavy chains you sought to lay upon your brother, but were laid upon yourself.**

Forgiveness should be practiced through the day, for there will still be many times when you forget its meaning and attack yourself. When this occurs, allow your mind to see through this illusion as you tell yourself:

*Let me perceive forgiveness as it is.  
Would I accuse myself of doing this?  
I will not lay this chain upon myself.*

In everything you do remember this:

*No one is crucified alone, and yet no one can enter  
Heaven by himself.*

## LESSON 135

### **If I Defend Myself I Am Attacked.**

**Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself? And herein lies the folly of defense; it gives illusions full reality, and then attempts to handle them as real. It adds illusions to illusions, thus making correction doubly difficult. And it is this you do when you attempt to plan the future, activate the past, or organize the present as you wish.**

You operate from the belief you must protect yourself from what is happening because it must contain what threatens you. A sense of threat is an acknowledgment of an inherent weakness; a belief that there is danger which has power to call on you to make appropriate defense. **The world is based on this insane belief. And all its structures, all its thoughts and doubts, its penalties and heavy armaments, its legal definitions and its codes, its ethics and its leaders and its gods, all serve but to preserve its sense of threat. For no one walks the world in armature but must have terror striking at his heart.**

Defense is frightening. It stems from fear, increasing fear as each defense is made. You think it offers safety. Yet it speaks of fear made real and terror justified. Is it not strange you do not pause to ask, as you elaborate your plans and make your armor thicker and your locks more tight, what you defend, and how, and against what?

Let us consider first what you defend. It must be something that is very weak and easily assaulted. It must be something made easy prey, unable to protect itself and needing your defense. **What but the body has such frailty that constant care and watchful, deep concern are needful to protect its little life? What but the body falters and must fail to serve the Son of God as worthy host?**

**Yet it is not the body that can fear, nor be a thing of fear. It has no needs but those which you assign to it. It needs no complicated structures of defense, no health-inducing medicine, no care and no concern at all.** Defend its life, or give it gifts to make it beautiful or walls to make it safe, and you but say your home is open to the thief of time, corruptible and crumbling, so unsafe it must be guarded with your very life.

Is not this picture fearful? Can you be at peace with such a concept of your home? Yet what endowed the body with the right to serve you thus except your own belief? **It is your mind which gave the body all the functions that you see in it, and set its value far beyond a little pile of dust and water. Who would make defense of something that he recognized as this?**

**The body is in need of no defense. This cannot be too often emphasized. It will be strong and healthy if the mind does not abuse it by assigning it to roles it cannot fill, to purposes beyond its scope, and to exalted aims which it cannot accomplish. Such attempts, ridiculous yet deeply cherished, are the sources for the many mad attacks you make upon it. For it seems to fail your hopes, your needs, your values and your dreams.**

**The “self” that needs protection is not real. The body, valueless and hardly worth the least defense, need merely be perceived as quite apart from you, and it becomes a healthy, serviceable instrument through which the mind can operate until its usefulness is over. Who would want to keep it when its usefulness is done?**

**Defend the body and you have attacked your mind. For you have seen in it the faults, the weaknesses, the limits and the lacks from which you think the body must be saved. You will not see the mind as separate from bodily conditions. And you will impose upon the body all the pain that comes from the conception of the mind as limited and fragile, and apart from other minds and separate from its Source.**

**These are the thoughts in need of healing, and the body will respond with health when they have been corrected and replaced with truth. This is the body’s only real defense. Yet is this where you look for its defense? You offer it protection of a kind from which it gains no benefit at all, but merely adds to your distress of mind. You do not heal, but merely take away the hope of healing, for you fail to see where hope must lie if it be meaningful.**

**A healed mind does not plan. It carries out the plans that it receives through listening to Wisdom that is not its own. It waits until it has been taught what should be done, and then proceeds to do it. It does not depend upon itself for anything except its adequacy to fulfill the plans assigned to it. It is secure in certainty that obstacles can not impede its progress to accomplishment of any goal that serves the greater plan established for the good of everyone.**

**A healed mind is relieved of the belief that it must plan, although it cannot know the outcome which is best, the means by which it is achieved, nor how to recognize the problem that the plan is made to solve. It must misuse the body in its plans until it recognizes this is so. But when it has accepted this as true, then is it healed, and lets the body go.**

**Enslavement of the body to the plans the unhealed mind sets up to save itself must make the body sick. It is not free to be the means of helping in a plan which far exceeds its own protection, and which needs its service for a little while. In this capacity is health assured. For everything the mind employs for this will function flawlessly, and with the strength that has been given it and cannot fail.**

**It is, perhaps, not easy to perceive that self-initiated plans are but defenses, with the purpose all of them were made to realize. They are the means by which a frightened mind would undertake its own protection, at the cost of truth. This is not difficult to realize in some forms which these self-deceptions take, where the denial of reality is very obvious. Yet planning is not often recognized as a defense.**

The mind engaged in planning for itself is occupied in setting up control of future happenings. It does not think that it will be provided for, unless it makes its own provisions. Time becomes a future emphasis, to be controlled by learning and experience obtained from past events and previous beliefs. **It overlooks the present, for it rests on the idea the past has taught enough to let the mind direct its future course.**

**The mind that plans is thus refusing to allow for change. What it has learned before becomes the basis for its future goals. Its past experience directs its choice of what will happen. And it does not see that here and now is everything it needs to guarantee a future quite unlike the past, without a continuity of any old ideas and sick beliefs. Anticipation plays no part at all, for present confidence directs the way.**

**Defenses are the plans you undertake to make against the truth. Their aim is to select what you approve, and disregard what you consider incompatible with your beliefs of your reality. Yet what remains is meaningless indeed. For it is your reality that is the “threat” which your defenses would attack, obscure, and take apart and crucify.**

What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good? Perhaps you have misunderstood His plan, for He would never offer pain to you. But your defenses did not let you see His loving blessing shine in every step you ever took. **While you made plans for death, He led you gently to eternal life.**

Your present trust in Him is the defense that promises a future undisturbed, without a trace of sorrow, and with joy that constantly increases, as this life becomes a holy instant, set in time, but heeding only immortality. Let no defenses but your present trust direct the future, and this life becomes a meaningful encounter with the truth that only your defenses would conceal.

**Without defenses, you become a light which Heaven gratefully acknowledges to be its own. And it will lead you on in ways appointed for your happiness according to the ancient plan, begun when time was born. Your followers will join their light with yours, and it will be increased until the world is lighted up with joy. And gladly will our brothers lay aside their cumbersome defenses, which availed them nothing and could only terrify.**

We will anticipate that time today with present confidence, for this is part of what was planned for us. We will be sure that everything we need is given us for our accomplishment of this today. We make no plans for how it will be done, but realize that our defenselessness is all that is required for the truth to dawn upon our minds with certainty.

For fifteen minutes twice today we rest from senseless planning, and from every thought that blocks the truth from entering our minds. Today we will receive instead of plan, that we may give instead of organize. And we are given truly, as we say:

*If I defend myself I am attacked.  
But in defenselessness I will be strong,  
and I will learn what my defenses hide.*

Nothing but that. If there are plans to make, you will be told of them. They may not be the plans you thought were needed, nor indeed the answers to the problems which you thought confronted you. But they are answers to another kind of question, which remains unanswered yet in need of answering until the Answer comes to you at last.

**All your defenses have been aimed at not receiving what you will receive today. And in the light and joy of simple trust, you will but wonder why you ever thought that you must be defended from release. Heaven asks nothing. It is hell that makes extravagant demands for sacrifice. You give up nothing in these times today when, undefended, you present yourself to your Creator as you really are.**

**He has remembered you. Today we will remember Him. For this is Eastertime in your salvation. And you rise again from what was seeming death and hopelessness. Now is the light of hope reborn in you, for now you come without defense, to learn the part for you within the plan of God. What little plans or magical beliefs can still have value, when you have received your function from the Voice for God Himself?**

Try not to shape this day as you believe would benefit you most. For you can not conceive of all the happiness that comes to you without your planning. Learn today. And all the world will take this giant stride, and celebrate your Eastertime with you. Throughout the day, as foolish little things appear to raise defensiveness in you and tempt you to engage in weaving plans, remind yourself this is a special day for learning, and acknowledge it with this:

*This is my Eastertime. And I would keep it holy.  
I will not defend myself, because the Son of God  
needs no defense against the truth of his reality.*

## LESSON 136

### **Sickness Is A Defense Against The Truth.**

**No one can heal unless he understands what purpose sickness seems to serve. For then he understands as well its purpose has no meaning. Being causeless and without a meaningful intent of any kind, it cannot be at all. When this is seen, healing is automatic. It dispels this meaningless illusion by the same approach that carries all of them to truth, and merely leaves them there to disappear.**

**Sickness is not an accident. Like all defenses, it is an insane device for self-deception. And like all the rest, its purpose is to hide reality, attack it, change it, render it inept, distort it, twist it, or reduce it to a little pile of unassembled parts. The aim of all defenses is to keep the truth from being whole. The parts are seen as if each one were whole within itself.**

Defenses are not unintentional, nor are they made without awareness. They are secret, magic wands you wave when truth appears to threaten what you would believe. They seem to be unconscious but because of the rapidity with which you choose to use them. In that second, even less, in which the choice is made, you recognize exactly what you would attempt to do, and then proceed to think that it is done.

**Who but yourself evaluates a threat, decides escape is necessary, and sets up a series of defenses to reduce the threat that has been judged as real? All this cannot be done unconsciously. But afterwards, your plan requires that you must forget you made it, so it seems to be external to your own intent; a happening beyond your state of mind, an outcome with a real effect on you, instead of one effected by yourself.**

It is this quick forgetting of the part you play in making your “reality” that makes defenses seem to be beyond your own control. But what you have forgot can be remembered, given willingness to reconsider the decision which is doubly shielded by oblivion. **Your not remembering is but the sign that this decision still remains in force, as far as your desires are concerned. Mistake not this for fact. Defenses must make facts unrecognizable. They aim at doing this, and it is this they do.**

Every defense takes fragments of the whole, assembles them without regard to all their true relationships, and thus constructs illusions of a whole that is not there. It is this process that imposes threat, and not whatever outcome may result. When parts are wrested from the whole and seen as separate and wholes within themselves, they become symbols standing for attack upon the whole; successful in effect, and never to

be seen as whole again. And yet you have forgotten that they stand but for your own decision of what should be real, to take the place of what is real.

**Sickness is a decision. It is not a thing that happens to you, quite unsought, which makes you weak and brings you suffering. It is a choice you make, a plan you lay, when for an instant truth arises in your own deluded mind, and all your world appears to totter and prepare to fall. Now are you sick, that truth may go away and threaten your establishments no more.**

How do you think that sickness can succeed in shielding you from truth? Because it proves the body is not separate from you, and so you must be separate from the truth. You suffer pain because the body does, and in this pain are you made one with it. Thus is your “true” identity preserved, and the strange, haunting thought that you might be something beyond this little pile of dust silenced and stilled. For see, this dust can make you suffer, twist your limbs and stop your heart, commanding you to die and cease to be.

**Thus is the body stronger than the truth, which asks you live, but cannot overcome your choice to die. And so the body is more powerful than everlasting life, Heaven more frail than hell, and God’s design for the salvation of His Son opposed by a decision stronger than His Will. His Son is dust, the Father incomplete, and chaos sits in triumph on His throne.**

Such is your planning for your own defense. And you believe that Heaven quails before such mad attacks as these, with God made blind by your illusions, truth turned into lies, and all the universe made slave to laws which your defenses would impose on it. Yet who believes illusions but the one who made them up? Who else can see them and react to them as if they were the truth?

**God knows not of your plans to change His Will. The universe remains unheeding of the laws by which you thought to govern it. And Heaven has not bowed to hell, nor life to death. You can but choose to think you die, or suffer sickness or distort the truth in any way. What is created is apart from all of this. Defenses are plans to defeat what cannot be attacked. What is unalterable cannot change. And what is wholly sinless cannot sin.**

Such is the simple truth. It does not make appeal to might nor triumph. It does not command obedience, nor seek to prove how pitiful and futile your attempts to plan defenses that would alter it. Truth merely wants to give you happiness, for such its purpose is. Perhaps it sighs a little when you throw away its gifts, and yet it knows,



with perfect certainty, that what God wills for you must be received.

**It is this fact that demonstrates that time is an illusion. For time lets you think what God has given you is not the truth right now, as it must be. The Thoughts of God are quite apart from time. For time is but another meaningless defense you made against the truth. Yet what He wills is here, and you remain as He created you.**

Truth has a power far beyond defense, for no illusions can remain where truth has been allowed to enter. And it comes to any mind that would lay down its arms, and cease to play with folly. It is found at any time; today, if you will choose to practice giving welcome to the truth.

This is our aim today. And we will give a quarter of an hour twice to ask the truth to come to us and set us free. And truth will come, for it has never been apart from us. It merely waits for just this invitation which we give today. We introduce it with a healing prayer, to help us rise above defensiveness, and let truth be as it has always been:

*Sickness is a defense against the truth.*

*I will accept the truth of what I am, and let my mind  
be wholly healed today.*

**Healing will flash across your open mind, as peace and truth arise to take the place of war and vain imaginings.** There will be no dark corners sickness can conceal, and keep defended from the light of truth. There will be no dim figures from your dreams, nor their obscure and meaningless pursuits with double purposes insanely sought, remaining in your mind. It will be healed of all the sickly wishes that it tried to authorize the body to obey.

**Now is the body healed, because the source of sickness has been opened to relief.** And you will recognize you practiced well by this: The body should not feel at all. If you have been successful, there will be no sense of feeling ill or feeling well, of pain or pleasure. No response at all is in the mind to what the body does. Its usefulness remains and nothing more.

Perhaps you do not realize that this removes the limits you had placed upon the body by the purposes you gave to it. As these are laid aside, the strength the body has will always be enough to serve all truly useful purposes. **The body's health is fully guaranteed, because it is not limited by time, by weather or fatigue, by food and drink, or any laws you made it serve before. You need do nothing now to make it well, for sickness has become impossible.**

**Yet this protection needs to be preserved by careful watching. If you let your mind harbor attack thoughts, yield to judgment or make plans against uncertainties to come, you have again misplaced yourself, and made a bodily identity which will attack the body, for the mind is sick.**

**Give instant remedy, should this occur, by not allowing your defensiveness to hurt you longer. Do not be confused about what must be healed, but tell yourself:**

*I have forgotten what I really am,  
for I mistook my body for myself.  
Sickness is a defense against the truth.  
But I am not a body. And my mind cannot attack.  
So I cannot be sick.*

## *Diary*

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*You are discovering the Love of God. You are advancing in distance  
without measure and in time beyond the count of years.*

## KEY LESSON 137

### **When I Am Healed I Am Not Healed Alone.**

**Today's idea remains the central thought on which salvation rests. For healing is the opposite of all the world's ideas which dwell on sickness and on separate states. Sickness is a retreat from others, and a shutting off of joining. It becomes a door that closes on a separate self, and keeps it isolated and alone.**

Sickness is isolation. For it seems to keep one self apart from all the rest, to suffer what the others do not feel. It gives the body final power to make the separation real, and keep the mind in solitary prison, split apart and held in pieces by a solid wall of sickened flesh, which it can not surmount.

**The world obeys the laws that sickness serves, but healing operates apart from them. It is impossible that anyone be healed alone. In sickness must he be apart and separate. But healing is his own decision to be one again, and to accept his Self with all Its parts intact and unassailed. In sickness does his Self appear to be dismembered, and without the unity that gives It life. But healing is accomplished as he sees the body has no power to attack the universal oneness of God's Son.**

**Sickness would prove that lies must be the truth. But healing demonstrates that truth is true. The separation sickness would impose has never really happened. To be healed is merely to accept what always was the simple truth, and always will remain exactly as it has forever been. Yet eyes accustomed to illusions must be shown that what they look upon is false. So healing, never needed by the truth, must demonstrate that sickness is not real.**

Healing might thus be called a counter-dream, which cancels out the dream of sickness in the name of truth, but not in truth itself. Just as forgiveness overlooks all sins that never were accomplished, healing but removes illusions that have not occurred. Just as the real world will arise to take the place of what has never been at all, healing but offers restitution for imagined states and false ideas which dreams embroider into pictures of the truth.

**Yet think not healing is unworthy of your function here. For anti-Christ becomes more powerful than Christ to those who dream the world is real. The body seems to be more solid and more stable than the mind. And love becomes a dream, while fear remains the one reality that can be seen and justified and fully understood.**

Just as forgiveness shines away all sin and the real world will occupy the place of what you made, so healing must replace the fantasies of sickness which you hold before the simple truth. **When sickness has been seen to disappear in spite of all the laws that hold it cannot but be real, then questions have been answered. And the laws can be no longer cherished nor obeyed.**

**Healing is freedom. For it demonstrates that dreams will not prevail against the truth. Healing is shared. And by this attribute it proves that laws unlike the ones which hold that sickness is inevitable are more potent than their sickly opposites. Healing is strength. For by its gentle hand is weakness overcome, and minds that were walled off within a body free to join with other minds, to be forever strong.**

Healing, forgiveness, and the glad exchange of all the world of sorrow for a world where sadness cannot enter, are the means by which the Holy Spirit urges you to follow Him. His gentle lessons teach how easily salvation can be yours; how little practice you need undertake to let His laws replace the ones you made to hold yourself a prisoner to death. His life becomes your own, as you extend the little help He asks in freeing you from everything that ever caused you pain.

**And as you let yourself be healed, you see all those around you, or who cross your mind, or whom you touch, or those who seem to have no contact with you, healed along with you. Perhaps you will not recognize them all, nor realize how great your offering to all the world, when you let healing come to you. But you are never healed alone. And legions upon legions will receive the gift that you receive when you are healed.**

**Those who are healed become the instruments of healing. Nor does time elapse between the instant they are healed, and all the grace of healing it is given them to give. What is opposed to God does not exist, and who accepts it not within his mind becomes a haven where the weary can remain to rest. For here is truth bestowed, and here are all illusions brought to truth.**

Would you not offer shelter to God's Will? You but invite your Self to be at home. And can this invitation be refused? Ask the inevitable to occur, and you will never fail. The other choice is but to ask what cannot be to be, and this can not succeed. **Today we ask that only truth will occupy our minds; that thoughts of healing will this day go forth from what is healed to what must yet be healed, aware that they will both occur as one.**

**We will remember, as the hour strikes, our function is to let our minds be healed, that we may carry healing to the world, exchanging curse for blessing, pain for joy, and separation for the peace of God. Is not a minute of the hour worth the giving to receive a gift like this? Is not a little time a small expense to offer for the gift of everything?**

Yet must we be prepared for such a gift. And so we will begin the day with this, and give ten minutes to these thoughts with which we will conclude today at night as well:

*When I am healed I am not healed alone.  
And I would share my healing with the world,  
that sickness may be banished from the mind of God's one Son,  
Who is my only Self.*

Let healing be through you this very day. And as you rest in quiet, be prepared to give as you receive, to hold but what you give, and to receive the Word of God to take the place of all the foolish thoughts that ever were imagined. Now we come together to make well all that was sick, and offer blessing where there was attack. Nor will we let this function be forgot as every hour of the day slips by, remembering our purpose with this thought:

*When I am healed I am not healed alone.  
And I would bless my brothers, for I would be healed with them,  
as they are healed with me.*

## LESSON 138

### **Heaven Is The Decision I Must Make.**

In this world Heaven is a choice, because here we believe there are alternatives to choose between. We think that all things have an opposite, and what we want we choose. If Heaven exists there must be hell as well, for contradiction is the way we make what we perceive, and what we think is real.

Creation knows no opposite. But here is opposition part of being “real.” It is this strange perception of the truth that makes the choice of Heaven seem to be the same as the relinquishment of hell. It is not really thus. Yet what is true in God’s creation cannot enter here until it is reflected in some form the world can understand. Truth cannot come where it could only be perceived with fear. For this would be the error truth can be brought to illusions. Opposition makes the truth unwelcome, and it cannot come.

Choice is the obvious escape from what appears as opposites. Decision lets one of conflicting goals become the aim of effort and expenditure of time. Without decision, time is but a waste and effort dissipated. It is spent for nothing in return, and time goes by without results. There is no sense of gain, for nothing is accomplished; nothing learned.

**You need to be reminded that you think a thousand choices are confronting you, when there is really only one to make. And even this but seems to be a choice. Do not confuse yourself with all the doubts that myriad decisions would induce. You make but one. And when that one is made, you will perceive it was no choice at all. For truth is true, and nothing else is true. There is no opposite to choose instead. There is no contradiction to the truth.**

Choosing depends on learning. And the truth cannot be learned, but only recognized. In recognition its acceptance lies, and as it is accepted it is known. But knowledge is beyond the goals we seek to teach within the framework of this course. Ours are teaching goals, to be attained through learning how to reach them, what they are, and what they offer you. Decisions are the outcome of your learning, for they rest on what you have accepted as the truth of what you are, and what your needs must be.

**In this insanely complicated world, Heaven appears to take the form of choice, rather than merely being what it is. Of all the choices you have tried to make this is the simplest, most definitive and prototype of all the rest, the one which settles all decisions. If you could decide the rest, this one remains unsolved. But when you solve this one, the others are resolved with it, for all decisions but conceal this one by taking different forms. Here is the final and the only choice in which is truth accepted or denied.**

So we begin today considering the choice that time was made to help us make.

Such is its holy purpose, now transformed from the intent you gave it; that it be a means for demonstrating hell is real, hope changes to despair, and life itself must in the end be overcome by death. In death alone are opposites resolved, for ending opposition is to die. And thus salvation must be seen as death, for life is seen as conflict. To resolve the conflict is to end your life as well.

These mad beliefs can gain unconscious hold of great intensity, and grip the mind with terror and anxiety so strong that it will not relinquish its ideas about its own protection. It must be saved from salvation, threatened to be safe, and magically armored against truth. **And these decisions are made unaware, to keep them safely undisturbed; apart from question and from reason and from doubt.**

**Heaven is chosen consciously. The choice cannot be made until alternatives are accurately seen and understood. All that is veiled in shadows must be raised to understanding, to be judged again, this time with Heaven's help. And all mistakes in judgment that the mind had made before are open to correction, as the truth dismisses them as causeless. Now are they without effects. They cannot be concealed, because their nothingness is recognized.**

The conscious choice of Heaven is as sure as is the ending of the fear of hell, when it is raised from its protective shield of unawareness, and is brought to light. Who can decide between the clearly seen and the unrecognized? Yet who can fail to make a choice between alternatives when only one is seen as valuable; the other as a wholly worthless thing, a but imagined source of guilt and pain? Who hesitates to make a choice like this? And shall we hesitate to choose today?

We make the choice for Heaven as we wake, and spend five minutes making sure that we have made the one decision that is sane. **We recognize we make a conscious choice between what has existence and what has nothing but an appearance of the truth. Its pseudo-being, brought to what is real, is flimsy and transparent in the light. It holds no terror now, for what was made enormous, vengeful, pitiless with hate, demands obscurity for fear to be invested there. Now it is recognized as but a foolish, trivial mistake.**

Before we close our eyes in sleep tonight, we reaffirm the choice that we have made each hour in between. And now we give the last five minutes of our waking day to the decision with which we awoke. As every hour passed, we have declared our choice again, in a brief quiet time devoted to maintaining sanity. And finally, we close the day with this, acknowledging we chose but what we want:

*Heaven is the decision I must make.  
I make it now, and will not change my mind,  
because it is the only thing I want.*



## KEY LESSON 139

### **I Will Accept Atonement For Myself.**

Here is the end of choice. For here we come to a decision to accept ourselves as God created us. And what is choice except uncertainty of what we are? There is no doubt that is not rooted here. There is no question but reflects this one. There is no conflict that does not entail the single, simple question, "What am I?"

Yet who could ask this question except one who has refused to recognize himself? Only refusal to accept yourself could make the question seem to be sincere. The only thing that can be surely known by any living thing is what it is. From this one point of certainty, it looks on other things as certain as itself.

**Uncertainty about what you must be is self-deception on a scale so vast, its magnitude can hardly be conceived. To be alive and not to know yourself is to believe that you are really dead. For what is life except to be yourself, and what but you can be alive instead? Who is the doubter? What is it he doubts? Whom does he question? Who can answer him?**

**He merely states that he is not himself, and therefore, being something else, becomes a questioner of what that something is. Yet he could never be alive at all unless he knew the answer. If he asks as if he does not know, it merely shows he does not want to be the thing he is. He has accepted it because he lives; has judged against it and denied its worth, and has decided that he does not know the only certainty by which he lives.**

Thus he becomes uncertain of his life, for what it is has been denied by him. It is for this denial that you need Atonement. Your denial made no change in what you are. But you have split your mind into what knows and does not know the truth. You are yourself. There is no doubt of this. And yet you doubt it. But you do not ask what part of you can really doubt yourself. It cannot really be a part of you that asks this question. For it asks of one who knows the answer. Were it part of you, then certainty would be impossible.

**Atonement remedies the strange idea that it is possible to doubt yourself, and be unsure of what you really are. This is the depth of madness. Yet it is the universal question of the world. What does this mean except the world is mad? Why share its madness in the sad belief that what is universal here is true?**

**Nothing the world believes is true. It is a place whose purpose is to be a home where those who claim they do not know themselves can come to question what**

**it is they are. And they will come again until the time Atonement is accepted, and they learn it is impossible to doubt yourself, and not to be aware of what you are.**

Only acceptance can be asked of you, for what you are is certain. It is set forever in the holy Mind of God, and in your own. It is so far beyond all doubt and question that to ask what it must be is all the proof you need to show that you believe the contradiction that you know not what you cannot fail to know. Is this a question, or a statement which denies itself in statement? Let us not allow our holy minds to occupy themselves with senseless musings such as this.

**We have a mission here. We did not come to reinforce the madness that we once believed in. Let us not forget the goal that we accepted. It is more than just our happiness alone we came to gain. What we accept as what we are proclaims what everyone must be, along with us. Fail not your brothers, or you fail yourself. Look lovingly on them, that they may know that they are part of you, and you of them.**

This does Atonement teach, and demonstrates the oneness of God's Son is unassailed by his belief he knows not what he is. Today accept Atonement, not to change reality, but merely to accept the truth about yourself, and go your way rejoicing in the endless Love of God. It is but this that we are asked to do. It is but this that we will do today.

Five minutes in the morning and at night we will devote to dedicate our minds to our assignment for today. We start with this review of what our mission is:

*I will accept Atonement for myself, For I remain as God created me.*

**We have not lost the knowledge that God gave to us when He created us like Him. We can remember it for everyone, for in creation are all minds as one. And in our memory is the recall how dear our brothers are to us in truth, how much a part of us is every mind, how faithful they have really been to us, and how our Father's Love contains them all.**

In thanks for all creation, in the Name of its Creator and His Oneness with all aspects of creation, we repeat our dedication to our cause today each hour, as we lay aside all thoughts that would distract us from our holy aim. For several minutes let your mind be cleared of all the foolish cobwebs which the world would weave around the holy Son of God. And learn the fragile nature of the chains that seem to keep the knowledge of yourself apart from your awareness, as you say:

*I will accept Atonement for myself, For I remain as God created me.*

## KEY LESSON 140

### **Only Salvation Can Be Said To Cure.**

“Cure” is a word that cannot be applied to any remedy the world accepts as beneficial. What the world perceives as therapeutic is but what will make the body “better.” When it tries to heal the mind, it sees no separation from the body, where it thinks the mind exists. Its forms of healing thus must substitute illusion for illusion. One belief in sickness takes another form, and so the patient now perceives himself as well.

**He is not healed. He merely had a dream that he was sick, and in the dream he found a magic formula to make him well. Yet he has not awakened from the dream, and so his mind remains exactly as it was before. He has not seen the light that would awaken him and end the dream. What difference does the content of a dream make in reality? One either sleeps or wakens. There is nothing in between.**

The happy dreams the Holy Spirit brings are different from the dreaming of the world, where one can merely dream he is awake. The dreams forgiveness lets the mind perceive do not induce another form of sleep, so that the dreamer dreams another dream. His happy dreams are heralds of the dawn of truth upon the mind. They lead from sleep to gentle waking, so that dreams are gone. And thus they cure for all eternity.

**Atonement heals with certainty, and cures all sickness. For the mind which understands that sickness can be nothing but a dream is not deceived by forms the dream may take. Sickness where guilt is absent cannot come, for it is but another form of guilt. Atonement does not heal the sick, for that is not a cure. It takes away the guilt that makes the sickness possible. And that is cure indeed. For sickness now is gone, with nothing left to which it can return.**

Peace be to you who have been cured in God, and not in idle dreams. For cure must come from holiness, and holiness can not be found where sin is cherished. God abides in holy temples. He is barred where sin has entered. Yet there is no place where He is not. And therefore sin can have no home in which to hide from His beneficence. There is no place where holiness is not, and nowhere sin and sickness can abide.

**This is the thought that cures. It does not make distinctions among unrealities. Nor does it seek to heal what is not sick, unmindful where the need for healing is. This is no magic. It is merely an appeal to truth, which cannot fail to heal and heal forever. It is not a thought that judges an illusion by its size, its seeming gravity, or anything that is related to the form it takes. It merely focuses on what it is, and knows that no illusion can be real.**

**Let us not try today to seek to cure what cannot suffer sickness. Healing must be sought but where it is, and then applied to what is sick, so that it can be cured. There is no remedy the world provides that can effect a change in anything. The mind that brings illusions to the truth is really changed. There is no change but this. For how can one illusion differ from another but in attributes that have no substance, no reality, no core, and nothing that is truly different?**

Today we seek to change our minds about the source of sickness, for we seek a cure for all illusions, not another shift among them. We will try today to find the source of healing, which is in our minds because our Father placed it there for us. It is not farther from us than ourselves. It is as near to us as our own thoughts; so close it is impossible to lose. We need but seek it and it must be found.

**We will not be misled today by what appears to us as sick. We go beyond appearances today and reach the source of healing, from which nothing is exempt. We will succeed to the extent to which we realize that there can never be a meaningful distinction made between what is untrue and equally untrue. Here there are no degrees, and no beliefs that what does not exist is truer in some forms than others. All of them are false, and can be cured because they are not true.**

So do we lay aside our amulets, our charms and medicines, our chants and bits of magic in whatever form they take. We will be still and listen for the Voice of healing, Which will cure all ills as one, restoring saneness to the Son of God. No voice but This can cure. Today we hear a single Voice Which speaks to us of truth, where all illusions end, and peace returns to the eternal, quiet home of God.

We waken hearing Him, and let Him speak to us five minutes as the day begins, and end the day by listening again five minutes more before we go to sleep. Our only preparation is to let our interfering thoughts be laid aside, not separately, but all of them as one. They are the same. We have no need to make them different, and thus delay the time when we can hear our Father speak to us. We hear Him now. We come to Him today.

**With nothing in our hands to which we cling, with lifted hearts and listening minds we pray:**

*Only salvation can be said to cure.*

*Speak to us, Father, that we may be healed.*

**And we will feel salvation cover us with soft protection, and with peace so deep that no illusion can disturb our minds, nor offer proof to us that it is real. This will we learn today. And we will say our prayer for healing hourly, and take a minute as the hour strikes, to hear the answer to our prayer be given us as we attend in silence and in joy. This is the day when healing comes to us. This is the day when separation ends, and we remember Who we really are.**

# **REVIEW**

**Lessons 141 - 150**

There is no love but God's.  
Heaven is the decision I must make.



## REVIEW

### Introduction

Now we review again, this time aware we are preparing for the second part of learning how the truth can be applied. Today we will begin to concentrate on readiness for what will follow next. Such is our aim for this review, and for the lessons following. Thus, we review the recent lessons and their central thoughts in such a way as will facilitate the readiness that we would now achieve.

There is a central theme that unifies each step in the review we undertake, which can be simply stated in these words:

*My mind holds only what I think with God.*

**That is a fact, and represents the truth of What you are and What your Father is. It is this thought by which the Father gave creation to the Son, establishing the Son as co-creator with Himself. It is this thought that fully guarantees salvation to the Son. For in his mind no thoughts can dwell but those his Father shares. Lack of forgiveness blocks this thought from his awareness. Yet it is forever true.**

Let us begin our preparation with some understanding of the many forms in which the lack of true forgiveness may be carefully concealed. **Because they are illusions, they are not perceived to be but what they are; defenses that protect your unforgiving thoughts from being seen and recognized. Their purpose is to show you something else, and hold correction off through self-deceptions made to take its place.**

And yet, your mind holds only what you think with God. Your self-deceptions cannot take the place of truth. No more than can a child who throws a stick into the ocean change the coming and the going of the tides, the warming of the water by the sun, the silver of the moon on it by night. So do we start each practice period in this review with readying our minds to understand the lessons that we read, and see the meaning that they offer us.

Begin each day with time devoted to the preparation of your mind to learn what each idea you will review that day can offer you in freedom and in peace. **Open your mind, and clear it of all thoughts that would deceive, and let this thought alone engage it fully, and remove the rest:**

*My mind holds only what I think with God.*



Five minutes with this thought will be enough to set the day along the lines which God appointed, and to place His Mind in charge of all the thoughts you will receive that day.

**They will not come from you alone, for they will all be shared with Him. And so each one will bring the message of His Love to you, returning messages of yours to Him. So will communion with the Lord of Hosts be yours, as He Himself has willed it be. And as His Own completion joins with Him, so will He join with you who are complete as you unite with Him, and He with you.**

After your preparation, merely read each of the two ideas assigned to you to be reviewed that day. Then close your eyes, and say them slowly to yourself. There is no hurry now, for you are using time for its intended purpose. Let each word shine with the meaning God has given it, as it was given to you through His Voice. Let each idea which you review that day give you the gift that He has laid in it for you to have of Him. And we will use no format for our practicing but this:

Each hour of the day, bring to your mind the thought with which the day began, and spend a quiet moment with it. Then repeat the two ideas you practice for the day unhurriedly, with time enough to see the gifts that they contain for you, and let them be received where they were meant to be.

**We add no other thoughts, but let these be the messages they are. We need no more than this to give us happiness and rest, and endless quiet, perfect certainty, and all our Father wills that we receive as the inheritance we have of Him.** Each day of practicing, as we review, we close as we began, repeating first the thought that made the day a special time of blessing and of happiness for us; and through our faithfulness restored the world from darkness to the light, from grief to joy, from pain to peace, from sin to holiness.

**God offers thanks to you who practice thus the keeping of His Word. And as you give your mind to the ideas for the day again before you sleep, His gratitude surrounds you in the peace wherein He wills you be forever, and are learning now to claim again as your inheritance.**

LESSON 141

**My Mind Holds Only What I Think With God.**

(121) Forgiveness is the key to happiness.

(122) Forgiveness offers everything I want.

LESSON 142

**My Mind Holds Only What I Think With God.**

(123) I thank my Father for His gifts to me.

(124) Let me remember I am one with God.

LESSON 143

**My Mind Holds Only What I Think With God.**

(125) In quiet I receive God's Word today.

(126) All that I give is given to myself.

LESSON 144

**My Mind Holds Only What I Think With God.**

(127) There is no love but God's.

(128) The world I see holds nothing that I want.

LESSON 145

**My Mind Holds Only What I Think With God.**

(129) Beyond this world there is a world I want.

(130) It is impossible to see two worlds.

LESSON 146

**My Mind Holds Only What I Think With God.**

(131) No one can fail who seeks to reach the truth.

(132) I loose the world from all I thought it was.

LESSON 147

**My Mind Holds Only What I Think With God.**

(133) I will not value what is valueless.

(134) Let me perceive forgiveness as it is.

LESSON 148

**My Mind Holds Only What I Think With God.**

(135) If I defend myself I am attacked.

(136) Sickness is a defense against the truth.

LESSON 149

**My Mind Holds Only What I Think With God.**

(137) When I am healed I am not healed alone.

(138) Heaven is the decision I must make.

LESSON 150

**My Mind Holds Only What I Think With God.**

(139) I will accept Atonement for myself.

(140) Only salvation can be said to cure.



## **The Vision Of Holiness**

Judgment is but a toy, a whim, the senseless means to play the idle game of death in your imagination. But vision sets all things right, bringing them gently within the kindly sway of Heaven's laws. What if you recognized this world is an hallucination? What if you really understood you made it up? What if you realized that those who seem to walk about in it, to sin and die, attack and murder and destroy themselves, are wholly unreal? Could you have faith in what you see, if you accepted this? And would you see it?

Hallucinations disappear when they are recognized for what they are. This is the healing and the remedy. Believe them not and they are gone. And all you need to do is recognize that you did this. Once you accept this simple fact and take unto yourself the power you gave them, you are released from them. One thing is sure; hallucinations serve a purpose, and when that purpose is no longer held they disappear. Therefore, the question never is whether you want them, but always, do you want the purpose that they serve? This world seems to hold out many purposes, each different and with different values. Yet they are all the same. Again there is no order; only a seeming hierarchy of values.

Only two purposes are possible; one is sin, the other holiness. Nothing is in between, and which you choose determines what you see. For what you see is merely how you elect to meet your goal. Hallucinations serve to meet the goal of madness. They are the means by which the outside world, projected from within, adjusts to sin and seems to witness to its reality. It still is true that nothing is without. Yet upon nothing are all projections made. For it is the projection that gives the "nothing" all the meaning that it holds.

-Text, Chapter 20